



EXPRESS LUNCH MENU

SOUP OF THE DAY (V)(VG AVAILABLE) • 6.00

Sourdough, Salted Butter

BEEF & RICOTTA MEATBALLS • 10.00

Parmesan Polenta, Roast Tomato Sugo, Wilted Greens

VEGGIE LASAGNE (V) • 10.00

Garlic Bread, Green Salad

BEEF CHILLI LOADED JACKET POTATO • 9.00

Stacked with Pickled Jalapenos, Sour Cream, Smoked Cheddar

MULL OF KINTYRE MAC & CHEESE (V) • 10.00

Parmesan & Herb Panko Crumb, Garlic Bread

VEGAN FETA & ROASTED SQUASH SALAD (VG) • 7.50

Pickled Red Onion, Pearl Barley, Citrus Dressing,
Toasted Pumpkin Seeds

SALENTO SANDWICHES

Made on our house-made dough, served with a mug of Soup of the Day

CHEDDAR CHEESE, TOMATO CHUTNEY (V) (VG AVAILABLE) • 9.00

Add Sliced Coppa +2

ROASTED PEPPERS, WHIPPED FETA & JALAPENO JAM (VG) • 8.50

PEPPERONI, TOMATO SUGO, BASIL, MOZZARELLA • 9.00

GRILLED SPICED CHICKEN, APPLEWOOD, ROCKET • 10.00

(V) VEGETARIAN (VG) VEGAN

A DISCRETIONARY SERVICE CHARGE OF 10% WILL BE ADDED TO
YOUR BILL, WITH 100% OF THIS OPTIONAL AMOUNT GOING
DIRECTLY TO OUR TEAM



For our guests with food sensitivities, allergies or special dietary needs:
We prepare and serve products that contain all 14 major allergens. We
cannot guarantee that any menu item will be completely free of allergens.
Scan here for this menu's detailed dietary and allergen information or visit
thesocialgastrow.co.uk/allergens.