

# THE REAL GREEK

## EAT TOGETHER

### ALLERGEN & KCAL MENU

#### TO START

**HALLOUMI POPCORN\*** D V **577kcal**  
**GREEK OLIVES** SD V VG **314kcal**  
**WARM GREEK FLATBREAD**  
G (WHEAT) V VG **533kcal**  
**CRUDITÉS** C SD V VG **58kcal**

#### HOT MEZE

##### VEGGIE / VEGAN

**DOLMADES** **408kcal** MU C SD V (D IF YOU REQUEST THEM WITH YOGHURT **426kcal**)  
**GRILLED AUBERGINE** SD V VG **97kcal**  
**GIGANDES WITH SPINACH**  
C SD V VG **540kcal**  
**HALLOUMI & VEGETABLE SKEWER**  
D SD V **555kcal**  
**SPINACH PIE (SPANAKOPITA)\***  
D G (WHEAT) SD V **792kcal**  
**FALAFEL\*** S SD V VG **512kcal**

##### SEAFOOD

**PRAWN SAGANAKI**  
CR (PRAWNS) D SD **290kcal**  
**FRIED KALAMARI\***  
E G (WHEAT) M (KALAMARI) SD **727kcal**  
**CRISPY COD\***  
F (COD) G (WHEAT) E SD **778kcal**  
**GRILLED OCTOPUS WITH FAVA**  
M (OCTOPUS) SD **202kcal**

#### SOUVLAKI WRAPS

**LOUKANIKO SAUSAGE\***  
G (WHEAT) D E MU S C SO SD **747kcal**  
**PORK\*** G (WHEAT) D SD **931kcal**  
**CHICKEN WITH MUSTARD\***  
D E G (WHEAT) MU SD **751kcal**  
**CHICKEN WITH TZATZIKI\***  
G (WHEAT) D SD **620kcal**  
**LAMB MEATBALLS\***  
D G (WHEAT) MU E S **559kcal**  
**HALLOUMI\*** D G (WHEAT) V **714kcal**  
**FALAFEL WITH TAHINI\***  
G (WHEAT) S SD V VG **684kcal**

#### COLD MEZE

**TARAMASALATA**  
F (COD) G (WHEAT) SO S SD **761kcal**  
**TZATZIKI** D SD V **311kcal**  
**FAVA** SD V VG **480kcal**  
**HOUMOUS** S SD V VG **508kcal**  
**SPICY FETA DIP (HTIPITI)** D SD V **639kcal**

##### MEAT / CHICKEN

**GREEK MOUSSAKA**  
D G (WHEAT) SD **420kcal**  
**LAMB MEATBALLS**  
D G (WHEAT) E MU S SD **435kcal**  
**CHICKEN MONASTIRAKI** D SD **342kcal**  
**PORK SKEWER** SD **267kcal**  
**CHICKEN SKEWER** D SD **260kcal**  
**LOUKANIKO SAUSAGE**  
E D G (WHEAT) MU S C SD SO **613kcal**

#### GREEK PLATTER

**GREEK PLATTER** **4502Kcal**  
**VEGETARIAN PLATTER** **3908Kcal**  
**FISH PLATTER** **2430Kcal**

#### SIDES & SALADS

**GREEK SALAD** D SD V **254kcal / 508kcal**  
**"NO FETA" GREEK SALAD** SD V VG **209kcal**  
**CHIPS\*** V VG **813kcal / 1219kcal**  
**HALLOUMI FRIES\*** D V **689kcal**  
**MEDITERRANEAN RICE** C V VG **378kcal**  
**AEGEAN SLAW** SD V VG **240kcal**

#### 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, Crispy Cod, Salt Cod, Falafel, Spinach Pie, 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  
**Greek Mustard Sauce** G (Wheat) MU E SD V

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EAT TOGETHER

## DESSERT ALLERGEN & KCAL MENU

### DESSERTS

#### GREEK FILO CUSTARD PIE\*

D G (WHEAT) E V **958kcal**

#### BAKLAVA

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

#### MIXED BERRY CHEESECAKE

G (WHEAT) D E **315kcal**

#### CHOCOLATE MOUSSE CAKE

D G (WHEAT) E SO V **333kcal**

#### GREEK ORANGE CAKE

G (WHEAT) E D V **821kcal**

#### GREEK YOGHURT WITH WALNUTS

IN SYRUP D N (WALNUTS) V **250kcal**

#### LOUKOUMIA D N (ALMONDS) **216kcal**

### SORBET

LEMON V VG **261kcal**

MANGO V VG **283kcal**

### 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**

### GREEK SPECIALITIES

#### GREEK COFFEE D (MILK ON REQUEST)

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

### 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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## EAT TOGETHER

### LUNCH ALLERGEN & KCAL MENU

#### GREEK PLATE

##### MEZE

- PORK SKEWER** 228kcal
- CHICKEN SKEWER** D 229kcal
- HALLOUMI & VEGETABLE SKEWER** D V 516kcal
- LAMB MEATBALLS**  
D G (WHEAT) E MU S 345Kcal
- GRILLED AUBERGINE** SD V VG 97kcal
- FALAFEL\*** S SD V VG 137kcal
- LOUKANIKO SAUSAGE**  
E G (WHEAT) D MU S C SD SO 565kcal

##### ALL SERVED WITH YOUR CHOICE OF

- FLATBREAD** G (WHEAT) V VG 202kcal
- CRUDITÉS** C SD V VG 58kcal
- HOUMOUS** S SD V VG 131kcal
- TZATZIKI** D SD V 71kcal
- MEDITERRANEAN RICE** C V VG 163kcal
- CHIPS\*** V VG 813kcal
- GREEK SALAD** D SD V 85kcal
- GIGANDES WITH SPINACH** C SD V VG 205kcal

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

#### SOUVLAKI WRAP & SIDE

##### SOUVLAKI WRAP

- LOUKANIKO SAUSAGE\***  
G (WHEAT) D MU S D C SO SD E 747kcal
- PORK SOUVLAKI\*** G (WHEAT) D SD 931kcal
- CHICKEN WITH MUSTARD\***  
D E G (WHEAT) MU SD 715kcal
- CHICKEN WITH TZATZIKI\***  
G (WHEAT) D SD 620kcal
- LAMB MEATBALLS\***  
G (WHEAT) D MU E S 559kcal
- HALLOUMI\*** D G (WHEAT) V 714kcal
- FALAFEL WITH TAHINI\***  
G (WHEAT) S SD V VG 684kcal

##### SIDES

- GREEK SALAD** D SD V 254Kcal
- AEGEAN SLAW** SD V VG 240Kcal
- CHIPS\*** V VG 813Kcal
- MEDITERRANEAN RICE** C V VG 378Kcal

#### ALLERGENS KEY





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

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

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# THE REAL GREEK

## EAT TOGETHER

### KIDS ALLERGEN & KCAL MENU

#### MAIN COURSES

##### KIDS SOUVLAKI WRAP

CHOOSE FROM

**CHICKEN** D G (WHEAT) SD **480kcal**

**OR HALLOUMI** G (WHEAT) D V SD **590kcal**

**OR LOUKANIKO SAUSAGE**  
MU S E G (WHEAT) C D SO SD **480kcal**

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

**TOMATO AND CUCUMBER SALAD**  
V VG **16kcal**

**OR CHIPS\*** V VG **377kcal**

#### OR

##### KIDS MEZE SELECTION

CHOOSE FROM

**LOUKANIKO SAUSAGE**  
MU S E G (WHEAT) C D SO SD **251kcal**

**OR FLATBREAD** G (WHEAT) V VG **267kcal**

**OR TZATZIKI** D SD V **77kcal**

**OR CHIPS\*** V VG **377kcal**

**OR CRUDITÉS** C V VG **27kcal**

**OR CHICKEN** D **126kcal**

**OR HALLOUMI** V SD D **153kcal**

**OR HOUMOUS** S SD V VG **136kcal**

#### DESSERT

##### ICE CREAM

CHOOSE FROM

**VANILLA** D V **210kcal**

**OR CHOCOLATE** D V SO **217kcal**

**OR STRAWBERRY** D V **156kcal**

**OR PISTACHIO** D N (ALMONDS, HAZELNUTS & PISTACHIOS) V **207kcal**

#### OR

##### SORBET

CHOOSE FROM

**LEMON** V VG **130kcal**

**OR MANGO** V VG **141kcal**

#### ALLERGENS KEY

D DAIRY

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G GLUTEN

E EGG

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(\*Chips)

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