

# fast & fresh

AVAILABLE MONDAY-FRIDAY UNTIL 4PM

FROM £6.49

SEE SEPARATE MENU FOR MORE DETAILS

PERFECT FOR LUNCHTIME

## TOSTADAS

Our famous Middle Eastern style flatbreads are topped with a lovely sunblush red pepper tapenade. Which of our delicious duo will you go for?

LEBANESE-STYLE CHICKEN Yoghurt, garlic & herb-marinated chicken breast with peppers, onions, coriander and sour cream	8.49	THREE-CHEESE & SLOW-ROASTED TOMATO [V] Halloumi, mozzarella and Cheddar cheese, with slow-roasted tomato and coriander	7.29
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Treat yourself to skinny fries for an extra 1.49 OR sweet potato fries for 1.99

## SANDWICHES

All of our wraps, ciabattas and burritos are served with skinny fries, but why not treat yourself to our sweet potato fries for just 1.49

BBQ CHICKEN & BACON CIABATTA Smothered in melting Cheddar cheese and BBQ sauce	8.29	GRILLED CHICKEN & AVOCADO WRAP With slow-roasted tomato, spinach, pickled red onion and sour cream in a wheatbran wrap	7.49	BURRITOS Our burritos are filled with spicy rice, mixed peppers, onion, jalapeños, shredded Cos lettuce, grated mozzarella, Cheddar cheese, sour cream, guacamole and drizzled with hot chilli sauce. All served in a wheatbran wrap Choose from the following fillings:
SOUTHERN-FRIED CHICKEN WRAP With crisp Cos lettuce, sour cream and a pineapple & mango salsa in a wheatbran wrap	7.29	GRILLED HALLOUMI AND ROASTED VEGETABLE CIABATTA [V] Filled with roasted beets and roots, grilled halloumi, seasonal leaves, slow-roasted tomatoes and a spiced lemon dressing	7.29	BBQ PULLED PORK 8.49
PHILLY FLAT IRON STEAK CIABATTA With sautéed peppers, onions and melting Cheddar cheese, drizzled with BBQ sauce	8.79	DELI CIABATTA Sliced eight-hour slow-cooked cured British beef brisket, topped with melting Cheddar cheese, French's classic sweet mustard and pickles	8.29	VEGGIE [V] 8.29
MOZZARELLA, TOMATO AND AVOCADO CIABATTA [V] Sunblush red pepper tapenade topped with sliced mozzarella, beef tomato, slow-roasted tomato, avocado and seasonal mixed salad leaves	7.29			GRILLED CHICKEN 8.49

## DESSERTS

Whatever the question, dessert is always the answer. Go on... treat yourself - you know you deserve it

MIXED DESSERT PLATE A selection of mini desserts for you to enjoy. Mojito jelly shot (ABV 4.98%), salted caramel chocolate bar, blackcurrant & Prosecco meringue roulade (ABV 0.44%), French macaroon, praline flavoured profiteroles coated in crunchy hazelnut pieces and vanilla flavoured cookie crumb profiteroles. Sharing definitely optional! <b>Contains nuts</b>	4.49	BLACKCURRANT & PROSECCO MERINGUE ROULADE ABV 0.44% A light meringue roulade filled with a tangy blackcurrant and Cassis sauce and Prosecco laced whipped dairy cream. Dessert and prosecco in one - what could be better?	3.99	MOJITO JELLY AND ICE CREAM Mojito jelly (ABV 4.98%) topped with a layer of whipped cream and mojito ice cream (ABV 1.6%)	3.99
DAIRY ICE CREAM Vanilla flavour	2.99	ORANGE-SOAKED PUDDING Warm orange-soaked polenta cake with almonds, served with vanilla ice cream <b>Contains nuts</b>	3.79	PARTINI Share this cocktail of vanilla ice cream, salted caramel & chocolate ganache, with a crisp meringue, raspberry coulis and whipped double cream, drizzled in salted caramel sauce and finished with curl wafers	9.99
HOT CHOCOLATE MARTINI SUNDAE Inventions don't get much better with this combination of a classic cocktail and popular pudding! Indulge in a martini glass of strawberries, vanilla ice cream, caramel & brandy popcorn, popping candy and a chocolate dome served with a hot chocolate sauce for you to pour over	4.49	PROFITEROLES SHARING CONE A selection of flavoured profiteroles. Praline flavoured profiteroles coated in crunchy hazelnut pieces, vanilla flavoured cookie crumb profiteroles and plain profiteroles with dairy cream. All served with a salted caramel sauce, strawberries and caramel & brandy popcorn <b>Contains nuts</b>	5.99		
SALTED CARAMEL CHOCOLATE BAR Served with salted caramel sauce and vanilla ice cream	3.99	BAKED VANILLA CHEESECAKE Served with a fruit compote	3.99		



HOT CHOCOLATE MARTINI SUNDAE

FANCY A HOT DRINK? SEE OUR DRINKS MENU FOR MORE DETAILS

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[www.slugandlettuce.co.uk](http://www.slugandlettuce.co.uk)

Please give us your feedback - for details log on to: [www.lettuceknow.co.uk](http://www.lettuceknow.co.uk). For full allergen information please visit our website or ask a member of our team. Before ordering your food and drinks, please speak to our team if you want to know about ingredients. There may be a risk of cross-contamination which could affect those with severe allergies. Fish and poultry dishes may contain bones. We cannot guarantee that all of our dishes are 100% free from nuts or their derivatives. All menu items are subject to availability. All weights are approximate uncooked. (v) This dish is suitable for vegetarians, but please note that we do not operate a dedicated vegetarian kitchen area. ABVs are correct at time of print, but are subject to change. Images for illustrative purposes only. Prices are in pounds sterling and include VAT, at the current rate. We accept Delta, Maestro, MasterCard and Visa. Thank you for your custom. Our waiters receive all cash tips. For credit-card tips, an 8% charge is deducted to cover processing costs. Slug & Lettuce does not profit from this charge. Happy Monday, Fast and Fresh lunch not valid in conjunction with any other offer. We hope that you have enjoyed our Slug & Lettuce dishes. For more information, please visit our website, where you can subscribe to our newsletters and receive the latest offers and updates from the Slug team. You can also reserve tables, check further details from our allergy information link and download our menu online: [www.slugandlettuce.co.uk](http://www.slugandlettuce.co.uk)

Full allergen information is available upon request from a member of our team

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# eat together

FOOD



SLUG & LETTUCE

## SMALL PLATES

Small in size but big in flavour and perfect for sharing (or enjoying all to yourself!)

3  
PLATES  
FOR £12

GARLIC & HERB CIABATTA STICKS [V] 2.79	SOFT TACOS WITH ROASTED VEGETABLES AND HALLOUMI [V] 5.29	PULLED PORK STEAM BUNS 5.29
BREAD AND OLIVES [V] 4.29	Grilled halloumi and roasted beets and roots with jalapeños, served in soft corn tacos and dressed with a spiced lemon dressing	Soft oriental steamed buns, filled with BBQ pulled pork and pickled red onion
CRISPY CALAMARI 5.09	SOFT TACOS WITH SALT BEEF BRISKET 5.29	KIMCHI STEAM BUNS [V] 5.29
Lightly floured and fried, served with sweet chilli sauce so you can get dipping	Hot salt beef brisket topped with grated mozzarella, Cheddar cheese and jalapeños, drizzled with French's classic yellow mustard	Try something a little different with our soft oriental steam buns filled with Korean-style pickled vegetables, baby spinach and a spiced lemon dressing
SOUTHERN-FRIED CHICKEN GOUJONS 5.09	MOZZARELLA, TOMATO AND AVOCADO [V] 5.09	MARINATED CHICKEN & PEPPER SKEWERS 5.29
Served with a sticky BBQ sauce and a tasty, tangy pineapple & mango salsa	Served with a sunblush red pepper tapenade	Char-grilled and drizzled with hot chilli sauce on a bed of Miso-dressed udon noodles
BREADED MUSHROOMS [V] 4.79		
Served with a garlic mayonnaise dip		

## FEEL-GOOD FOOD

If 'eat good, feel good' is your mantra, these dishes are just for you

CHICKEN RAMEN 9.49  
Our version of this Japanese style  
favourite. Grilled chicken breast  
served with pak choi, green beans,  
peppers, onions and radish in a  
noodle & mushroom broth

VEGETABLE &  
TOFU RAMEN [V] 9.29  
Tamarind marinated tofu  
pan-fried and served with  
pak choi, green beans, peppers,  
onions and radish in a noodle  
& mushroom broth



CHICKEN RAMEN

## SHARERS

Perfect for pairs or great for groups

FEAST FOR FRIENDS 12.79	ASIAN PLATTER 14.29
The perfect choice for those group get-togethers. Southern-fried chicken, beer-battered onion rings, chicken & pepper skewers drizzled with hot chilli sauce, breaded mushrooms, toasted garlic & herb ciabatta sticks and skinny fries, served with a selection of dips	Enjoy a taste of the orient with our platter of hoisin duck spring rolls, crispy butterfly king prawns, chicken & pepper skewers drizzled with hot chilli sauce, crispy calamari and your choice of BBQ pulled pork steam buns or kimchi steam buns, all served with cucumber & spring onion crudités, prawn crackers and a selection of dips
NACHOS [V] 8.99	
Tortilla chips, with grated mozzarella, Cheddar cheese, jalapeños, guacamole, sour cream and salsa With BBQ pulled pork 10.29	

## SEAFOOD GRILLS

SEAFOOD MIXED GRILL 12.79
Definitely one to try for fish fans! Freshly grilled sea bass and salmon supreme and king prawn skewers, with a superfood side salad Swap your side salad for roasted beets and roots, baby spinach and green beans for an extra 1.00
CHAR-GRILLED SALMON 10.79
Served with spicy rice and our superfood side salad Swap your spicy rice for skinny fries for 1.49
GRILLED SEA BASS FILLETS 12.79
Freshly grilled sea bass served with a superfood side salad

## STEAKS

With steaks, we believe British is best, so we source  
all of our 35-day aged steaks from here. Just tell us  
how you would like it served and we'll char-grill  
it to perfection, and serve it with skinny fries,  
grilled tomato and beer-battered onion ring

10OZ RIB EYE STEAK 14.79
8OZ RUMP STEAK 12.29

Add a sauce or side:  
Peppercorn Sauce 1.79  
Bearnaise Sauce 1.79  
Grilled King Prawn Skewer 2.49



PAN-FRIED TAMARIND  
MARINATED TOFU  
SUPERFOOD TORTILLA BOWL

## CREATE YOUR OWN SALAD

CREATE YOUR SALAD	
SUPERFOOD TORTILLA BOWL [V] 6.99	
Our superfood salad of seasonal mixed leaves, avocado, baby spinach, cucumber, spring onion, mixed peppers, tomato, edamame beans, radish, slow-roasted tomatoes and mixed seeds. Served in a baked wheatbran tortilla bowl with a low-fat french dressing on the side	
ADD A TOPPING	
Lebanese-style chicken and couscous drizzled with tomato & harissa dressing 1.49	
Char-grilled salmon 2.29	
Pan-fried tamarind marinated tofu (V) 1.49	

## BURGERS

All served in a soft, glazed brioche bun. Our own recipe beef burgers are all made with  
British & Irish beef, lightly seasoned and char-grilled to perfection

6OZ CLASSIC BEEF BURGER 9.29	DELI BEEF BURGER 10.99
Served with our house burger sauce, crisp Cos lettuce, beef tomato, pickles and skinny fries	NYC style classic. Eight-hour slow-cooked cured British beef brisket, melting Cheddar cheese and French's classic yellow mustard, topped with pickles and served with skinny fries
GRILLED CHICKEN BURGER 9.29	TOPLESS BEEF BURGER 9.79
Served with our house burger sauce, crisp Cos lettuce, beef tomato, pickles and skinny fries	Go topless with our burger bun base, topped with avocado and slow-roasted tomato, served with our superfood side salad
BACON AND CHEESE BEEF BURGER 10.29	VEGGIE BURGER [V] 9.29
Grilled bacon, Cheddar cheese, our house burger sauce, crisp Cos lettuce, beef tomato and pickles, served with skinny fries	A truly delicious vegetarian burger; no bull! Sweet potato, mozzarella cheese and mixed peppers in garlic & coriander coated in mixed-nut breadcrumbs, served with skinny fries <b>Contains nuts</b>
SMOTHERED CHICKEN BURGER 10.49	Add another burger or chicken breast for 2.99 or swap your skinny fries for our sweet potato fries for 1.49
With bacon and Cheddar cheese, smothered in BBQ sauce and served with skinny fries	



BACON AND CHEESE  
BEEF BURGER



"eat well,  
feel good"

GRILLED SEA BASS FILLETS

## MAINS

As with so many things in life, sometimes you just can't beat the classics

LASAGNE 8.49	HAND-BATTERED FILLET OF COD 10.49	BEEF & DOUBLE GLOUCESTER PIE 10.29
Just like mama used to make! Minced beef and pork in a rich tomato sauce between layers of pasta and deliciously creamy cheese sauce served with your choice of superfood salad or skinny fries	Fillet of cod, hand-battered by our lovely chefs in the kitchen, served with chips, peas or mushy peas and tartare sauce	Slow-cooked British beef and rich ale gravy in a cheese & pepper shortcrust pastry, served with seasonal vegetables, buttery mash and a red wine gravy
CUMBERLAND PORK SAUSAGES AND MASH 8.29	BRITISH BREADED SCAMPI 8.99	BIBIMBAP
Sometimes you just can't beat classic bangers and mash. Three Cumberland pork sausages on a bed of buttery mashed potato and peas, served with a red wine & onion gravy	Served just as it should be with chips, peas or mushy peas and tartare sauce	A delicious Asian-inspired dish you won't regret trying! Korean- style stir through sticky rice, pak choi, peppers, onions, kimchi, edamame beans and radish. Topped with a fried egg and drizzled with a hot chilli sauce Add a topping: Bulgogi beef 9.99 Tamarind marinated tofu (V) 9.79
OPEN CHICKEN PIE 10.29	SMOTHERED CHICKEN 8.69	FISHCAKES 10.49
Chicken breast in a smoked Applewood cheese sauce with bacon and butter beans in an open puff pastry pie, served with buttery mashed potato, seasonal vegetables and a red wine gravy	Grilled chicken breast topped with bacon and cheese, smothered in BBQ sauce, served with peas and skinny fries	Smoked haddock and coley with potatoes and Applewood- smoked Cheddar cheese, in oat & parsley breadcrumbs, served with our superfood salad
	CHICKEN TIKKA CURRY 8.79	
	Chicken breast pieces in a tomato, yoghurt and garlic & coriander sauce, served with basmati rice, sour cream, pineapple & mango salsa and warmed flatbread	

## BIT ON THE SIDE

CHIPS 2.79
SWEET POTATO FRIES 3.79
SKINNY FRIES 2.79
Chips and fries are generous helpings and served with garlic mayo dip
SEASONAL VEGETABLES 2.99
Roasted golden and red beetroot, squash, carrots, red onion, baby spinach and green beans
BEER-BATTERED ONION RINGS 2.79
SUPERFOOD SIDE SALAD 2.79
GARLIC & HERB CIABATTA STICKS 2.79
BUTTERY MASH 2.79
SPICY RICE 2.79



TURN OVER  
FOR TOSTADAS,  
SANDWICHES &  
DESSERTS ▶