

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

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

Tahini chickpea with bulgur, tomato, celery & spring onions **DF/NF/V**

Roasted Sweet Potato & Chick Peas - with tahini drizzle, balsamic glaze & red chillies **GF/DF/NF/VG**

Aubergine Almond Bulgur mix - with turmeric yoghurt, crispy onions & pomegranate seeds

Roasted Carrot Green Lentil with Za'atar **GF/V/NF**

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

White Quinoa - with radish, cranberry, baby basil, green peas **GF/DF/NF/VG**

Broccoli Baby Spinach Red Kapya with nigella seeds, red onion & orange zest **GF/V/NF/DF**

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

Quesadilla Veg - roasted vegetables & cheddar cheese served with gherkin yoghurt 8.95

Quesadilla Chicken - tomato, red onion & cheddar cheese served with gherkin yoghurt 8.95

Vegetable muffin with green lentil, bulgur, onions, potato & spinach served with gherkin yoghurt **NF/V** 6

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