SMALL PLATES Perfect with Prosecco!

3 for £13.00 / 5 for £19.00

BREAD AND OLIVES (V) Crusty bread and mixed olives	4.49
SOUTHERN-FRIED CHICKEN GOUJONS With sticky BBQ sauce	5.99
PANKO-CRUMBED CALAMARI STICKS With lemon mayo	5.99
GARLIC BREADED MUSHROOMS (V) With garlic mayo	5.49
CHICKEN WINGS Coated in sticky BBQ or peri-peri sauce	5.99
PROSECCO PRAWN COCKTAIL Crispy coated filo king prawns with Prosecco cocktail sauce and cucumber ribbons	5.99
MARGHERITA ARANCINI (V) Crispy coated rice balls, filled with red pepper, tomato and melted cheese, served with peri-peri mayo	5.99
CHICKEN & CHORIZO CROQUETTES Three crispy bites, with a smoky chicken & chorizo filling, served with peri-peri sauce	5.99
STEAMED BUNS Bao steamed buns with your choice of filling:	5.99
Jackfruit in a sticky BBQ sauce (VG)	
Shredded shawarma chicken with sour cream	

TOSTADAS

Slow-cooked beef in a smoky sweet BBQ sauce

TOPPED WITH...

BBQ CHICKEN, BACON AND CHEESE	8.99
SHREDDED SHAWARMA CHICKEN With guacamole, sour cream and red pepper drops	9.49
SMOKY SOYA SLOPPY JOE (VG)	9.49

With vegan bacon-flavoured crumb, Violife grated



SHARERS Fab with a cocktail tree

15.49

9 49

14.49

14.49



S&L SHARER

It's our fave! BBQ slow-cooked beef sliders, Carolina-style BBQ-glazed riblets, chicken wings, garlic bread strips, beer-battered onion rings, crudités, fries and dips, including vodka Bloody Mary sauce. (Presentation may vary)

CHEESY-TOPPED NACHOS (V)

Crunchy nachos topped with grated cheese, guacamole, tomato salsa, sour cream and jalapeños

QUINOA CHILLI NACHOS (VG)

Crunchy nachos topped with butternut squash & black bean quinoa chilli, Violife grated mature, guacamole, tomato salsa, vegan mayo and jalapeños

CHICKEN FEAST WITH FRIENDS

Southern-fried chicken goujons, beer-battered onion rings, sticky BBQ chicken & cheese sliders, crispy chicken wings and chicken & chorizo bites. served with fries, garlic bread strips and dips

VEGAN FEAST WITH FRIENDS (VG)

Smoky soya sloppy joe-topped nachos, baked falafel bites, sticky BBQ Jackfruit steamed buns, olives and flatbread topped with a vegan baconflavoured crumb and Violife grated mature - with a selection of dips, including vodka Bloody Mary sauce

FEAST WITH FRIENDS

Southern-fried chicken goujons, breaded mushrooms, Margherita arancini, shredded shawarma chicken-topped nachos, beer-battered onion rings, garlic bread strips, fries and a selection of dips, including vodka Bloody Mary sauce

£6 LUNCH AVAILABLE TUE-FRI, UNTIL 4PM

HALLOUMI & AVOCADO **SANDWICH OR WRAP (V)**

SOUTHERN-FRIED CHICKEN SANDWICH OR WRAP CHILLI CON CARNE AND RICE

CHICKEN & BACON SALAD

FISH FINGER SANDWICH OR WRAP

QUINOA CHILLI (VG) BREADED SCAMPI



O P E N SANDWICHES

8 49

8 49

7.99

RED PEPPER HOUMOUS (VG)

Toasted farmhouse bread topped with houmous, quinoa, chickpea & butternut squash salad, avocado, slow-roasted tomatoes and olives – served with topped nachos

CRAYFISH AND KING PRAWNS

Toasted farmhouse bread topped with crayfish in a Prosecco cocktail sauce, finished with cucumber ribbons and crispy coated filo king prawns served with fries

SHREDDED SHAWARMA CHICKEN

Toasted farmhouse bread topped with sour cream. shredded shawarma chicken, cucumber ribbons mixed leaves and spring onion – served with fries



SANDWICHES & WRAPS

ALL OF OUR SANDWICHES ARE SERVED ON YOUR CHOICE OF A WHITE OR MULTISEED ARTISAN SUB OR IN A WHEATBRAN WRAP - AND SERVED WITH FRIES

CHICKEN, BACON & STICKY BBQ 8.49 CHEESE MELT

CHICKEN, BACON AND AVOCADO 8.99 With lettuce, tomato and mayo

HALLOUMI AND AVOCADO (V) 8.99 With tomato, mixed leaves and mavo

SOUTHERN-FRIED CHICKEN 7.99 With grated cheese, tomato, mixed leaves and mayo

RUMP STEAK 9.49

Grilled rump steak, topped with sautéed onion, melting mozzarella and Cheddar, mixed leaves and sticky BBQ sauce

FISH FINGER 8 49

Hand-battered cod goujons with mixed leaves and tartare sauce

SWAP FRIES FOR SWEET POTATO FRIES (V) OR FLAVOURED FRIES FOR 1.49

Almond pesto and Italian hard cheese (V) Italian hard cheese and streaky bacon

Full allergen information is available, on request, from a team member.

SIDES

FLAVOURED FRIES Almond pesto and Italian hard cheese (V) Italian hard cheese and streaky bacon	4.49
FRIES AND GARLIC MAYO (V)	3.49
CHIPS AND GARLIC MAYO (V)	3.49
SWEET POTATO FRIES AND GARLIC MAYO (V)	4.49
GARLIC BREAD STRIPS (V)	3.49
BUTTERY MASH (V)	3.49
SIDE SALAD (VG) Mixed leaves with a lemon & olive oil dressing, cucumber, onion, avocado, peppers, soya beans and tomatoes, finished with omega and sesame seeds	3.49
BEER-BATTERED ONION RINGS (V)	3.49

SEASONAL VEG (V)

MAINS

9 99

10.99

9.49

11.49

HISHCARL SALAD
Smoked haddock, spinach & Cheddar
melt-in-the-middle breaded fishcakes, served
on a bed of mixed leaves tossed in a lemon & olive
oil dressing, cucumber, onion, avocado, peppers,
soya beans and tomatoes, finished with omega
and sesame seeds

SMOTHERED CHICKEN

FICH CAKE CALAD

Chicken breast topped with streaky bacon, melting mozzarella, Cheddar and a sticky BBQ sauce, served with chips, beer-battered onion rings, peas and grilled tomato

SUPER MIXED SALAD (VG)

Mixed leaves tossed in a lemon & olive oil dressing with cucumber, onion, avocado, peppers, soya beans and tomatoes, finished with omega and sesame seeds

With southern-fried chicken and bacon 9.99 With 10oz rump steak 12.99

BATTERED COD AND CHIPS	
Hand-battered cod fillet, chips, tartare sauce	
and your choice of peas or mushy peas	

HALLOUMI AND CHIPS (V)

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

BREADED SCAMPI

With chips, tartare sauce and your choice of peas or mushy peas

SMOKED CHEEZE & BEETROOT TART (VG)

QUINOA. CHICKPEA &

and roast baby potatoes

A vegan cheeze filling with a butternut squash & onion chutney, encased in a beetroot pastry tart, with a quinoa, chickpea, butternut squash, soya bean & sesame seed side salad

LASAGNE

Our lasagne is made with minced beef and pork, in a red wine ragù sauce with smoked bacon, served with garlic bread strips and a mixed side salad

GUILT FREE

under 700 heal

BUTTERNUT SQUASH SALAD (VG)

Served on a bed of lemon & olive oil mixed salad

Grilled chicken breast in a glazed soft bun.

served with our mixed side salad

With chicken and bacon 9.99

With grilled salmon 11.99

SUPER MIXED SALAD (VG)

leaves, with soya beans, omega and sesame seeds

Mixed leaves tossed in a lemon & olive oil dressing

with cucumber, onion, avocado, peppers, soya beans

and tomatoes, finished with omega and sesame seeds

CUMBERLAND SAUSAGES AND MASH

Three pork sausages, buttery mash, peas and sautéed onion & red wine gravy

CHILLI CON CARNE AND RICE

Served with nachos, sour cream and tomato salsa

PESTO LINGUINE (VG) Linguine pasta bound in almond pesto with wilted spinach, slow-roasted tomatoes and sautéed mushrooms

Add grilled chicken breast 1.99 or salmon fillet 2.99

CHICKEN, PANCETTA & BRIE PIE 10.99

In a white wine sauce, topped with a puff pastry lid and served with buttery mash, seasonal veg and red wine gravy

QUINOA CHILLI (VG)

Butternut squash & black bean quinoa chilli, served with spicy rice, nachos, guacamole, salsa and vegan mayo

THAI CURRY (VG)

Coconut curry with cauliflower, green beans. mangetout and peppers, served with basmati rice

Add grilled chicken breast 1.99 or salmon fillet 2.99

BUTTERNUT SQUASH LASAGNE (V)

With spinach, goat's cheese and roasted tomatoes. served with garlic bread strips and a mixed side salad

CHICKEN TIKKA MASALA

With basmati rice, sour cream and a naan bread

10oz RUMP STEAK

With fries, grilled tomato, beer-battered onion rings and button mushrooms - just tell us how you like it!

Add crispy coated filo king prawns 2.99 Add panko-crumbed calamari sticks 2.99 Add peppercorn sauce 1.99



BURGERS

ALL OF OUR BURGERS ARE SERVED IN A SOFT GLAZED BUN, WITH BURGER SAUCE, KETCHUP, LETTUCE, CHOPPED PICKLE AND ONION - WITH FRIES AND A STICKY BBQ DIP, UNLESS OTHERWISE STATED

10.99

10.99

9.99

11.49

CHEESE & BACON BEEF BURGER

Beef burger topped with a burger cheese slice and streaky bacon

Upgrade to smoky burger patty 1.99*

9.99

8 99

8.99

9.49

SMOKY BEEF BURGER** 12 99

Our smoky beef burger packed with flavoursome chuck and brisket, topped with burger cheese slices, streaky bacon and slow-cooked beef in a smoky sweet BBQ sauce

SOUTHERN-FRIED CHICKEN BURGER 11.49

Topped with a burger cheese slice, streaky bacon and sticky BBQ sauce

SMOTHERED CHICKEN BURGER

Chicken breast topped with a burger cheese slice, streaky bacon and sticky BBQ sauce

CHIPOTLE BEAN BURGER (V)

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

REUBEN BURGER*

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

Upgrade to smoky burger patty 1.99**

MOVING MOUNTAINS® 11.99 B12 BURGER (VG-M)*

Plant-based meat-free burger, layered with red pepper houmous, lettuce, smoky soya sloppy joe and Violife grated mature, between a toasted sesame seed beetroot bun – served with vodka Bloody Mary dip and topped nachos

BURGER & ADRINK

loving Mountains* B12 Burger

MON & TUE, ALL DAY

*£1 supplement, **£2 supplement Choose a glass of house wine (175ml), Amstel (pint), a Coke Zero, Diet Coke or Schweppes lemonade (Coca-Cola is subject to a 15p sugar-tax surcharge, per drink.)

SWAP FRIES FOR SWEET POTATO FRIES (V) **OR FLAVOURED FRIES FOR 1.49**

ADD ANOTHER PATTY OR CHICKEN BURGER FOR 1.49

BURGER TOPPERS

STREAKY BACON **SLOW-COOKED BEEF 1.99** BURGER CHEESE SLICE (V) 49P FRIED EGG (V) 49P JALAPEÑOS (VG) 49P

MUSHROOMS (VG) BEER-BATTERED ONION RINGS (V)

49P

2 99

2.99

2.99

SMOKY SOYA SLOPPY JOE (VG) 1.99 HALLOUMI (V) 1.49



2.99

2.99

2.99

2.99

DESSERTS

Any 3 for £7.00

WARM BROWNIE BITES (V) With chocolate-flavoured sauce and strawberries BAILEYS PROFITEROLES (V)

Boozy and served with chocolate-flavoured sauce

SALTED CARAMEL BITES (VG-M) With chocolate-flavoured sauce

BLACKCURRANT MOUSSE BAR (VG) With raspberry coulis

LIMONCELLO DRIZZLE SPONGE (V) Zesty sponge served warm with raspberry coulis WARM MINI CHURROS (V) With caramel and chocolate-flavoured dipping sauces

PORNSTAR ETON MESS (V)

Two mini shots of layered whipped cream, meringue and a Prosecco, vodka, mango & passion fruit compote

MACARINGUES (V)

What's the cross between a macaroon and with whipped cream

2.99

a meringue? A macaringue! Deliciously sandwiched

Please give us your feedback – for details, log on to: www.lettuceknow.co.uk. **Do you have any allergies?** Full allergen information is available for all dishes – please ask a team member before ordering food and drinks, as menus do not list all ingredients. We have taken all reasonable steps to avoid the unintentional presence of allergens. However, we cannot fully guarantee separation of allergens or that products are "100% free from" allergens, owing to cross-contamination, as we do not have specific allergen-free zones in our kitchens. Even if you have eaten a dish previously, please inform staff of any food allergies, before placing your order, so that every kitchens. Even if you have eaten a dish previously, please inform staff of any food allergies, before placing your order, so that every kitchens. Even if you have eaten a dish previously, please inform staff of any food allergies, before placing your order, so that every kitchens. Even if you have eaten a dish previously, please inform staff of any food allergies, before placing your order, so that have such as a proximate uncooked. 50%—off-food offer (not in conjunction with any other offer) will be removed from bars on bark holiday weekends and on a shall place a such as a proximate uncooked. 50%—off-food offer (not in conjunction with any other offer) will be removed from the same place. So the place of the plac

Please note that we do not operate a dedicated vegetarian/vegan kitchen area. (V) Suitable for vegetarians. (VG) Suitable for vegans, (VG-M) Suitable for vegans, yet may contain traces of milk and/or egg.

7 99

Free Smart Wi-Fi 🛜 SlugandLettuceBars 🕤 SlugLettuce 🕥 www.slugandlettuce.co.uk