

THE REAL GREEK

EAT TOGETHER

ALLERGEN MENU

TO START

GREEK OLIVES SD V VG
GREEK FLATBREAD G (WHEAT) V VG
CRUDITÉS C SD V VG
HALLOUMI POPCORN* D V

HOT MEZE

MEAT

BBQ CHICKEN WINGS SO SD
CHICKEN MONASTIRAKI D SD
LAMB MEATBALLS
D G (WHEAT) E MU S SD

SKEWERES

CHICKEN SKEWER D SD
LAMB SKEWER D SD
PORK SKEWER SD
LOUKANIKO BEEF &
PORK SAUSAGE SKEWER
D E G (WHEAT) MU S C SD SO
HALLOUMI & VEGETABLE SKEWER D SD V

HOUSE SPECIAL

GREEK MOUSSAKA
D G (WHEAT) E SD

SEAFOOD

FRIED KALAMARI*
E G (WHEAT) M (KALAMARI) SD
SALT COD*
F (COD) G (BARLEY & WHEAT) E SD
TONIA'S PRAWNS
CR (PRAWNS) G (WHEAT) D C SD
GRILLED OCTOPUS WITH FAVA
M (OCTOPUS)

SIDES & SALADS

GREEK SALAD D SD V
"NO FETA" GREEK SALAD SD V VG
CHIPS* V VG

COLD MEZE

TARAMASALATA
F (COD) G (WHEAT) SO S SD
TZATZIKI D SD V
FAVA SD V VG
HOUMOUS S SD V VG
SPICY FETA DIP (HTIPITI) D SD V
MELITZANOSALATA SD V VG

VEG & DAIRY

SPINACH TIROPIAKIA*
D G (WHEAT) SD V
DOLMADES D MU C SD V
HALLOUMI FRIES* D V

VEGAN

GIGANDES WITH SPINACH C SD V VG
VEGAN MEATBALLS – SOUTZOUKAKIA
G (WHEAT & BARLEY) SD V VG
GRILLED AUBERGINE SD V VG
FALAFEL* S SD V VG

SOUVLAKI WRAPS

LOUKANIKO SAUSAGE*
G (WHEAT) D E MU S C SO SD
PORK* G (WHEAT) D SD
CHICKEN WITH MUSTARD*
D E G (WHEAT) MU SD
CHICKEN WITH TZATZIKI*
G (WHEAT) D SD
LAMB MEATBALLS* D G (WHEAT) MU E S
HALLOUMI* D G (WHEAT) V
FALAFEL WITH TAHINI* G (WHEAT) S V VG
VEGAN MEATBALLS WITH VEGAN AIOLI*
G (BARLEY & WHEAT) SO MU SD V VG

ALLERGENS KEY

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

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.

(*Halloumi Popcorn, Salt Cod, Falafel, Spinach Tiropitakia, Chips, Halloumi Fries, Fried Kalamari, Falafel with tahini Souvlaki Wrap, all Souvlaki Wraps – due to chips inside).

Note:

Lemon Mayonnaise E SD V
Minted Greek Yoghurt D V
Tahini Dip S V VG
Vegan Aioli MU SO SD V VG
Greek Mustard Sauce G (Wheat) MU E SD V
Smoked Chilli Relish SO SD V VG

FOLLOW US

 @TheRealGreekUK

 /TheRealGreek

 @therealgreekuk

 @RealGreekTweet

5th April 2024

THE REAL GREEK

EAT TOGETHER

ALLERGEN MENU

KALI OREXI SET MENU

FLATBREAD G (WHEAT) V VG

CRUDITES C SD V VG

TZATZIKI D SD V

HOUMOUS S SD V VG

TARAMASALATA

F (COD) G (WHEAT) SO S SD

MELITZANOSALATA SD V VG

FAVA SD V VG

GREEK PLATE

All served with Mediterranean Rice, Greek Salad, Tzatziki, Smoked Chilli Relish

CHICKEN SKEWER D SD SO

LAMB MEATBALLS

G (WHEAT) E D MU SD SO

PORK SKEWER D SO SD

LOUKANIKO BEEF & PORK SKEWER

D E G (WHEAT) MU S C SD SO

HALLOUMI & VEGETABLE SKEWER

D SO SD V

FALAFEL* D SO SD V

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**

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.

(*Falafel).

Note:

Lemon Mayonnaise E SD V

Minted Greek Yoghurt D SD V

Tahini Dip S V VG

Vegan Aioli MU SO SD V VG

Greek Mustard Sauce G (Wheat) MU E SD V

Smoked Chilli Relish SO SD V VG

Honey Mustard Dressing D MU SD

FOLLOW US

 @TheRealGreekUK

 /TheRealGreek

 @therealgreekuk

 @RealGreekTweet

5th April 2024

THE REAL GREEK

EAT TOGETHER

DESSERT ALLERGEN MENU

DESSERTS

GREEK FILO CUSTARD PIE*

D G (WHEAT) E V

BAKLAVA

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

CARAMEL & PECAN CHEESECAKE

D G (WHEAT) E N (PECANS)

CHOCOLATE MOUSSE CAKE

D G (WHEAT) E SO V

PORTOKALOPITA G (WHEAT) E D V

GREEK YOGHURT WITH WALNUTS IN SYRUP D N (WALNUTS) V

LOUKOUMIA D N (ALMONDS)

SORBET

LEMON V VG

MANGO V VG

ICE-CREAM

VANILLA D V

VEGAN VANILLA SO V VG

CHOCOLATE D V SO

STRAWBERRY D V

PISTACHIO

D N (ALMONDS, HAZELNUTS & PISTACHIOS) V

GREEK SPECIALITIES

GREEK COFFEE D (MILK ON REQUEST)

WITH LOUKOUMI D N (ALMONDS)

POT OF GREEK MOUNTAIN TEA

COFFEE

CAFFÈ AMERICANO D (MILK ON REQUEST)

SINGLE ESPRESSO

CAPPUCCINO D

LATTE D

DOUBLE ESPRESSO

TEA

FRESH MINT TEA

ENGLISH BREAKFAST

EARL GREY

PEPPERMINT

GREEN TEA

CAMOMILE

SOYA MILK SO V VG

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

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.

(*Greek Custard Pie).

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

FOLLOW US

 @TheRealGreekUK

 /TheRealGreek

 @therealgreekuk

 @RealGreekTweet

5th April 2024

THE REAL GREEK

EAT TOGETHER

LUNCH ALLERGEN MENU

GREEK TRIO

TOP

GREEK FLATBREAD G (WHEAT) V VG

CRUDITÉS C SD V VG

—

HOUMOUS S SD V VG

TZATSIKI D SD V

TARAMASALATA

F (COD) G (WHEAT) SO SD S

SPICY FETA DIP (HTIPITI) D SD V

MELITZANOSALATA SD V VG

FAVA SD V VG

MIDDLE

SPINACH TIROPITAKIA* D G (WHEAT) SD V

GRILLED AUBERGINE SD V VG

CHICKEN SKEWER D SD

PORK SKEWER SD

FALAFEL* S SD V VG

BBQ CHICKEN WINGS SO SD

**LOUKANIKO BEEF &
PORK SAUSAGE SKEWER**

D SD MU S G (WHEAT) C SO

DOLMADES D MU C SD V

GIGANDES WITH SPINACH C SD V VG

BOTTOM

MEDITERRANEAN RICE D V SD

CHIPS* V VG

POURGOURI – BULGUR WHEAT

G (WHEAT) C V VG

GREEK PLATE

All served with Mediterranean Rice, Greek Salad, Tzatziki and Greek Flatbread

CHICKEN SKEWER G (WHEAT) D SD

PORK SKEWER G (WHEAT) D SD

LAMB MEATBALLS G (WHEAT) D E MU S SD

**LOUKANIKO BEEF &
PORK SAUSAGE SKEWER**

G (WHEAT) D MU S C SO SD

FALAFEL* G (WHEAT) D S SD V

HALLOUMI & VEGETABLE SKEWER

G (WHEAT) D SD V

SOUVLAKI WRAP & SIDE

LOUKANIKO BEEF & PORK SAUSAGE*

G (WHEAT) D MU S D C SO SD E

PORK SOUVLAKI* G (WHEAT) D SD

CHICKEN WITH MUSTARD*

D E G (WHEAT) MU SD

CHICKEN WITH TZATSIKI*

G (WHEAT) D SD

LAMB MEATBALLS* G (WHEAT) D MU E S

HALLOUMI* D G (WHEAT) V

FALAFEL WITH TAHINI* G (WHEAT) S V VG

—

GREEK SALAD D SD V

AEGEAN SLAW SD V VG

CHIPS* V VG

MEDITERRANEAN RICE D SD V

POURGOURI-BULGUR WHEAT

G (WHEAT) C V SD VG

VEGAN PLATE

GREEK FLATBREAD G (WHEAT) V VG

CRUDITÉS C V VG SD

HOUMOUS S SD V VG

FAVA SD V VG

CHICKPEA REVITHIA SD

GIGANDES WITH SPINACH C SD V VG

POURGOURI – BULGUR WHEAT

G (WHEAT) C SD V VG

MELITZANOSALATA SD V VG

VEGAN SOUVLAKI WRAP & SIDE

FALAFEL WITH TAHINI*

G (WHEAT) S V VG

VEGAN MEATBALLS WITH VEGAN AIOLI*

G (WHEAT & BARLEY) SO MU SD V VG

—

NO FETA GREEK SALAD SD V VG

AEGEAN SLAW SD V VG

CHIPS* V VG

POURGOURI – BULGUR WHEAT

G (WHEAT) C V SD VG

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

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.

(*Halloumi Popcorn, Salt Cod, Falafel, Spinach Tiropitakia, Chips, Halloumi Fries, Falafel with tahini Souvlaki Wrap, all Souvlaki Wraps – due to chips inside).

FOLLOW US

 @TheRealGreekUK

 /TheRealGreek

 @therealgreekuk

 @RealGreekTweet

5th April 2024

THE REAL GREEK

EAT TOGETHER

KIDS ALLERGEN MENU

MAIN COURSES

KIDS SOUVLAKI WRAP

CHOOSE FROM

CHICKEN D G (WHEAT) SD

OR HALLOUMI G (WHEAT) D V

OR LOUKANIKO BEEF & PORK SAUSAGE

MU S E G (WHEAT) C D SO SD

All wrapped in greek flatbread with tzatziki & tomatoes. Served with

TOMATO AND CUCUMBER SALAD V VG

OR CHIPS* V VG

OR

KIDS MEZE SELECTION

CHOOSE FROM

LOUKANIKO BEEF & PORK SAUSAGE

MU S E G (WHEAT) C D SO SD

OR FLATBREAD G (WHEAT) V VG

OR TZATZIKI D SD V

OR CHIPS* V VG

OR CRUDITÉS C V VG

OR CHICKEN D

OR HALLOUMI S V VG SD

OR HOUMOUS S SD V VG

DESSERT

ICE CREAM

CHOOSE FROM

VANILLA D V

OR CHOCOLATE D V SO

OR STRAWBERRY D V

OR PISTACHIO

D N (ALMONDS, HAZELNUTS & PISTACHIOS) V

OR

SORBET

CHOOSE FROM

LEMON V VG

OR MANGO V VG

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**

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)

FOLLOW US

 @TheRealGreekUK

 /TheRealGreek

 @therealgreekuk

 @RealGreekTweet

5th April 2024