

# 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 E 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

### 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, 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

### SOUVLAKI WRAPS

CHICKEN WITH TZATZIKI\*  
G (WHEAT) D S 620kcal

CHICKEN WITH MUSTARD\*  
G (WHEAT) 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