

LUNCH

Every day 12pm - 5pm

SALADS

SINGLE 4.75 / CHOOSE THREE 9.5 / CHOOSE FOUR 10.45

<p>AUBERGINE Feta cheese yogurt, parsley pomegranate, basil sauce V/GF/NF</p>	<p>PEACH Pomegranate molasses, basil, red chilli, mint, parsley sauce V/VG/DF/GF</p>	<p>CARROT Red kapyra, spring onion, red chilli, fennel, coriander, white sesame, mustard V/VG/DF/GF/NF</p>	<p>WHITE QUINOA Red pepper, spring onion, parsley, dried cranberry, pomegranate V/VG/DF/GF/NF</p>
<p>BEET-ROUTE Beetroot, green lentil, red onion, dill, mint, crispy onion, molasses V/VG/DF/GF/NF</p>	<p>GREEN BEANS Baby potato, white sesame, parsley, mint, mustard, shallot sauce V/VG/DF/GF</p>	<p>SWEET POTATO Balsamic glaze, red chilli, tahini, chickpeas, spring onion, parsley V/VG/DF/GF/NF</p>	<p>BROCCOLI Baby spinach, sugar snap peas, orange zest, black sesame, dill V/VG/GF/NF</p>

CHOOSE A MAIN & TWO SALADS 12.5
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M A I N S

<p>CHICKEN MEATBALLS / 9 Lentils, tomato, Tunisian spices, yoghurt, served with flatbread NF</p>	<p>CHICKEN LEG / 8.5 Lemon, tarragon, shallots, artisan bread DF/NF</p>	<p>PULLED LAMB / 9 Served with roasted sweet potato & sumac onion DF/GF/NF</p>	<p>CHICKPEA SWEET POTATO / 8 Roasted sweet potato, chickpeas & tomato salsa, pine nuts with tahini V/VG/DF/GF</p>
<p>BAKED SALMON / 8.5 Sweet chilli glaze, capers, dill mayonnaise GF/NF</p>	<p>LASAGNE / 8.5 Roasted aubergine, courgette, spinach, chargrilled red peppers V/NF</p>	<p>FILO PIE / 6 Please ask a member of staff for the filo pie of the day</p>	<p>SOUP / 5 Ask a member of staff for the soup of the day</p>
<p>VEGAN KOFFE / 8.25 Bulgur, lentil & sweet potato kofte with cumin, garlic and bread crumbs served on lentil, carrot, spinach and mushroom stew with coconut milk V/VG/DF/NF</p>		<p>ROUTE SANDWICHES / 5.5 Please ask a member of staff for the sandwich options</p>	

<p>FILLED PITTAS / 9.95 Grilled chicken, pickled cabbage, rocket, halloumi, yoghurt served with skin on chips - NF or Pulled lamb, pickled cabbage, rocket, sumac onion served with skin on chips - DF/NF</p>	<p>ROUTE BEEF BURGER / 9.95 Beef patty in a brioche bun served with skin on chips DF/NF Add cheese / 0.5 Add bacon / 1</p>
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H O M E M A D E C A K E S

ALL AT 3.8

<p>ORANGE & POMEGRANATE V/GF</p>	<p>LEMON & BLUEBERRY V/VG/DF/NF</p>
<p>BEETRUTE, AVOCADO & CHOCOLATE V/VG/DF</p>	<p>CHOCOLATE CHIP & MANDARIN V/GF</p>
<p>OLIVE OIL & ROSEMARY V/GF</p>	<p>CARROT & WALNUT V</p>
<p>BANANA, CARAMEL & HAZELNUT V</p>	<p>CHOCOLATE BROWNIE / 3.5 V/NF</p>

Please ask a member of the team for allergen advice
 A discretionary service charge of 12.5% will be added to your bill