

# 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

### COLD MEZE

TZATZIKI D SD V 311kcal  
HOUMOS 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

### 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

BAKLAVA  
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

### ALLERGENS KEY

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