

# THE REAL GREEK

## ALLERGEN & KCAL MENU

### TO START

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

### COLD MEZE

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

### HOT MEZE

**DOLMADES** MU C SD V **408kcal**  
**SPINACH PIE (SPANAKOPITA)\***  
D G (WHEAT) SD V **792kcal**  
**COURGETTE FRITTERS\***  
G (WHEAT) S **266kcal**  
**FRIED KALAMARI\***  
G (WHEAT) M (KALAMARI) SD **727kcal**  
**GREEK MOUSSAKA**  
D G (WHEAT) C SD **420kcal**

### SOUVLAKI WRAPS

**LOUKANIKO PORK SAUSAGE\***  
G (WHEAT) S MU E SD SO C D **747kcal**  
**CHICKEN WITH TZATZIKI\***  
G (WHEAT) D S **620kcal**  
**CHICKEN WITH GREEK MUSTARD\***  
G (WHEAT) D E MU S **751kcal**  
**COURGETTE FRITTER\***  
G (WHEAT) S V VG **888kcal**  
**HALLOUMI\*** D G (WHEAT) S MU **714kcal**  
**PORK BELLY\*** D G (WHEAT) S **1101kcal**

### GREEK SHARING PLATTERS

**MEAT PLATTER**  
SD G (WHEAT) SO S MU C D **3678kcal**  
**VEGETARIAN PLATTER**  
D G (WHEAT) MU C SD S **4002kcal**  
**SEAFOOD PLATTER**  
M (KALAMARI, OCTOPUS) CR (PRAWNS)  
G (WHEAT) SO S SD D **3022kcal**

### GREEK TRIO DIP

**WARM GREEK FLATBREAD**  
G (WHEAT) S V VG **533kcal**  
**TARAMASALATA**  
F (COD) G (WHEAT) SO S SD **333kcal**  
**TZATZIKI** D SD V **136kcal**  
**HOUMOUS** S SD V VG **280kcal**  
**WHIPPED SPICY FETA** D V **kcal**  
  
DON'T FORGET TO ADD UP THE KCAL  
INFORMATION FOR THE TOTAL GREEK TRIO DIP

### SOUVLAKI GRILL

**KING PRAWNS** CR (PRAWNS) SD **310kcal**  
**OCTOPUS** M (OCTOPUS) SD **139kcal**  
**LAMB FILLET** SD **488kcal**  
**PORK BELLY** SD **636kcal**  
**LOUKANIKO PORK SAUSAGE**  
G (WHEAT) SO S MU C D SD **595kcal**  
**CHICKEN BREAST** SD **324kcal**  
**HALLOUMI** D SD V **516kcal**  
**SPICY PEPPER & MUSHROOM**  
SD V VG **98kcal**  
**CHICKEN WINGS** SD **572kcal**

### SIDES & SALADS

**GREEK SALAD** D SD V **422kcal / 722kcal**  
**"NO FETA" GREEK SALAD** SD V VG **209kcal**  
**HALLOUMI FRIES\*** D V **689kcal**  
**CHIPS\*** V VG **813kcal / 1219kcal**  
**QUINOA SALAD** V VG **133kcal**  
**GREEN LEAF SALAD** SD V VG **241kcal**  
**CHICKPEA SALAD** V VG **200kcal**

### 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	

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, 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

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20th May 2025

# THE REAL GREEK

## LUNCH ALLERGEN & KCAL MENU

### SOUVLAKI GRILL PLATE

**KING PRAWNS** CR (PRAWNS) SD **310kcal**

**OCTOPUS** M (OCTOPUS) SD **139kcal**

**LAMB FILLET** SD **488kcal**

**PORK BELLY** SD **636kcal**

**LOUKANIKO PORK SAUSAGE**

G (WHEAT) SO S MU C D SD **595kcal**

**CHICKEN BREAST** SD **324kcal**

**HALLOUMI** D SD V **516kcal**

**SPICY PEPPER & MUSHROOM**

SD V VG **98kcal**

**CHICKEN WINGS** SD **572kcal**

**COURGETTE FRITTER\***

G (WHEAT) S SD V VG **888kcal**

#### ALL SERVED WITH YOUR CHOICE OF

**GREEK SALAD** D SD V **422kcal / 722kcal**

**"NO FETA" GREEK SALAD** SD V VG **209kcal**

**CHIPS\*** V VG **813kcal / 1219kcal**

**GREEK FLATBREAD**

G (WHEAT) S V VG **533kcal**

**TZATZIKI** D SD V **71kcal**

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

### SOUVLAKI WRAP & SIDE

#### SOUVLAKI WRAP

**LOUKANIKO PORK SAUSAGE\***

G (WHEAT) S MU E SD SO C D **747kcal**

**CHICKEN WITH TZATZIKI\***

G (WHEAT) S D **620kcal**

**CHICKEN WITH GREEK MUSTARD\***

G (WHEAT) S D E MU **751kcal**

**COURGETTE FRITTER\***

G (WHEAT) S V VG **888kcal**

**HALLOUMI\*** D G (WHEAT) S MU **714kcal**

**PORK BELLY\*** D G (WHEAT) S **1101kcal**

#### SIDES

**GREEK SALAD** D SD V **422kcal**

**CHIPS\*** V VG **813kcal**

### 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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(\*Chips, Courgette Fritters all Souvlaki Wraps – due to chips inside).

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# THE REAL GREEK

## DESSERT ALLERGEN & KCAL MENU

### DESSERTS

#### GREEK ORANGE CAKE

G (WHEAT) E D V **684kcal**

#### GREEK YOGHURT WITH HONEY

D V **158kcal**

#### GREEK FILO CUSTARD PIE\*

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

#### BAKLAVA

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

#### BAKED CHEESECAKE

G (WHEAT) D E V **350kcal**

#### CHOCOLATE MOUSSE CAKE

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

#### LOUKOUMIA

D N (ALMONDS) **216kcal**

### 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**

### SORBET

RASPBERRY V VG **136kcal**

### 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

OAT MILK

### ALLERGENS KEY

D DAIRY

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L LUPIN

S SESAME

G GLUTEN

E EGG

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F FISH

M MOLLUSCS

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

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# THE REAL GREEK

## KIDS ALLERGEN & KCAL MENU

### MAIN COURSES

CHOOSE FROM

**GRILLED CHICKEN** 132kcal

**OR LOUKANIKO PORK SAUSAGE**

G (WHEAT) SO S MU C D 330kcal

**OR HALLOUMI** D SD V 258kcal

**OR COURGETTE FRITTERS**

G (WHEAT) S V VG 111kcal

### CHOOSE YOUR SERVE

ALL SERVED WITH

**CHIPS** V VG 337kcal

**TOMATO & CUCUMBER CHUCKS**

V VG 156kcal

IN A PLATE OF WRAPPER IN

**WARM GREEK FLATBREAD**

G (WHEAT) S V VG 267kcal

### DESSERT

CHOOSE FROM

**GREEK YOGHURT WITH HONEY**

D V 158kcal

**OR VANILLA ICE CREAM** D V 210kcal

**OR CHOCOLATE ICE CREAM**

D V SO 217 kcal

**OR RASPBERRY SORBET** V VG 136kcal

### 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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(\*Chips)

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