

# THE REAL GREEK

## MACRONUTRIENT ALLERGEN MENU

| ITEM                        | CALORIES<br>(KCAL) | PROTEIN<br>(G) | FAT<br>(G) | SAT FAT<br>(G) | CARBS<br>(G) | SUGARS<br>(G) | FIBRE<br>(G) | SALT<br>(G) | ALLERGENS                                                        |
|-----------------------------|--------------------|----------------|------------|----------------|--------------|---------------|--------------|-------------|------------------------------------------------------------------|
| GLUTEN FREE GREEK FLATBREAD | 291.2              | 4.9            | 3.64       | 0.7            | 58.8         | 3.22          | 6.3          | 0.87        | E SO D S SD V                                                    |
| WARM GREEK FLATBREAD        | 506                | 12             | 22         | 3.5            | 70           | 2.2           | 3.8          | 1.2         | G (WHEAT) S V VG                                                 |
| TZATZIKI                    | 311                | 5              | 28         | 6              | 6            | 4.5           | 0.5          | 1           | D SD V                                                           |
| WHIPPED SPICY FETA          | 639                | 10             | 60         | 18             | 8            | 6             | 1            | 1.6         | D SD V                                                           |
| TARAMASALATA                | 761                | 7              | 70         | 10             | 18           | 3             | 2            | 0           | F (COD) G (WHEAT) SO S SD                                        |
| HOUMOUS                     | 508                | 13             | 46         | 6              | 22           | 2             | 9            | 2           | S SD V VG                                                        |
| OLIVES                      | 314                | 2              | 30         | 3              | 2            | 0.3           | 1.5          | 3           | SD V VG                                                          |
| HALLOUMI POPCORN*           | 577                | 30             | 87         | 32             | 10           | 8             | 0            | 3           | D V                                                              |
| CHICKEN SKEWER              | 324                | 35             | 15         | 3              | 1            | 0.5           | 0.5          | 0.9         | SD                                                               |
| LOUKANICO SKEWER            | 595                | 24             | 50         | 18             | 2            | 1             | 0.8          | 1.3         | G (WHEAT) SO S MU C D SD                                         |
| LAMB SKEWER                 | 488                | 40             | 38         | 14             | 0            | 0             | 0            | 1           | SD                                                               |
| KING PRAWNS SKEWER          | 310                | 22             | 14         | 1.5            | 1            | 0.5           | 0.4          | 1           | CR (PRAWNS) SD                                                   |
| HALLOUMI SKEWER             | 516                | 18             | 45         | 21             | 2            | 1.2           | 0.5          | 1.8         | D SD V                                                           |
| OCTOPUS SKEWER              | 139                | 20             | 6          | 1              | 0            | 0             | 0            | 1.5         | M (OCTOPUS) SD                                                   |
| PORK SKEWER                 | 601                | 19             | 49         | 18             | 3            | 1             | 0.5          | 2           | SD                                                               |
| GRILLED AUBERGINE           | 473                | 11             | 36         | 9              | 21           | 10            | 8            | 3           | SD C D V                                                         |
| GRILLED AUBERGINE VEGAN     | 38                 | 4              | 41         | 14             | 15           | 4             | 4            | 3           | SD C V VG                                                        |
| BEEF STIFADO                | 522                | 24             | 38         | 10             | 26           | 6             | 4            | 2           | SD C                                                             |
| PORK DATES                  | 642                | 25             | 42         | 10             | 44           | 30            | 4            | 3           | SD C                                                             |
| FRIED KALAMARI*             | 727                | 15             | 20         | 3              | 25           | 2             | 1.5          | 1.5         | G (WHEAT) M (KALAMARI) SD E                                      |
| COURGETTE FRITTER*          | 266                | 6              | 20         | 2              | 25           | 4             | 2            | 1           | G (WHEAT) S SD V VG                                              |
| DOLMADES                    | 408                | 9              | 24         | 3              | 53           | 3             | 8            | 3           | MU SO C SD V VG                                                  |
| SPINACH PIE*                | 792                | 18.7           | 16.5       | 2.2            | 44           | 4.35          | 2.5          | 1.95        | D G (WHEAT) L SO C SD V                                          |
| MOUSSAKA*                   | 420                | 13             | 29         | 18             | 27           | 9             | 1            | 1           | D G (WHEAT) C SD                                                 |
| VEGETABLE MOUSSAKA*         | 664                | 16             | 34         | 4              | 75           | 11            | 10           | 6           | G (WHEAT) SO C V VG                                              |
| CHICKEN WRAP (TZATZIKI)*    | 620                | 38             | 20         | 5              | 60           | 5             | 2            | 2           | G (WHEAT) SD D S                                                 |
| CHICKEN WRAP (MUSTARD)*     | 751                | 42             | 30         | 6              | 70           | 6             | 3            | 2.5         | G (WHEAT) E MU S SD                                              |
| HALLOUMI WRAP*              | 714                | 30             | 45         | 12             | 55           | 4.5           | 2.5          | 2           | D G (WHEAT) S MU SD V                                            |
| LOUKANICO WRAP*             | 747                | 36             | 50         | 15             | 65           | 5             | 2            | 2.4         | G (WHEAT) S MU E SD SO C D                                       |
| COURGETTE FRITTER WRAP*     | 888                | 28             | 35         | 10             | 75           | 8             | 3            | 2.2         | G (WHEAT) S SD V VG                                              |
| PORK GYROS WRAP *           | 986                | 35             | 57         | 16             | 76           | 6             | 2            | 1.9         | G (WHEAT) D C MU SO SD                                           |
| MEAT PLATTER*               | 3678               | 160            | 180        | 70             | 80           | 14            | 10           | 6           | SD G (WHEAT) SO S MU C D                                         |
| FISH PLATTER*               | 3022               | 140            | 150        | 45             | 90           | 12            | 9            | 5.5         | F (COD) M (KALAMARI, OCTOPUS) CR (PRAWNS)<br>G (WHEAT) SO S SD D |
| VEG PLATTER*                | 4002               | 80             | 190        | 55             | 130          | 18            | 14           | 4.8         | D G (WHEAT) MU L SO C SD S V                                     |
| HALLOUMI FRIES*             | 689                | 29.7           | 33.75      | 22             | 16           | 14            | 0.2          | 4.05        | D V                                                              |
| CHIPS SM*                   | 813                | 6              | 61         | 8              | 60           | 1             | 6            | 1           | SD V VG                                                          |
| CHIPS LG*                   | 1219               | 8              | 85         | 12             | 84           | 1             | 8            | 1           | SD V VG                                                          |
| RICE                        | 501.8              | 6.75           | 20.75      | 3.05           | 70.5         | 0.25          | 1            | 0           | C V VG                                                           |
| GREEK SALAD SMALL           | 422                | 8              | 35         | 10             | 20           | 6             | 4            | 1.6         | D SD V                                                           |
| GREEK SALAD LARGE           | 722                | 14             | 60         | 18             | 35           | 9             | 6            | 2.2         | D SD V                                                           |
| VEGAN GREEK SALAD SMALL     | 402                | 0              | 9          | 8              | 3            | 0             | 0            | 0.2         | SD V VG                                                          |
| VEGAN GREEK SALAD LARGE     | 702                | 6              | 34         | 16             | 18           | 3             | 2            | 0.8         | SD V VG                                                          |
| GREEN LEAF SALAD            | 241                | 4              | 18         | 2.5            | 10           | 1             | 1.5          | 0.3         | SD V VG                                                          |
| BAKLAVA                     | 345                | 9              | 33         | 12             | 147          | 112           | 4            | 0           | D G (WHEAT) P (PEANUTS) N (WALNUTS, ALMONDS, PISTACHIOS) V       |
| GREEK FILO CUSTARD PIE*     | 958                | 17.8           | 47.5       | 28             | 109.3        | 72.9          | 1.27         | 0.68        | D G (WHEAT) E SO V                                               |
| BAKED CHEESECAKE            | 411                | 6              | 28         | 16             | 30           | 10            | 0.5          | 0.2         | G (WHEAT) D E V                                                  |
| GREEK ORANGE CAKE           | 684                | 6              | 40         | 25             | 80           | 65            | 1.5          | 0.3         | G (WHEAT) E D V                                                  |
| YOGHURT HONEY               | 158                | 9              | 4          | 2.5            | 15           | 11            | 0.5          | 0.1         | D V                                                              |
| CHOCOLATE CAKE              | 333                | 5.6            | 19.9       | 11.2           | 49.8         | 37.1          | 2.9          | 0.27        | D G (WHEAT) E SO V                                               |
| RASPBERRY SORBET            | 136                | 1              | 0.8        | 0.6            | 47.6         | 42            | 0            | 0.02        | V VG                                                             |
| VANILLA                     | 419                | 6.2            | 22.2       | 13.4           | 48.2         | 44.6          | 0            | 0.28        | D V                                                              |
| VEGAN VANILLA               | 525                | 18             | 45.7       | 21.37          | 2.03         | 1.22          | 0.5          | 1.8         | SO V VG                                                          |
| CHOCOLATE                   | 433                | 7.4            | 20.2       | 12.8           | 49           | 48.2          | 0            | 0.88        | D V SO                                                           |
| PISTACHIO                   | 413                | 9.6            | 28.6       | 12.4           | 38.6         | 34.8          | 0            | 0.66        | D N (ALMONDS, HAZELNUTS & PISTACHIOS) V                          |

### ALLERGENS KEY

|            |          |                  |                    |
|------------|----------|------------------|--------------------|
| D DAIRY    | S SESAME | CR CRUSTACEANS   | SD SULPHUR DIOXIDE |
| MU MUSTARD | G GLUTEN | F FISH           | P PEANUTS          |
| N NUTS     | E EGG    | M MOLLUSCS       | V VEGETARIAN       |
| L LUPIN    | C CELERY | SO SOY INC. SOYA | VG VEGAN           |

The above symbols are used to denote that a dish contains the allergen as an ingredient. Please inform your waiter before ordering of any specific dietary requirements that you may have. Unfortunately, it is not possible to guarantee that our busy kitchens are completely free of allergens. We also cannot guarantee against the processes used by our suppliers.

Dishes with a \* are cooked in a fryer and may come into contact with other ingredients and allergens, which are not listed as part of the recipe. If you require more information, please ask a manager. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

(\*Chips, Courgette Fritters all Souvlaki Wraps – due to chips inside).

# THE REAL GREEK

## LUNCH ALLERGEN & KCAL MENU

### SOUVLAKI GRILL PLATE

**KING PRAWNS** CR (PRAWNS) SD **310kcal**

**OCTOPUS** M (OCTOPUS) SD **139kcal**

**LAMB FILLET** SD **488kcal**

**PORK** SD **601kcal**

**LOUKANICO PORK SAUSAGE**

G (WHEAT) SO S MU C D SD **595kcal**

**CHICKEN BREAST** SD **324kcal**

**HALLOUMI** D SD V **516kcal**

**COURGETTE FRITTER\***

G (WHEAT) S SD V VG **888kcal**

**GRILLED AUBERGINE** SD C D V **270kcal**

**VEGAN GRILLED AUBERGINE**

SD C V VG **270kcal**

#### ALL SERVED WITH YOUR CHOICE OF

**GREEK SALAD** D SD V **422kcal / 722kcal**

**"NO FETA" GREEK SALAD** SD V VG **209kcal**

**CHIPS\*** SD V VG **813kcal / 1219kcal**

**GREEK FLATBREAD**

G (WHEAT) S V VG **533kcal**

**TZATZIKI** D SD V **71kcal**

**RICE** C V VG **333kcal**

DON'T FORGET TO ADD UP THE KCAL INFORMATION FOR THE TOTAL GREEK PLATE

### SOUVLAKI WRAP & SIDE

#### SOUVLAKI WRAP

**LOUKANICO PORK SAUSAGE\***

G (WHEAT) S MU E SD SO C D **747kcal**

**CHICKEN WITH TZATZIKI\***

G (WHEAT) SD S D **620kcal**

**CHICKEN WITH GREEK MUSTARD\***

G (WHEAT) E MU S SD **751kcal**

**COURGETTE FRITTER\***

G (WHEAT) S SD V VG **888kcal**

**HALLOUMI\*** D G (WHEAT) S SD V **714kcal**

**PORK GYROS\***

G (WHEAT) D C MU SO SD **838kcal**

#### SIDES

**GREEK SALAD** D SD V **422kcal**

**CHIPS\*** SD V VG **813kcal**

**RICE** C V VG **333kcal**

### ALLERGENS KEY

D **DAIRY**

MU **MUSTARD**

N **NUTS**

L **LUPIN**

S **SESAME**

G **GLUTEN**

E **EGG**

C **CELERY**

CR **CRUSTACEANS**

F **FISH**

M **MOLLUSCS**

SO **SOY INC. SOYA**

SD **SULPHUR DIOXIDE**

P **PEANUTS**

V **VEGETARIAN**

VG **VEGAN**

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(\*Chips, Courgette Fritters all Souvlaki Wraps – due to chips inside).

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22nd October 2025

# THE REAL GREEK

## ICE CREAM, COFFEE & TEA ALLERGEN & KCAL MENU

### DESSERTS

#### ICE-CREAM

VANILLA D V 419kcal

VEGAN VANILLA SO V VG 525kcal

CHOCOLATE D V SO 433kcal

STRAWBERRY D V 312kcal

PISTACHIO D N (ALMONDS, HAZELNUTS &  
PISTACHIOS) V 413kcal

#### SORBET

RASPBERRY V VG 136kcal

### GREEK SPECIALITIES

#### GREEK COFFEE

D N (PEANUTS) SD S G (WHEAT) E SO  
Sweet 93kcal / Medium 83kcal / Bitter 73kcal

POT OF GREEK MOUNTAIN TEA 1kcal

### COFFEE

#### CAFFÈ AMERICANO

D (MILK ON REQUEST) 7kcal

SINGLE ESPRESSO 3kcal

DOUBLE ESPRESSO 5kcal

CAPPUCCINO D 50kcal

LATTE D 100kcal

#### FREDDO ESPRESSO

D (MILK ON REQUEST) 100kcal

### TEA

FRESH MINT TEA 1kcal

ENGLISH BREAKFAST 1kcal

EARL GREY 1kcal

PEPPERMINT 2kcal

GREEN TEA 1kcal

CAMOMILE 1kcal

SOYA MILK SO V VG

OAT MILK GLUTEN (OAT)

### ALLERGENS KEY

D DAIRY

MU MUSTARD

N NUTS

L LUPIN

S SESAME

G GLUTEN

E EGG

C CELERY

CR CRUSTACEANS

F FISH

M MOLLUSCS

SO SOY INC.  
SOYA

SD SULPHUR  
DIOXIDE

P PEANUTS

V VEGETARIAN

VG VEGAN

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For drinks Allergens, please refer to the manufacturer's label.

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22nd October 2025

# THE REAL GREEK

## KIDS ALLERGEN & KCAL MENU

### MAIN COURSES

CHOOSE FROM

**GRILLED CHICKEN** 132kcal

**OR LOUKANICO PORK SAUSAGE**

G (WHEAT) SO S MU C D 330kcal

**OR HALLOUMI** D SD V 258kcal

**OR COURGETTE FRITTERS\***

G (WHEAT) S V VG 111kcal

ALL SERVED ON A PLATE OR WRAP

### WRAPS

**CHICKEN** G (WHEAT) S SD D 438kcal

**OR LOUKANICO PORK SAUSAGE**

G (WHEAT) SO S SD MU C D 630kcal

**OR HALLOUMI** G (WHEAT) S D SD V 564kcal

**OR COURGETTE FRITTERS\***

G (WHEAT) S SD V VG 442kcal

### CHOOSE YOUR SERVE

ALL SERVED WITH

**CHIPS\*** SD V VG 337kcal

**TOMATO & CUCUMBER CHUCKS**

V VG 156kcal

**WARM GREEK FLATBREAD**

G (WHEAT) S V VG 267kcal

### DESSERT

CHOOSE FROM

**GREEK YOGHURT WITH HONEY**

D V 158kcal

**OR VANILLA ICE CREAM** D V 210kcal

**OR CHOCOLATE ICE CREAM**

D V SO 217 kcal

**OR RASPBERRY SORBET** V VG 136kcal

### ALLERGENS KEY

D DAIRY

MU MUSTARD

N NUTS

L LUPIN

S SESAME

G GLUTEN

E EGG

C CELERY

CR CRUSTACEANS

F FISH

M MOLLUSCS

SO SOY INC.

SOYA

SD SULPHUR

DIOXIDE

P PEANUTS

V VEGETARIAN

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(\*Chips)

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22nd October 2025

# THE REAL GREEK

## TAKEAWAY ALLERGEN & KCAL MENU

### SOUVLAKI GRILL SALAD BOX

#### CHOOSE YOUR SOUVLAKI GRILL

CHICKEN SD 324kcal

LAMB SD 488kcal

LOUKANICO PORK SAUSAGE  
G (WHEAT) SO S MU C D SD 595kcal

PORK SD 601kcal

COURGETTE FRITTERS\*  
G (WHEAT) S SD V VG 772Kcal

HALLOUMI D SD V 516kcal

GRILLED AUBERGINE SD C D V 270kcal

VEGAN GRILLED AUBERGINE  
SD C V VG 270kcal

#### CHOOSE YOUR SALAD

GREEK SALAD D SD V 522kcal

RICE C V VG 333kcal

#### ALL SERVED WITH YOUR CHOICE OF

CHIPS\* SD V VG 813kcal

OR WARM GREEK FLATBREAD  
G (WHEAT) S V VG 533kcal

DON'T FORGET TO ADD UP THE KCAL  
OF YOUR BOX SELECTION FOR THE  
FINAL TOTAL KCAL

### SIDES & SALADS

GREEK SALAD D SD V 422kcal / 702kcal

GREEN LEAF SALAD SD V VG 241kcal

HALLOUMI FRIES\* D V 689kcal

CHIPS\* SD V VG 813kcal / 1219kcal

RICE C V VG 333kcal

### DESSERTS

#### BAKLAYA

D G (WHEAT) P (PEANUTS) N (WALNUTS,  
ALMONDS, PISTACHIOS) V 345kcal

#### GREEK ORANGE CAKE

G (WHEAT) E D V 684kcal

#### BAKED CHEESECAKE

G (WHEAT) D E V 411kcal

#### CHOCOLATE MOUSSE CAKE

D G (WHEAT) E SO V 333kcal

### COLD MEZE

TZATZIKI D SD V 311kcal

HOUMOUS S SD V VG 508Kcal

GREEK OLIVES SD V VG 314Kcal

WHIPPED SPICY FETA DIP  
D SD V 639kcal

TARAMASALATA  
F (COD) G (WHEAT) SO S SD 761kcal

### HOT MEZE

HALLOUMI POPCORN\* D V 577kcal

FRIED KALAMARI\*  
G (WHEAT) M (KALAMARI) SD E 727kcal

DOLMADES MU SO C SD V VG 408kcal

SPINACH PIE\* D G (WHEAT) L SO C SD V  
792kcal

WARM GREEK FLATBREAD  
G (WHEAT) S V VG 533kcal

### SOUVLAKI WRAPS

CHICKEN WITH TZATZIKI\*  
G (WHEAT) D S SD 620kcal

CHICKEN WITH MUSTARD\*  
G (WHEAT) E MU S SD 751kcal

PORK GYROS\*  
G (WHEAT) D C MU SO SD 838kcal

LOUKANICO PORK SAUSAGE\*  
G (WHEAT) S MU E SD SO C D 747kcal

HALLOUMI\*  
G (WHEAT) D S SD V 714kcal

COURGETTE FRITTERS\*  
G (WHEAT) S SD V VG 888kcal

### ALLERGENS KEY

D DAIRY

MU MUSTARD

N NUTS

L LUPIN

S SESAME

G GLUTEN

E EGG

C CELERY

CR CRUSTACEANS

F FISH

M MOLLUSCS

SO SOY INC.  
SOYA

SD SULPHUR  
DIOXIDE

P PEANUTS

V VEGETARIAN

VG VEGAN

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(\* Chips, Courgette Fritters, Fried Kalamari, Greek meal box served with chips, Halloumi Fries, Halloumi Popcorn, Spinach Pie, all Souvlaki Wraps – due to chips inside).

Note:

Tahini Dip S V VG

Greek Mustard Sauce G (Wheat) MU E SD V

2nd October 2025