

**DAYTIME MENU**

Served until 4pm

TOGETHER

SLUG & LETTUCE

## BREAKFAST

SERVED UNTIL NOON AND TOTALLY WORTH GETTING OUT OF BED FOR!

### Full English Breakfast 7.99

Grilled bacon, Cumberland sausages, two fried eggs, grilled tomato, mushrooms, beans, white or brown toast, tea or Americano coffee

### Veggie's Full English V 7.99

Quorn sausages, two fried eggs, wilted baby spinach, grilled tomato, mushrooms, beans, white or brown toast, tea or Americano coffee

### Eggs Benedict Bacon Muffin 5.99

Two poached eggs, grilled bacon, with Hollandaise sauce, on an English muffin

### Eggs Florentine Muffin V 5.99

Two poached eggs, wilted baby spinach, Hollandaise sauce, on an English muffin

### Spinach, Eggs and Sweet Potatoes V 6.99

Buttered spinach, sweet potatoes, poached eggs, Virgin Mary ketchup

### Big Breakfast Wrap 6.99

Grilled bacon, scrambled egg, Cumberland sausage, grilled tomato, crispy potato omelette soldiers – in a tomato flour tortilla

### Mexican-Style Breakfast 5.99

Spicy rice, pulled pork in Tabasco, guacamole, fried egg, diced sweet potato, tomato & chilli salsa

### Breakfast Sharer 14.99

Bacon sliders, omelette soldiers, honey-glazed pork sausages, BBQ beans, sautéed mushrooms on ciabatta, topped with avocado and slow-roasted tomatoes, with fries and dips

### Smashed

### Avocado Ciabatta V 5.49

Toasted ciabatta, smashed avocado, poached egg, slow-roasted tomato

### Yoghurt & Granola 4.49

It's all good! Greek-style yoghurt, Dorset granola, fresh strawberries, blossom honey

### Fruity Porridge V 2.79

With fresh strawberries, blossom honey or strawberry jam

### White or Brown Toast V 2.79

With marmalade or strawberry jam

*Make It Tippy*  
ADD 2 DRINKS FOR £20  
CHOOSE: PROSECCO, MIMOSA OR A PINT OF AMSTEL

BRUNCH TIME TIPPLE  
CÍROC  
BLOODY MARY  
OR MIMOSA  
ADD TO ANY BREAKFAST FOR ONLY £3.45

## SMALL PLATES

### Southern-Fried Chicken Goujons 5.49

Southern-fried chicken goujons with tomato salsa, sticky BBQ sauce

### Garlic Breaded Mushrooms V 5.29

Breaded mushrooms with garlic mayo

### BBQ Pulled Pork Steamed Buns 5.79

Lotus-style steamed buns with BBQ pulled pork, pickled red onion

### Crispy Salt & Pepper Shrimp Bombs 5.79

With paprika garlic mayo

### Falafel Bites VG 5.49

With baba ganoush and crudités

### Margherita Arancini V 5.49

Crispy coated rice balls, filled with tomato and melted cheese and served with a Virgin Mary ketchup

### Lemongrass & Chilli King Prawn Skewers 5.79

With garlic, served on a skewer with ciabatta and lemon

ANY 3 FOR £13 ALL DAY EVERY DAY 5 FOR £19

## SHARING BOARDS

### Camembert Sharer V 11.29

Baked boxed Camembert, falafel bites, baba ganoush, fritatta, mixed olives, ciabatta bread strips, crudités with Virgin Mary ketchup and vegan mayo

### Vegan Nachos VG 10.79

Tortilla chips topped with a quinoa, black bean & butternut squash chilli, with jalapeños, guacamole, tomato salsa and vegan mayo

### Cheesy-Topped Nachos V 9.29

Mozzarella, Cheddar, jalapeños, guacamole, pickled red onion, sour cream, tomato salsa

### Add Chilli Beef 1.49

### Add BBQ Pulled Pork 1.49

### Feast with Friends 13.99

Teriyaki-glazed chicken skewers with omega and sesame seeds, Southern-fried chicken goujons, breaded mushrooms, margherita arancini, frittata, onion rings, garlic ciabatta bread strips and fries. Served with a selection of dips



## SWEET & PETITE

### Warm Brownie Bites V 2.99

With whipped double cream

### Clotted Cream Cheesecake Bites V 2.99

With a fruity raspberry coulis

### Cookie Crumb Profiteroles V 2.99

With chocolate-flavoured sauce

### Chocolate Salted Caramel Bites 2.99

Salted caramel & choc truffle bites

### Strawberry Scone Bites V 2.99

Made with clotted cream

### Warm Mini Churros V 2.99

With a caramel and chocolate-flavoured dipping sauce

### Mini Chocolate-Orange Fondants V 2.99

With chocolate-flavoured sauce and whipped double cream

### Sticky Dicky Bites V 2.99

With custard

### Lemon Sorbet VG 2.99

Fresh and zesty lemon sorbet

### Sour Cherry & Pistachio Bites V 2.99

Apple & almond sponge with sour cherries and pistachios. Served with a raspberry coulis

### Elderflower Mousse 2.99

With a pinch of candy floss



SWEET FOR SHARING  
CHOOSE 3 FOR £7

## SIDES

### Sweet Potato Fries and Garlic Mayo V 3.99

### Chips and Garlic Mayo V 2.99

### Skinny Fries and Garlic Mayo V 2.99

### Garlic & Herb Ciabatta Sticks V 2.99

### Beer-Battered Onion Rings V 2.99

### Superfood Side Salad VG 2.99

### Seasonal Veg V 2.99

### Spicy Rice VG 2.99

CHECK OVER THE PAGE FOR

LUNCH FROM £6 MONDAY TO FRIDAY UNTIL 4PM



# WRAPS & SANDWICHES

## Chicken Club Wrap 8.29

Tomato flour wrap, filled with chicken breast, bacon, avocado, tomato, Cos lettuce and mayo. Served with skinny fries

## Rump Steak Ciabatta 8.99

Sautéed peppers, onions, melting Cheddar, lettuce, BBQ drizzle. Served with skinny fries

## Bacon & Avocado Ciabatta 7.99

Ciabatta, bacon, tomato, Cos lettuce, mayo, avocado. Served with skinny fries

## Fish Finger Sandwich 8.49

Brioche bun, fish fingers, Cos lettuce, tartare sauce. Served with skinny fries

## Halloumi & Avocado Ciabatta V 8.49

Ciabatta, halloumi, tomato, Cos lettuce, mayo, avocado. Served with skinny fries

## FLT Wrap VG 7.99

Tomato flour wrap filled with falafel, baba ganoush, mixed peppers, onions, tomato, Cos lettuce and vegan mayo. Served with skinny fries

## Southern-Fried Chicken Wrap 7.49

Tomato flour wrap, southern-fried chicken, Cos lettuce, sour cream, tomato salsa. Served with skinny fries

## Chicken, Cheese, Bacon & BBQ Ciabatta 7.99

Chicken breast, bacon, cheese & BBQ drizzle. Served with skinny fries

Upgrade to  
Sweet Potato Fries 1.49

## AVAILABLE BEFORE 4PM MON-FRI

SOME OF OUR FAVOURITES AT EVEN BETTER VALUE

Southern-Fried Chicken Wrap	6.00	Chilli Con Carne and Rice	6.50
Fish Finger Sandwich	6.50	Grilled Chicken Tortilla Salad	7.00
Halloumi & Avocado Ciabatta V	6.00	Breaded Plaice and Chips	7.00
Vegetable Linguine VG	7.00		

LUNCH  
FROM  
£6

NOW THAT'S SOMETHING TO SMILE ABOUT!

# MAINS

## Battered Cod and Chips 10.99

Hand battered cod fillet, chips, tartare sauce and your choice of peas or mushy peas

## Battered Halloumi and Chips V 10.99

Hand battered halloumi, chips, tartare sauce and your choice of peas or mushy peas

## Smothered Chicken 9.49

Chicken breast, bacon, Cheddar, mozzarella, BBQ sauce, peas, grilled tomato, chips

## Chicken Tikka Masala 8.99

Basmati rice, sour cream, tomato salsa, tomato flour flatbread

## Scampi and Chips 9.29

Chips, tartare sauce and your choice of peas or mushy peas

## Cumberland Sausages and Mash 8.29

Three pork sausages, buttery mash, peas, red wine gravy, sautéed onion Veggie option available V

## British Beef Cottage Pie 8.29

Cheesy mash top, peas, red wine gravy

## Creamy Mushroom Linguine V 8.79

Creamy garlic mushroom linguine topped with hard italian cheese

## Chilli Con Carne and Rice 8.29

Served with tortilla chips, sour cream, chilli salsa



## Vegetable Linguine VG 8.79

Linguine with onions, peppers, slow roasted tomatoes, olives, spinach with lemon & olive oil dressing

605  
kcal

## Lasagne 8.79

Beef, pork & tomato ragu, creamy cheese sauce, garlic & herb ciabatta

## Butternut Squash Lasagne V 8.79

Spinach, goat's cheese, roasted tomato, garlic & herb ciabatta

## Breaded Plaice and Chips 8.99

With a superfood side salad

## Chicken Pie 10.49

Chicken breast pieces in a smoked cheese sauce, with bacon, butter beans, topped with a puff pastry lid, with mash, red wine gravy and seasonal mixed veg

## Grilled Sea Bass 13.79

Grilled fillets of sea bass, served with a superfood side salad, with lemon & olive oil dressing

499  
kcal

## Quinoa Chilli VG 8.79

Quinoa, black bean & butternut squash chilli, topped with spring onions and served with spicy rice, guacamole, tomato salsa, vegan mayo, tortilla chips

## 10oz Rump Steak 12.79

British 35-day-aged steak, skinny fries, grilled tomato, beer-battered onion rings – just tell us how you like it!

## Add Peppercorn Sauce 1.99

## Add Panko-Coated Calamari Strips 2.79

## Add Lemongrass & Chilli King Prawn Skewers 2.79

## Add Crispy Salt & Pepper Shrimp Bombs 2.79



# SALADS

## Fishcake Salad 10.79

Smoked haddock, coley and Applewood Cheddar, in an oat & parsley breadcrumb coating – superfood salad, with edamame beans, omega seeds, and a lemon oil dressing

## Avocado & Quinoa Salad VG 7.79

Vegan superfood salad with black rice, quinoa, red pepper, carrot and soya beans. Topped with fresh avocado and balsamic glaze

438  
kcal

## Herb Marinated Chicken Tortilla Salad 9.79

Yoghurt-&herb-marinated chicken, with tikka spices, superfood salad, edamame beans, omega seeds, lemon oil dressing – in a tomato flour tortilla bowl

## Grilled Halloumi Tortilla Salad V 8.79

Avocado, edamame beans, tomato, omega seeds, lemon oil dressing, in a tomato flour tortilla bowl

These salads can be served without tomato flour tortilla bowl. Just ask.



# BURGERS

All burgers are served in a brioche bun, with burger sauce, Cos lettuce, pickle, with a sticky BBQ sauce and skinny fries

OUR BURGERS

## Cheese & Bacon Beef Burger 10.49

Beef burger, Cheddar and bacon

## Smothered Chicken Burger 10.79

Bacon, Cheddar and BBQ sauce

## Chipotle Bean Burger 9.49

BBQ chipotle quinoa, smoked Cheddar, red pepper and sweetcorn, in a crispy breadcrumb coating

## Reuben Burger 10.99

Beef burger topped with slow-cooked beef rib, with cheese and French's mustard

## Wagyu Burger 12.49

Wagyu burger with creamy garlic mushrooms and Camembert

S&L  
FAVE

## TOP IT OFF WITH

Mushroom V 49p

Bacon 99p

Cheese V 49p

Beer-Battered Onion Rings V 49p

Chilli Beef 99p

Fried Egg V 49p

Jalapeños V 49p

BBQ Pulled Pork 99p

Add another patty or chicken breast 1.49

Swap fries for sweet potato fries 1.49

