



ALLERGEN & CALORIE MENU

Adults need around 2000 kcal a day

Please tell a member of staff about any allergy before ordering.
This guide identifies allergens intentionally included in standard recipes.
Our kitchens handle all 14 regulated allergens. Although we take care,
we cannot guarantee that any dish is completely free from allergens
because of possible cross-contact during production, supply or preparation.

SEPTEMBER 2026

Version 01 - verification copy

MAROUSH ALLERGEN & CALORIE MENU

● CONTAINS | V VEGETARIAN | VG VEGAN

MENU ITEM	GL GLUTEN (WHEAT)	CR CRUSTACEANS	EG EGGS	FI FISH	PN PEANUTS	SO SOYA	MI MILK	NU NUTS	CE CELERY	MU MUSTARD	SE SESAME	SU SULPHITES	LU LUPIN	MO MOLLUSCS	V	VG	CALORIES (KCAL)
COLD MEZZA																	
Hommos	●										●				V	VG	702
Roasted Red Pepper Hommos	●										●				V	VG	622
Hommos Beiruty	●										●				V	VG	706
Moutabal Baba Ghanouj	●										●				V	VG	374
Tabbouleh	●														V	VG	435
Kabis	●											●			V	VG	56
Moujaddarah	●														V	VG	228
Bazenjan Al-Rahib	●														V	VG	154
Moussaka	●														V	VG	172
Loubieh B'zeit	●														V	VG	105
Bammieh B'zeit	●														V	VG	102
Mouhamara	●							●							V	VG	1028
Wark Inab B'zeit	●														V	VG	293
Labneh	●						●								V		585
SOUPS																	
Lentil Soup	●														V	VG	453
Creamy Chicken Soup	●						●		●								550
HOT MEZZA																	
Falafel	●										●	●			V	VG	568
Foul Moudamas	●														V	VG	458
Batata Harra	●														V	VG	538
Pumpkin Kebbbeh	●														V	VG	554
Hommos Awarma	●										●						790
Hommos Shawarma Chicken	●										●						755
Hommos Shawarma Lamb	●										●						778
Kibbeh	●						●										469
Halloum Meshwi	●						●								V		738
Jawaneh	●																637
Chicken Liver	●																197
Fattet Hommos B'laban	●						●								V		737
Maqaneq	●																738
Soujok	●																508
SALADS																	
Spicy Lebanese Salad															V	VG	291
Maroush Salad															V	VG	288
Fattoush	●														V	VG	317
Tabbouleh Quinoa Salad															V	VG	872
Cucumber Salad with Yoghurt							●								V		744

A blank allergen cell does not mean the dish is guaranteed allergen-free. See the important notice on the cover.

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BAKERY AND PASTRY																	
Fatayer B'sabanekh	●														V	VG	284
Mini Manakish Za'atar	●										●				V	VG	789
Maroush Kalaj	●						●								V		722
Maroush Arayes	●																546
Sambousek Cheese	●						●								V		452
Sambousek Lamb	●						●										572
CHARCOAL-GRILLED MAIN COURSES																	
Lahem Meshwi	●																762
Shish Taouk	●																827
Kafta Meshwi	●																762
Maroush Mixed Grills	●																1493
Kafta Khosh-Khash	●																734
Kafta Yoghurtieh	●						●										825
Kastaleta Lamb	●																737
Farrouj Meshwi	●																790
SHAWARMA ROTISSERIE																	
Shawarma Lamb	●										●						754
Shawarma Chicken	●																584
Mixed Shawarma	●										●						909
MAIN COURSES																	
Aubergine & Chickpeas Casserole															V	VG	675
Okra Stew and Rice															V	VG	801
Green Bean Stew and Rice															V	VG	571
Mediterranean-Spiced Lamb Shank	●						●		●								976
Roasted Chicken	●						●		●								1349
FISH AND SEAFOOD																	
Grilled Sea Bass				●							●						403
SIDE ORDERS																	
Fries															V	VG	781
Vegan White Basmati Rice															V	VG	418
Maroush Garlic Sauce - Small 100g															V	VG	453
Maroush Garlic Sauce - Large 250g															V	VG	902
Maroush Chilli Sauce - Small 100g															V	VG	148
Maroush Chilli Sauce - Large 250g															V	VG	290
Sesame (Tahini) Sauce											●				V	VG	185
Lebanese-style Vermicelli Rice	●						●								V		338
Brown Rice with Minced Lamb							●										334

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MAROUSH SPECIALS																	
Lunch Platter	●						●				●	●					3076
Sharing Vegan Set Menu for 2	●										●	●			V	VG	6550
Sharing Set Menu for 2	●				●		●	●			●	●					6223
Sharing Set Menu for 4	●				●		●	●	●		●	●					8203
SANDWICHES OR WRAPS																	
Falafel	●										●	●			V	VG	375
Batata Harra and Fried Vegetables	●														V	VG	434
Halloumi Cheese	●						●								V		445
Shawarma Lamb	●										●						516
Shawarma Chicken	●																431
Mixed Shawarma	●										●						492
Shish Taouk	●																490
Lahem Meshwi	●										●						391
Kafta Meshwi	●										●						359
Chicken Liver	●																470
Maqaneq	●										●						455
Soujok	●																465
DESSERTS																	
Meghli								●				●			V		509
Mouhallabieh							●	●							V		459
Rice Pudding							●	●							V		369
Baklawas 140g	●				●		●	●			●				V		212
Baklawas 635g	●				●		●	●			●				V		965

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SOFT DRINKS AND WATER																	
Soda																	-
Tonic																	-
Bitter Lemon																	-
Ginger Ale																	-
Coca-Cola																	-
Diet Coke																	-
Sprite																	-
Sprite No Sugar																	-
Fanta																	-
Red Bull																	-
Laban Ayran							●										-
Still Water - Small Bottle																	-
Still Water - Large Bottle																	-
Sparkling Water - Small Bottle																	-
Sparkling Water - Large Bottle																	-
JUICES																	
Fresh Orange																	142
Mango																	78
Fresh Lemonade																	123
Fruit Cocktail																	162
HOT BEVERAGES																	
Espresso																	-
Double Espresso																	-
Macchiato							●										-
Cafe Latte							●										-
Cappuccino							●										-
Decaffeinated Coffee																	-
Americano																	-
Cafe Mocha							●										-
Hot Chocolate							●										-
Iced Coffee							●										-
Flat White							●										-
Irish Coffee							●										-
English Tea																	-
Mint Tea																	-
Peppermint Tea																	-

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IMPORTANT INFORMATION

How to use this guide

A gold dot means the named allergen is intentionally present in the standard dish as served.
V and VG indicate suitability stated on the Maroush House Menu. A blank cell is not a free-from claim.
Bread has been included as wheat/gluten wherever the House Menu states that a section is served with freshly baked Lebanese bread, including cold mezza, hot mezza, charcoal grills, specials and wraps.

Verification required before customer issue

This draft was transcribed from the published Maroush House Menu 2024 V10/SAN. It must be checked against current standard recipes, ingredient labels and supplier specifications. Any recipe, garnish, sauce, bread, oil or supplier change must trigger an allergen review and a new version date.

The 14 regulated allergens

GL	Cereals containing gluten	NU	Nuts
CR	Crustaceans	CE	Celery
EG	Eggs	MU	Mustard
FI	Fish	SE	Sesame
PN	Peanuts	SU	Sulphites / sulphur dioxide
SO	Soya	LU	Lupin
MI	Milk	MO	Molluscs

CUSTOMER SAFETY

Always tell a member of staff about your allergy before ordering.
Our kitchens handle all 14 regulated allergens and cross-contact may occur.
If the current recipe or ingredient information cannot be confirmed, the dish should not be served.

Operational reference: Food Standards Agency allergen guidance for food businesses
[food.gov.uk/business-guidance/allergen-guidance-for-food-businesses](https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses)