



SALAD BOX

SMALL - ONE 6.45 - TWO 7.95
LARGE - THREE 10.45 - FOUR 12.95

MAIN + SALAD

CHOOSE A MAIN & 1 SALAD 13.45
CHOOSE A MAIN & 2 SALADS 15

SALAD OPTIONS

Aubergine

Feta yogurt, crispy onion, basil sauce,
pomegranate

V/NF

White Quinoa

Parsley, spring onion, red pepper, dried
cranberry, pomegranate, cumin

VEGAN/DF/GF/NF

Broccoli

Sugar snap, spinach, dill, black sesame,
white wine vinegar, orange juice & zest

VEGAN, DF, GF, NF

Green Beans & Potato

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

VEGAN, DF, GF, NF

Sweet Potato

Chickpea, tahini, spring onion, balsamic
glaze, red chilli, parsley

VEGAN, DF, GF, NF

Peach

Basil, red chili, pomegranate molasses,
mint, parsley, lemon zest

VEGAN, DF, GF, NF

MAIN OPTIONS

Baked Salmon / 13.45

Sweet chilli glaze, served with tumeric
rice or 1 Route salad

GF, NF

Chicken Meatballs / 11.5

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

GF

Mediterranean Meatballs / 11.5

Beef and lamb meatballs, shakshuka
sauce, served with tumeric rice & yogurt
(meatballs contain mustard)

NF

Lasagna / 10.5

Roasted aubergine, courgette, spinach
& chargrilled red peppers

V, NF

Chickpea sweet potato / 10.25

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

VEGAN, DF, GF

Frittata / 8

Pesto, feta, leek, potato & egg

V, GF, NF

Filo Pie / 8

Sweet potato, feta, spinach, white & black
sesame

V, NF