

THE COUNTER & KITCHEN

SOUP OF THE DAY with bread & butter 4.5

SANDWICHES (please see counter) 5.5/6

SALADS single salad £4 / 3 salads £9 / 4 salads £9.95

Red quinoa - Cannellini beans, roasted red peppers, spring onion & parsley **GF/DF/NF**

BeetRoute - Fennel, apple, parsley, mint, dill, pomegranate seeds & pomegranate molasses **DF/GF/NF**

Tabbouleh - Bulgur, tomato, parsley, spring onion, red peppers, pomegranate seeds **NF/DF**

Carrot - Coriander, pomegranate molasses & tahini sauce **GF/DF/NF**

Aubergine - Chickpeas, parsley, spring onion, almond flakes, yoghurt & pomegranate seeds **GF**

Baby potato & green beans - sesame seeds, rocket pesto, parmesan cheese & dill **GF/NF**

Roasted cauliflower - Beetroot juice & pickled red cabbage with roasted almonds & feta cheese **GF**

Roasted butternut squash - Feta cheese, roasted chick-peas, crispy sage, caramelised onion **NF**

LUNCH 12pm - 5pm

CAFÉ / DELI / BISTRO

ROUTE

DALSTON JUNCTION



MAINS with choice of 2 salads £12 or 3 salads £13

Chicken leg with lemon, tarragon and shallot served with artisan bread **DF/NF** 8.5

Roasted vegetable lasagna **NF** 8.5

Sweet chilli glazed salmon fillet, capers-dill & mayo **NF** 8.5

Asparagus, butternut squash & feta frittata **NF** 6.5

Filo pie of the day **NF** 6

Sweet potato served with pulled lamb & sumac onion **NF/DF** 7.5

Chicken meatballs with lentil, tomato & Tunisian spices served with flat bread (optional yoghurt topping) **NF** 8.5

Sweet potato cakes with red kidney beans and halloumi **NF/GF** 7.5

HOMEMADE BURGERS 9.95

with potato wedges

Prime Beefburger in a brioche bun

Slow Cooked Pulled Lamb Burger in brioche bun

Chicken thigh, roasted peppers, halloumi in Flatbread with mint yoghurt

Marinated aubergine with halloumi, hummus in flat bread served with pickle cabbage & topped up with mint yoghurt

Add cheese 0.5 / bacon 1

HOMEMADE CAKES 3.8

Orange & pomegranate **GF/NF**

Lemon & blueberry cake **V/NF**

Chocolate & mandarin cake **GF/NF**

Beetroute, avocado & chocolate **V/NF**

Banana, caramel & hazelnut loaf

Monmouth coffee & pecan cake

Carrot & walnut cake

Chocolate brownie 3.5