

THE REAL GREEK

EAT. TOGETHER.

WE RECOMMEND THREE OR FOUR MEZES PER PERSON. COLD MEZES ARE SERVED FIRST, HOT FOLLOWS WHEN READY. BE ADVENTUROUS, DIVE IN & DON'T FORGET TO SHARE!

COLD & HOT MEZE

GREEK OLIVES £2.75

The ideal Mediterranean nibble, whilst you decide what to order. (314kcal) V VG GF

GREEK FLATBREAD £3.00

ADD OLIVE OIL & DUKKAH £3.25
Our twist on an Eastern Mediterranean classic. Dukkah – a spicy mix of ground, dry roasted nuts and seeds. (533kcal / 621kcal) V VG

CRUDITÉS £3.00

Fresh-cut carrot, celery and cucumber. (47kcal) V VG GF

GREEN PEA FAVA £4.75

Mashed green peas with olive oil and lemon, topped with red onions and tomato. The Greek version of mushy peas! (185kcal) V VG GF

TARAMASALATA £4.50

Rich, creamy and made fresh every day with naturally undyed cod roe. It's not meant to be pink! (989kcal)

SALT COD £6.75

Fresh cod, home-cured then dipped in beer batter and fried. Served with lemon mayonnaise. (778kcal)

HOUMOUS £4.75

Our daily home blend of chickpeas, rich in tahini and delicately spiced with cumin and fresh chilli. (342kcal) V VG GF

FETA CHEESE £4.50

Our delicious feta, drizzled with olive oil & sprinkled with Greek oregano from Mavrouda, Thessaloniki. (500kcal) V GF

PRAWN SAGANAKI £7.00

Tiger prawns in a rich tomato sauce, with spinach, pickled peppers and sprinkled with feta. Developed for us by Tonia Buxton. (171kcal) GF

TZATZIKI £4.75

Cool and tangy Greek yoghurt with cucumber and garlic. (158kcal) V GF

CHICKPEAS (REVITHIA) £4.50

Chickpeas with handfuls of herbs, olive oil and lemon. (385kcal) V VG GF

FALAFEL £5.50

Our signature recipe falafel, served with a spicy yoghurt and tahini dip, pickled cabbage, tomato & onion salsa and sprinkled with sweet paprika. (795kcal) V

SPICY FETA DIP (HTIPITI) £5.00

Roasted pepper and cheese dip, finished with a touch of chilli. (259kcal) V GF

BEETROOT, FETA & LENTIL SALAD £4.75

Green lentils, beetroot and feta in our tangy lemon dressing. (461kcal) V GF

TIROPITAKIA £5.25

Three filo pastry parcels with creamy leek, spinach and feta filling, handmade daily. (792kcal) V

MELITZANOSALATA £4.75

A light and fragrant blend of smoked aubergine, garlic, shallots and lemon. (211kcal) V VG GF

GIGANDES PLAKI £4.75

Hearty giant beans, slow-cooked in a rich and herby tomato sauce. Served warm. (433kcal) V VG GF

MEAT PIE - THE GREEK WAY £6.50

Traditional Northern Greece recipe, made with beef mince, filo pastry, feta cheese and parsley. (697kcal)

GRILLED MEZE

CHICKEN SKEWER £5.75

Chicken, skewered with onions and peppers. Served with lemon mayonnaise. (300kcal) GF

GRILLED KALAMARI £7.00

Our own unique version, using the freshest squid and a sticky Greek honey and paprika marinade. (226kcal) GF

HALLOUMI & VEGETABLE SKEWER £5.50

Halloumi, skewered with peppers and courgettes. Served with minted yoghurt. (394kcal) V GF

BBQ CHICKEN WINGS £5.00

Succulent chicken wings marinated in a smoked chilli relish. (458kcal) GF

GRILLED OCTOPUS £7.50

Chargrilled octopus, tossed in olive oil, garlic and Greek mountain oregano. (161kcal) GF

LAMB SKEWER £6.00

Lamb, skewered with onions and peppers. Served with lemon mayonnaise. (413kcal) GF

MED CHICKEN £6.50

Grilled rosemary marinated chicken thighs, served on top of mixed grilled vegetables. (407kcal) GF

SALMON & PRAWN SKEWER £7.50

Salmon & prawns, skewered and chargrilled. Served with a wedge of lime (232kcal) GF

LAMB CUTLETS £7.75

Grilled lamb cutlets, served with lentils and minted Greek yoghurt. (593kcal) GF

PORK BELLY £6.75

Slow-roasted pork belly, prepared the way we do our pork gyros in Greece – with oregano, paprika and topped with red onion. (503kcal) GF

GRILLED AUBERGINE WITH GARLIC TOMATO SAUCE £5.00

Chargrilled aubergine served with garlic and tomato sauce. (145kcal) V VG GF

LAMB MEATBALLS £6.50

Handmade lamb patties grilled and topped with Greek yoghurt, tomato sauce, onions and sprinkled with paprika. (435kcal)

LOUKANIKO – BEEF & PORK SAUSAGE £6.00

Traditional Greek beef and pork sausage, chargrilled and sprinkled with oregano. Served with smoked chilli relish. (651kcal)

GRILLED HALLOUMI £5.00

Succulent grilled, squeaky cheese! (290kcal) V GF

LAMB KEFTE £6.00

Lamb, minced and marinated with aromatic Anatolian spices. Served with minted yoghurt. (353kcal)

SIDES & SALADS

GREEK SALAD

Regular £4.75 / Large £7.75
Classic, hearty and rustic, with tomatoes, cucumber, peppers, Greek olives, red onion, feta and olive oil, finished with Greek oregano from Mavrouda, Thessaloniki. (317kcal / 634kcal) V GF

AEGEAN SLAW £3.75

Thinly shredded red and white cabbage, mixed with sultanas and lemon mayonnaise. (301kcal) V GF

CHIPS £3.50

Fluffy, light and fried to perfection. (813kcal) V

NEW POTATOES £3.50

Delicate, nutty and tossed in olive oil and lemon juice. (271kcal) V VG GF

SAFFRON RICE £3.50

Long-grain rice dressed with herbs, olive oil, Greek honey and fragrant Kozanis saffron. (408kcal) V GF

MEET TONIA!

Tonia Buxton is the face of Greek food in the UK and presenter of the award-winning 'My Greek Kitchen' TV series. Tonia has a passion for food, born from an early apprenticeship in her mother's kitchen, and has brought this passion to the development of our dishes at *The Real Greek*.



PERFECT FOR SHARING

TONIA'S FILOXENIA £36.00 for two

CRUDITÉS OR GREEK FLATBREAD

HOUMOUS OR SPICY FETA DIP (HTIPITI)

GREEN PEA FAVA OR CHICKPEAS (REVITHIA)

PRAWN SAGANAKI OR HALLOUMI SKEWER

MEAT PIE - THE GREEK WAY OR GRILLED AUBERGINE WITH GARLIC TOMATO SAUCE

BBQ CHICKEN WINGS OR GIGANDES PLAKI

LAMB MEATBALLS OR FALAFEL

SAFFRON RICE OR CHIPS

PELOPONNESE £32.50 for two

CRUDITÉS OR GREEK FLATBREAD

HOUMOUS OR TZATZIKI

GIGANDES PLAKI OR CHICKPEAS (REVITHIA)

TIROPITAKIA OR DOLMADES

CHICKEN OR HALLOUMI SKEWER

LAMB KEFTE OR FALAFEL

AEGEAN SLAW OR GREEK SALAD

NEW POTATOES OR CHIPS

SOUVLAKI WRAPS £6.25 each

We use the best meat, Cypriot halloumi or falafel, wrapped in our gorgeous flatbread, with homemade tzatziki, fresh tomatoes, red onion and sweet paprika.

LOUKANIKO SAUSAGE (650kcal)

OR PORK BELLY (553kcal)

OR CHICKEN (443kcal)

OR LAMB KEFTE (587kcal)

OR HALLOUMI (471kcal) V

OR FALAFEL WITH TAHINI (688kcal) V

SOUVLAKI WRAPS FOR TWO £23.00

One lamb kefte, one halloumi and one chicken souvlaki, halved and served with any two regular sides or salads.

FULL ALLERGEN INFO MENU AVAILABLE ON REQUEST. V ITEMS ARE SUITABLE FOR VEGETARIANS. VG ITEMS ARE SUITABLE FOR VEGANS. GF ITEMS ARE SUITABLE FOR COELIACS.

Although dishes identified are gluten free, as we have products in the restaurant that contain gluten, there is a possibility that traces of gluten may still be found in them. Menu descriptions may not include all ingredients; more detailed allergen information is available upon request. All our dishes may contain traces of nuts. Any gratuities left in recognition of good service will go directly and entirely to your server. Please note we only accept cash gratuities.