



EST. 2013
ROUTE
LUNCH



BREAKFAST / 8am - 5pm LUNCH / 11am - 5pm

SALAD DEALS

Small - **Single 7.25 / Two 8.75**
Large - **Three 12.75 / Four 15**

LUNCH DEALS

Choose a **Main & One Salad 14.95**
♥ Choose a **Main & Two Salads 15.95**
Choose a **Main & Three Salads 16.95**

Salad options

♥ **Aubergine**

Yogurt, pomegranate, bulgur, spring onion,
Parsley, almond flake, mixed spice (**v, gf**)

Red quinoa

Cannellini beans, parsley pomegranate, spring
onion, red pepper, lemon, white wine vinegar
(**vegan, gf, nf**)

♥ **Butternut squash**

Crispy sage, feta, paprika, fried onion, mint & pars-
ley marinade (**v, nf**)

♥ **Green beans & potato**

Mixed olives, mint, dill, white sesame, mustard,
vinegar, shallot & rocket marinade, parsley (**vegan,**
gf, nf)

Cauliflower

Brussel sprouts, cranberry, pomegranate, almond
flakes, lemon, dill, mint, turmeric (**vegan, gf**)

Carrot & parsnip

Coriander, roasted chickpea, pomegranate
molasses, cumin, chili flakes, garlic (**vegan, gf, nf**)

Pitas & Burgers

♥ **Chicken Pita / 15**

Grilled chicken thighs, pickled cabbage, red pepper
rocket, halloumi, mint yoghurt served with skin on
chips (**nf**)

♥ **Pulled Lamb Pita / 15**

4 Hour slow cooked lamb pickled cabbage, rocket,
sumac onion served with skin on chips (**df, nf**)

Route Cheese Burger / 13.5

With skin on chips (**nf**)
add extra cheese / 0.5
Add bacon / 1

Kofte Burger / 13

Crispy fried kofte made from bulgur, lentil & sweet
potato in a brioche bun, with vegan garlic mayo &
skin on chips (**vegan, df, nf**)

Main options

♥ **Chicken Meatballs / 14**

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

♥ **Pulled Lamb / 14**

4 Hour slow cooked lamb with turmeric lentil rice &
yogurt

Veggie Lasagne / 12

Roasted aubergine, courgette, spinach, chargrilled
red peppers, mozzarella (**v, nf**)

♥ **Lentil Kofte Stew / 13**

Bulgur, lentil & sweet potato kofte served on lentil,
carrot, spinach and mushroom stew with coconut
milk (**vegan, nf**)

Chicken Leg / 12

in a bath of lemon, tarragon & shallots broth artisan
bread (**df**)

Baked Salmon / 13

Sweet chilli glaze served with with capers & dill
mayo. Served Cold (**gf, nf, df**)

Frittata / 8.5

Red pepper, egg, kale, roasted potato, feta cheese,
served with mint & parsley yoghurt (**v, gf, nf**)

Filo Pie / 8.5

Cauliflower, parsley, feta, spring onion, white and
black sesame (**v, nf**)

Soup of the Day / 7.5 (vegan, nf)

Sandwiches / Please ask member of staff

Homemade Cakes / 4.2

Orange & Pomegranate (**Gf/Df**)

♥ **Beetroute, Avocado & Chocolate (Vegan)**

Olive Oil & Rosemary (**Gf/Df**)

♥ **Chocolate Chip & Mandarin (Gf/Df)**

Lemon & Blueberry (**Vegan/Nf**)

♥ **Chocolate Brownie (Nf)**

Carrot & Walnut

Banana, Caramel & Hazelnut