



# ROUTE SALADS

## AUBERGINE

Yogurt, Pomegranate,  
Bulgur, Spring Onion,  
Parsley, Almond Flake,  
Mix Spice  
V

## BROCCOLI & SUGAR SNAP

Baby spinach, orange zest,  
black sesame, dill, white  
vinegar, orange dressing  
VEGAN, DF, GF, NF

## BUTTERNUT SQUASH

Fried Sage, Feta,  
Paprika, Fried Onion,  
Mint & Parsley Marinade  
V, NF

## CARROT & PARSNIP

Coriander, Roasted  
Chickpea, Cumin, Garlic  
Pomegranate Molasses,  
Chili Flakes, Garlic  
VEGAN, DF, GF, NF

## RED QUINOA

Cannellini Beans,  
Parsley, Pomegranate  
Spring Onion, Lemon  
White Wine Vinegar  
VEGAN, DF, GF, NF

## GREEN BEANS & POTATO

Olives, mint, parsley  
white sesame, mustard,  
white wine vinegar, dill  
shallot & rocket marinade  
VEGAN, DF, GF, NF

## MAINS

### BAKED SALMON / 10

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

### PULLED LAMB / 10.5

with sweet potato  
& sumac onion  
DF/GF/NF

### LASAGNA / 9.5

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

### FRITTATA / 7.5

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

### CHICKEN MEATBALLS / 10

Lentils, Tunisian spices,  
tomato, yoghurt, potato  
served with tumeric rice

### CHICKPEA

### SWEET POTATO / 9

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

### SOUP OF THE DAY/ 5

Ask Counter

### FILO PIE OF THE DAY/ 7.5

Ask Counter

## MEAL DEALS

### SALADS

SMALL BOX - ONE 4.95 - TWO 6.45  
LARGE BOX - THREE 9.95 - FOUR 11.45  
ADD PROTIEN TOPPING 3

### MAIN + SALAD

CHOOSE A MAIN & 1 SALAD 11.5  
CHOOSE A MAIN & 2 SALADS 13  
CHOOSE A MAIN & 3 SALADS 14