

LUNCH

SALADS

SINGLE 4.95 / THREE 9.95 / FOUR 10.95

AUBERGINE

Basil & parsley hummus, pomegranate, crispy onion
V/VG/DF/NF

CAULIFLOWER

Brussel sprouts, turmeric, cranberry, dill, parsley, balsamic vinegar, almond
V/VG/DF/GF

CARROT

Parsnips, zaatar, chilli flakes, coriander, white sesame, pomegranate molasses
V/VG/DF/NF

BARLEY

Red & yellow pepper, parsley, spring onion, mint, pomegranate
V/VG/DF/NF

BEETROUTE & APPLE

Green apple, pomegranate seeds, parsley, fennel, pomegranate molasses, lemon
V/VG/DF/GF/NF

GREEN BEANS

Baby potato, olive, white sesame, parsley, mint, mustard, shallot sauce
V/VG/DF/GF/NF

BUTTERNUT SQUASH

Quinoa, feta cheese, crispy onion, mint and parsley dressing
V/NF

FENNEL & PEAR

Pomegranate seeds, fennel seeds, basil dressing
V/VG/GF/NF

CHOOSE A MAIN & TWO SALADS 12.95
CHOOSE A MAIN & THREE SALADS 13.95

MAINS

CHICKEN MEATBALLS / 9.5

Lentils, tomato, Tunisian spices, yoghurt, served with flatbread
NF

CHICKEN LEG / 8.5

Lemon, tarragon, shallots, artisan bread
DF/NF

PULLED LAMB / 9.5

Served with roasted sweet potato & sumac onion
DF/GF/NF

FILO PIE / 6

Please ask a member of staff for the filo pie of the day

BAKED SALMON / 8.5

Sweet chilli glaze, capers, served with dill mayonnaise
GF/NF

LASAGNE / 8.5

Roasted aubergine, courgette, spinach, chargrilled red peppers
V/NF

CHICKPEA SWEET POTATO / 8

Roasted sweet potato, chickpeas & tomato salsa, pine nuts with tahini
V/VG/DF/GF

FRITTATA / 6

Red pepper, egg, spinach, roasted potato, onion, feta cheese, served with mint & parsley yoghurt
V/GF/NF

VEGAN KOFTE / 9

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

ROUTE SANDWICHES / 5.5

Ask a member of staff for the sandwiches today

SOUP / 5

Ask a member of staff for the soup today

PITAS & BURGERS

FILLED PITTAS / 9.95

Grilled chicken, pickled cabbage, red pepper rocket, halloumi, mint yoghurt served with skin on chips - **NF**

Pulled lamb, pickled cabbage, rocket, sumac onion served with skin on chips - **DF/NF**

Jackfruit Pita, pickled cabbage, rocket, sumac onion served with skin on chips - **V/VG/DF/NF**

ROUTE BEEF BURGER / 9.95

with skin on chips
DF/NF

Add **cheese** / 0.5
Add **bacon** / 1

VEGAN KOFTE BURGER / 9.95

Crispy fried kofte made from bulgur, lentil & sweet potato in a brioche bun, with vegan garlic mayo & skin on chips
V/VG/DF/NF

HOMEMADE CAKES

ORANGE & POMEGRANATE
V/GF

ALL AT 3.9

LEMON & BLUEBERRY
V/VG/DF/NF

BEETROUTE, AVOCADO & CHOCOLATE
V/VG/DF

CHOCOLATE CHIP & MANDARIN
V/GF

OLIVE OIL & ROSEMARY
V/GF

CARROT & WALNUT
V

BANANA, CARAMEL & HAZELNUT
V

CHOCOLATE BROWNIE / 3.6
V/NF

A discretionary service charge of 12.5% will be added to your bill

Please ask a member of the team for allergen advice

