



Ranoush Juice[®]



Cold Mezza

Served with freshly baked Lebanese bread containing Gluten (Wheat)

Hommos **Wrap** £5.50 **Plate** £7.50

Chickpea puree with sesame paste (tahine), garlic and lemon juice. **Contains sesame {702 kcal}**

Hommos Beiruty £5.75 **Plate** £7.75

Chickpea puree with hot pepper, parsley, sesame paste (tahine), garlic and lemon juice. **Contains sesame {706 kcal}**

Moutabal Baba Ghanouj £5.75 **Plate** £8.00

Grilled aubergines puree mixed with sesame paste (tahine), and lemon juice. **Contains sesame {374 kcal}**

Wark Inab B'zeit £8.00

Vine leaves filled with rice, tomato, parsley, mint and onion, cooked in lemon juice and olive oil **{374 kcal}**

Labneh £5.50 **Plate** £7.00

Strained yoghurt served with olive oil and dried thyme *garlic optional. **Contains milk {585 kcal}**

Kabis £5.75

Mixed Mediterranean pickles **Contains Sulphites {56 kcal}**

Moussaka £7.75

Fried aubergines baked with tomato, onion, chickpeas and sweet peppers **{172 kcal}**

Loubieh B'zeit £6.75

French green beans cooked with tomato, onions and olive oil **{105 kcal}**

Bammieh B'zeit £6.75

Okra cooked with tomato, onion, fresh coriander and olive oil **{102 kcal}**

Mouhamara £8.00

Mixed Mediterranean spicy nuts with olive oil. **Contains nuts: (almond, hazelnut, walnut, cashew, pecan, brazil, pistachio, macadamia, queensland), pine nuts, peanuts {1028 kcal}**

Small Mixed Mezza Platter £10.00

A small selection of three starters **Allergens: Please ask Staff**

Large Mixed Mezza Platter £15.75

Opportunity to try a small selection of six starters. Hommos, tabbouleh, batata harra, moutabal, labneh, moussaka **Contains sesame, milk, Gluten (Wheat) {1095 kcal}**

Hot Mezza

Hommos Shawarma Chicken **Wrap** £8.50 **Plate** £8.50

Chickpea puree with sesame paste, lemon juice and an olive oil dressing, garlic, topped with sliced or diced marinated Chicken **Contains sesame {755 kcal}**

Hommos Shawarma Lamb £9.50

Chickpea puree with sesame paste, lemon juice and an olive oil dressing, garlic, topped with sliced or diced marinated Lamb **Contains sesame {778 kcal}**

Falafel £1.75/piece £6.00 **Plate** £7.50

Deep-fried bean and fine herb croquettes served with tahine sauce. **Contains celery and sesame, Sulphites {568 kcal}**

Falafel with Maqali ££6.50 £8.00

Deep-fried bean and fine herb croquettes served with fried vegetable and tahine sauce

Contains celery and sesame, Sulphites {628 kcal}

Hot Mezza

Soujok £6.50 **Plate** £8.50

Lebanese spicy sausages handmade by our skilled butchers, sautéed with tomato and fresh lemon juice **{508 kcal}**

Chicken Liver £6.00 **Plate** £8.50

Specially marinated chicken liver pan-fried with lemon, garlic and drizzled with pomegranate molasses **{197 kcal}**

Kibbeh Shameyieh £2 /piece £8.00

Deep fried lamb meatballs mixed with cracked wheat and onions, filled with sautéed minced meat and onions **Contains Milk, gluten from wheat and pine nuts 469 kcal}**

Halloum Cheese £6.50 **Plate** £8.25

Fried halloumi Cheese. **Contains milk {738 kcal}**

Batata Harra and Fried Vegetables £5.75 **Plate** £7.25

Cubes of potatoes sautéed with garlic, coriander, sweet pepper and chilli, topped with fried vegetables **{538 kcal}**

Foul Moudamas £5.50 **Plate** £7.00

Boiled broad beans seasoned with garlic lemon juice and olive oil **{458 kcal}**

Fried Vegetables £5.75 **Plate** £7.25

Selection of fried vegetables **{658 kcal}**

Bakery and Pastry

Fatayer B'sabaneh £1.95/piece £7.50

Baked Lebanese pastry filled with spinach and onions, lemon,olive oil, pine kernels and summac **Contains wheat, gluten and nuts {284 kcal}**

Sambousek Cheese £1.95/piece £7.50

Deep-fried Lebanese pastry filled with feta cheese **Contains gluten from wheat, milk, sesame {452 kcal}**

Sambousek Lamb £1.95/piece £7.50

Deep-fried Lebanese pastry filled with minced lamb and pine kernels. **Contains gluten from wheat, pine nuts, milk {572 kcal}**

Soups

Lentil Soup £6.25

Finely selected lentils cooked in cumin and olive oil, served with toast. **Contains gluten from wheat {453 kcal}**

Chicken Soup £6.25

Cream of Chicken bouillon.

Contains gluten from wheat, milk, celery {550 kcal}

Salads

Spicy Lebanese Salad £6.75

Lettuce, tomato, cucumber, parsley, mint, onion, chopped green chilli and fine Lebanese spices with lemon and olive oil dressing. **Contains sesame {291 kcal}**

Ranoush Salad £6.75

Lettuce, tomato, cucumber, parsley, mint, radish and fine Lebanese spices with a lemon and olive oil dressing **Contains sesame {288 kcal}**

Tabbouleh £7.50

Parsley salad with tomato, fresh mint, onion, cracked wheat, lemon juice and olive oil dressing

Contains gluten from wheat {435 kcal}

Fattoush £7.50

Lettuce, tomato, cucumber, mint, onion, radish, summac and toasted Lebanese bread with lemon and olive oil dressing

Contains gluten from wheat, sesame {317 kcal}

Tomato and Onion Salad £6.75

Fresh tomato with finely chopped parsley, onion and dried mint **{291 kcal}**

Main Courses

Mixed Shawarma **Wrap** £7.50 **Plate** £17.50

Roasted thin slices of marinated lamb and chicken **{492 kcal}** **{909 kcal}**
Contains sesame

Shawarma Lamb £7.50 **Plate** £17.50

Roasted thin slices of marinated lamb. **{431 kcal}** **{754 kcal}**
Contains sesame

Shawarma Chicken £7.00 **Plate** £16.50

Roasted thin slices of marinated chicken **{516 kcal}** **{584 kcal}**

Special Ranoush £18.75 **Plate** £18.75

A selection of shawarma chicken and lamb, salad, rice, hummos, falafel and 2 pieces of vine leaves served with our homemade sauce **{1040 kcal}**

Vegan Main Course

Aubergine Stew £16.50

Served with vermicelli rice. Contains gluten from wheat, egg **{675 kcal}**

Okra Stew £15.50

Served with vermicelli rice. Contains gluten from wheat, egg **{801 kcal}**

Green Beans Stew £15.50

Served with vermicelli rice. Contains gluten from wheat, egg **{571 kcal}**

Side Orders

Lebanese Vermicelli Rice £4.50

Contains gluten from wheat, egg **{338 kcal}**

Rice with minced Lamb £5.00

Contains celery, pine nuts, gluten(wheat), egg, milk, soya, mustard, nuts (almond, hazelnut, walnut, cashew, pecan, brazil, pistachio, macadamia, queensland) peanuts **{334 kcal}**

French Fries £4.50

Thickly cut, fried potatoes chips **{781 kcal}**

Pickles Contains Sulphites £2.75 **Small** £5.00

Chilli Sauce £2.00 **Large** £4.00

Garlic Sauce £1.50 **{35 kcal}** **{56 kcal}**

{148 kcal} **{250 kcal}**

{451 kcal} **{902 kcal}**

“Extras in the wraps “

Extra Chips £1.00 **{400 kcal}**

Extra Hummos £1.00 **{240 kcal}**

Extra Green Chilli £1.00 **{10 kcal}**

Extra Batata Harra £1.50 **{120 kcal}**

Extra Halloumi £2.50 **Contains Milk {184 kcal}**

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}

Drink List

Soft Drinks

Coca Cola £2.50

Diet Coke £2.50

7up Free £2.50

7up £2.50

Fanta £2.50

Fresh Juices

Orange £3.50

Fruit Cocktail £3.70

Lemonade £3.50

Laban Ayran Contains Milk £3.50

Mango £3.50

Hot Beverages

Tea £2.00

Mint Tea £2.50

Mint Water £2.00

Still Water

Small Bottle Still £2.00

large Bottle Still £3.00

Small Bottle Sparkling £2.00

large Bottle Sparkling £3.00

Let's be friends: @maroush

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Suitable for Vegetarians Spicy

Vegan

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