



VEGANUARY MENU

CHOOSE FOUR
DISHES FOR
£11.95pp



AVAILABLE ALL
OF JANUARY 2023

T&C's: Not valid in conjunction with any other offer / promotion. This menu cannot be discounted. Valid 7 days a week for lunch & dinner at all The Real Greek restaurants until 31st January 2023. An optional 10% service charge will be added to your bill



1. CHOOSE ONE DISH

GREEK FLATBREAD V VG or

CRUDITÉS V VG GF

2. CHOOSE ONE DISH

VEGAN TZATZIKI V VG GF or

Cool, tangy Soya yoghurt with cucumber, gherkin and garlic. Served with a whole green olive.

SANTORINI FAVA V VG GF or

Yellow lentils from Santorini, cooked and blended with herbs and spices, topped with a salsa of tomatoes, onions, capers and caper powder.

HOUMOUS V VG GF or

Our daily blend of chickpeas, rich in tahini and spiced with cumin, topped with paprika and roasted red peppers.

BEETROOT SALAD V VG GF

Diced beetroot mixed with soya yoghurt, with a tangy orange vinaigrette.

3. CHOOSE ONE DISH

~~eatplanted.~~ **VEGAN CHICKEN**

MONASTIRAKI V VG GF or

Eat Planted pea protein "chicken", marinated with Greek herbs, served with vegan tzatziki, onion and tomatoes.

~~eatplanted.~~ **VEGAN PULLED PORK** V VG or

Eat Planted pea protein "pulled pork", topped with a Padron pepper, served on a bed of tahini sauce.

VEGAN MEATBALLS – SOUTZOUKAKIA V VG or

Vegan meatballs, served in a tomato and cumin Soutzoukakia sauce.

DOLMADES V VG GF or

Vine leaves stuffed with rice, tomato, and fresh herbs.

CHICKPEA FILO TRIANGLES V VG or

Two filo pastry parcels with chickpeas, cumin, turmeric, and a touch of sundried tomato and chilli.

CAULIFLOWER YAHNI V VG GF

Cauliflower florets in tomato sauce, served on a bed of herby cauliflower rice.

4. CHOOSE ONE DISH

AEGEAN SLAW V VG GF or

Thinly shredded cabbage, carrot, red and green peppers, with an olive oil dressing.

NEW POTATOES V VG GF or

Tossed in olive oil and oregano.

CHIPS V VG or

Fluffy, light and fried to perfection.

POURGOURI – BULGUR WHEAT V VG

A classic Cypriot dish. Tonia's mother's recipe of cracked wheat with tomatoes and onion.