

SON OF STEAK

LUNCH MUNCH MENU

**MONDAY - FRIDAY
12PM - 5PM**



**2 COURSES + 1 SIDE FOR £15
ADD AN UNLIMITED REFILL
SOFT DRINK FOR +£3**

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](#).

● made with vegetarian ingredients, ● 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. Fish dishes may contain small bones. * = this dish contains alcohol. An optional service charge of 10% will be added to all tables of 8 or more. All items are subject to availability. All weights are approximate uncooked weights. Nutrition information is correct at time of print. Live nutrition information is available online. Adults need around 2000kcal a day

LUNCH MUNCH MENU

2 courses + 1 side for £15
add an unlimited refill
soft drink for +£3

PICK A STARTER

PADRON PEPPERS ^{Ve}

Sprinkled with Maldon sea salt 25kcal

KARAAGE CHICKEN

Boneless bite-sized chicken drizzled in a sticky Korean style BBQ sauce 513kcal

HALLOUMI FRIES ^{Ve}

Lightly dusted Halloumi fries with Sriracha mayo 485kcal

INDIAN INSPIRED CAULIFLOWER WINGS ^{Ve}

Cauliflower wings in a crisp curried batter.
Served with a cool coconut & mint raita. 229kcal

ADD A SAUCE (+ 1.65)

BEEF DRIPPING GRAVY 126kcal

COOL COCONUT & LIME BUMBU* 160kcal

PEPPERCORN* 66kcal

CLASSIC BUMBU* 133kcal

KOREAN STYLE BBQ 84kcal

FIERY BUMBU* 131kcal

CHURRASCO 411kcal

PICK A MAIN

8oz FLAT IRON

Cut from the sweet spot of the chuck between the shoulder and the neck.
Seared, sliced and served slightly pink 476kcal

UPGRADE YOUR STEAK TO OUR 8oz RUMP FOR ONLY +2.50

BUTTER BASTED & BONELESS

A succulent whole boneless chicken leg basted in butter and cooked over a hot griddle so the skin is crispy and finished with a sprinkle of Maldon sea salt 609kcal

SIX SOUTHERN FRIED CHICKEN WINGS

Our signature southern fried wings coated with your choice of Bumbu Bali glaze 747kcal

BUMBU RICE BOWL*

Fragrant Basmati rice, crunchy broccoli, mooli and red cabbage with fresh chilli, coriander and crispy onions. Dressed in our Bumbu Bali coconut sauce 439kcal

Pick your topper

Boneless Chicken leg 471kcal / Crispy Buttermilk Chicken Breast 323kcal
Halloumi Fries ^{Ve} 348kcal / Indian Inspired Cauliflower Wings ^{Ve} 229kcal
Garlic King Prawns (+4.00) 295kcal / Korean Style BBQ Crispy Beef 241kcal
Flat Iron Steak (+8.50) 476kcal

BURGERS

EASY CHEESE

Topped with smoked Cheddar 702kcal

BEYOND MEAT ^{Ve}

Beyond Meat Burger, tasty & meat free with a vegan alternative to mature cheddar 797kcal

PIGGY IN THE MIDDLE BURGER

Topped with a rasher of crispy bacon & smoked Cheddar 781kcal

PICK A SIDE

GARLIC BREAD ^{Ve} 305kcal

ASIAN STYLE BROCCOLI ^{Ve}

with Som Tam dressing 65kcal

SOUTHERN FRIED BUTTON MUSHROOMS

^{Ve} 95kcal

ROCKET & GRAN MORAVIA CHEESE* ^{Ve}

with balsamic dressing 147kcal

BASMATI RICE ^{Ve}

with coriander, chilli and crispy onion 274kcal

CUCUMBER SALAD ^{Ve}

with red onion and mint 53kcal

HOUSE SLAW ^{Ve} 257kcal

CRISPY ONION LOAF ^{Ve} 156kcal

HAND-CUT SKIN ON FRIES ^{Ve} 277kcal

SOFT DRINKS

UNLIMITED REFILLS

Pepsi Max, Diet Pepsi, Tango or Lemonade

Calorie information can be found at the refillable soft drinks station

ROOM FOR A PUD?

HELP YOURSELF TO BOTTOMLESS ICE CREAM WHEN YOU ORDER ANY OF OUR PUDS! 198kcal per portion

APPLE PIE ^{Ve}

Delicious shortcrust pastry with sweet apple filling, served with custard 432kcal

ICE CREAM ^{Ve}

Vanilla flavoured ice cream 264kcal

CHOCOLATE BROWNIE ^{Ve}

Rich Chocolate Brownie with Salted Caramel sauce 721kcal

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