

WE DO THE HARD BIT

If you'd like a helping hand we've put together three menus which include a choice of hot and cold mezes, sides and salads.

PERFECT FOR TWO TO SHARE.

ANATOLIAN

[ana-tow-lian]

CRUDITÉS OR GREEK FLATBREAD
HUMMUS OR TARAMASALATA
GIGANDES PLAKI OR REVITHIA
CHICKEN SKEWER OR HALLOUMI SKEWER
TIROPITAKIA OR DOLMADES
PORK SKEWER OR GRILLED HALLOUMI
LAHANOSALATA OR COS SALAD
NEW POTATOES OR SAFFRON RICE

£25.95
For Two

PELOPONNESE

[pel-op-pi-nees]

CRUDITÉS OR GREEK FLATBREAD
HUMMUS OR HTIPITI
GIGANDES PLAKI OR TABOULEH SALAD
TIROPITAKIA OR DOLMADES
CHICKEN SKEWER OR HALLOUMI SKEWER
LAMB KEFTE OR GRILLED HALLOUMI
LAHANOSALATA OR GREEK SALAD
NEW POTATOES OR CHIPS

£27.95
For Two

THESSALONIKI

[thes-a-lon-ni-ki]

CRUDITÉS OR GREEK FLATBREAD
TZATSIKI OR HUMMUS
TIROPITAKIA OR DOLMADES
LAMB KEFTE OR GRILLED HALLOUMI
CHICKEN SKEWER OR LAMB SKEWER
SALT COD OR KALAMARI
LAHANOSALATA OR GREEK SALAD
NEW POTATOES OR CHIPS

£29.95
For Two

FIND OUR RESTAURANTS

Hoxton

14 - 15 Hoxton Market
London N1 6HG

Tel: 020 7739 8212
Nearest tube: Old Street

Bankside

Units 1&2 Riverside House
2A Southwark Bridge Road
London SE1 9HA

Tel: 020 7620 0162
Nearest tube: London Bridge

Marylebone

56 Paddington Street
London W1U 4HY

Tel: 020 7486 0466
Nearest tube: Baker Street

Covent Garden

60 - 62 Long Acre
London WC2E 9JE

Tel: 020 7240 2292
Nearest tube: Covent Garden

Spitalfields

6 Horner Square
Old Spitalfields Market
London E1 6EW

Tel: 020 7375 1364
Nearest tube: Liverpool Street

Westfield London

Unit 1073, Southern Terrace,
Westfield Shopping Centre,
Ariel Way, London W12 7GB

Tel: 020 8743 9168
Nearest tube: Shepherd's Bush

Westfield Stratford

Unit R1005, 2 Chestnut Plaza
Westfield Stratford City,
Montfichet Road
London E20 1GL

Tel: 020 8503 1844
Nearest tube: Stratford

Any gratuities left in recognition of good service will go directly and entirely to your server.
Please note we only accept cash gratuities.

www.therealgreek.com

All our dishes may contain traces of nuts.
[v] - These items are suitable for Vegetarians.
[vg] - These items are suitable for Vegans.

*The recommended daily calorie intake for the average adult male is 2500kcal and the average adult female is 2000kcal, children need less. Please see our website for full nutritional value of all dishes.

We are constantly trying to improve your experience and would appreciate any feedback that you have to help us achieve this. Please contact our Head of Operations Christos Karatzenis by email: christos@therealgreek.com

Please note that we accept all major credit cards. We do not accept cheques.

ENJOY

The Real Greek Taste at Home and receive a 25% discount when ordering a take away!

THE REAL GREEK

NIBBLES

Kalamata Olives [v] [vg]

The ideal Mediterranean nibble, whilst you decide what to order. (317kcal) **£2.50**

Athenian Mixed Nuts [v] [vg]

Roasted and salted pistachios, almonds, brazil nuts, roasted corn and cashew nuts. (479kcal) **£2.50**

Greek Flatbread with Olive Oil & Dukkah [v]

Our twist on an Eastern Mediterranean classic. To experience this dish the traditional way, dip flatbread in olive oil, followed by our homemade Dukkah - a spicy mix of ground, dry roasted nuts and seeds. (538kcal) **£2.50**

MEZE [meh-zeh]

Small savoury dishes in the Real Greek tradition - best enjoyed with hot flatbread or crudités.

- We recommend three to four mezes per person
- Cold mezes are served first and hot follow
- Be adventurous, dive in and don't forget to share!

COLD MEZE

Greek Flatbread [v]

Light, moist and incredibly moreish, the authentic Greek classic. (615kcal) **£2.45**

Crudités [cru-di-tay] [v] [vg]

Fresh-cut carrot, celery and cucumber, perfect when ordered with one of our homemade dips. (37kcal) **£2.15**

Taramasalata [tara-ma-salata]

Rich, creamy and made fresh every day with naturally smoked undyed cod roe. (913kcal) **£4.15**

Hummus [hum-us] [v] [vg]

Our daily home blend, rich in tahini and delicately spiced with cumin and fresh chilli. (298kcal) **£4.15**

Babaganoush [v]

Classic Mediterranean dip with aubergine, tahini and garlic. (398kcal) **£4.25**

Tzatziki [tat-zee-kee] [v]

Cool and tangy Greek yoghurt with chopped cucumber, garlic and fresh mint. (163kcal) **£4.15**

Beetroot, Feta & Lentil

Green lentils, beetroot, red onion and feta in our tangy lemon dressing. (308kcal) **£4.25**

Htipiti [hit-ee-pit-ee]

Real Greek feta dip coarsely chopped with roasted red peppers, sun-dried tomatoes and red onions. (305kcal) **£4.15**

Melitzanosalata

[melit-zano-salata] [v] [vg]
A light and fragrant blend of smoked aubergine, garlic, shallots and lemon. (236kcal) **£4.15**

Gigandes Plaki

[gig-and-ees pla-ki] [v] [vg]
Hearty giant beans, slow-cooked by our chefs in a rich and herby tomato sauce. (183kcal) **£4.15**

Green Bean, Chickpea & Spinach

A refreshing meze of green beans, chickpeas, spinach and feta dressed in our fresh lemon and olive oil dressing. (370kcal) **£4.25**

Dolmades [dol-ma-dez] [v] [vg]

Daily hand-wrapped vine leaves with our unique rice, herb, pine nut and Corinthian sultana filling. (254kcal) **£4.25**

Tabouleh Salad [ta-boo-lay] [v]

A refreshing salad of parsley, mint, tomatoes, bulgur wheat and preserved lemon, in extra virgin olive oil. (117kcal) **£4.15**

Revithia [v] [vg]

Baby chickpeas with handfuls of herbs, olive oil and lemon. (286kcal) **£4.15**

HOT MEZE

Tiger Prawns with Garlic & Chilli

Simple but scrumptious, tiger prawns marinated in a garlic and chilli butter. (92kcal) **£6.25**

Grilled Octopus

Beautifully tender octopus tossed in olive oil, garlic and Greek mountain oregano. (447kcal) **£6.95**

Tiropitakia [tiro-pi-takia]

Our filo pastry parcels with creamy leek, spinach and feta filling, handmade daily. (416kcal) **£4.75**

Lamb Kefte [kef-ter]

Best British lamb, minced, skewered and marinated with aromatic Anatolian spices. (344kcal) **£5.35**

Yiaourtlou [yia-ou-rtlou]

Handmade British lamb patties grilled and topped with yoghurt, tomato relish, onions and sprinkled with paprika. (409kcal) **£6.00**

Grilled Kalamari

Our own unique version, using the freshest squid and a sticky Greek honey and paprika marinade. (286kcal) **£6.00**

Skewers

Grilled succulent Farm Assured British meat or halloumi, skewered with onions and peppers, marinated and served on a bed of leaves. Choose from...

Chicken (177kcal)	£4.95
Pork (281kcal)	£4.95
Lamb (255kcal)	£5.45
Halloumi & Vegetable (118kcal)	£5.00 [v]

Bifteki [bif-tek-ee]

Succulent British beef patties handmade with spring onion and served with minted yoghurt. (252kcal) **£5.95**

Lamb Cutlets

Succulent British lamb grilled with Greek mountain thyme. (881kcal) **£6.95**

Bourekia [boo-rek-ee]

Our handmade filo parcels filled with ground British beef and feta, rounded off with a hint of cumin and paprika. (399kcal) **£4.95**

Grilled Aubergine with Tabouleh [v]

Char-grilled aubergine served warm with a cold tabouleh salad of Corinthian sultanas and roasted pine nuts. (601kcal) **£4.50**

Salt Cod

Fresh cod, home-cured then dipped in beer batter and fried. (346kcal) **£6.00**

Grilled Halloumi [ha-loo-mee] [v]

Succulent grilled halloumi with a garnish of charred red peppers. (151kcal) **£4.75**

Loukaniko [lou-kan-iko]

Traditional Greek pork sausage, infused with fennel seeds, grilled and finished with oregano, olive oil and lemon. (790kcal) **£5.25**

Chargrilled Chicken Wings

Four succulent chicken wings coated in our homemade dukkah - a spicy mix of ground, dry roasted nuts and seeds. (623kcal) **£4.95**

GREEK SOUVLAKI

[soov-lah-kee]

A Real Greek wrap - like a kebab, only much better, prepared in the authentic Greek way... we use the best British meat or halloumi grilled over charcoal, then wrapped in our gorgeous flatbread, with plenty of homemade tzatziki, fresh tomatoes, red onion and sweet paprika.

LAMB (607kcal)	£6.40
PORK (633kcal)	£6.10
CHICKEN (529kcal)	£6.10
LAMB KEFTE (730kcal)	£6.25
HALLOUMI & VEGETABLE [ha-loo-mee] [v]	£6.00
Halloumi cheese, skewered with courgette. (451kcal)	

PLATTERS

SOUVLAKI FOR TWO £21.00

One Lamb, one Halloumi & Vegetable and one Chicken Souvlaki, halved and served with any two Salads or Sides.

SOUVLAKI FOR FOUR £39.95

Two Lamb, two Halloumi & Vegetable and two Chicken Souvlaki, halved and served with any three Salads or Sides.

SALADS & SIDES

Greek Salad

Classic, hearty and rustic, with tomatoes, cucumber, peppers, Kalamata olives, red onion, feta and olive oil, finished with sprinkled oregano. (681kcal) **£4.00** / (1362kcal) **£7.50**

Cos Salad [v] [vg]

So simple, yet so good... Crispy shredded Cos leaves tossed in our fruity sultana dressing. (42kcal) **£3.50**

New Potatoes [v] [vg]

Delicate, nutty and tossed in olive oil, spring onion, lemon juice and fresh dill. (293kcal) **£3.50**

Lahanosalata [laha-no-salata] [v]

The Greek coleslaw... white cabbage, shaved fennel and dill dressed with our very own creamy sultana dressing. (134kcal) **£3.00**

Chips [v] [vg]

Fluffy, light and fried to perfection. (528kcal) **£3.25**

Saffron Rice [v]

Nutty brown basmati dressed with herbs, olive oil, Greek honey and fragrant Kozanis saffron. (406kcal) **£3.45**

DIPS

The perfect complement to your Meze, Souvlaki or Salad - all freshly handmade by us daily.

Try a selection and experiment ...

Sun-Dried Tomato & Pepper Relish

(92kcal) **£1.00** [v] [vg]

Preserved Lemon Mayonnaise

(279kcal) **£1.00** [v]

Parsley Aioli

(176kcal) **£1.00** [v]

Smoked Chilli Relish

(42kcal) **£1.00** [v] [vg]

Dip Selection

(589kcal) **£3.00** [v]

SOMETHING ABOUT US

We serve the very best and most exciting modern Mediterranean meze and encourage you to have fun sharing plates. Honest and simple, all of our dishes are freshly prepared using the highest quality ingredients, with many sourced from Greece when nothing but the most authentic will do. Bursting with sun-filled flavours, our food provides an invigorating culinary vacation from the rush of the capital.

DID YOU KNOW

We were the first collection of restaurants to provide a calorie count for every dish on our menu.* We wanted you to understand how healthy the Mediterranean, and especially Cretan, diet can be. Rich in unsaturated fats from fish and oil, the style of food we serve has been found to have particularly positive health benefits. For a complete nutritional analysis of our dishes visit: www.therealgreek.com

*The findings of the Seven Countries Study support this.

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