

STUDENT

®

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 {702 kcal}	
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 {622 kcal}	
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 {706 kcal}	
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) {374 kcal}	
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) {435 kcal}	
Kabis ✓ كبيس	5.50
Cucumber, turnip and chilli, pickled with garlic and Mediterranean vinegar Allergens: Sulphites {56 kcal}	
Moujaddarah ✓ مجدرة	6.00
A traditional Middle Eastern dish of cooked puréed lentils, rice and cumin garnished with golden fried crispy onion {228 kcal}	
Bazenjan Al-Rahib ✓ بادنجان 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 {154 kcal}	
Moussaka ✓ مسقعة	7.50
Aubergine cubes cooked with chickpeas, rich tomato puree, onion, garlic and black pepper {172 kcal}	
Loubieh B'zeit ✓ لوبية بالزيت	6.50
A Levantine stew of French green beans, onion, tomato, garlic and olive oil {105 kcal}	
Bammieh B'zeit ✓ بامية بالزيت	6.50
Fried okra cooked with tomato, onion, garlic, fresh coriander and olive oil {102 kcal}	
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) {1028 kcal}	
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 {293 kcal}	

Labneh ✓ لبنه	7.00
Traditionally made creamy soft cheese made from strained yogurt, drizzled with extra virgin olive oil and sprinkled with dried mint Allergens: Milk {585 kcal}	

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) {453 kcal}	
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) {550 kcal}	

Hot Mezza

Served with freshly baked Lebanese bread containing Gluten (Wheat)

Vegan

Falafel ✓ فلافل	7.50
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 {568 kcal}	
Foul Moudamas ✓ فول مدمس	7.50
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 {458 kcal}	
Batata Harra ✓ بطاطا حرة	7.50
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 {538 kcal}	
Pumpkin Kebbeh ✓ كبة اليقطين	7.50
Bulgur and pumpkin croquettes filled with spiced spinach, sautéed onion with olive oil and toasted pine nuts Allergens: Gluten (Wheat) {554 kcal}	

Hommos Awarma **حمص قاورما** 8.50

Smooth chickpea puree with sesame paste (Tahini) garlic, fresh lemon juice, topped with sautéed diced lamb and pine nuts

Allergens: Sesame {790 kcal}

Hommos Shawarma Chicken **حمص شاورما دجاج** 9.00

Smooth chickpea puree with sesame paste (Tahini) garlic and fresh lemon juice, topped with thinly sliced chicken

Allergens: Sesame {755 kcal}

Hommos Shawarma Lamb **حمص شاورما لحم** 10.50

Smooth chickpea puree with sesame paste (Tahini) garlic and fresh lemon juice, topped with thinly sliced lamb. Allergens: Sesame {778 kcal}

Kibbeh **كبة** 7.75

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) {469 kcal}

Halloum Meshwi ✓ **حلوم مشوي** 8.50

Char-grilled smoky flavoured Halloumi cheese, served with fresh tomato and cucumber

Allergens: Milk {738 kcal}

Jawaneh **جوانج دجاج** 6.50

Char-grilled chicken wings marinated with lemon, garlic and herbs,

served with Maroush garlic sauce {637 kcal}

Chicken Liver **سودة دجاج** 7.50

Pan-fried chicken liver with lemon and garlic, drizzled with pomegranate molasses {197 kcal}

Fattet Hommos B'laban ✓ **فتة حمص باللبن** 7.75

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) {737 kcal}

Maqaneq **مقانيق** 8.75

Lebanese mini sausages handmade by our skilled butchers, flambéed with lemon and drizzled with pomegranate molasses {738 kcal}

Soujok **سجق** 8.75

Lebanese spicy sausages handmade by our skilled butchers, sautéed with tomato

and fresh lemon juice {508 kcal}

Salads

Vegan

Spicy Lebanese Salad ✓ **سلطة حرة** 6.50

Lettuce, tomato, cucumber, parsley, onion, mixed bell pepper, chopped green chili, fresh thyme, dried mint, sumac, lemon and extra olive oil dressing {291 kcal}

Maroush Salad ✓ **سلطة مروش** 6.50

Lettuce, tomato, cucumber, parsley, onion, radish, mixed bell pepper, fresh thyme, dried mint, sumac, lemon and extra olive oil dressing {288 kcal}

Fattoush ✓ **فتوش** 7.50

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 {317 kcal}

Allergens: Gluten (Wheat)

Tabbouleh quinoa salad ✓ **تبولة كيناوا** 7.95

A refreshing salad made with finely chopped parsley, tomato, dried mint, onion, quinoa, pomegranate jewels, fresh lemon juice and extra virgin olive oil {872 kcal}

Add one topping of your choice extra

Pumpkin Kibbeh ✓ Allergens: Gluten (Wheat)

Charcoal-grilled Halloumi cheese ✓ Allergens: Milk

Charcoal-grilled skewer of chicken Shish Taouk

Cucumber Salad with Yoghurt ✓ **خيار باللبن** 6.00

Natural yoghurt topped with finely chopped cucumber and sprinkled with dried mint

Allergens: Milk {744 kcal}

✓ Suitable for Vegetarians

🌶️ Spicy

Discretionary Service Charge of 12.5% will be added to your bill

Bakery and Pastry

Vegan

Fatayer B'sabanekeh ✓ فطائر بالسبانخ	7.00
Baked Lebanese pastry filled with spinach, onion, lemon juice, olive oil, sumac and pine nuts Allergens: Gluten (Wheat) {284 kcal}	
Mini Manakish Za'atar ✓ مناقيش زعتر	4.00
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) {789 kcal}	
Maroush Kalaj ✓ كلاج مروش	7.00
Char-grilled crispy flat Lebanese bread stuffed with thinly sliced halloumi cheese, thyme and extra virgin olive oil Allergens: Milk, Gluten (Wheat) {722 kcal}	
Maroush Arayes عرايس مروش	7.00
Char-grilled crispy flat Lebanese bread stuffed with seasoned minced lamb, onion, chopped parsley and herbs served with lemon wedges Allergens: Gluten (Wheat) {546 kcal}	
Sambousek Cheese ✓ سمبوسك جبنة	7.00
Deep fried pastries filled with feta cheese and thyme, served with sliced cucumber Allergens: Milk, Gluten (Wheat) {452 kcal}	
Sambousek Lamb سمبوسك لحمة	7.00
Deep fried pastries filled with mixture of ground meat, soft cheese, onion and toasted pine nuts Allergens: Milk, Gluten (Wheat) {572 kcal}	

Charcoal-grilled Main Courses

Served with freshly baked Lebanese bread containing Gluten (Wheat)

Lahem Meshwi لحم مشوي	18.50
Charcoal-grilled skewers of lamb cubes, served with grilled tomato, onion, parsley {762 kcal}	
Shish Taouk شيش طاووق	17.00
Charcoal-grilled skewers chicken cubes, served with garlic sauce {827 kcal}	
Kafta Meshwi كفتة مشوي	17.00
Charcoal-grilled skewers of seasoned minced lamb with onion and parsley {762 kcal}	
Maroush Mixed Grills مشاوي مروش مشكلة	18.50
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 {1493 kcal}	
Kafta Khosh-Khash كفتة خشخاش	17.50
Charcoal-grilled skewers of seasoned minced lamb, accompanied on spicy ratatouille, garnished with grilled, tomato, onion, parsley and sumac {734 kcal}	
Kafta Yoghurtieh كفتة باللبن	17.00
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) {825 kcal}	
Kastaleta Lamb ريش غنم	20.00
Charcoal-grilled tender lamb cutlets specially marinated with black pepper and thyme, served with thick-cut crispy fries {737 kcal}	
Farrouj Meshwi فروج مشوي	17.50
Charcoal-grilled boneless baby chicken marinated with lemon, garlic and herbs, served with a side of garlic sauce {790 kcal}	

Shawarma Rotisserie

Shawarma Lamb شاورما لحم	18.00
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) {754 kcal}	
Shawarma Chicken شاورما دجاج	17.00
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) {584 kcal}	
Mixed Shawarma شاورما مشكلة	18.00
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) {909 kcal}	

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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 {675 kcal}	
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 {801 kcal}	
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 {571 kcal}	

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) {976 kcal}	
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) {1349 kcal}	

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 {403 kcal}	

Side Orders

Fries {781 kcal} ✓ بطاطا مقلية	4.75
Vegan White Basmati Rice {418 kcal} ✓ أرز ابيض نباتي	4.50
Maroush Garlic Sauce Small 100gr - {453 kcal} ✓ صلصة الثوم	2.00
Maroush Garlic Sauce Large 250gr - {902 kcal} ✓ صلصة الثوم	3.50
Maroush Chilli Sauce Small 100gr - {148 kcal} ✓ صلصة الحر	2.50
Maroush Chilli Sauce Large 250gr - {290 kcal} ✓ صلصة الحر	4.00
Sesame (Tahini) sauce - {185 kcal} ✓ صلصة الطحينة	2.50
Allergens: Sesame	
Lebanese style Vermicelli Rice - {338 kcal} ✓ أرز بالشعيرية	5.00
Allergens: Milk, Gluten (Wheat)	
Brown Rice with Minced Lamb - {334 kcal} 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

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 - {3076 kcal}

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 - {6550 kcal}

Sharing Set Menu for 2

70.00

Hommos, Moutabal, Tabbouleh, Falafel, Soujok, Jawaneh, Batata Harra Followed by Maroush Mixed Grills & Lebanese Baklawa - {6223 kcal}

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 - {8203 kcal}

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 - {375 kcal}

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 - {434 kcal}

Halloumi Cheese ✓ حلوم مشوي

7.00

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

Allergens: Milk - {445 kcal}

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 - {516 kcal}

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 - {431 kcal}

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 - {492 kcal}

Shish Taouk شيش طاووق

7.50

Charcoal-grilled skewers of marinated hand-carved chicken cubes, tomato, cucumber pickles and garlic sauce - {490 kcal}

Lahem Meshwi لحم مشوي

8.50

Charcoal-grilled skewer of tender lamb cubes, Hommos, grilled tomato, pickles, onion parsley and sumac Allergens: Sesame - {391 kcal}

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 - {359 kcal}

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 - {470 kcal}

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 - {455 kcal}

Soujok سجق

7.00

Lebanese spicy sausages made by hand by our skilled butchers, sautéed with tomato and fresh lemon juice, garlic sauce and cucumber pickles - {465 kcal}

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Desserts

Meghli ✓ مغلي	5.00
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 - {509 kcal}	
Mouhallabieh ✓ مهلبية	5.00
Lebanese milk pudding, topped with rosewater syrup and sprinkled with pistachio Allergens: Milk, Nuts (Pistachio) - {459 kcal}	
Rice Pudding ✓ رز بالحليب	5.00
Traditional Lebanese rice pudding, topped with rosewater syrup and sprinkled with pistachio Allergens: Milk, Nuts (Pistachio) - {369 kcal}	
Baklawa 140 g ✓ بقلاوة	5.50
Selection of miniature Lebanese style traditionally inspired pastries filled with nuts and syrup Allergens: Milk, Sesame, Nuts (Pistachio, Walnut, Cashew, Almond), Peanuts, Gluten (Wheat) - {212 kcal}	
Baklawa 635 g ✓ بقلاوة	19.00
Selection of miniature Lebanese style traditionally inspired pastries filled with nuts and syrup Allergens: Milk, Sesame, Nuts (Pistachio, Walnut, Cashew, Almond), Peanuts, Gluten (Wheat) - {965 kcal}	

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	3.50
Allergens: Milk	لين عيران
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 {142 kcal}	برتقال	4.00
Mango {78 kcal}	مانغا	4.00
Fresh Lemonade {123 kcal}	ليموناضة	4.00
Fruit Cocktail {162 kcal}	فواكه مشكل	4.00
A cocktail of blended melon, pineapple, banana, mango pulp and beetroot		

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