

THE REAL GREEK

TAKEAWAY ALLERGEN & KCAL MENU

SOUVLAKI GRILL SALAD BOX

CHOOSE YOUR SOUVLAKI GRILL

CHICKEN SD 324kcal
LAMB SD 488kcal
LOUKANIKO PORK SAUSAGE
G (WHEAT) SO S MU C D SD 595kcal
PORK BELLY SD 636kcal
COURGETTE FRITTERS*
G (WHEAT) S V VG 772KCal
MUSHROOMS & GREEK PEPPER
SD V VG 98kcal
HALLOUMI D SD V 516kcal

CHOOSE YOUR SALAD

GREEK SALAD D SD V 522kcal
CHICKPEA SALAD SO V VG 200kcal
QUINOA SALAD V VG 133kcal

ALL SERVED WITH YOUR CHOICE OF

CHIPS V VG 813kcal
OR WARM GREEK FLATBREAD
G (WHEAT) S V VG 533kcal
DON'T FORGET TO ADD UP THE KCAL
OF YOUR BOX SELECTION FOR THE
FINAL TOTAL KCAL

SIDES & SALADS

GREEK SALAD D SD V 422kcal / 702kcal
CHICKPEA SALAD SO V VG 200kcal
GREEN LEAF SALAD SD V VG 241kcal
QUINOA SALAD V VG 221kcal
HALLOUMI FRIES* D V 689kcal
CHIPS* V VG 813kcal / 1219kcal

DESSERTS

BAKLAVA
D G (WHEAT) P (PEANUTS) N (WALNUTS,
ALMONDS, PISTACHIOS) V 345kcal
GREEK ORANGE CAKE
G (WHEAT) E D V 684kcal
BAKED CHEESECAKE
G (WHEAT) D E V 411kcal
CHOCOLATE MOUSSE CAKE
D G (WHEAT) E SO V 333kcal

COLD MEZE

TZATZIKI S SD V 311kcal
HOUMOUS S SD V VG 508Kcal
GREEK OLIVES SD V VG 314Kcal
WHIPPED SPICY FETA DIP
D V 639kcal
TARAMASALATA
F (COD) G (WHEAT) SO S SD 761kcal
HOUMOUS S SD V VG 508kcal

HOT MEZE

HALLOUMI POPCORN* D V 577kcal
FRIED KALAMARI*
G (WHEAT) M (KALAMARI) SD 727kcal
DOLMADES MU C SD V VG 408kcal
SPINACH PIE* D G (WHEAT) SD V 792kcal
WARM GREEK FLATBREAD
G (WHEAT) S V VG 533kcal

SOUVLAKI WRAPS

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

ALLERGENS KEY

D DAIRY	F FISH
MU MUSTARD	M MOLLUSCS
N NUTS	SO SOY INC.
L LUPIN	SOYA
S SESAME	SD SULPHUR
G GLUTEN	DIOXIDE
E EGG	P PEANUTS
C CELERY	V VEGETARIAN
CR CRUSTACEANS	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, Courgette Fritters, Fried Kalamari, Greek meal box served with chips, 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