



EXPRESS LUNCH

**Available Monday – Friday
Midday – 5pm**

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from £11

Choose a main, side and a drink

1. CHOOSE YOUR MAIN

BURGERS

All our burgers are served in a brioche-style vegan bun with sliced tomato, lettuce, gherkin and mayonnaise – excluding The Bali.

Classic Cheese

Grilled beef patty, smoked Cheddar cheese (626kcal)

Big Halloumi (v)

Grilled halloumi, Scotch Bonnet sauce (658kcal)

Bali*

Crispy fried chicken thigh, Asian-style slaw, Bumbu Bali sauce, pink pickled onions (1154kcal)

WRAPS

Southern-Fried Chicken Pocket

Crispy chicken, Indian sweet chilli sauce, Asian-style slaw, pickled fennel (1160kcal)

Chipotle Falafel Pocket (ve)

Chipotle chilli corn falafel, houmous, pickled fennel, cucumber, spinach, pomegranate, wrapped inside khobez bread (835kcal)

If you fancy a wholesome main with no sides, choose from the below

VEG HEADS

Pan-Fried Smoked Paprika Cauliflower (ve)

Chickpea & tomato casserole, wilted spinach, Greek style feta alternative (made with coconut oil), pomegranate (506kcal)

Butternut Squash & Coconut Curry (ve)

Yellow Malaysian-style curry, pak choi, butternut squash, lemongrass, coconut rice, mango salad (706kcal)

2. CHOOSE YOUR SIDE

Seasoned Fries (ve) (446kcal)

Triple-Cooked Chips (ve) (423kcal)

Sweet Potato Fries (ve) (524kcal)

Slaw (ve) (257kcal)

Tobacco Onions (v) (154kcal)

Crispy Spiced Onion

Side Salad (ve) (212kcal)

Grilled Garlic & Smoked Paprika Corn (v) (232kcal)

Padrón Peppers (ve) (229kcal)

Jacket Potato Mash (v) (491kcal)

3. CHOOSE YOUR DRINK

Pepsi Max or Diet Pepsi (6kcal) (pint)

Diet Lemonade (14kcal) (pint)

Still or Sparkling Water (1kcal) (330ml bottle)

Trade up for £1 extra

Choose from a pint of Guinness, Camden Hells Lager, Camden Pale Ale, Goose Island Today's Haze, Beavertown Neck Oil Session IPA or Aspall Cider or a 175ml glass of wine (Pinot Grigio, Pinot Blush or house Cabernet Sauvignon).

Adults need around 2000kcal a day.

Allergens & dietary information available on the reverse.

Our easy to use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur, and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering.

(v) = made with vegetarian ingredients, (ve) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. *= This dish contains alcohol. Fish dishes may contain small bones. Weights stated are approximate uncooked weights. All items are subject to availability. Adults need around 2000kcal a day. All calories are correct at the time of menu print. Live nutritional information is available online.