ROUTE LUNCH



SALADS

SMALL - SINGLE 6.45 - TWO 7.95 LARGE - THREE 11.95 - FOUR 13.45



Aubergine

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

Butternut Squash

Fried Sage, Feta,

Paprika, Fried Onion,

Mint & Parsley

Marinade

V, NF

Red quinoa

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

Green Beans & Potato

Mixed Olives, mint, dill, white sesame, mustard, vinegar, shallot & rocket marinade, parsley

VEGAN, DF, GF, NF

Cauliflower

Brussel Sprouts, Cranberry, Pomegranate, Almond Flakes, Lemon, Dill, Mint, Turmeric VEGAN, DF, GF

Carrot & Parsnip

Coriander, Roasted Chickpea, Pomegranate Molasses, Cumin, Chili Flakes, Garlic

VEGAN, DF, GF, NF

PCHOOSE A **MAIN & TWO SALADS 14.95** CHOOSE A MAIN & THREE SALADS 15.95

MAINS

Lasagne / 10.5

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

Baked Salmon / 12

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

Pulled Lamb / 12.5

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

Chickpea Sweet Potato / 10

Roasted sweet potato, chickpeas & tomato salsa, pine nuts with tahini

V/VG/DF/GF

Chicken Meatballs / 11.5

Lentils, tomato, Tunisian spices, yoghurt, potato, served with pita

Frittata / 8

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

Filo Pie / 8

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

Soup / 7

Ask a member of staff for the soup today. Served with artisan bread

PITAS & BURGERS

Filled Pittas / 12

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

Route Smash Burger / 12

with skin on chips DF/NF

Add cheese / 0.5 Add bacon / 1

Vegan Kofte Burger / 12

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

ALL AT 3.9

BEETROUTE, AVOCADO & CHOCOLATE $^{f V}$ V/VG/DF

OLIVE OIL & ROSEMARY

BANANA, CARAMEL & HAZELNUT

LEMON & BLUEBERRY V/VG/DF/NF

CHOCOLATE CHIP & MANDARIN V/GF

CARROT & WALNUT

CHOCOLATE BROWNIE