



food

Our menu descriptions do not contain all ingredients, so please ask your server or visit our Web site for information (before ordering), if you have any particular allergy or requirements. 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. Photography is for guidance 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. The Slug and Lettuce does not profit from this charge.

✓ This dish is suitable for vegetarians, but please note that we do not operate a dedicated vegetarian kitchen area.

WE HOPE THAT YOU HAVE ENJOYED OUR SLUG AND LETTUCE DISHES

For more information, please visit our Web site, 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 on line: WWW.SLUGANDLETTUCE.CO.UK

The Slug and Lettuce

HAPPY MONDAYS

**50%
OFF
FOOD**
EVERY MONDAY



Tikka Tuesdays 2-4-1 CURRIES

CHOOSE ANY TWO CURRIES
AND RECEIVE THE LOWER-
PRICED CURRY ON US

COBRA £2.60 PER BOTTLE
EVERY TUESDAY



2-4-1 DESSERTS

CHOOSE ANY TWO
DESSERTS AND RECEIVE
THE LOWER-PRICED
DESSERT ON US

NOT IN CONJUNCTION
WITH HAPPY MONDAYS



ALL DAY EVERY DAY

KIDS FOR A QUID

ONE CHILD EATS FOR £1,
FROM OUR UNDER-8s MENU,
FOR EVERY ADULT DINING
AT FULL PRICE

SORRY, AS SOME CENTRAL LONDON SLUGS ARE
CLOSED ON SUNDAY – PLEASE CHECK AVAILABILITY

ALL DAY SUNDAY



BRUNCH

Served until noon.

FULL ENGLISH: Sausage, bacon, grilled tomato, baked beans, mushrooms and two eggs, served with toast and tea or Americano coffee.

✓ **VEGETARIAN FULL ENGLISH:** Grilled tomato, mushrooms, baked beans, potato wedges and two eggs, served with toast and tea or Americano coffee.

✓ **TOAST,** served with butter and marmalade or strawberry jam.

SAUSAGE SANDWICH, in toasted bread.

WITH A FRIED EGG

BACON SANDWICH, in toasted bread.

WITH A FRIED EGG

FULL ENGLISH BREAKFAST

**INCLUDES TEA/AMERICANO
COFFEE AND TOAST**

SERVED EVERY DAY UNTIL NOON



NIBBLES

Great to start a meal or as a light snack.

✓ **TOASTED GARLIC CIABATTA BREAD STRIPS**

✓ **BREAD AND OLIVES,** with olive oil and balsamic vinegar.

✓ **BREAD AND HOUMOUS,** with olive oil and balsamic vinegar.

CHICKEN WINGS, with Frank's® RedHot® dipping sauce.

BREADED MUSHROOMS, with garlic mayonnaise for dipping.

CRISPY FRIED POTATO WEDGES, with a crème fraîche & spring onion dip and a BBQ sauce.

ADD BACON AND CHEESE OR CHILLI CON CARNE AND CHEESE

CALAMARI, served with a sweet chilli dip and lemon.

SOUTHERN-FRIED CHICKEN BREAST, in a southern-fried-style coating, with BBQ sauce.

SHARING

All of these dishes are ideal for three or four to share, as a snack or starter.

✓ **NACHOS,** with melted cheese, topped with roquito peppers, jalapeños, salsa, guacamole and a crème fraîche & spring onion dip.

WITH CHILLI CON CARNE

CHICKEN-TASTIC PLATTER: Spicy jerk chicken kebabs, southern-fried-style chicken breast pieces and chicken wings, with criss-cross fries and a selection of dipping sauces.

FISHERMAN'S PLATTER: British wholetail scampi, sautéed king prawns in garlic butter, calamari and haddock goujons, served with chips to share, ciabatta bread strips and garlic Marie Rose and tartare sauces.

✓ **THE MEZZE PLATTER:** Toasted garlic ciabatta bread strips, with olives, falafel, flatbread, houmous, salsa and a crème fraîche & spring onion dip – served with carrot and cucumber crudités.

THE ULTIMATE PLATTER: Southern-fried-style chicken breast pieces, breaded mushrooms, pork ribs, crispy fried potato wedges, toasted garlic ciabatta bread strips and beer-battered onion rings – served with a BBQ sauce, salsa and a crème fraîche & spring onion dip.

SANDWICHES AND WRAPS

All served with chilli-spiced coleslaw on the side.

GRILLED CHICKEN, BACON & AVOCADO WRAP, with sour cream and a crème fraîche & spring onion dressing.

FISH FINGER SANDWICH: Hand-battered fish fingers, served in a multiseed bun, with iceberg lettuce and tartare sauce.

✓ **THE FLT WRAP**: Falafel, lettuce and tomato, with a crème fraîche & spring onion dressing

BBQ CHICKEN, CHEESE & BACON SANDWICH, served in ciabatta.

AROMATIC DUCK WRAP, with Peking-style plum sauce, cucumber and spring onion

SOUTHERN-FRIED-STYLE CHICKEN WRAP, with tomato salsa and a crème fraîche & spring onion dressing.

TUNA MELT: A delicious mix of tuna, mayonnaise, sautéed red and spring onions and melted cheese – all baked in ciabatta.

PHILLY STEAK SANDWICH AND CHIPS

A 6oz flat-iron steak, served in ciabatta, with BBQ sauce and melted cheese, crisp lettuce and sautéed red and spring onions, plus chips and chilli-spiced coleslaw on the side.

TOSTADA FLATBREADS

All have a red pepper tapenade base and are finished with watercress. Top with your choice of:



SPICED CHICKEN: Spicy harissa-marinated grilled chicken breast, with sautéed peppers, red onion and a cooling crème fraîche & spring onion dressing.

PARMA HAM AND MOZZARELLA
Drizzled with a rocket pesto dressing.

✓ **GOAT'S CHEESE**
With sautéed Paris brown and oyster mushrooms, plus sticky onion marmalade.

SPICY BEEF AND BEAN
Pulled tender beef, spicy ancho chilli beans and sour cream, with jalapeño and roquito peppers and a sprinkling of crunchy nachos.

ADD CHIPS TO ANY SANDWICH, WRAP OR TOSTADA FLATBREAD

ADD WEDGES OR CRISS-CROSS FRIES

CURRIES

All of our curries are topped with a tomato, chilli & coriander salsa and served with basmati rice and a chapathi.

BEEF MASAMAN: Tender beef, with cashew nuts and potato, in a sauce of coconut milk, peppers, coconut cream, tamarind and lemongrass.

CHICKEN TIKKA MAKHANI: Chicken breast pieces, in a creamy lentil, spinach & cashew nut curry sauce.

THAI GREEN CHICKEN CURRY: Chicken breast pieces, with pak choi, green peppers and spinach, in a rich Thai-flavoured curry sauce, finished with coconut cream.

✓ **GOAN VEGETABLE CURRY**: Sweet potato, onion, tomato, peppers, chickpeas and spinach in a medium-spiced coconut cream & yoghurt sauce.

CHICKEN KORMA: Chicken breast pieces in a mild coconut cream & yoghurt sauce, with almonds.

INDIAN SNACK SELECTION: A mix of onion bhaji, chicken pakora and lamb samosa, served with mango chutney.

Tikka Tuesdays 2-4-1 CURRIES EVERY TUESDAY
CHOOSE ANY TWO CURRIES AND RECEIVE THE LOWER-PRICED CURRY ON US

UNDER 500 CALORIES

Our house salad contains: seasonal mixed leaves, plum tomato, cucumber, mixed peppers, chilli-spiced coleslaw (no mayo), spring onion, edamame beans, pomegranate pearls, coriander and a low-calorie French dressing.



CAJUN SALADS

Choose either grilled chicken or grilled yellow-fin tuna – lightly dusted with Cajun spices and served on a bed of house salad.

– CHICKEN (480 Cal)

– TUNA (485 Cal)

✓ AUBERGINE & TOMATO BAKE

(430 Cal)

Thin slices of aubergine – filled with orzo pasta, tomato, garlic, basil and pulses – rolled, lightly coated with a cheese sauce and served with our house salad.

CHICKEN & PEPPER SKEWER

(416 Cal)

Char-grilled chicken breast with mixed peppers and red onion, marinated with lemon and olive oil and served with our house salad.

8oz RUMP STEAK

(489 Cal)

Served with our house salad.

✓ SWEET POTATO SALAD

(495 Cal)

Roasted sweet potato wedges, on house salad, with chickpeas, couscous and a tomato & mint dressing.

SALADS

Our house salad dressing is a low-fat French-style dressing; if you would prefer your salad dressing on the side, just ask.

GRILLED CHICKEN, BACON AND AVOCADO, served on a dressed mixed salad.

SMOKED HADDOCK FISHCAKES, served on a dressed mixed salad, with a crème fraîche & spring onion dip on the side.

CHAR-GRILLED CHICKEN CAESAR SALAD, with crispy croûtons, a Caesar dressing and grana padano cheese shavings.

MOROCCAN CHICKEN: Spicy harissa-marinated grilled chicken breast and roasted sweet potato wedges, on mixed leaves, with chickpea couscous and a tomato & mint dressing.

PASTA

All served with toasted garlic ciabatta bread strips.

LASAGNE: Minced beef and pork, in a rich tomato sauce, sandwiched between layers of pasta and creamy cheese sauce.

BAKED LINGUINI CARBONARA, with a creamy cheese & bacon sauce.

✓ **PENNE ARRABBIATA**: Penne pasta with spicy tomato sauce and watercress

✓ **BUTTERNUT SQUASH, SPINACH & GOAT'S CHEESE LASAGNE**

MAIN COURSES

MAIN MEALS

CHOOSE FROM FIVE DISHES:

- CHILLI CON CARNE
- LINCOLNSHIRE PORK SAUSAGES
- COTTAGE PIE
- ✓ SWEET POTATO SALAD
- BAKED LINGUINI CARBONARA



ALL DAY EVERY DAY

MEAT

BRITISH BEEF PIE: Tender pieces of pulled British beef and red wine gravy, in shortcrust pastry, served with garden peas and your choice of buttery mash or chips.

CHILLI CON CARNE, with rice and nachos, topped with a crème fraîche & spring onion sauce.

LINCOLNSHIRE PORK SAUSAGES, served with a rich red wine gravy, sticky onion marmalade, sautéed red and spring onions and buttery mash.

COTTAGE PIE: Minced beef with carrot, leek, onion and red wine, topped with a cheesy mash and served with garden peas and ciabatta.

28-DAY-AGED 8oz GRILLED RUMP STEAK, with chips, onion rings, watercress and grilled tomato.
ADD PEPPERCORN SAUCE

RACK OF RIBS: A rack of pork ribs, smothered in BBQ sauce and served with chips and chilli-spiced coleslaw.

BBQ RIBS & SPICY CHICKEN COMBO: BBQ half chicken and a half rack of ribs, with chips and chilli-spiced coleslaw.

CHICKEN

BBQ ROAST HALF CHICKEN: With spicy BBQ sauce, chips and chilli-spiced coleslaw.

CHICKEN SOUVLAKI: Greek-style chicken breast, red onion & mixed pepper skewers, with houmous, a crème fraîche & spring onion dressing and a flatbread to wrap.

OPEN CHICKEN PIE: Chicken breast in a creamy smoked Applewood cheese & bacon sauce, in an open puff pastry pie, served with garden peas and chips.

ITALIAN-STYLE CHICKEN, grilled and served with potato wedges, sautéed peppers, red onion and watercress – topped with a creamy white wine & garlic sauce.

SMOTHERED CHICKEN, grilled and topped with bacon, sticky BBQ sauce and melted cheese and served with chips and garden peas.

FISH

HAND-BATTERED HADDOCK, served with chips, minted mushy peas and tartare sauce.

BRITISH WHOLETAIL SCAMPI, served with chips, garden peas and tartare sauce.

SMOKED HADDOCK, SALMON & KING PRAWN PIE, with a cream & leek sauce, topped with buttery mash and cheese and served with garden peas and ciabatta.

SIDES

LARGE CHIPS, with garlic mayo.

✓ **BUTTERY MASH**

✓ **TOASTED GARLIC CIABATTA BREAD STRIPS**

BEER-BATTERED ONION RINGS

INDIAN SNACK SELECTION: A mix of onion bhaji, chicken pakora and lamb samosa, served with mango chutney.

✓ **MIXED SIDE SALAD,** in a low-fat French-style dressing.

✓ **CHILLI-SPICED COLESLAW**

BURGERS

Our fabulous 7oz beef burgers are made with our select blend of herbs and seasoning and served in a soft multiseed bun, along with tomato, lettuce and mayonnaise, with chips and chilli-spiced coleslaw on the side.

THE CLASSIC BEEF

THE GRILLED CHICKEN FILLET

✓ **THE FALAFEL,** with guacamole and a sweet chilli sauce.

THE SWISS: Our classic burger, with Emmental cheese and bacon.

THE ITALIAN: Grilled chicken breast fillet, topped with mozzarella, Parma ham and a rocket pesto dressing.

THE NEW ZEALAND: A 7oz lamb & mint burger, topped with a crème fraîche & spring onion dressing.

THE FRENCH: Our classic burger, smothered with sautéed sweet red and spring onions, melting cheese and a red wine & garlic sauce.

THE ULTIMATE STATESIDE, with mushrooms, melting Emmental cheese, bacon, beer-battered onion rings and BBQ sauce.

ADD AN EXTRA BEEF BURGER

DESSERTS

✓ **TRIPLE CHOCOLATE TART:** Rich dark Belgian chocolate cream, baked in a sweet pastry case and topped with milk chocolate chips and white chocolate shavings. Served with vanilla ice cream.

✓ **WHITE CHOCOLATE & RASPBERRY CHEESECAKE,** with profiterole topping. Served with vanilla ice cream.

LEMON CRUMBLE TART, served with vanilla ice cream.

COOKIE CUP EXPLOSION: A cookie biscuit base, filled with chocolate brownie, marshmallow pieces and chocolate honeycomb, served with vanilla ice cream.

STICKY TOFFEE PUDDING, served with hot custard or vanilla ice cream.

HOT CHOCOLATE-PUDDLE SPONGE PUDDING, with chocolate sauce, served with hot custard or vanilla ice cream.

✓ **CARAMEL APPLE CRUMBLE PIE,** served with hot custard or vanilla ice cream

CHOCOLATE OR VANILLA ICE CREAM

2-4-1 DESSERTS

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AND RECEIVE THE
LOWER-PRICED
DESSERT ON US

NOT IN CONJUNCTION WITH HAPPY MONDAYS



ALL DAY EVERY DAY

CHILDREN'S MENU – 2 COURSES AND A DRINK £4.95

FOR HOT DRINKS, PLEASE SEE OUR DRINKS MENU

WWW.SLUGANDLETTUCE.CO.UK

Please give us your feedback – for details, pick up a card at the bar or log on to: www.lettuceknow.co.uk

