

# THE REAL GREEK

EAT. TOGETHER.

## VEGAN MENU

### COLD MEZE

#### GREEK OLIVES £2.75

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

#### 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, tomato and chilli. The Greek version of mushy peas! (185kcal) V VG GF

#### BETROOT & LENTIL SALAD £4.50

Green lentils and beetroot in our tangy lemon dressing. (306kcal) V VG GF

#### MELITZANOSALATA £5.00

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

#### SPICY WALNUT & RED PEPPER DIP £5.00

Inspired from Alexander the Great's travels - an eastern Mediterranean character spicy dip, with red peppers and walnuts. (353kcal) V VG

#### HOUMOUS £4.75

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

#### SANTORINI FAVA £4.75

Yellow lentils from Santorini, cooked and blended with herbs and spices, topped with Santorini capers. (241kcal) V VG GF

### HOT MEZE

#### CHICKPEA FILO TRIANGLES £5.25

Two filo pastry parcels with chickpeas, cumin, turmeric, and a touch of sundried tomato & chilli. (593kcal) V VG

#### FALAFEL £5.50

Our signature recipe falafel, served with a tahini dip, pickled celery & carrot, tomato & onion salsa and sprinkled with sweet paprika. (369kcal) V VG

#### MOUSSAKA £5.75

Classic cinnamon taste, with layered potato, courgette, aubergine and jackfruit mix. Made without béchamel. (214kcal) V VG

#### GRILLED AUBERGINE WITH GARLIC TOMATO SAUCE £5.25

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

#### JACKFRUIT STIFADO £5.75

The vegan version of a classic Greek dish - jackfruit, slow-cooked with button mushrooms, shallots & aniseed. (182kcal) V VG GF

#### GREEN BEANS, FENNEL & TOMATO (FASOLAKIA) £5.25

Green beans & fennel, slow-cooked in a rich tomato sauce, spiced with cinnamon. (100kcal) V VG GF

#### DOLMADES £5.00

Vine leaves stuffed with rice, tomato and fresh herbs. (246kcal) V VG GF

#### POURGOURI - BULGUR WHEAT £3.75

A classic Cypriot dish. Tonia's mother's recipe of cracked wheat, with tomatoes and onion. (190kcal) V VG

#### SPINACH WITH GIGANDES £5.00

Spinach and hearty giant beans, cooked in a tomato and garlic sauce. (540kcal) V VG GF

### SOUVLAKI WRAPS

#### SOUVLAKI WRAPS £6.25 each

Our gorgeous flatbread with **chips** inside, with fresh tomatoes, red onion, tahini sauce and sweet paprika.

Choose Between:

#### JACKFRUIT GYROS WITH TAHINI - spicy!

(707kcal) V VG

Please tell your server if you don't want chips inside!

#### FALAFEL WITH TAHINI

(1169kcal) V VG

**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. The same situation can occur with our vegetarian and vegan dishes, which can come in contact with other products. Menu descriptions may not include all ingredients; more detailed allergen information is available upon request. All our dishes may contain traces of nuts.



The Greek vegan tradition is centuries old - the first philosopher to create a lasting vegan diet is Pythagoras around 550 BCE.

In the Greek tradition there is much adherence to a diet completely free of animal products for long fasting periods.

Simply the Greeks pretty much invented veganism & we at The Real Greek want to bring you a Vegan menu that celebrates that, with both traditional & modern dishes, which we are sure you will enjoy.

Tonia x

### SIDES & SALADS

#### "NO FETA" GREEK SALAD

Regular £4.25 / Large £7.00  
Hearty and rustic, with tomatoes, cucumber, peppers, Greek olives, red onion and olive oil, finished with Greek oregano from Mavrouda, Thessaloniki. (225kcal) / (450kcal) V VG GF

#### NEW POTATOES £3.50

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

#### CHIPS £3.50

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

#### AEGEAN SLAW £3.75

Thinly shredded cabbage, carrot, red and green peppers, with an olive oil dressing. (240kcal) V VG GF

### DESSERTS

#### BAKLAVA £4.25

Homemade, crisp filo pastry with walnuts. (542kcal) V VG

#### VANILLA ICE CREAM

£3.75  
(525kcal) V VG GF

#### LUXURY SORBET £3.75

Lemon (261kcal) V VG  
Mango (283kcal) V VG

\*Soya milk available for tea/coffee upon request.