

THE REAL GREEK

EAT. TOGETHER.

40 DAYS OF THE REAL GREEK VEGETARIAN & VEGAN FOOD

Most people don't realise that us, the Greeks, have a long tradition of vegan & vegetarian eating. We vegan fast for 2 weeks before Christmas, 2 weeks in August, as well as other days, but the longest is Sarakosti, which means "40 days". All over Greece there will be specials on the menu to accommodate this, just like we have.

We always have a large range of Vegetarian & Vegan dishes on our menu at The Real Greek, and for Sarakosti, we have introduced three special dishes, created for us by Tonia Buxton.

SPICY ROAST AUBERGINE WITH CHICKPEAS (VG) £4.75

Roasted aubergine, slow cooked with chickpeas, cherry tomatoes, chilli and dill. Why not add some Feta (v)?

Goes perfectly with:

Houmous · Dolmades (vg)
Spicy Feta Dip · Grilled Halloumi (v)

GIGANDES WITH SPINACH (VG) £4.75

Baked butter beans, with wilted spinach, onion, garlic, parsley & tomato sauce. Why not add some Feta (v)?

Goes perfectly with:

Green Pea Fava · Grilled Aubergine with Garlic Tomato Sauce (vg)
Spicy Feta Dip (Htipiti) · Halloumi & Vegetable Skewer (v)

AUBERGINE & POTATO STACK (VG) £4.75

Layers of aubergine, potatoes, mixed herbs and garlic tomato sauce. Why not add some Feta (v)?

Goes perfectly with:

Green Pea Fava · Chickpeas (Revithia) (vg)
Tzatziki · Halloumi & Vegetable Skewer (v)

Vg = Vegan **V** = Vegetarian

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