



LUNCH MENU Available Monday - Friday, 12pm to 4pm.

SOFT SHELL CRAB ROLL 1235kcal **16**
Crispy soft shell crab dressed with a Marie Rose sauce, fresh iceberg lettuce, lime and spring onion. Served in a toasted brioche roll with fries.

LOBSTER SALAD 864kcal **20**
Our lunch take on our steamed lobster and kale, quinoa, walnut, cranberry and feta salad with balsamic dressing.

CLASSIC 5OZ BURGER 1207kcal **10**
5oz Nebraskan beef patty, lettuce, tomato, pickles, red onions and B&L's burger sauce. Served in a sesame topped brioche bun with fries.

Add cheese £1 143kcal | Add bacon £2 72kcal

SMALL PLATES

The perfect start. We recommend sharing a few for the table.

CLASSIC OYSTERS 40kcal **3.5 EACH**
Freshly shucked rock oysters, served classically with Tabasco, fresh lemon and a shallot vinaigrette. Please ask for what varieties we have available today.

CALAMARI 490kcal **8.5**
With chilli, lime and a spiced Singapore mayo.

TRUFFLE CROQUETTES 389kcal **6**
Truffle-infused, porcini mushroom and burrata rice croquettes.

QUEEN SCALLOPS 149kcal **11**
Served steamed in the shell with a spicy Holy Fu*k butter, garlic breadcrumbs and spring onion.

KING PRAWNS 224kcal **16**
Grilled and glazed in a kimchi and chilli sauce with a fresh mango salsa

LOBSTER

We're pioneering the way with our wild Atlantic lobster, cooked from raw, we really hang our hat on our lobster cookery.

CLASSIC WHOLE LOBSTER 1024kcal **35**
Whole lobster, served steamed or grilled with fries, salad and lemon & garlic butter sauce.

LOBSTER ROLL 1259kcal **30**
Chilled lobster dressed in lemon mayo and topped with fresh chives. Served in a toasted brioche roll alongside fries and a lemon & garlic butter sauce.

LOBSTER QUINOA SALAD 864kcal **27.5**
Half a steamed lobster accompanied by a kale, quinoa, walnut, cranberry and feta salad. Finished with a balsamic dressing.

SHARING LOBSTERS kcal* **MARKET PRICE**
For larger sharing lobsters, ask the team to show you what we have available today. Served steamed or grilled with fries, salad and lemon & garlic butter sauce.

*240kcal per 1kg whole lobster | Fries 623kcal | Salad 95kcal | Lemon & Garlic Butter Sauce 205kcal

COMBOS

For those days when you just can't decide between a burger or wild-caught lobster. All combos with whole lobsters use a signature 1lb lobster.

B&L COMBO
Half or whole lobster and original 5oz burger with fries, salad and lemon & garlic butter sauce.

HALF LOBSTER 1561kcal **30** | **WHOLE LOBSTER** 1615kcal **43**

ROLL COMBO 1937kcal **38.5**
Original lobster roll and original 5oz burger with fries, salad and lemon & garlic butter sauce.

COMBO FOR TWO 2678kcal **72**
Whole lobster, original burger and original lobster roll with fries, salad and lemon & garlic butter sauce.

LIMITED EDITION ROLLS



Created in collaboration with sandwich maestro, Max Halley of Max's Sandwich Shop. These limited-edition specials are unapologetically British, topped with crisps and served with fries.

LOBSTER COCKTAIL ROLL **27**
Chilled lobster dressed in retro Marie Rose sauce with iceberg lettuce, avocado, cucumber, tarragon and a crushed Prawn Cocktail crisps garnish. Served in our signature brioche roll.

'FISH & CHIP' LOBSTER ROLL **27**
Fish and chip-inspired chilled lobster with tartare sauce, lime pickled onions, vibrant pea and mint purée, baby gem lettuce and finely diced gherkins. Topped with crushed Salt & Vinegar crisps in our signature brioche roll.

BURGERS

Reared just for us, our 100 day grain-fed USDA beef comes from family-run farms in Nebraska. We use the perfect mix of Tri tip, brisket and chuck.

Add cheese £1 143kcal | Add bacon £2 72kcal

CLASSIC 8OZ BURGER 1611kcal **16**
8oz Nebraskan beef patty, lettuce, tomato, pickled cucumber, red onions & B&L's secret recipe burger sauce. Served with fries.

BEAST BURGER
5oz or 8oz Nebraskan beef patty, lobster meat, melted brie, fennel slaw, truffle & tarragon mayo. Served with fries.

5OZ BURGER 1472kcal **22** | **8OZ BURGER** 1797kcal **28**

PLANT-BASED BURGER VG. 1430kcal **15**
Simplicity vegan burger patty, sweet red pimiento pepper, panko-crumbed aubergine, lettuce, red onion and plant-based cheese. Served with fries.

WAGYU BURGER 1979kcal **25**
Limited-edition 100% British Highland Wagyu beef, lettuce, horseradish mayo, beef and black garlic mayo and crispy shallots. Served with truffle fries.

SIDES & SAUCES

B&L FRIES 623kcal **4**

TRUFFLE FRIES 708kcal **5**
Truffle-infused fries with Grana Padano

LEMON & GARLIC BUTTER SAUCE 205kcal **3**

HOLY FUCK BUTTER SAUCE 205kcal **3**
A spicy take on the classic

QUINOA SALAD 418kcal **5**
Kale, quinoa, walnut, cranberry, feta and a balsamic dressing

GRILLED ENGLISH ASPARAGUS **6.5**
Limited edition special. With Grana Padano.

Please inform a member of our team if you have any food or beverage allergies! Food safety advice: The government advises that the consumption of undercooked meats, seafood and shellfish may increase your risk of foodborne illness, particularly for those in vulnerable groups such as children, pregnant woman, the immunocompromised and the elderly. If you have any questions please ask. A discretionary 12.5% service charge will be added to your bill. V = Vegetarian | VG = Vegan

Adults need around 2000 kcal a day.

Burger & lobster

WEST INDIA QUAY

CHAMPAGNE & SPARKLING

	125 ml	Bottle
Taittinger Brut Reserve Champagne, France Elegant bubbles with notes of honey & citrus fruit	12.5	68
Taittinger Prestige Rosé Champagne, France Fresh wild strawberries & raspberries. Beautifully vibrant	-	75
Taittinger Prelude Grand Crus Champagne, France Indulgent but not overpowering with bright peach	-	95
Taittinger Comtes De Champagne Blanc De Blancs Please ask for current vintage stocked Champagne, France This purest of champagne. Buttery with complexity	-	200
Bel Star Prosecco Veneto, Italy. Refreshingly crisp with juicy fruits & soft floral notes	8	36

RED WINE

	175 ml	Bottle
Malbec, Esquinas de Argentó Mendoza, Argentina Decadent & intense. Spicy & chocolatey	10.5	42
Shiraz, Journey's End Stellenbosch, South Africa Pure Shiraz – a mouthful of forest fruits & dried aromatic herbs	9	36
Valpolicella, Ripasso Superiore Classico, La Dama Veneto, Italy 'Classico Italiano' – an intense, explosion of red fruit. Organic wine	11.5	47

RICH & SMOOTH

Tempranillo Garnacha, Ducay Gran Reserva Cariñena, Spain Smooth drinking. Black fruits with a savoury spiciness	7	26
Primitivo, Masseria Borgo Dei Trulli Puglia, Italy Red velvety fruitiness, teaming with black cherries & prunes	8.5	33
Haut-Médoc, Chateau Peyrabon Bordeaux, France, 2006 Take a trip back in time with a classic Old World. Deeply smoky, cedar with ripe plum. Organic wine	14	56

FRESH & FRUITY

Pinot Noir, Little Eden South Eastern Australia, 2019 A light red with bright strawberries and cherries	8	31
Fico Grande Rosso Emilia-Romagna, Italy Delicate red fruit frames this fresh Italian Lightly spiced	7	26

WHITE WINE

175 ml Bottle

AROMATIC & FRUITY

Sauvignon Blanc, Spy Valley Marlborough, New Zealand Quintessential tropical Sauvignon Blanc	11	43
Chenin Blanc, Swartland Western Cape, South Africa Take a trip to the Cape with a sip. Crisp with hints of stone fruits	7.5	28
Riesling, Jean Biecher Alsace, France Dry, aromatic Riesling with ripe apricots and peach	8.5	32

FULLER BODIED

Pouilly Fuisse, Domaine Trouillet Burgundy, France Burgundy in a glass. Creamy body cut with zest	14.5	58
Chardonnay, Valdivieso Central Valley, Chile Pure Chardonnay – ripe pears & toasty nuts frame every sip.	8	29

LIGHT & FRESH

Gavi Di Gavi, Morgassi Superiore, Tuffo Piemonte, Italy Easy drinking. Floral bouquet with a citrus twist	12	48
Albarino, Domingo Martin Rias Baixas, Spain Lifted with delicious freshness & peachiness complimented by a crisp minerality	9.5	38
Pez De Rio Blanco Cariñena, Spain Crunchy apple jumps out the glass. Smooth drinking	7	26

ROSE WINE

175 ml Standard Bottle Magnum

Provence Rosé, Mirabeau Provence, France Light-bodied Provencal rosé - elegant with sweet raspberry	11	45	85
Cote Rosé, Domaine Lafage Languedoc-Roussillon, France Gastronomic rosé. Juicy and mouth-watering	8.5	33	-

SWEET

100 ml 50 cl Bottle

Royal Tokaji, Late Harvest Tokaj Hungary Deliciously sweet digestif of dried apricot and honey notes	7.5	35
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Burger & Lobster

WEST INDIA QUAY

B&L SIGNATURE COCKTAILS

	Lobstar Martini Sapling Vodka, Passoa, pineapple juice, lime juice, grenadine, vanilla, passionfruit, prosecco	12
	Pistol Punch Havana 3yo, Wray & Nephew, Velvet Falernum, Passoa, mango, passion fruit, bergamot, orange, sugar, grenadine	12
	Strawberry Fields Havana 3yo, strawberry purée, lime juice, sugar, strawberry	11
	Basilico Tanqueray, avocado liqueur, pineapple juice, vegan egg white, basil leaves	11
	Quayside Punch Havana 3yo, Wray & Nephew, kiwi purée, apple juice, green tea, sugar, lemon juice, fresh kiwi	12
	Smoke and Fire Mezcal, Grand Marnier, lime juice, agave, pink grapefruit juice	13
	Sorrentine Club Beefeater, Limoncello, lemon juice, sugar, vegan egg white, raspberries	11
	Life's A Peach Buffalo Trace, peach liqueur, white peach, sugar, lemon juice, basil	11
	Wolf Song Beefeater, Falernum, lime juice, watermelon, cantaloupe, pineapple juice	11
	Green Garden Sapling Vodka, sauvignon blanc, apple juice, apple, lemon juice, lychee syrup, soda	11
	Rosemary Old Fashioned Woodford Rye, Cherry Heering, sugar, hazelnut bitters, rhubarb bitters	13.5
	Mojito Choose from strawberry, passion fruit or original: Havana 3yo, fruit purée, lime, mint, sugar, soda	10.5
	Bloody Mary Sapling Vodka, Worcestershire sauce, lemon, tabasco, tomato, celery and B&L's spice mix	10.5

B&L MOCKTAILS

	Kiwi Cooler 105kcal Kiwi purée, apple juice, green tea, sugar, lemon juice, fresh kiwi	6.5
	Mock Mojito 122kcal Choose from strawberry, passion fruit or original: Fruit purée, lime, mint, sugar, apple juice	6.5
	Homemade Lemonade 69kcal 90kcal Choose from original, strawberry or passion fruit: Lemon, sugar, soda	5 6
	Virgin Mary 44kcal Worcestershire sauce, lemon, tabasco, tomato, celery and B&L's spice mix	6.5
	Watermelon Ice Tea 84kcal Watermelon syrup, lemon juice, earl grey cold brew tea	6.5

WEST INDIA QUAY SPECIAL

Cherry Blossom Appleton Estate, Cherry Heering, Xante, lemon juice, sugar syrup, maraschino cherry	12
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SPRITZ

Pink Gin Spritz Big Smoke Rhubarb and Pink Lemonade Gin, Fevertree Tonic, strawberries, grapefruit.	11.5
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BEER


1936 Lager 4.7% 330ml	5.6
Bear Island Pale Ale 4.8% Pint	6.3
Red Claw Lager 4% Pint	6.3
Beavertown Neck Oil Session IPA 4.3% Pint	7.2

CIDER

Gypsy Fox, Wignac Rosé Cider 4.5% 330ml Rose cider with pure grape juice	6.5
The Dandy Hare, Wignac Natural Cider 4.5% 330ml 100% pure apple juice cider	5.8
Lady Squirrel, Wignac Alcohol-Free Cider 330ml Wignac alcohol-free	5.5
Kopparberg 500ml Strawberry & Lime	6.5

SPIRITS 50 ml | All mixers are on us

VODKA

Grey Goose	10.5
Konik's Tail	10
Tito's	10.5
 Sapling Vodka	10

RUM

Havana 3	9.5
Havana 7	10.5
Kraken Spiced	10.5
Rum Diplomatico	12
Nativo 15 Years Old	12

GIN

Beefeater	9.5
Tanqueray	10.5
Hendrick's	10.5
Monkey47	12.5
Aviation	12.5
Big Smoke	11.5
Big Smoke Pink Gin	10.5
Gin Mare	11

COGNAC

Martell VS	9.5
Remy Martin VSOP	10.5
Martell XO	21

WHISKY

Chivas 12	9.5
Nikka From the Barrel	11
Johnnie Walker Black	10
Jameson	10
Woodford	10
Maker's Mark	10
Jack Daniel's Single Barrel	12.5

TEQUILA

Olmecca Plata	9.5
Olmecca Reposado	10.5
Padre Azul Blanco	14
Padre Azul Reposado	14.5
Padre Azul Anejo	15.5



We'll plant one tree for every bottle sold with Sapling Vodka