

# LEON



NATURALLY FAST FOOD

CARNABY ST • LUDGATE CIRCUS • SPITALFIELDS • STRAND • REGENT ST • CANNON ST • BANKSIDE • CANARY WHARF • BLUEWATER • BRENT CROSS • OLD COMPTON STREET

Let's make this year fantastic. It is in our hands. Beginning with two new specials to start us off. A warming Chilli Con Carne with black beans (tastier and better for you than kidney beans) which Chef Toph describes as dark and treacly; although it doesn't have treacle in it if you see what we mean.

We think you'll also enjoy the new sustainable salmon (from the West Coast of Scotland) which we cook with extra virgin olive oil, lemon juice and fresh herbs; it tastes o'Mega and does you good. Both Jan specials could be lucky enough to stay so if you think they should be a permanent fixture please email us [leon@leonrestaurants.co.uk](mailto:leon@leonrestaurants.co.uk)

We set up Leon because as children we got very excited about eating fast food – then as we grew up we realized that it made you fall asleep and wake up fat. We wanted to change that with fast food that both tasted good and did you good. People have been very kind about Leon but there is always room for improvement. If you have anything to ask, say or suggest, please let us know.

Henry and John  
x

## LUNCH

SERVED FROM 11AM



### Leon Main Dishes

SERVED WITH RICE

- Moroccan Meatballs** (✓♥) 4.95  
With beef and lamb. Cooked down in a plum tomato sauce with fresh herbs and a light garlic sauce.
- Mamta's Chicken Curry** (✓♥WF GF) 5.75   
An Indian inspired fresh tomato based curry with whole spices, curry leaves, sweet smoky paprika and garam masala.
- BBQ Chicken** (✓♥WF GF) 5.60  
With our all-natural Kansas inspired BBQ sauce - a deep and tangy combo of tomatoes, smoked chipotle chillies, tamarind, garlic and a few secret spices.
- Original Chicken** (✓♥WF GF) 5.50  
Marinated with lemon juice and garlic, with fresh herbs and a light garlic sauce.
- Chilli Chicken** (✓♥WF GF) 5.60  
For a powerful chilli kick.
- Sweet Potato Falafel** (♥WF GF V) 4.95  
Leon version of the Middle Eastern classic. Baked not fried with sweet potato, fresh herbs and spices.
- Mamta's Pea & Squash Curry** 4.95 (♥WF GF V)   
Roasted squash and fresh peas in our Indian inspired fresh tomato based curry.

### Hot Wraps

- The Fish Finger Wrap** (♥DF) 3.95  
With fresh herb tartare sauce, cos lettuce and slices of pickle. Cod from plentiful shoals in the Icelandic sea.
- Buffalo BBQ Chicken Wrap** (✓♥) 4.60  
With our all-natural Kansas inspired BBQ sauce and slices of pickle.
- Original Chicken Wrap** (✓♥) 4.50  
With fresh herbs, slices of pickle and a light garlic sauce.
- Chilli Chicken Wrap** (✓♥) 4.60  
With our powerful chilli sauce and slices of pickle.
- Sweet Potato Falafel Wrap** (♥V) 3.95  
Like falafel but with sweet potato, cumin and fresh herbs. Dressed with a light garlic sauce, mango chutney and slices of pickle.

### Sides

- Corn off the Cob** (♥WF GF DF V) 1.95
- Side Salad** (✓♥WF GF DF V) (OUT) 1.80 (IN) 2.15
- Slaw** (✓♥WF GF DF V) 1.00
- Brown Rice** (♥WF GF DF V) 1.75

### Snacks

- Hummus & Flatbread** (♥DF V) (OUT) 2.20 (IN) 2.65
- Moroccan Meatballs** (✓) 3.50

### Salads

- Magic Mackerel Salad** (✓WF GF) (OUT) 5.60 (IN) 6.75  
Smoked mackerel from sustainable shoals, tangy beetroot sauce, peas, tomatoes and salad leaves.
- Leon Chicken Salad** (✓♥WF GF) (OUT) 5.40 (IN) 6.50  
With peas, tomatoes and alfalfa on spinach and salad leaves.
- Original Superfood Salad** (OUT) 4.60 (IN) 5.55 (✓WF GF V)  
Broccoli, alfalfa, peas, cucumber, avocado, quinoa, feta, fresh mint and parsley, toasted seeds and a pot of vinaigrette.



### Drinks

SERVED ALL DAY

- Raspberry Lemonade**  2.10 (✓♥WF GF DF V)
- Cloudy Apple & Mint** (♥WF GF DF V) 2.55
- Orange Juice** (♥WF GF DF V) 2.35
- Fresh Leon-Made Lemonade** 1.75 (✓♥WF GF DF V)

### ★ MEAL DEAL ★

ADD ANY SIDE DISH + A LEMONADE TO ANY MAIN DISH, WRAP OR SALAD FOR AN EXTRA

£2.50

♥ LOW SATURATED FAT

✓ LOW GL

WF WHEAT FREE

GF GLUTEN FREE

DF DAIRY FREE

V VEGETARIAN

NUTS. HAS NUTS IN