# **THE REAL GREEK**



### **APÉRITIF**

### **TO START**

COLD MEZE

HOT MEZE

GREEK FLATBREAD Ø	30
Add olive oil & Dukkah, a spicy mix of ground, dry roasted nuts and seeds. <b>V VG Ø4</b> .	10

GREEK OLIVES Ø	8.60
CRUDITÉS Ø	3.80
THE REAL GREEK HALLOUMI POPCORN	6.80

### WE RECOMMEND 3 OR 4 MEZE PER PERSON. COLD MEZE ARE SERVED FIRST. HOT FOLLOWS WHEN READY. PERFECT FOR SHARING

TARAMASALATA       5.85         Our daily creamy blend with naturally undyed cod roe.       1t's not meant to be pink!
SPICY FETA DIP (HTIPITI)
MELITZANOSALATA  MELITZ

HOUMOUS Ø
Our daily blend of chickpeas, rich in tahini and spiced with cumin,
topped with paprika and roasted red peppers. <b>V VG GF</b>

Cool, tangy Greek yoghurt with cucumber, gherkin and garlic. V GF

.....6.00

YELLOW FAVA Ø ...... 6.00 Yellow lentils, cooked and blended with herbs and spices, topped with a salsa of tomatoes, onions, capers and caper powder. Made the Santorini way. **V VG GF** 

### **VEGAN**

<b>planted.</b> VEGAN CHICKEN MONASTIRAKI $\mathscr{O}$ 8.25 Planted's pea-based chicken pieces, marinated with Greek herbs, served with vegan tzatziki, onion and tomatoes. V VG GF
GIGANDES WITH SPINACH $ eqtilde{O}$
VEGAN MEATBALLS – SOUTZOUKAKIA Ø7.95 Vegan meatballs, served in a tomato and cumin Soutzoukakia sauce. V VG
GRILLED AUBERGINE Ø6.75 Chargrilled aubergine served with garlic and tomato sauce. V VG GF
FALAFEL Ø
CHICKPEA FILO TRIANGLES Ø
MEAT

LAMB MEATBALLS
LAMB SKEWER
PORK MONASTIRAKI
PORK SKEWER A
25p of each sale of this dish will be donated to Pancreatic Cancer UK
LOUKANIKO BEEF & PORK SAUSAGE SKEWER 7.95

Traditional Greek sausage from Thrace, chargrilled and served with Aegean Slaw.

### POULTRY

CHICKEN MONASTIRAKI..... ......8.25 Chicken thigh, marinated with Greek herbs, served with tzatziki, onion and tomatoes. GF

BBQ CHICKEN WINGS.....7.15 Succulent chicken wings marinated in a smoked chilli relish. GF

Chicken, skewered with onions and peppers. Served with Aegean Slaw. GF

### **VEG & DAIRY**

SPINACH TIROPITAKIA
HALLOUMI & VEGETABLE SKEWER
DOLMADES
THE REAL GREEK HALLOUMI FRIES
SEAFOOD

### FRIED KALAMARI ...... 8.40 Crisp squid rings served with lemon mayonnaise. SALT COD ..... .....8.55 Fresh cod, home-cured then dipped in beer batter and fried. Served with lemon mayonnaise. Tonia's recipe of tiger prawns in a rich tomato sauce, with Pourgouri (bulgur wheat with tomatoes and onion), spinach, pickled peppers and feta. Chargrilled Octopus, tossed in olive oil, garlic and Greek mountain oregano, served on a bed of Yellow Fava.

### SOUVLAKI WRAPS £8.25 EACH

Our gorgeous flatbread filled with chips, fresh tomatoes, red onion and sweet paprika. Please tell your server if you don't want chips inside! \*Kalamari option doesn't include chips. tomato, onion or paprika.

### LOUKANIKO SAUSAGE with Aegean Slaw.

KALAMARI with Taramasalata and cucumber ribbons. **PORK** with Tzatziki.

CHICKEN choose between Greek mustard sauce or Tzatziki

LAMB MEATBALLS with minted yoghurt.

HALLOUMI with minted yoghurt. V

FALAFEL Ø with tahini. V VG

VEGAN MEATBALLS Ø with vegan aioli. V VG

planted. VEGAN CHICKEN with yegan Tzatziki **V VG** 

### **FILOXENIA DINNER MENU**

FOUR DISHES FOR 17.00pp AVAILABLE SUNDAY - THURSDAY FROM 5.00PM

- 7 CHOOSE A DISH Greek Flatbread V VG or Crudités V VG GF
- CHOOSE ONE OF THESE COLD MEZE Yellow Fava V VG GF or Houmous V VG GF or Tzatziki V GF or Spicy Feta Dip (Htipiti) V GF or Melitzanosalata V VG GF or Taramasalata
- **3** CHOOSE ONE OF THESE HOT MEZE Chicken Skewer GF or BBQ Chicken Wings GF or Chicken Monastiraki GF or Loukaniko Beef & Pork Sausage Skewer or Pork Skewer GF or Lamb Meatballs or Fried Kalamari or Salt Cod or Halloumi & Vegetable Skewer V GF or Spinach Tiropitakia V or Chickpea Filo Triangles V VG or Gigandes with Spinach V VG GF or Falafel V VG or Dolmades V GF or Grilled Aubergine V VG GF or planted. Vegan Chicken Monastiraki V VG GF or Vegan Meatballs – Soutzoukakia V VG
- CHOOSE ONE OF THESE SIDES & SALADS 4 Mediterranean Rice V GF or Aegean Slaw V VG GF or New Potatoes V VG GF or Chips V VG or Pourgouri – Bulgur Wheat V VG

\*For your total meal calories, don't forget to add up the Kcal from the options you select.

This menu cannot be discounted.

### **HOUSE SPECIAL**

GREEK MOUSSAKA ...... 8.95 A classic Greek dish – hearty and rich, with lamb mince. Served as a meze portion. Subject to availability.

### **SIDES & SALADS**

GF

GREEK SALAD	d onion,
Make it vegan without feta Ø V VG GF	5.00
NEW POTATOES Ø Tossed in olive oil and oregano. V VG GF	4.20
CHIPS Ø	4.20

Fluffy, light and fried to perfection. V VG

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

Long-grain rice, mixed with garlic and tomato sauce, dressed with olive oil. V GF

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

### **TONIA BUXTON'S** SELECTION

### 44.00 FOR TWO TO SHARE **CHOOSE 8 DISHES**

- 1 Crudités V VG GF or Greek Flatbread V VG
- 2 Tzatziki V GF or Houmous V VG GF
- 3 Yellow Fava V VG GF or Spicy Feta Dip (Htipiti) V GF
- 4 Dolmades V GF or Chickpea Filo Triangles V VG
- 5 Tonia's Prawns or Falafel V VG
- 6 Chicken Skewer GF or Pork Skewer GF or Halloumi Skewer V GF
- 7 Lamb Meatballs or planted. Vegan Chicken Monastiraki V VG GF
- In the second second

\*For your total meal calories, don't forget to add up the Kcal from the options you select.

### WINE, BEER & MINERALS

### 175ml Glass | 500ml Carafe | 750ml Bottle

All wines served by glass are also available in 125ml, please check with your server for prices.

### WHITE WINE

Specially bottled in Thessaloniki for us. Dry, delicate and floral, with fragrant fruit on the palate. Greece

This variety is grown in vineyards in the region of Halkidiki and produces a fresh, fruity, medium bodied wine. Greece

MAKEDONIKOS WHITE...... 7.00 | 17.90 | 25.50 Makedonikos (Mak-e-thonikos). Keeps the crispness and minerality, but it also shows a higher level of primary fruit aromas and a less dense structure. Greece

MOSCHOFILERO......7.25 | 20.65 | 29.50 This Moschofilero (Mos-coh-FEE-ler-oh) variety is grown in the region of Mantinia, in the Peloponnese. It has an intense flowery character, with rose petal aromas and citrus. Greece

ABATON AGIORITIKO WHITE .....Bottle 33.50 Abaton (Avato). Produced at the St. Panteleimon Monastery on Mount Athos, this is a combination of Athiri and Assyrtiko. The vineyards of Mount Athos are cultivated by the Monks. Greece  $\, \ddagger \,$ 

MEGA SPILEO MALAGOUSIA WHITE ..... Bottle 31.50 The Malagousia (Mala-goo-zia) variety has a complex and aromatic profile, with ripe peaches and apricots. This variety produces wine with a moderate acidity and full palate. Greece

ASSYRTIKO ORGANIC.....Bottle 35.50 The most well-known Greek grape variety is Assyrtiko (Ah-SEER-tee-koh) by far, grown across Greece. An organic wine with distinctive citrus fruit aromas and a crisp finish. Greece

CAVINO - IONOS WHITE ......6.00 | 16.90 | 24.50 lonos (E-onos). Easy drinking and dry, from vineyards at altitude on the coastal slopes of North Peloponnese. Greece

A traditional Greek classic with intense aromas of grapes and pine. Greece

This Italian Sauvignon features fresh aromas of figs, apricot and orange flowers. A crisp and refreshing wine with a gentle sweetness which invites another glass. Italy

PINOT GRIGIO......6.75 | 18.90 | 27.50 This Pinot Grigio showcases soft aromatic flavours of white peach and pear and notes of perfumed rose. Italy

ELLINAS RED...... 5.50 | 14.40 | 20.50 Specially bottled in Thessaloniki for us. This deep red wine features inviting ripe berry fruit aromas. Greece

MAKEDONIKOS RED ...... 7.00 | 17.90 | 25.50 Makedonikos (Mak-e-thonikos). Moderate in colour, elegant in aromas and flavours, and dominated by fresh, aromatic herbs and red berry fruits. Greece

The Agiorgitiko (*Ah-yor-YEE-te-ko*) variety is the most famous red grape variety in Greece. This Namea wine is produced in the Peloponnese, with elegant notes of sweet spices and a fruity aftertaste. Greece

MERLOT......6.75 | 18.90 | 27.50 An Italian Merlot with aromas of cherry and wild plum flavours. Italy

**RED WINE** 

XINOMAVRO RED......7.25 | 20.65 | 29.50 This Xinomavro (Ksee-NOH-mavro) variety is produced in Naoussa Northern Greece. It's a medium-bodied and dry on the palate red wine with fruity and spicy flavours. Greece

ABATON AGIORITIKO RED ...... Bottle 38.50 Abaton (Avato). Produced at the St. Panteleimon Monastery on Mount Athos. The Monks of the Monastery created this unique red wine using Xinomavro (Ksee-NOH-mavro), Grenache and Limnio grapes. Greece **†** 

CAVINO - IONOS RED......6.00 | 16.90 | 24.50 lonos (E-onos). From the slopes of North Peloponnese. This fresh, dry easy drinking red has aromas of morello cherries that are balanced with spicy notes of black pepper. Greece

This fresh, ruby-coloured red shows an elegant structure on the palate. On the nose it's fruity with aromas of cherry. Italy

METOCHI RED..... Bottle 36.50 Metochi (M-e-to-hee). combines the traditional winemaking of Mount Athos with modern techniques. With its medium acidity and tannins, it has a rounded, chocolaty flavour. Greece  $\, \ddag \,$ 

**ROSÉ WINE** 

Makedonikos (Mak-e-thonikos). A vibrant rosé, with distinct aromas of rose, fresh red berries, and citrus fruit. Greece

XINOMAVRO ROSÉ ...... Bottle 31.50 The essence of the Xinomavro has distinct aromas of red fruits, flowers, tomatoes, olives, dried prunes, tobacco and nuts. Greece

### DESSERT WINE

MAVRODAPHNE...... 125ml 4.65 | Bottle 22.50 Mavrodaphne (Mah'v-ro-dahf-nee). A great wine with a velvety sweetness that reveals its rich aromatic character. Greece

### **BUBBLES**

PROSECCO ......125ml 7.40 | Bottle 32.00

PERRIER JOUET GRAND BRUT...... Bottle 56.00

### **GREEK SPIRITS**

.....25ml 4.60 | 200ml Bottle 21.00 TSIPOURO ..... Tsipouro (*Tsee-pour-oh*) - the Greek version of grappa, the young brother of Ouzo. This Tsipouro is produced from the Malagousia (Mala-goo-zia) grapes in Northern Greece. You can drink it over-ice or straight. The perfect after-meal digestive!

1ETAXA	25ml	4.75
a traditional aperitif with anise as a basic t can be served with ice or water.	ingredient.	
DUZO	50ml	4.90

ROSATO 6.75 | 18.90 | 27.50 This rosé is crystal clear with a very fine and pleasurable nose Red fruit and spices are the scents come at first, followed by herbal notes. Italy

### **BEER & CIDER**

DRAFT ALPHA OMEGA LAGERHALF PINT 3.20   PII	NT 5.95
DRAFT ALPHA OMEGA PALE ALE HALF PINT 3.20   PII	NT 5.95
MYTHOS BEER	ml 4.90
NO ALCOHOL BEER 330	ml 4.10
CIDER	ml 4.65

### MINERAL WATER

STILL	. 330ml 2.75	750ml 4.00
SPARKLING	.330ml 2.75	750ml 4.00

### **FRESH JUICES**

ORANGE, APPLE,	
CRANBERRY OR LEMON	

**†** Mount Athos is a mountain and a peninsula in North Eastern Greece. It is an important centre of Eastern Orthodox monasticism. It's perhaps the only place in Greece where viticulture has been continuous from antiquity to the present day. For more than 1000 years, the monks of Mount Athos have produced wine without interruption.



### **FULL ALLERGEN MENU AVAILABLE ON REOUEST**

V items are suitable for vegetarians.

**PREMIUM SPIRITS** 

JACK DANIEL'S. HENDRICK'S GIN. MONKEY SHOULDER WHISKEY, PINK GIN...... 25ml 5.75 Price excludes mixer.

### **OTHER SPIRITS**

VODKA, GIN, WHISKEY, RUM, TEQUILA......25ML 5.00 More available, please ask. Price excludes mixer.

### SOFT DRINKS

COCA-COLA	330ml 3.50
FANTA	330ml 3.50
DIET COKE	330ml 3.45
COCA-COLA ZERO SUGAR	330ml 3.45
SPRITE ZERO SUGAR	330ml 3.45
GINGER BEER	330ml 3.45

VG items are suitable for vegans

GF items are suitable for coeliacs.

### GOT AN ALLERGY?

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 An optional 10% service charge will be added to your bill.



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Pancreatic Cancer II

🚶 We are donating 25p from every sale of our Pork Skewer meze to the wonderful charity. Pancreatic Cancer UK. in loving memory of Christos Karatzenis, who was our Operations Director for many years. Christos lost a short battle with cancer in 2020. He was a true leader - someone who led from the heart, who gave his passion and dedication to the job and the people he loved and cherished. His influence in the business is strong and will never be forgotten. Pancreatic Cancer UK is a registered charity in England & Wales (1112708) and Scotland (SC046392).

# THE REAL GREEK

# LUNCH MENU

CHOOSE BETWEEN GREEK TRIO VEGAN PLATE SOUVLAKI WRAP & SIDE OR GREEK PLATE PLUS GREEK FISH & CHIPS FRIDAYS! FOR **9.50** 

AVAILABLE MONDAY – FRIDAY 12.00PM – 5.00PM

## LUNCH 9.50 MENU

### **CHOOSE BETWEEN**

### **GREEK TRIO**

### TOP

GREEK FLATBREAD V VG OR CRUDITÉS V VG GF With two ramekins of: HOUMOUS V VG GF OR TZATZIKI V GF OR TARAMASALATA OR SPICY FETA DIP (HTIPITI) V GF OR MELITZANOSALATA V VG GF OR YELLOW FAVA V VG GF (Choose two dips)

### MIDDLE

Choose one: SPINACH TIROPITAKIA V OR GRILLED AUBERGINE V VG GF OR CHICKEN SKEWER GF OR FALAFEL V VG OR BBQ CHICKEN WINGS GF OR LOUKANIKO BEEF & PORK SAUSAGE SKEWER OR PORK SKEWER GF OR DOLMADES V GF OR GIGANDES WITH SPINACH V VG GF

### BOTTOM

Choose one: MEDITERRANEAN RICE V GF OR CHIPS V VG OR NEW POTATOES V VG GF OR POURGOURI-BULGUR WHEAT V VG

### SOUVLAKI WRAP & SIDE

### **CHOOSE ONE WRAP**

Served with chips inside LOUKANIKO BEEF & PORK SAUSAGE with Aegean Slaw. OR PORK with Tzatziki. OR CHICKEN with Greek mustard sauce. OR Tzatziki. OR LAMB MEATBALLS with minted yoghurt. OR HALLOUMI with minted yoghurt. V OR FALAFEL with tahini. V VG OR KALAMARI

with Taramasalata & cucumber ribbons (no chips inside).

### **CHOOSE ONE SIDE**

GREEK SALAD V GF OR CHIPS V VG OR MEDITERRANEAN RICE V GF OR NEW POTATOES V VG GF OR AEGEAN SLAW V VG GF OR POURGOURI-BULGUR WHEAT V VG

### **GREEK PLATE**

### **CHOOSE BETWEEN**

CHICKEN SKEWER GF OR LAMB MEATBALLS OR LOUKANIKO BEEF & PORK SAUSAGE SKEWER OR PORK SKEWER GF OR FALAFEL V VG OR HALLOUMI & VEGETABLE SKEWER V GF All served with: WARM FLATBREAD V VG MEDITERRANEAN RICE V GF TZATZIKI V GF GREEK SALAD V GF

## VEGAN 9.50 LUNCH MENU

### **CHOOSE BETWEEN**

### **VEGAN PLATE**

A selection of our best vegan dishes, including:

GREEK FLATBREAD V VG CRUDITÉS V VG GF HOUMOUS V VG GF MELITZANOSALATA V VG GF YELLOW FAVA V VG GF CHICKPEA REVITHIA V VG GF GIGANDES WITH SPINACH V VG GF POURGOURI-BULGUR WHEAT V VG

### VEGAN SOUVLAKI WRAP & SIDE

### **CHOOSE ONE WRAP**

Served with chips inside VEGAN MEATBALLS with vegan aioli. V VG OR FALAFEL with tahini. V VG OR planted, VEGAN CHICKEN with vegan tzatziki. V VG

### **CHOOSE ONE SIDE**

"NO FETA" GREEK SALAD V VG GF OR AEGEAN SLAW V VG GF OR NEW POTATOES V VG GF OR CHIPS V VG OR POURGOURI-BULGUR WHEAT V VG

### GREEK FISH & CHIPS FRIDAYS 9.50

SALT COD, SERVED WITH CHIPS & TARAMASALATA, SPRINKLED WITH LEMON ZEST. \*AVAILABLE ON FRIDAYS ONLY

### FULL ALLERGEN INFO AVAILABLE ON REQUEST

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For your total meal calories, don't forget to add up the Kcal from the options you select. Adults need around 2000 kcal a day

AN OPTIONAL 10% SERVICE CHARGE WILL BE ADDED TO YOUR BILL

# THE REAL GREEK KALI OREXI SET MENU

YOUR CHOICE OF A GREEK MEZE STARTER AND A GREEK PLATE **£14.50pp** 

1) CHOOSE ONE GREEK MEZE STARTER

**GREEK FLATBREAD V VG OR** 

**CRUDITÉS V VG GF** 

### 2) CHOOSE ONE COLD MEZE

TZATZIKI V GF OR

HOUMOUS V VG GF OR

TARAMASALATA OR

MELITZANOSALATA V VG GF OR

YELLOW FAVA V VG GF

### AN OPTIONAL 10% SERVICE CHARGE WILL BE ADDED TO YOUR BILL

Adults need around 2000 kcal a day

### **3) CHOOSE ONE GREEK PLATE**

CHICKEN SKEWER GF OR

LAMB MEATBALLS OR

PORK SKEWER GF OR

LOUKANIKO BEEF & PORK SAUSAGE SKEWER OR

HALLOUMI & VEGETABLE SKEWER V GF OR

FALAFEL V VG OR

### CHICKPEA FILO TRIANGLES V VG

\*ALL SERVED WITH: Mediterranean Rice **V GF**. Greek Salad **V GF**. Tzatziki **V GF** and Smoked Chilli Relish **V VG GF** 

(\*Vegan alternative available)

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