

Menu Item	Wheat Free	Dairy Free	Vegetarian	Vegan	Protein (g)	Total Fats (g)	Carb (g)	kcal	kJ	Total Sugars (g)	Fibre AOAC (g)	Saturated Fats (g)	Cholesterol (mg)	Na (mg)	Salt (g)
NIBBLES															
Olives	yes	yes	yes	yes	1.9	33.2	2.6	317	1326	0.6	4.7	3.5	0.0	1825.4	4.6
Athenian Mixed Nuts	yes	yes	yes	yes	13.3	45.4	4.6	479	1978	2.6	6.9	4.4	0.0	216.7	0.6
Greek Flatbread with Olive Oil and Dukkah	no	yes	yes	no	8.3	32.4	53.3	538	2262	4.0	8.2	4.2		731.2	1.9
COLD MEZE															
Greek Flatbread	no	yes	yes	no	13.3	15.7	105.3	615	2563	7.4	14.9	2.0	0.0	1289.4	3.3
Crudites	yes	yes	yes	yes	1.4	0.4	7.1	37	151	6.7	3.8	0.1	0.0	21.6	0.1
Taramasalata	no	yes	no	no	3.5	99.0	3.0	913	3758	0.2	0.0	11.5	0.0	0.9	0.0
Hummus	yes	yes	yes	yes	10.7	19.1	21.9	298	1245	1.7	7.3	2.3	0.0	545.6	1.4
Tzatziki	yes	no	yes	no	4.9	14.1	4.3	163	688	3.8	0.6	1.0	0.0	388.1	1.0
Htipiti	yes	no	no	no	11.2	24.8	10.9	305	1289	5.2	4.9	10.5	0.0	1563.3	4.0
Koliosalata	yes	no	no	no	17.0	47.8	2.2	506	2096	1.1	0.4	7.9	82.9	600.9	1.5
Melitzanosalata	yes	yes	yes	yes	1.7	21.8	10.0	236	973	3.5	4.5	3.1	0.0	624.3	1.6
Gigandes Plaki	yes	yes	yes	yes	4.9	11.7	15.6	183	762	4.9	5.3	1.8	0.0	573.8	1.5
Revithia	yes	yes	yes	yes	7.6	20.1	19.0	286	1193	1.9	6.4	3.1	0.0	435.5	1.1
Watermelon, Mint & Feta Salad	yes	no	no	no	3.6	7.7	5.0	102	432	4.8	0.4	3.2		287.8	0.7
Tabouleh Salad	no	yes	yes	no	2.1	6.7	10.4	117	487	2.9	3.1	1.0	0.0	471.0	0.5
Dolmades	yes	yes	yes	yes	3.8	15.7	24.6	254	1056	6.1	1.0	1.9	0.0	416.4	1.1

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HOT MEZE															
Grilled Octopus	yes	yes	no	no	50.4	25.4	4.1	447	1860	0.1	0.3	4.0	576.0	736.7	1.9
Tiropitakia	no	no	no	no	12.1	21.2	45.1	416	1759	1.5	1.6	12.3	32.2	1098.3	2.8
Lamb Kefte	no	no	no	no	25.9	24.8	4.8	344	1444	3.9	0.7	7.9	89.6	568.0	1.7
Grilled Kalamari	yes	yes	no	no	17.5	135.4	2.2	286	1185	0.1	0.3	3.4	195.0	642.1	1.9
Grilled Asparagus	yes	no	yes	no	3.6	9.8	10.3	140	581	6.4	2.6	1.5	0.0	207.1	0.5
Chicken Skewer	yes	yes	no	no	4.5	7.6	1.9	177	738	1.5	1.0	1.2	70.0	455.6	1.4
Pork Skewer	yes	yes	no	no	19.5	21.7	1.9	281	1164	1.5	1.0	6.0	63.0	455.6	1.4
Lamb Skewer	yes	yes	no	no	19.5	18.8	1.9	255	1057	1.5	1.0	6.3	78.0	453.6	1.4
Halloumi Skewer	yes	no	yes	no	8.7	8.5	63.7	118	491	1.8	0.6	5.7	0.0	241.9	0.6
Bifteki with Yoghurt	no	no	no	no	53.8	60.3	9.2	252	1058	2.7	0.1	5.5	43.4	455.6	1.4
Lamb Cutlets	yes	yes	no	no	42.5	79.1	0.1	881	3645	0.0	0.0	36.3	197.6	544.7	1.6
Grilled Sardines	yes	yes	no	no	80.0	32.8	1.2	619	2583	0.0	0.5	2.2	3.6	397.2	1.2
Salt Cod	no	yes	no	no	32.2	1.5	52.1	346	1466	35.5	0.9	0.3	75.9		
Bourekia	no	no	no	no				399							
Loukoumades with Feta and Black Olives	no	no	no	no				502							
Grilled Halloumi		no			8.9	11.8	64.3	151	631	2.2	0.8	6.2		303.8	0.8
SOUVLAKI															
Lamb Souvlaki	no	no	no	no	27.8	29.4	58.2	607	2527	7.2	9.0	7.5	78.0	1293.2	3.5
Pork Souvlaki	no	no	no	no	27.8	32.3	58.2	633	2634	7.2	9.0	7.2	63.0	1295.2	3.5
Chicken Souvlaki	no	no	no	no	12.8	18.2	58.2	529	2208	7.2	9.0	2.4	70.0	1295.2	3.5
Lamb Kefte Souvlaki	no	no	no	no	34.3	39.0	61.2	730	3052	9.7	8.8	9.5	89.6	1801.6	5.0
Halloumi & Vegetable Souvlaki	no	no	yes	no	13.2	18.9	91.4	451	1878	6.8	8.4	4.8	0.0	1366.6	3.7
Souvlaki for Two with Chips	no	no	no	no	78.3	99.7	257.6	2296	9585	24.6	27.2	19.3	211.0	4899.8	13.1
Souvlaki for Two with Salad	no	no	no	no	88.1	141.6	185.0	2444	10178	31.1	31.4	40.5	316.0	5243.3	14.0
Souvlaki for Four with Salad and Chips	no	no	no	no	166.5	241.3	442.5	4740	19764	55.8	58.6	59.8	527.0	10143.1	27.1
SALADS AND SIDES															
Greek Salad	yes	no	no	no	19.8	61.6	10.5	676	2810	9.5	4.4	23.4	105.0	1359.7	3.5
Cos Salad	yes	yes	yes	yes	1.4	3.0	1.6	42	175	2.3	1.7	0.5	0.0	410.1	1.0

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Lahanosalata	yes	yes	yes	no	2.2	12.1	4.1	134	552	4.1	3.6	1.6	0.0	53.8	0.1
New Potatoes	yes	yes	yes	yes	6.6	5.2	58.6	293	1243	5.3	5.3	0.9	0.0	1615.1	4.1
Chips	yes	yes	yes	yes	10.0	19.6	83.0	528	2217	3.0	0.1	2.2	0.0	1016.2	2.6
Saffron Rice	yes	yes	yes	no	8.2	2.8	85.9	406	1697	0.3	0.7	0.3	0.0	105.6	0.3
DIPS															
Preserved Lemon Mayonnaise	yes	yes	yes	no	0.7	30.3	0.4	279	1148	0.8	0.0	3.7	14.8	87.3	0.2
Sun-Dried tomato & Roast Pepper relish	yes	yes	yes	yes	0.7	7.3	2.1	92	381	1.0	0.7	1.0	0.0	294.6	0.7
Parsley Aioli	no	yes	yes	no	0.8	18.8	0.8	176	726	0.2	0.2	2.5	5.4	200.1	0.5
Smoked Chilli Relish	yes	yes	yes	yes	0.4	0.1	10.6	42	177	9.9	0.2	0.0	0.0	356.2	0.9
Dip Selection	no	yes	yes	no	2.5	56.5	13.9	589	2431	11.9	1.1	7.2	20.2	938.3	2.4

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DESSERTS															
Greek Sundae	no	no	yes	no				685							
Real Greek Yoghurt & Walnuts	yes	no	yes	no				250							
Raspberries & Greek Yoghurt	yes	no	yes	no	7.4	13.1	20.8	223	929	19.0	1.1	8.2		80.0	0.2
Chocolate Mousse Cake	no	no	no	no				397							
Baklava	no	no	yes	no	5.9	26.8	36.5	401	1669	34.6	2.2	3.3		206.5	0.5
Kataifi	no	no	yes	no				506							
Greek Lemon Cake	no	no	yes	no	6.2	27.3	25.7	377	1568						
Sweet & Salty Watermelon	yes	yes	yes	yes	2.2	2.2	25.7	124	528	25.7	0.6	0.5		17.9	0.0
Vanilla Ice Cream	yes	no	yes	no	8.1		38.4	400	1676	38.4					
Chocolate Ice Cream	yes	no	yes	no	3.4		41.9	394	1647	42.0					
Chunky Strawberry Ice Cream	yes	no	yes	no	5.7		57.4	413	1729	57.4					
Pistachio Ice Cream	yes	no	yes	no	4.6		44.7	333	1394	44.7					
Lemon Sorbet	yes	no	yes	yes	0.2		54.4	225	943	54.4					
Passion Fruit Sorbet	yes	no	yes	yes	0.5		63.3	256	1071	63.3					
Raspberry Sorbet	yes	no	yes	yes	0.7		57.6	237	992	57.6					
Loukoumia	yes	no	yes	no	0.5	1.7	48.9	211	833	48.6	0.3	0.3	0.0	1.3	
Greek Dessert Sharer	no	no	no	no				1554							

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KIDS MENU															
Chicken Skewer	yes	yes	no	no	2.3	3.8	1.0	88	369	0.7	0.5	0.6	35.0	227.8	0.7
Lamb Skewer	yes	yes	no	no	9.8	9.4	1.0	127	529	0.7	0.5	3.2	39.0	226.8	0.7
Pork Skewer	yes	yes	no	no	9.8	10.9	1.0	140	582	0.7	0.5	3.0	31.5	227.8	0.7
Halloumi Skewer	yes	no	yes	no	8.7	8.5	63.7	118	491	1.8	0.6	5.7	0.0	241.9	0.6
The Real Greek Burger	no	no	no	no	32.3	36.2	5.5	151	635	1.6	0.1	3.3	26.1	273.4	0.8
Meze Selection															
Bifteki	no	no	no	no	32.3	36.2	5.5	151	635	1.6	0.1	3.3	26.1	273.4	0.8
Flatbread	no	yes	yes	no	6.6	7.8	52.7	307	1282	3.7	7.4	1.0	0.0	644.7	1.6
Tzatziki	yes	no	yes	no	2.5	7.0	2.1	81	344	1.9	0.3	0.5	0.0	194.1	0.5
Chips	yes	yes	yes	yes	5.0	9.8	41.5	264	1108	1.5	0.1	1.1	0.0	508.1	1.3
Crudites	yes	yes	yes	yes	0.7	0.2	3.6	18	76	3.3	1.9	0.0	0.0	10.8	0.0
Chicken Skewer	yes	yes	no	no	2.3	3.8	1.0	88	369	0.7	0.5	0.6	35.0	227.8	0.7
Halloumi Skewer	yes	no	yes	no	8.7	8.5	63.7	118	491	1.8	0.6	5.7	0.0	241.9	0.6
Greek Salad	yes	no	no	no	9.9	30.8	5.2	338	1405	4.7	2.2	11.7	52.5	679.9	1.7
Kids Vanilla Ice Cream	yes	no	yes	no	4.1		19.2	200	838	19.2					
Kids Chocolate Ice Cream	yes	no	yes	no	1.7		21.0	197	824	21.0					
Kids Chunky Strawberry Ice Cream	yes	no	yes	no	2.9		28.7	207	865	28.7					
Kids Pistachio Ice Cream	yes	no	yes	no	2.3		22.4	167	697	22.4					
Kids Lemon Sorbet	yes	no	yes	yes	0.1		27.2	113	472	27.2					
Kids Passion Fruit Sorbet	yes	no	yes	yes	0.2		31.7	128	536	31.7					
Kids Raspberry Sorbet	yes	no	yes	yes	0.4		28.8	119	496	28.8					
Kids Coca Cola	yes	yes	yes	yes			15.9	63	270	15.9					
Kids Diet Coke	yes	yes	yes	yes			0.0	1	275	0.0					
Kids Fanta	yes	yes	yes	yes			10.6	45	189	10.6					
Kids Sprite	yes	yes	yes	yes			15.9	66	278	15.9					
Kids Juice range min Orange	yes	yes	yes	yes	1.1	T	16.1	69	288	16.1					
Kids Juice range max Apple	yes	yes	yes	yes	0.2	0.0	17.9	72	302	17.9					

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DRINKS															
Pilsner Urquell Half Pint	no	yes	yes	yes			13.4	119		13.4					
Pilsner Urquell Pint	no	yes	yes	yes			26.7	239		26.7					
Mythos	no	yes	yes	yes				133							
Peroni	no	yes	yes	yes			10.9	138		10.9					
Savannah Cider	yes	yes	yes	yes			13.2	187	756	13.2					
Mineral Water Still 330ml	yes	yes	yes	yes				0	0						
Mineral Water Sparkling 330ml	yes	yes	yes	yes				0	0						
Fresh Cranberry Juice	yes	yes	yes	yes	0.3	0.3	35.1	141	591	35.1					
Fresh Apple Juice	yes	yes	yes	yes	0.3	0.0	35.7	144	603	35.7					
Fresh Orange Juice	yes	yes	yes	yes	2.1	T	32.1	138	576	32.1					
Fresh Lemon Juice	yes	yes	yes	yes	0.7	0.2	8.4	37	153	8.4					
Coca-Cola	yes	yes	yes	yes	0.0	0.0	35.0	139	594	35.0					
Diet Coke	yes	yes	yes	yes	0.0	0.0	0.0	2	606	0.0					
Fanta	yes	yes	yes	yes	0.0	0.0	23.4	99	416	23.4					
Sprite	yes	yes	yes	yes	0.0	0.0	35.0	145	611	35.0					
Schweppes Classic Ginger Beer	yes	yes	yes	yes	0.0	0.0	27.4	116	488	27.4					

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WINE															
BUBBLES															
Belstar Prosecco	yes	yes	yes	yes				605							
Veuve Cliquot Ponsardin Yellow Label NV	yes	yes	yes	yes				657							
Veuve Cliquot Ponsardin Rosé	yes	yes	yes	yes				683							
Veuve Cliquot Vintage 'Rich' 2002	yes	yes	yes	yes				714							
WHITE WINES															
Ymnos - Dry White Cretan Regional Wine	yes	yes	yes	yes				654.8							
Acacia Treen Chenin Blanc/Colombard	yes	yes	yes	yes				699							
Creta Olympias Winery Retsina	yes	yes	yes	yes				608							
Silenus 'Beta' White (<i>Vilana</i>)	yes	yes	yes	yes				667							
Agustinos Sauvignon Blanc	yes	yes	yes	yes				690							
Stump Jump Chardonnay	yes	yes	yes	yes				695							
Alisios Riesling/Pinot Grigio	yes	yes	yes	yes				662							
Spy Valley Sauvignon Blanc	yes	yes	yes	yes				694							
San....torini - Santorini Assyrtiko	yes	yes	yes	yes				727							
ROSÉ WINES															
<i>Petit Papillon Grenache Rosé</i>	yes	yes	yes	yes				664							
Mediterra Rose	yes	yes	yes	yes				673							
RED WINES															
Ymnos - Dry Red Cretan Regional Wine	yes	yes	yes	yes				669							
Alto Bajo Merlot	yes	yes	yes	yes				732							
Piripo Malbec	yes	yes	yes	yes				689							
Silenus Kappa Sigma <i>Kotsifali/Shiraz</i>	yes	yes	yes	yes				667							
Deakin Estate Artisans Blend Cabernet/Temp	yes	yes	yes	yes				716							
'Red on Black' Agiorgitiko	yes	yes	yes	yes				721							

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Agustinos Reserve Pinot Noir	yes	yes	yes	yes				724							
ANTAMA Organic Cabernet/Kotsifali	yes	yes	yes	yes				726							
Mitavelas Estate Nemea Red	yes	yes	yes	yes				715							
<u>DESSERT WINES</u>															
Mavrodaphne Sweet Red (700ml)	yes	yes	yes	yes				859							
San...torini - Vin Santo (500ml)	yes	yes	yes	yes				945							