

## THE COUNTER & KITCHEN

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**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

**Roasted New Potatoes & Green Beans** - with Capers & shallot vinaigrette **GF/NF/DF/VG**

**Roasted Sweet Potato & Chick Peas** - with Tahini drizzle **GF/DF/NF/VG**

**Aubergine Almond Bulgur mix** - with BeetRoute yoghurt

**Carrot, Red kapya, Celery & Spring Onion** - with wholegrain vinaigrette & coriander **GF/DF/NF/VG**

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

**Red Quinoa Cannelini Beans** - with Roasted Red Peppers **GF/DF/NF/VG**

**Tabbouleh** **DF/NF/VG**

**Peach** - with finely chopped chilli and pomegranate molasses **DF/ NF/GF/VG**

## 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

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

Stuffed mushrooms with spinach, caramelised onions, red pepper, halloumi cheese & melted mozzarella **GF** 7.5

Chicken and courgette kofte 7.5

Stuffed Bells with mixed spice bulgur, onions and lentil crumbled with feta cheese **NF** 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**

Lemon & blueberry cake **V/NF/DF**

Chocolate & mandarin cake **GF**

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

Banana, caramel & hazelnut loaf

Carrot & walnut cake

Chocolate brownie 3.5