

# LEON

Fast & Fresh at  
Breakfast, Lunch  
& Dinner.  
And the bits in  
between.

## Jack Wings

Cheesy vegan jackfruit nuggets in a gluten-free crumb. Veganism takes flight. 3.95 GF Ve



## GFC

### Gluten-Free Chicken Nuggets

Finally, we've found the golden nugget. 100% British chicken thigh nuggets with your choice of sauce. 4.45 GF

Ketchup  
Contains: Celery

Chilli Sauce  
Contains: Celery

Vegan Aioli  
Contains: Soya

Korean Style Mayo  
Contains: Egg, Milk, Soya

Thom's BBQ Sauce

## Sides

### LEON Baked Fries

Baked. Crispy. Criss-cut. We won't waffle on. 2.45 GF Ve

### Crushed Pea Salad

Hand-crushed peas with fresh mint, toasted seeds and a lemon wedge. 1.95 (OUT) 2.35 (IN) †GL

GF Ve  
Contains: Mustard, Soya

### Original Hummus

The classic chickpea and tahini dip with a swirl of olive oil. 1.95 (OUT) 2.35 (IN) †GL

GF Ve  
Contains: Sesame

### Chargrilled Chicken Mezze

Chargrilled chicken thigh with mint and parsley. 3.45 †GL GF

### Fresh Slaw

Red, savoy and white shredded cabbage. With peas, fresh herbs, and creamy vinaigrette dressing. 1.95 (OUT) 2.35 (IN) †GL

GF Ve  
Contains: Mustard, Soya

### Khobez Flatbread

For scooping, dipping and mopping. 0.85 (OUT) 1.00 (IN) Ve

Contains: Gluten (Wheat)

## Salads



Salads don't always get the love & thought they deserve. This is our way of making amends.

### The Chicken & Avocado Salad

Chargrilled chicken thigh, half an avocado, pomegranate seeds and lemon, topped with an avocado ranch dressing. 6.45 (OUT) 7.75 (IN)

GF  
Soya, Mustard

### The Chicken Shawarma Salad

A true jewel of the east. Rose harissa chicken studded with pomegranate arils served with red peppers, baby plum tomatoes, seasonal herby slaw and garlic aioli. 5.95 (OUT) 7.15 (IN)

GF  
Contains: Soya, Mustard

### Turmeric Cauliflower Salad

Inspired by Ayurvedic food principles and Middle Eastern flavours, this salad incorporates plants of many colours, varieties and textures: chargrilled cauliflower, red peppers, spiced chickpeas, pickled raisins and red onions and lots of fresh mint and parsley. 4.95 (OUT) 5.95 (IN)

GF Ve  
Contains: Soya, Mustard, Sulphites

## Sustainability

This menu is printed on carbon-neutral, recycled paper. And the box you're eating from is compostable and recyclable, just like our bags. Our cutlery is biodegradable, our straws are made from paper, and we're working to make sure our plastic bottles, cups and pots contains at least 50% recycled plastic content.

From the start we've always wanted to be the most sustainable business we can be. Not because it's cool or gets good PR, but because it's the right thing to do.

And right from the start, we've always known that there's room to do better. If you have a brilliant sustainable solution, or know someone with a start-up who does, please get in touch at leon@leon.co

## Grilled Wraps

### Grilled Halloumi Wrap

Grilled Cypriot halloumi with garlic aioli, plum tomatoes and fresh herbs. 4.95

V  
Contains: Gluten (Wheat), Milk, Soya, Celery

### Aioli Chicken Wrap

Chargrilled chicken thigh with fresh herbs and garlic aioli. 4.95

†GL  
Contains: Gluten (Wheat), Soya

### The Fish Finger Wrap

Fish fillet from sustainable shoals with our LEON made quinoa tartare sauce. 4.95

Contains: Gluten (Wheat), Egg, Mustard, Fish

## Burgers

CHOOSE A GLUTEN FREE BUN FOR +85p

### Chipotle & Avocado Burger

A vegan burger with smoky chipotle mayo and freshly smashed avocado & red onion guacamole. It's wild at heart. 5.95

Ve  
Contains: Gluten (Wheat), Soya, Sesame

### LOVe Burger

A beetroot soya patty topped with our burger sauce, Carolina mustard mayo, tomatoes, pickles and a slice of smoked gouda-style vegan cheese. What the world needs now. 5.95

Ve  
Contains: Gluten (Wheat), Mustard, Soya, Sesame

### Chargrilled Chicken Burger

Chargrilled chicken thigh with fresh herb olive oil mayonnaise. Served in our sourdough burger buns with lots of fresh rocket and tomato. 5.95

Contains: Gluten (Wheat), Egg, Mustard, Sesame



“There is finally a place where you can have your cake and eat it” - The Independent

## Little Hot Boxes

### LEON's Chilli Con Carne

A boldly flavoured chilli. British beef mixed with black beans in a dark, rich tomato sauce spiced with ancho & chipotle chilli, cumin, smoked paprika and Mexican oregano. 5.45

GF  
Contains: Soya

### Lentil Masala

A rich coconut curry spiced with cumin, ginger and mustard seeds. The Leon Dahling. 4.95

GF, Ve  
Contains: Mustard, Soya, Celery

### Brazilian Black Bean

Black beans, carrots and onions spiced with sweet and smoked paprika. 3.95

†GL †GF Ve  
Contains: Soya, Celery

### Sicilian Chicken Meatballs

With our basil, tomato, and cashew pesto. 5.65

†GL GF  
Contains: Egg, Milk, Soya, Nuts (Cashew)

## Big Hot Boxes

### Aioli Chicken

Chargrilled chicken thigh with a handful of freshly chopped herbs, toasted seeds and garlic aioli. 6.95

†GL GF  
Contains: Mustard, Soya

### Satay Chicken

Chargrilled chicken thigh with punchy peanut satay sauce. 6.95

†GL GF  
Contains: Mustard, Soya, Fish, Peanuts

### Chicken & Chorizo Club

Chargrilled chicken thigh, Catalan chorizo & sweet red peppers. 6.95

†GL GF  
Contains: Mustard, Soya

### Chilli Chicken

Chargrilled chicken thigh with freshly chopped herbs, toasted seeds, garlic aioli and our own-made chilli sauce. 6.95

†GL GF  
Contains: Mustard, Soya, Celery

### Moroccan Meatballs

100% British beef spiced with oregano, cumin & cinnamon. Served over Italian rice with fresh herbs, toasted seeds, garlic aioli, and fresh slaw on the side. 6.95

†GL GF  
Contains: Mustard, Soya

### Lucky Chicken Katsu

Gluten-free chicken nuggets in our punchy, aromatic curry sauce. Served with Italian brown rice and fresh slaw. 7.45

GF  
Contains: Mustard, Soya, Celery

## Partnering with the London Wildlife Trust

This year we're partnering with the **London Wildlife Trust**: a charity that looks after 37 nature reserves in and around London. One of the ways they do this is through their **Keeping It Wild** traineeship, a course offering young people who are not in employment or education, the training they need to become a full-time conservationist. Thanks to proceeds from our new menu, and most importantly **thanks to YOU** for your continued support of what we do at LEON, **we're funding one of these places.**

The LWT's vision is of a Britain alive with nature, where everyone can experience and connect with the great outdoors (in a way us city-dwellers might have forgotten how to do). That's why they work so hard to protect, restore and create wild places. Because if we can't appreciate what we need to save, we'll never galvanise to reverse the ecological damage of climate change.

## Bits In Between

### Jaffa Cake

A mini bundt cake with dark chocolate, candied oranges, and a squidgy marmalade centre. Total eclipse. 2.45 (OUT) 2.95 (IN)

Ve  
Contains: Gluten (Wheat), Soya, Sulphites

### Cherry Almond Cake

The lovechild of a cherry bakewell and a lemon drizzle. 2.00 (OUT) 2.40 (IN)

NGCI V  
Contains: Egg, Milk, Nuts (Almonds, Pistachios)

### Better Brownie

Proof that you can have your cake and eat it. Made with dark chocolate, coffee, almonds and orange zest. 2.00 (OUT) 2.40 (IN)

GF V  
Contains: Egg, Milk, Soya, Nuts (Almonds)

### Raspberry Pastel de Nata

A custard tart studded with raspberries. Handmade, the Portuguese way, in Hackney. 2.00 (OUT) 2.40 (IN)

V  
Contains: Gluten (Wheat), Egg, Milk

### Ken & Jesse's Freshly Baked Cookie

Ken & Jesse's flourless chocolate chip cookie, freshly baked here throughout the day. Accept our cookies. 1.75 (OUT) 2.10 (IN)

NGCI V  
Contains: Egg, Milk, Soya

### Billionaire's Shortbread

Surprisingly, not too rich. Date and flaxseed shortbread with date caramel and dark chocolate. 1.75 (OUT) 2.10 (IN)

GF Ve  
Contains: Soya, Nuts (Cashews)

### Cardamom & Cranberry Paleon Bar

Our grain-free flapjack made with fruits, seeds and nuts, a little coconut oil, and spiced with cardamom. Power to the people. 2.45 (OUT) 2.95 (IN)

GF Ve  
Contains: Nuts (Almonds, Pistachios)

### Raspberry & Rose Baked Donut

A baked donut by any other name would not taste as sweet. And it wouldn't be vegan. 3.25 (OUT) 3.90 (IN)

NGCI Ve

### Lemon Ginger Crunch

This isn't a lemon drizzle. It's a lemon storm. Ground almonds and fresh lemon juice on a ginger base. 2.00 (OUT) 2.40 (IN)

GF V  
Contains: Egg, Milk, Nuts (Almonds)

### Nutty Banana Bread

Topped with pecans and banana chips. Use your loaf. 2.45 (OUT) 2.95 (IN)

V  
Contains: Gluten (Wheat), Egg, Milk, Nuts (Pecans)



# LEON



‘Bold, invigorating flavours from fresh, seasonal ingredients’

**P**ack your bags because this Spring we’re asking you to join us on an adventure in flavour. It’s time to rediscover the earth: we’re bringing you some big hitters that’ll remind you how good plants can taste when they’re grown well, prepared simply, and eaten seasonally.

First port of call is the **Chicken & Avocado Salad**, a zesty little number. Chargrilled chicken thigh, half an avocado, pomegranate seeds and lemon, with an avocado ranch dressing.

Then we set sail for the **Turmeric Cauliflower Salad**, whose golden turmeric dressing pot can be found at the end of this rainbow of plants. Inspired by Ayurvedic food principles and Middle Eastern flavours, this salad incorporates plants of many colours, varieties and textures: chargrilled cauliflower, red peppers, spiced chickpeas, pickled raisins and red onions and fresh mint and parsley.

Next we hop over to **The Chicken Shawarma Salad**: a true jewel of the east. Rose harissa chicken studded with pomegranate seeds served with red peppers, baby plum tomatoes, herby slaw and garlic aioli.

And from one end of the Med to the other, our **Paleo Pesto Chicken** is full of protein, gut-boosting goodness, with a mix of chargrilled chicken thigh and charred Mediterranean veg with our cashew nut pesto. It’s the keto happiness.

Our final stop is just a little one: a taster of sunnier climes to come. Every summer John goes sailing around the Greek islands and this salad reminds him of the food there: as fresh and tasty as you like. Our **Greens & Grains** is made from chargrilled fennel and courgette with wild rice, quinoa, oat groats, dill and finished with lemon zest.

We’re not finished yet, though as we have some further introductions to make starting with our **Turmeric Honey**

**& Granola Pot**. Turmeric-infused honey from London bees, live yoghurt topped with date-sweetened granola and banana. Start your day or end your meal with that and you won’t go far wrong.

Or try our **Acai Berry & Almond Butter Smoothie Pot**. An Acai berry smoothie base, topped with coconut almond butter, granola, bananas, blueberries and cacao nibs.

Being good to your gut means being good to your mind too so **Megan’s Yoghurt** is the perfect health-conscious breakfast; it’s a live yoghurt with high-fibre berry compote, dark chocolate, granola and strawberries.

Small, but packing a big punch is our new **Kefir Shot**. It’s made with British milk and blended with 50 billion live cultures and probiotics (chicory root fibre) to create a mighty shot that’s good for your gut.

## Naturally Fast Food

### Breakfast like a King or Queen. Here’s how...

We serve breakfast until 11am.

#### Full English

A freshly poached free range egg topped with gluten-free Cumberland sausage, British bacon and saucy baked beans. For those who love both breakfast and England.

Our bacon is made without nitrites.

**3.95**

‡GL GF  
Contains: Egg

#### Poached Egg Pots

##### Truffle Mushroom

Grilled mushrooms in a rich truffle sauce and two freshly poached eggs.

**2.95**

‡GL GF V  
Contains: Egg, Milk

##### Saucy Beans

A freshly poached free-range egg with saucy baked beans.

**1.95**

‡GL GF V  
Contains: Egg

##### Halloumi & Mushroom

Grilled halloumi, freshly roasted mushrooms, saucy beans and a poached egg.

**3.75**

‡GL GF V  
Contains: Egg, Milk

##### Smoked Salmon & Avocado

Hand-reared smoked salmon from Wester Ross, Scotland’s oldest independent salmon farm. Served with freshly smashed avocado and two poached eggs.

**3.25**

‡GL GF  
Contains: Egg, Fish

#### Porridges

##### Porridge of the Gods

Dark chocolate, organic honey and banana. Heavenly.

**2.65**

WFV  
Contains: Gluten (Oat), Milk, Soya

CASHEW MILK OPTION:

WF V  
Contains: Gluten (Oat), Soya, Nuts (Cashew)

##### Banana & Cinnamon

Our date butter with banana and cinnamon.

**2.65**

WFV

Contains: Gluten (Oat), Milk

CASHEW MILK OPTION:

WF Ve

Contains: Gluten (Oat), Nuts (Cashew)

We cook our porridge fresh for you every morning using organic Scottish oats and organic dairy or cashew milk.

##### Blueberries, Honey & Toasted Seeds

Fresh blueberries, toasted seeds and a drizzle of organic honey.

**2.65**

WFV

Contains: Gluten (Oat), Milk

CASHEW MILK OPTION:

WF V

Contains: Gluten (Oat), Nuts (Cashew)

##### The Ruby Red Porridge

Organic cashew milk porridge topped with coconut almond butter and a high-fibre berry compote.

**2.95**

‡GL WF Ve

Contains: Gluten (Oat), Nuts (Cashew, Almond)

#### Breakfast Boxes

##### The Veggie Breakfast Box

Smashed avocado, grilled halloumi and mushrooms with two freshly poached eggs, saucy beans, and roasted tomato.

Breakfast of champs.

**4.45**

GF V  
Contains: Egg, Milk

##### The Big Breakfast Box

A breakfast feast of bacon, gluten-free sausage, two poached free range eggs, smashed avocado, beans and grilled mushrooms. Breakfast, fresh out the Box.

Our bacon is made without nitrites.

**4.95**

GF  
Contains: Egg

#### Sourdough Muffins & Toast

##### Smashed Avocado & Halloumi

Freshly smashed avocado with halloumi and a touch of chilli sauce.

**3.95**

‡GL V  
Contains: Gluten (Wheat, Rye), Milk, Celery

##### Mushroom & Egg

Freshly roasted mushrooms, egg, spinach and LEON-made ketchup.

**3.95**

‡GL V  
Contains: Gluten (Wheat, Rye), Egg, Celery

##### Smoked Salmon & Egg

Hand-reared smoked salmon and egg with fresh spinach and dill yoghurt.

**3.95**

Contains: Gluten (Wheat, Rye), Egg, Milk, Fish

##### Sausage & Egg

British Cumberland sausage, egg, and LEON-made ketchup.

**3.95**

Contains: Gluten (Wheat, Rye), Egg, Celery

##### Bacon & Egg

We’re bringing it home. British bacon with a freshly poached free-range egg and LEON’S fruity tomato ketchup.

Our bacon is made without nitrites.

**3.95**

‡GL  
Contains: Gluten (Wheat, Rye), Egg, Celery

##### Buttered Toast

We use French butter.

Or, beurre.

**1.35**

V  
Contains: Gluten (Wheat), Milk

#### Breakfast Pots

##### Megan’s Yoghurt

Good for breakfast and good for your gut too; live yoghurt and high-fibre berry compote with dark chocolate, granola and strawberries

**2.45 (OUT)**

**2.95 (IN)**

GF V

Contains: Milk, Soya

Contains chicory inulin which contributes to the normal bowel function by increasing stool frequency. The full beneficial effect is obtained with 12g of inulin per day, thus one serving provides 1/3 of the daily requirement.

##### Acai Berry & Almond Butter Smoothie Pot

Acai berry smoothie topped with coconut almond butter, granola, bananas, blueberries and cacao nibs.

**2.95 (OUT)**

**3.55 (IN)**

Ve

Contains: Nuts (Almond)

##### Turmeric Honey & Granola Yoghurt

Turmeric-infused honey from London bees with live yoghurt, date-sweetened granola and banana.

**2.95 (OUT)**

**3.55 (IN)**

V

Contains: Milk



#### Drinks

##### Fresh Lemonade

**2.00**

##### Strawberry Lemonade

**2.25**

##### Raspberry, Lime & Earl Grey Iced Tea

**2.75**

##### Passionfruit & Lemon Iced Tea

**2.75**

##### Freshly Squeezed Orange Juice

**2.00**

##### Acai Berry Smoothie

**2.95**

##### Clean Green Shake

**2.95**

##### Mango & Passionfruit Kefir

**2.95 (OUT) 3.55 (IN)**

Contains: Milk

##### Carrot, Apple, Ginger & Turmeric Juice

**2.95**

##### Apple Sparkly Can

**1.25**

##### Orange & Mango Sparkly Can

**1.25**

##### Ginger Kombucha

**2.95**

##### Sparkling Rosemary Water

**2.45**

##### Sparkly Water 500ml

**1.10**

##### Still Water 500ml

**1.10**

##### Mango & Passionfruit Kefir Shot

Made with British milk, blended with 50 billion live cultures and probiotics (chicory root fibre) to create a mighty shot that’s good for your gut.

**2.45 (OUT) 2.95 (IN)**

Contains: Milk



Love our coffee like our food - we use full flavour organic milk and Arabica beans that are Fairtrade, Organic, and support the World Land Trust.

#### LEON Coffee

##### Latte

**2.75 (REGULAR) 3.00 (LARGE)**

##### Cappuccino

**2.75 (REGULAR) 3.00 (LARGE)**

##### Americano

**2.30 (REGULAR) 2.60 (LARGE)**

##### Flat White

**2.75**

##### Filter

**1.00 (REGULAR) 1.30 (LARGE)**

##### Chocolate

**2.85 (REGULAR) 3.15 (LARGE)**

##### Mocha

**2.85 (REGULAR) 3.15 (LARGE)**

#### Teas & Steepers

**2.00 (REGULAR) 2.10 (LARGE)**

ENGLISH BREAKFAST

EARL GREY

GREEN TEA

GINGER STEEPER

FRESH MINT STEEPER

ANY MUFFIN, PORRIDGE OR EGG POT AND A REGULAR COFFEE **4.75**