



Maarouf Abuzaki, a head chef from the Lebanon, founded Maroush in 1981.

Maarouf arrived in London from his home country of the Lebanon in 1975. An energetic entrepreneur with great ambitions, he worked in Lebanese restaurants as a chef until 1981, then opened his first Maroush restaurant at 21 Edgware Road. Ranoush Juice the first Lebanese fast food restaurant in London followed, and subsequently another twelve branches opened in succession.

When Maarouf started as a chef in Lebanon, he had a love and a passion for food and hospitality, and when asked about the secret of being a good restaurateur, he simply says: "Good food, good service and total attention to customers".



Cold Mezza

المقبلات باردة

- 1 Hommos [✓] حمص £5.50
Chickpea purée with sesame paste (tahine) and lemon juice
- 2 Hommos Beiruty [✓] حمص بيروتي £5.75
Chickpea purée with hot pepper, parsley, sesame paste (tahine), and lemon juice
- 3 Moutabal *Baba Ghanouj* [✓] متبل £5.75
Grilled aubergines puree mixed with sesame paste (tahine), and lemon juice
- 4 Tabbouleh [✓] تبولة £5.75
Parsley salad with tomato, fresh mint, onion, cracked wheat, lemon juice and olive oil dressing
- 5 Wark Inab B'zeit [✓] ورق عنب بالزيت £5.75
Vine leaves filled with rice, tomato, parsley, mint and onion, cooked in lemon juice and olive oil
- 6 Labneh [✓] لبننة £5.50
Strained yoghurt served with olive oil and dried thyme
*garlic optional
- 8 Kabis [✓] كبيس £4.50
Mixed mediterranean pickles
- 9 Lisanat لسانات £6.00
Cooked lamb tongues with lemon juice and olive oil dressing
- 10 Moujaddarah [✓] مجردة £5.50
Purée of lentil and rice topped with fried onion
- 11 Bazenjan Al-Rahib [✓] باذنجان الراهب £6.00
Grilled aubergine with tomato, onion, parsley and mint
- 12 Moussaka [✓] مسقعة £5.75
Fried aubergines baked with tomato, onion, chickpeas and sweet peppers
- 13 Loubieh B'zeit [✓] لوبية بالزيت £5.50
French green beans cooked with tomato, onions and olive oil
- 14 Bammieh B'zeit [✓] بامية بالزيت £5.50
Okra cooked with tomato, onion, fresh coriander and olive oil
- 15 Mouhamara [✓] محمرة £6.50
Mixed mediterranean spicy nuts with olive oil
- 16 Bastorma بسطرمة £7.00
Thin slices of smoked beef fillet covered with special spices

[✓]Suitable for Vegetarians.

Lebanese cuisine can contain a number of allergens therefore we cannot guarantee that our food does not contain: Nuts, Fish, Sesame, Soya, Eggs, Dairy & Pine Nuts.

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Hot Mezza

المقبلات ساخنة

- 30 Hommos Shawarma or Awarma حمص شاورما أو قاورما £7.50
Chickpea purée with sesame paste, lemon juice and olive oil dressing, topped with sliced or diced marinated lamb
- 31 Kibbeh Shameyieh كبة شامية £6.00
Deep-fried lamb meatballs mixed with cracked wheat and onions, filled with sautéed minced meat and onions
- 32 Falafel فلافل £5.50
Deep-fried bean and fine herb croquettes served with tahine sauce
- 33 Foul Moudamas فول مدمس £5.50
Boiled broad beans seasoned with garlic, lemon juice and olive oil
- 35 Batata Harra and Fried Vegetables بطاطا حرة £5.50
Cubes of potatoes sautéed with garlic, coriander, sweet pepper and chilli, topped with fried vegetables
- 36 Halloum Mishwi حلوم مشوي £6.50
Grilled halloumi Cheese
- 37 Jawaneh جوانح دجاج £6.00
Charcoal-grilled marinated chicken wings served with garlic sauce
- 38 Maqaneq مقانق £7.00
Home-made Lebanese mini sausages flambéed in butter and lemon
- 39 Soujok سجق £7.00
Home-made Lebanese spicy sausages, sautéed in lemon
- 40 Chicken Liver سودة دجاج £7.00
Marinated chicken liver sautéed with lemon and butter
- 45 Fattet Hommos B'laban فتة حمص باللبن £7.00
Layers of boiled chickpeas, toasted bread and crushed garlic, topped with yoghurt and pine kernels
- 46 Fattet Lisanat B'laban فتة لسانات باللبن £8.00
Layers of boiled chickpeas, toasted bread and crushed garlic, topped with yoghurt, pine kernels and fried lamb tongues
- 47 Samaka Harra سمكة حارة £8.00
Baked fish mixed with spicy vegetables (ratatouille)

Prices include VAT. Service is not included

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Only companies Cheques are accepted

£2.00 Cover Charge applicable in the restaurant area only



Bakery and Pastry المعجنات و الفطائر

- 23 Fatayer B'sabanekh فطائر بالسبانخ £5.75
Baked Lebanese pastry filled with spinach and onions, lemon, olive oil, pine kernels and summac
- 24 Sambousek Cheese سمبوسك جبنة £5.75
Deep-fried Lebanese pastry filled with feta cheese
- 25 Sambousek Lamb سمبوسك لحمة £5.75
Deep-fried Lebanese pastry filled with minced lamb and pine kernels
- 26 Maroush Arayes عرايس لحمة £6.00
Baked Lebanese pastry filled with seasoned minced lamb
- 27 Maroush Kalaj كلاج £6.00
Baked Lebanese pastry topped with halloumi cheese
- 28 Lahem B'agine (Lebanese Pizza) لحمة بالعجين £6.00
Baked pastry topped with minced meat, tomato, onion, red and green peppers and pine kernels
- 29 Manakeesh مناقيش £3.50
Baked pastry topped with thyme, sesame seeds and olive oil

Soups الشوربات

- 48 Lentil Soup شوربة العدس £5.00
Finely selected lentils cooked in cumin and olive oil, served with toasted Lebanese bread
- 49 Chicken Soup شوربة الدجاج £5.00
Cream of Chicken bouillon

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السلطات

Salads السلطات

- 50 Spicy Lebanese Salad ﷺ سلطه حرة £5.75
Lettuce, tomato, cucumber, parsley, mint, onion, chopped green chilli and fine Lebanese spices with lemon and olive oil dressing
- 51 Maroush Salad ﷺ سلطه مروش £5.75
Lettuce, tomato, cucumber, parsley, mint, onion, radish and fine Lebanese spices with lemon and olive oil dressing
- 52 Fattoush ﷺ فتوش £6.25
Lettuce, tomato, cucumber, mint, onion, radish, summac and toasted Lebanese bread with lemon and olive oil dressing
- 53 Cucumber Salad with Yoghurt ﷺ سلطه خيار باللبن £5.00
Yoghurt with finely cut cucumber and dried mint
- 54 Tomato and Onion Salad ﷺ سلطه بندورة و بصل £5.75
Fresh tomato with finely chopped parsley, onion and dried mint
- 55 Seasonal Salad ﷺ سلطه £5.75
Lettuce, tomato and cucumber

Side Orders الأطباق المرافقة

- 56 White Rice ﷺ رز أبيض £4.00
Basmati rice
- 57 Lebanese Rice ﷺ رز بالشعيرية £4.00
Vermicelli rice
- 58 Rice with Lamb ﷺ رز باللحم £4.50
Rice with minced meat
- 59 French Fries ﷺ بطاطا مقلية £3.50
Thickly cut, fried potatoes chips

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Main Courses

الأطباق الرئيسية

- 60 Lahem Meshwi لحم مشوي £15.00
Charcoal-grilled tender cubes of specially prepared lamb
- 61 Shish Taouk شيش طاووق £15.00
Charcoal-grilled skewers of marinated chicken cubes, served with or without garlic sauce
- 62 Kafta Meshwi كفتة مشوي £15.00
Charcoal-grilled skewers of seasoned minced lamb with onion and parsley
- 63 Mixed Grills مشاوي مشكلة £15.50
Charcoal-grilled skewers of seasoned minced lamb, marinated lamb and chicken cubes, served with or without garlic sauce
- 64 Kafta Khosh-khash كفتة خشخاش £15.50
Charcoal-grilled skewers of minced lamb served on a bed of spicy sauce
- 65 Kafta Yoghurtlieh كفتة باللبن £15.50
Charcoal-grilled skewers of minced lamb, topped with yoghurt
- 66 Shawarma Lamb or Chicken شاورما لحم أو دجاج £14.00
Roasted thin slices of marinated lamb or chicken
- 67 Kastaleta lamb ريش غنم £16.00
Specially prepared lamb or veal cutlets, grilled and served with french fries
- 68 Farrouj Meshwi فروج مشوي £16.00
Charcoal-grilled boneless baby chicken, served with or without garlic sauce
- 69 Roasted Lamb خروف محشي £15.00
Braised leg of lamb marinated in special herbs and spices, served with seasoned rice
- 70 Roasted Chicken دجاج بالفرن £15.00
Roasted chicken marinated in garlic, lemon and special spices
- 71 Lamb with Vegetable and Rice لحم مع خضار ورز £15.50
Cubes of lamb cooked with green and red hot peppers, served with rice.
- 72 Chicken with Vegetable and Rice دجاج مع خضار £15.50
Cubes of chicken cooked with green and red hot peppers, served with rice.
- 73 Tawayeh Lahem with Rice طواية لحمة مع رز £15.50
Cubes of tender lamb cooked with onion, garlic, hot peppers and tomatoes, served with rice

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المراسل

- 74 Stuffed Cabbage ملفوف محشي £15.00
Cabbage stuffed with rice, minced meat and spices
- 75 Koussa Warak Inab and Stuffed Aubergine كوسا ورق عنب و باذنجان محشي £15.00
Vine leaves, courgette and aubergine stuffed with rice, minced meat, parsley and cooked with lemon juice
- 76 Kibbeh Saynieh كبة بالصينية £15.00
Minced lamb mixed with spices and cracked wheat, filled with sautéed minced meat, pine kernels and onion, served with yoghurt and cucumber salad
- 77 Special Plate of the Day *Plat du Jour* طبق اليوم £14.00
Ask your waiter for the chef's special of the day
- 78 Aubergine Stew لوبية مع رز £14.00
Served with vermicelli rice
- 79 Okra Stew بامية مع رز £14.00
Served with vermicelli rice
- 80 Green Beans Stew لوبية مع رز £14.00
Served with vermicelli rice

Fish and Sea Food الأسماك و ثمار البحر

- 81 Sea Bass اللقس مقلي أو مشوي £18.00
Fresh sea bass seasoned and deep fried or grilled, served with tahine sauce (tarator)
- 82 King Prawns قريدس مقلي أو مشوي £18.00
Fresh king prawns grilled or sautéed, served with the chef's special spicy sauce
- 83 Sayadieh صيادية £15.95
Flaked fillets freshly cooked, served on a bed of flavoured rice with tahine sauce (tarator) and topped with fried onions

Lunchbox

Special Maroush for 1 person £18.00

Mixed starters - an opportunity to try a small selection of six starters, with a choice of the dish of the day, mixed shawarma or two skewers of mixed grill

Set Menu

تشكيلة

Selection for 2 Persons (max.2 persons) £55 .00

Hommos, moutabal, tabbouleh, falafel, soujok, batata harra, jawaneh followed by mixed grills and Lebanese sweets

Selection for 4 Persons (max.4 persons) £110.00

Hommos, moutabal, tabbouleh, falafel, soujok, batata harra, jawaneh, warak inab, kibbeh shamieh, followed by roast lamb, mixed grills, Lebanese sweets, accompanied with Lebanese house wine

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Desserts الحلويات

- 90 Osmallieh عثمالية £4.00
Baked vermicelli with cream cheese, topped with rosewater syrup and sprinkled with pistachios
- 91 Knefeh كنافة £4.00
Cream cheese topped with semolina served with syrup
- 92 Baklawa بقلاوة £4.00
Selection of miniature traditional Lebanese pastries filled with nuts and syrup
- 93 Mouhallabieh مهلبية £4.00
Lebanese milk pudding, topped with rosewater syrup and sprinkled with pistachios
- 94 Lebanese Rice Pudding رز بالحليب £4.00
Traditional rice dessert with rosewater
- 95 Fresh Fruits فواكة مشكلة £14.00
Selection of fresh seasonal fruits

Soft Drinks

- 250 Soda £3.00
251 Tonic £3.00
252 Bitter Lemon/ gingerale £3.00
253 Coca Cola £3.00
254 Diet Coke £3.00
255 7 up £3.00
256 Diet 7up £3.00

Juices

- 260 Carrot £3.50
261 Melon £3.50
262 Lemon £3.00
263 Mango £3.50
264 Grapefruit £3.75
265 Orange £3.75
266 Tomato £3.50
267 Pineapple Juice £3.50
268 Fruit Cocktail £3.50
259 Apple £3.75

Hot Beverages

- 270 Lebanese Coffee £2.75
271 White Coffee (Orange Blossom) £2.25
272 Cappuccino £3.25
274 Decaffeinated Coffee £2.50
275 Hot Chocolate/Cafe Latte £3.25
276 Tea £2.00
277 Mint Tea £2.75
278 Irish Coffee £8.00
279 Espresso £2.75

Still & Sparkling Water

- 336 Large Bottle Still £3.50
337 Large Bottle of Sparkling £3.50
338 Mint water £1.50

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