




Cold Mezza

Served with freshly baked Lebanese bread containing **Gluten (Wheat)**


Vegan

Hommos  حمص	7.25
Smooth chickpea puree with sesame paste (Tahini), garlic, fresh lemon juice, topped with cooked chickpeas and chopped parsley, drizzled with extra virgin olive oil Allergens: Sesame	
Roasted Red Pepper Hommos  حمص مع فليفلة مشوية	7.50
Creamy chickpea puree with sesame paste (Tahini), roasted red pepper, garlic, fresh lemon juice, topped with cooked chickpeas, sweet paprika and drizzled with extra virgin olive oil Allergens: Sesame	
Hommos Beiruty   حمص بيروتى	7.50
Smooth chickpea puree with sesame paste (Tahini), garlic, fresh lemon juice, chopped parsley and fresh green chili topped with cooked chickpeas and drizzled with extra virgin olive oil Allergens: Sesame	
Moutabal Baba Ghanouj  متبل	7.95
Grilled aubergine mixed with sesame paste (Tahini), fresh lemon juice topped with sumac and extra virgin olive oil Allergens: Sesame, Gluten (Wheat)	
Tabbouleh  تبولة	7.50
A refreshing salad made with finely chopped fresh parsley, tomato, dried mint, onion, bulgur, fresh lemon and extra virgin olive oil dressing Allergens: Gluten (Wheat)	
Kabis  كبيس	5.50
Cucumber, turnip and chilli, pickled with garlic and Mediterranean vinegar Allergens: Sulphites	
Moujaddarah  مجدرة	6.00
A traditional Middle Eastern dish of cooked puréed lentils, rice and cumin garnished with golden fried crispy onion	
Bazenjan Al-Rahib  باذنجان الراهب	7.50
Grilled aubergine tartare, mixed with chopped tomato, onion, bell peppers, mint and parsley, fresh lemon juice and extra virgin olive oil garnished with fresh pomegranate jewels	
Moussaka  مسقعة	7.50
Fried aubergine cubes oven baked with chickpeas, rich tomato puree, onion, garlic and black pepper	
Loubieh B'zeit  لوبية بالزيت	6.50
A Levantine stew of French green beans, onion, tomato, garlic and olive oil	
Bammieh B'zeit  بامية بالزيت	6.50
Fried okra cooked with tomato, onion, garlic, fresh coriander and olive oil	
Mouhamara   محمرة	8.50
A flavourful Lebanese mezza made with roasted red pepper, walnuts, cashew and pistachio nuts, green chili, breadcrumbs and cumin mixed with extra virgin olive oil Allergens: Nuts (Walnut, Cashew, Pistachio), Gluten (Wheat)	
Wark Inab B'zeit  ورق عنب بالزيت	8.00
Vines leaves rolled with a mix of rice, chopped tomato, parsley, mint and onion, slow cooked with lemon and olive oil	

Labneh  لبنة	7.00
Traditionally made creamy soft cheese made from strained yogurt, drizzled with extra virgin olive oil and sprinkled with dried mint Allergens: Milk	

Soups

Vegan

Lentil Soup  شوربة العدس	6.00
Simple yet hearty red lentil-based soup cooked with onions, garlic and cumin, served with crispy Lebanese bread and lemon wedges Allergens: Gluten (Wheat)	
Creamy Chicken Soup شوربة الدجاج	6.50
Comforting soup made with chicken broth, cream, black pepper and mini chicken cubes, served with lemon wedges Allergens: Milk, Celery, Gluten (Wheat)	

Hot Mezza




Served with freshly baked Lebanese bread containing **Gluten (Wheat)**

Vegan



Falafel  فلافل Fried crispy croquettes made with chickpeas, fava beans, onion, fresh coriander, garlic and fine herbs served with a side of sesame (Tahini) sauce Allergens: Sulphites, Sesame	7.50
Foul Moudamas  فول مدمس Healthy and delicious Mediterranean dish made with broad beans, crushed garlic, cumin, fresh lemon juice and extra virgin olive oil, topped with cooked chickpeas and parsley	7.50
Batata Harra   بطاطا حرة Spicy potato cubes packed with rich flavours of garlic, fresh coriander, onion, bell pepper, green chili and a splash of lemon juice, garnished with fried carrots, courgette and cauliflower	7.50
Pumpkin Kebbeh  كبة اليقطين Bulgur and pumpkin croquettes filled with spiced spinach, sautéed onion with olive oil and toasted pine nuts Allergens: Gluten (Wheat)	7.50
Hommos Awarma حمص قاورما Smooth chickpea puree with sesame paste (Tahini) garlic, fresh lemon juice, topped with sautéed diced lamb and pine nuts Allergens: Sesame	8.50
Hommos Shawarma Chicken حمص شاورما دجاج Smooth chickpea puree with sesame paste (Tahini) garlic and fresh lemon juice, topped with thinly sliced chicken Allergens: Sesame	9.00
Hommos Shawarma Lamb حمص شاورما لحم Smooth chickpea puree with sesame paste (Tahini) garlic and fresh lemon juice, topped with thinly sliced lamb Allergens: Sesame	10.50
Kibbeh كبة One of Lebanon's national dishes, fried hearty croquettes made with minced lamb, cracked wheat bulgur, fine spices and ground cinnamon, deliciously stuffed with sautéed onion, lean ground lamb meat and pine nuts Allergens: Milk, Gluten (Wheat)	7.75
Halloum Meshwi  حلوم مشوي Char-grilled smoky flavoured Halloumi cheese, served with fresh tomato and cucumber Allergens: Milk	8.50
Jawaneh جوانح دجاج Juicy char-grilled chicken wings marinated with lemon, garlic and herbs, served with Maroush garlic sauce	6.50
Chicken Liver سودة دجاج Specially marinated chicken liver pan-fried with lemon and garlic, drizzled with pomegranate molasses	7.50
Fattet Hommos B'laban  فتة حمص باللبن Layers of crispy fried bread, chickpeas, garlic and cumin, topped with cold yogurt, olive oil, toasted pine nuts and a sprinkle of dried mint and sweet paprika Allergens: Milk, Gluten (Wheat)	7.75
Maqaneq مقانيق Lebanese mini sausages handmade by our skilled butchers, flambéed with lemon and drizzled with pomegranate molasses	8.75
Soujok  سجق Lebanese spicy sausages handmade by our skilled butchers, sautéed with tomato and fresh lemon juice	8.75


Salads

Vegan

Spicy Lebanese Salad   سلطة حرة Lettuce, tomato, cucumber, parsley, onion, mixed bell pepper, chopped green chili, fresh thyme, dried mint, sumac, lemon and extra olive oil dressing	6.50
Maroush Salad  سلطة مروش Lettuce, tomato, cucumber, parsley, onion, radish, mixed bell pepper, fresh thyme, dried mint, sumac, lemon and extra olive oil dressing	6.50
Fattoush  فتوش Lettuce, tomato, cucumber, dried mint, onion, radish, mixed bell pepper, fresh thyme, sumac, crispy Lebanese bread, lemon, vinegar, pomegranate molasses and extra olive oil dressing Allergens: Gluten (Wheat)	7.50
Tabbouleh quinoa salad  تبولة كيناوا A refreshing salad made with finely chopped parsley, tomato, dried mint, onion, quinoa, pomegranate jewels, fresh lemon juice and extra virgin olive oil	7.95



Add one topping of your choice extra £5



Pumpkin Kibbeh  **Allergens: Gluten (Wheat)**
 Charcoal-grilled Halloumi cheese  **Allergens: Milk**
 Charcoal-grilled skewer of chicken Shish Taouk

Cucumber Salad with Yoghurt  **خيار بالبن** 6.00
 Natural yoghurt topped with finely chopped cucumber and sprinkled with dried mint
Allergens: Milk

Bakery and Pastry

Vegan

Fatayer B'sabaneh  فطائر بالسبانخ Baked Lebanese pastry filled with spinach, onion, lemon juice, olive oil, sumac and pine nuts Allergens: Gluten (Wheat)	7.00
Mini Manakish Za'atar  مناقيش زعتر Lebanese flat dough baked with a topping of thyme, sumac and roasted sesame seeds, garnished with sliced cucumber, tomato and fresh mint leaves Allergens: Sesame, Gluten (Wheat)	4.00

Maroush Kalaj  كلاج مروش Char-grilled crispy flat Lebanese bread stuffed with thinly sliced halloumi cheese, thyme and extra virgin olive oil Allergens: Milk, Gluten (Wheat)	7.00
Maroush Arayes عرايس مروش Char-grilled crispy flat Lebanese bread stuffed with seasoned minced lamb, onion, chopped parsley and herbs served with lemon wedges Allergens: Gluten (Wheat)	7.00
Sambousek Cheese  سمبوسك جبنة Deep fried pastries filled with feta cheese and thyme, served with sliced cucumber Allergens: Milk, Gluten (Wheat)	7.00
Sambousek Lamb سمبوسك لحم Deep fried pastries filled with mixture of ground meat, soft cheese, onion and toasted pine nuts Allergens: Milk, Gluten (Wheat)	7.00

Charcoal-grilled Main Courses

Served with freshly baked Lebanese bread containing **Gluten (Wheat)**

Lahem Meshwi لحم مشوي Charcoal-grilled skewers of hand-carved tender lamb cubes, served with grilled tomato, onion, parsley	18.50
Shish Taouk شيش طاووق Charcoal-grilled skewers of marinated hand-carved chicken cubes, served with a side of garlic sauce	17.00
Kafta Meshwi كفتة مشوي Charcoal-grilled skewers of seasoned minced lamb with onion and parsley	17.00
Maroush Mixed Grills مشاوي مروش مشكلة Charcoal-grilled skewers of seasoned lamb Kafta, chicken Shish Taouk and tender lamb cubes, served with grilled tomato, onion parsley, sumac, served with a side of garlic sauce	18.50
Kafta Khosh-Khash  كفتة خشخاش Charcoal-grilled skewers of seasoned minced lamb, accompanied on spicy ratatouille, garnished with grilled, tomato, onion, parsley and sumac	17.50
Kafta Yoghurtieh كفتة باللبن Charcoal-grilled seasoned minced lamb topped with layers of cooked yoghurt, crispy fried bread and toasted pine nuts sprinkled with sweet paprika Allergens: Milk, Gluten (Wheat)	17.00
Kastaleta Lamb ريش غنم Charcoal-grilled tender lamb cutlets specially marinated with black pepper and thyme, served with thick-cut crispy fries	20.00
Farrouj Meshwi فروج مشوي Charcoal-grilled boneless baby chicken marinated with lemon, garlic and herbs, served with a side of garlic sauce	17.50

Shawarma Rotisserie







Shawarma Lamb شاورما لحم Thinly sliced roasted British lamb marinated with exotic Middle Eastern flavours of black pepper and nutmeg, served with Lebanese bread, grilled tomato, onion, parsley and sumac and a side of sesame (Tahini) sauce Allergens: Sesame, Gluten (Wheat)	18.00
Shawarma Chicken شاورما دجاج Thinly sliced roasted boneless British chicken, marinated with lemon, garlic, cinnamon and cardamom, served with grilled tomato, Lebanese bread and a side of garlic sauce Allergens: Gluten (Wheat)	17.00
Mixed Shawarma شاورما مشكلة A delicious combination of thinly sliced lamb and chicken Shawarma served with Lebanese bread, grilled tomato, onion, parsley and sumac and a side of sesame (Tahini) sauce Allergens: Sesame, Gluten (Wheat)	18.00


While all care is taken with our products, we cannot guarantee our products are bone free



Main Courses *Vermicelli Rice option available (Non Vegan)*

Allergens: Milk, Gluten (Wheat)



Vegan

Aubergine & Chickpeas Casserole  باذنجان مع أرز 	16.00
Oven baked fried aubergine cubes with chickpeas, tomato puree, onion, garlic and special Lebanese herbs, served with white rice	
Okra Stew and Rice  بامية مع أرز 	16.00
Fried okra cooked with olive oil, onion, garlic, tomato and fresh coriander, served with white rice	
Green Bean Stew and Rice  لوبية مع أرز 	16.00
A Levantine stew of French green beans cooked with olive oil, onion, garlic and tomato, served with white rice	

Mediterranean-Spiced Lamb Shank  خروف محشي 	19.00
Oven braised lamb shank marinated with Mediterranean style herbs and spices, served with a rich lamb gravy and aromatic brown rice with minced lamb, topped with toasted pine nuts	
Allergens: Milk, Celery, Gluten (Wheat)	















Roasted Chicken  دجاج بالفرن 	16.50
Succulent British baby chicken marinated with garlic, lemon and fresh herbs, roasted until golden brown, served with aromatic brown rice with minced lamb, topped with toasted pine nuts	
Allergens: Milk, Celery, Gluten (Wheat)	

Fish and Seafood

Grilled Sea Bass  لقس مشوي 	23.00
Chargrilled seasoned whole sea bass, served with a side sesame (Tahini) sauce	
Allergens: Fish, Sesame	

Side Orders

Vegan

Fries  بطاطا مقلية 	4.75
Vegan White Basmati Rice  أرز ابيض نباتي 	4.50
Maroush Garlic Sauce Small 100gr  صلصة الثوم 	2.00
Maroush Garlic Sauce Large 250gr  صلصة الثوم 	3.50
Maroush Chilli Sauce Small 100gr  صلصة الحر 	2.50
Maroush Chilli Sauce Large 250gr  صلصة الحر 	4.00
Sesame (Tahini) sauce  صلصة الطحينة 	2.50
Allergens: Sesame	

Lebanese style Vermicelli Rice  أرز بالشعيرية 	5.00
Allergens: Milk, Gluten (Wheat)	

Brown Rice with Minced Lamb  أرز باللحم 	6.00
Allergens: Milk	

Lebanese cuisine can contain a number of allergens, we therefore, cannot guarantee that our food does not contain: Cereals containing gluten, Crustaceans, Eggs, Fish, Peanuts, Soya, Milk, Nuts, Celery, Mustard, Sesame and Molluscs. For any comments or queries please ask your waiter or email us at customer-care@maroush.com

Chip and PIN cards are only accepted by using PIN numbers

 Suitable for Vegetarians  Spicy

Maroush Specials

Served with freshly baked Lebanese bread containing **Gluten (Wheat)**

Lunch Platter

25.00


A mixed selection of six starters of Hommos, Moutabal, Tabbouleh, Fatayer, Falafel, Sambouseek cheese with two skewers of chicken shish Taouk or Kafta

Allergens: Milk, Sesame, Gluten (Wheat), Sulphites

Vegan

Sharing Vegan Set Menu for 2

65.00

Hommos, Moutabal, Maroush Salad, Falafel, Batata Harra 
Followed by **Aubergine & Chickpeas Casserole with Rice & Bamieh b'zeit**

Allergens: Sesame, Sulphites, Gluten (Wheat), Sulphites

Sharing Set Menu for 2

70.00

Hommos, Moutabal, Tabbouleh, Falafel, Soujok, Jawaneh, Batata Harra 

Followed by **Maroush Mixed Grills**

Baklawa

Allergens: Milk, Sesame, Nuts (Pistachio, Walnut, Cashew, Almond), Peanuts, Gluten (Wheat), Sulphites

Sharing Set Menu for 4

130.00

Bottle of Lebanese House Wine

Hommos, Moutabal, Tabbouleh, Warak Inab, Falafel, Soujok, Jawaneh, Kibbeh, Batata Harra 

Followed by **Mediterranean-Spiced Lamb Shank with Rice & Maroush Mixed Grills**

Baklawa

Allergens: Milk, Sesame, Nuts (Pistachio, Walnut, Cashew, Almond), Peanuts, Gluten (Wheat), Celery, Sulphites

Sandwiches or Wraps

All our sandwiches are served in freshly baked Lebanese bread containing **Gluten (Wheat)**

Vegan

Falafel فلافل

6.00

Fried crispy croquettes made with chickpeas, fava beans, onion, fresh coriander, garlic, fine herbs, tomato, lettuce and sesame (Tahini) sauce

Allergens: Sesame, Sulphites

Batata Harra and Fried Vegetables بطاطا حرة

6.00

Spicy potato cubes packed with rich flavours of garlic, fresh coriander, onion, green chili and a splash of lemon juice, cucumber pickles and garlic sauce

Halloumi Cheese جبنة

7.00

Char-grilled smoky flavored Halloumi cheese, fresh tomato, cucumber and extra virgin olive oil

Allergens: Milk

Shawarma Lamb شاورما لحم

8.00

Thinly sliced roasted British lamb marinated with exotic Middle Eastern flavours of black pepper and nutmeg sesame (Tahini) sauce, tomato, cucumber pickles, onion parsley and sumac

Allergens: Sesame

Shawarma Chicken شاورما دجاج

7.50

Thinly sliced roasted boneless British chicken, marinated with lemon, garlic, cinnamon and cardamom served with tomato, cucumber pickles and garlic sauce

Mixed Shawarma شاورما مشكلة

8.00

A delicious combination of thinly (shawarma) sliced lamb and chicken, sesame (Tahini) and garlic sauce, tomato, cucumber pickles, onion parsley and sumac

Allergens: Sesame

Shish Taouk شيش طاووق

7.50

Charcoal-grilled skewers of marinated hand-carved chicken cubes, tomato, cucumber pickles and garlic sauce

Lahem Meshwi لحم مشوي

8.50

Charcoal-grilled skewer of tender lamb cubes, Hommos, grilled tomato, pickles, onion parsley and sumac

Allergens: Sesame

Kafta Meshwi كفتة مشوي

7.50

Charcoal-grilled skewer of seasoned minced lamb with onion and parsley, Hommos, tomato, pickles, onion, parsley and sumac

Allergens: Sesame

Chicken Liver سودة دجاج

7.50

Specially marinated chicken liver pan-fried with lemon and garlic, drizzled with pomegranate molasses, garlic sauce, sliced tomato and pickles

Maqaneq مقانق

7.00

Lebanese mini sausages made by hand by our skilled butchers, flambéed with lemon and drizzled with pomegranate molasses, Hommos, cucumber pickles and tomato

Allergens: Sesame

Soujok سجنق

7.00

Lebanese spicy sausages made by hand by our skilled butchers, sautéed with tomato and fresh lemon juice, garlic sauce and cucumber pickles

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Desserts

Vegan

Meghli مغلي

Levantine dessert based on a flavoured rice pudding with cinnamon and ginger, topped with dried coconut, walnut, almonds and dried cranberries

Allergens: Nuts (Walnut, Almond) Sulphites

5.00

Ossmallieh عثمالية

Baked crispy vermicelli with a layer of cream cheese, topped with orange blossom syrup and sprinkled with pistachio

Allergens: Milk, Nuts (Pistachio), Gluten (Wheat), Sulphites

5.00

Knefeh كنافه

Warm melted cheese covered with golden smooth semolina dough and rose water syrup

Allergens: Milk, Gluten (Wheat), Nuts (Pistachio), Sulphites

6.00

Baklawa بقلاوة

Selection of miniature Lebanese style traditionally inspired pastries filled with nuts and syrup

Allergens: Milk, Sesame, Nuts (Pistachio, Walnut, Cashew, Almond),

Peanuts, Gluten (Wheat)

5.50

Mouhallabieh مهلبية

Lebanese milk pudding, topped with rosewater syrup and sprinkled with pistachio

Allergens: Milk, Nuts (Pistachio)

5.00

Rice Pudding رز بالحليب

Traditional Lebanese rice pudding, topped with rosewater syrup and sprinkled with pistachio

Allergens: Milk, Nuts (Pistachio)

5.00

Soft Drinks and Water

Soda	3.50
Tonic	3.50
Bitter Lemon	3.50
Ginger Ale	3.50
Coca Cola	3.50
Diet Coke	3.50
Sprite	3.50
Sprite no Sugar	3.50
Fanta	3.50
Red Bull	4.50
Laban Ayran لبن عيران Allergens: Milk	3.50
Still Water - small bottle	2.00
Still Water - large bottle	3.50
Sparkling Water - small bottle	2.50
Sparkling Water - large bottle	3.50

Hot Beverages

Espresso	2.75
Double Espresso	3.25
Macchiato Allergens: Milk	2.75
Café Latte Allergens: Milk	2.75
Cappuccino Allergens: Milk	3.25
Decaffeinated Coffee	2.50
Americano	2.75
Café Mocha Allergens: Milk	2.75
Hot Chocolate Allergens: Milk	3.25
Iced Coffee Allergens: Milk	3.25
Flat White Allergens: Milk	2.75
Irish Coffee Allergens: Milk ABV%13.3	8.00
English Tea	2.00
Mint Tea	2.75
Peppermint Tea	2.75

Juices

Fresh Orange برتقال	4.00
Mango مانغا	4.00
Fresh Lemon ليمون	4.00
Fruit Cocktail: فواكه مشكل	4.00
A cocktail of blended melon, pineapple, banana, mango pulp and beetroot	

Maroush has always believed in the benefits of a Mediterranean diet. Now you can view the calories of our products via this QR code to allow you to make informed choices about our food.



