

VEGAN MENU



THE REAL GREEK
EAT TOGETHER

VEGAN MENU

WE RECOMMEND THREE OR FOUR MEZES PER PERSON. COLD MEZES ARE SERVED FIRST, HOT FOLLOWS WHEN READY. PERFECT FOR SHARING!

GREEK OLIVES 3.00
(314kcal) v VG GF

GREEK FLATBREAD 3.25
Add olive oil & Dukkah 3.50

A spicy mix of ground, dry roasted nuts and seeds.

(533kcal / 621kcal) v VG

CRUDITÉS 3.25
Fresh-cut carrot, celery and cucumber.
(47kcal) v VG GF

COLD MEZE

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

SANTORINI FAVA 4.75
Yellow lentils from Santorini, cooked and blended with herbs and spices, topped with Santorini capers.
(241kcal) v VG GF

HOUMOUS 5.00
Our daily blend of chickpeas, rich in tahini and spiced with cumin and fresh chilli.
(342kcal) v VG GF

MELITZANOSALATA 5.00
A light and fragrant blend of smoked aubergine, garlic, shallots and lemon.
(211kcal) v VG GF

BEETROOT & LENTIL SALAD 4.75
Green lentils and beetroot in our tangy lemon dressing.
(306kcal) v VG GF

HOT MEZE

CHICKPEA FILO TRIANGLES 5.50
Two filo pastry parcels with chickpeas, cumin, turmeric, and a touch of sundried tomato and chilli.
(593kcal) v VG

FALAFEL 5.75
Our signature recipe, served with a tahini dip.
(369kcal) v VG

JACKFRUIT MOUSSAKA 6.00
Classic cinnamon taste with potato, courgette, aubergine and jackfruit. Made without béchamel.
(214kcal) v VG

GRILLED AUBERGINE 5.50
Chargrilled aubergine served with garlic and tomato sauce.
(145kcal) v VG GF

JACKFRUIT STIFADO 6.00
Jackfruit, slow-cooked with button mushrooms, shallots and aniseed.
(182kcal) v VG GF

DOLMADES 5.25
Vine leaves stuffed with rice, tomato and fresh herbs.
(246kcal) v VG GF

POURGOURI - BULGUR WHEAT 4.00
A classic Cypriot dish. Tonia's mother's recipe of cracked wheat with tomatoes and onion.
(190kcal) v VG

GIGANDES WITH SPINACH 5.25
Hearty giant beans and spinach, cooked in a tomato and garlic sauce.
(540kcal) v VG GF

SOUVLAKI WRAPS 6.50 each

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

CHOOSE BETWEEN:

JACKFRUIT GYROS – spicy!
(707kcal) v VG

FALAFEL
(1169kcal) v VG
*Please tell your server if you don't want chips inside!

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 3.75
Fluffy, light and fried to perfection.
(813kcal) v VG

AEGEAN SLAW 4.00
Thinly shredded cabbage, carrot, red and green peppers, with an olive oil dressing.
(240kcal) v VG GF

DESSERTS

LUXURY LEMON SORBET 3.75
(261Kcal) v VG

LUXURY MANGO SORBET 3.75
(283kcal) v VG

VANILLA ICE-CREAM 3.75
(525kcal) v VG GF



OUR SERVICE IS
RELAXED & FRIENDLY.
IF YOU NEED
ANYTHING, JUST ASK.



ABOUT OUR VEGAN MENU

"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 want to bring you a vegan menu that celebrates that, with both traditional & modern dishes, which we are sure you will enjoy."



微信扫码

享中文菜单

看美食图片

FULL ALLERGEN INFO 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.



@TheRealGreekUK



/TheRealGreek



@RealGreekTweet