MACRONUTRIENT ALLERGEN MENU

CALIFOR PRIES PILATERIAD 2015 2015 3.0 3.0 5.0	ITEM	CALORIES (KCAL)	PROTEIN (G)	FAT (G)	SAT FAT (G)	CARBS (G)	SUGARS (G)	FIBRE (G)	SALT (G)	ALLERGENS
MAN DESCRIPTION	GLUTEN FREE GREEK FLATBREAD	291.2	4.9	3 64	0.7	58.8	3.22	6.3	0.87	E SO D S SD V
Marie Name										
MARIANALAX										
MANIMATION 1978										
MUNICHON 100										
MATERIAL DIMIN PROPOSITION 3.9										
MALIONIM FONCOINN										
CHICKENSERVER										
LAMB SERVER										SD
MANDER SERVER 1818										G (WHEAT) SO S MU C D SD
MALLOUMI KEWER	LAMB SKEWER						0			SD
MALLOUM SKEWER										
COTING SKEWER 130 20						-			-	
PORK SKEWER 001										M (OCTOPUS) SD
ORILLED AUBEROINE 473 11 36 19 21 10 8 3 € PV ORILLED AUBEROINE VEGAN 38 4 4 41 11 13 4 4 2 C PORK DATES 622 224 28 10 44 30 4 3 C KALAMARI 727 15 20 3 25 22 15 11 G (WHEAT) SICKALAMARI) SD E COURGETTE FRITTER 266 66 80 20 23 25 12 11 0 (WHEAT) SG COV CHOUSAKA 406 67 82 24 425 25 13 0 (WHEAT) SG COV CHICKEN WRAP (TEATZIKI) 670 38 27 19 11 10 0 (WHEAT) SG COV CHICKEN WRAP (TUSTAD) 751 42 30 16 75 42 22 0 (WHEAT) SG COV CHICKEN WRAP (TUSTAD) 751 42 30 15 65 <th< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>										
See Stifado	GRILLED AUBERGINE	473	11	36		21	10	8		CDV
PORK DATES 642	GRILLED AUBERGINE VEGAN	38	4	41	14	15	4	4	3	C V VG
KALAMAR 727	BEEF STIFADO	522	24	38	10	26	6	4	2	С
COURGETTE PRITTER 266 6 20 2 25 4 2 1 0 (WHEAT) S DOLANDES 400 9 24 3 53 3 8 3 MUSS CSD VVG SPINACH RIE 792 187 165 22 44 435 25 19 0 (WHEAT) SG DV MOUSSAKA 420 13 29 18 27 9 11 0 0 (WHEAT) SG DV VEGETABLE MOUSSAKA 664 416 34 4 75 11 10 6 0 (WHEAT) SG DV VG CHICKEN WARP (MUSTABD) 751 42 30 6 70 6 3 25 0 (WHEAT) SHU SD SG LOURANGO WARP 774 36 50 15 65 5 2 2 2 0 (WHEAT) SHU SD SG LOURANGO WARP 986 35 57 16 75 8 3 2 2 (WHEAT) SHU SD SG PORK CYROS WAP 986 35 7	PORK DATES	642	25	42	10	44	30	4	3	С
DOLMADES 408	KALAMARI	727	15	20	3	25	2	1.5	1.5	G (WHEAT) M (KALAMARI) SD E
SPINACH PIE 792 18.7 16.5 2.2 4.4 4.35 2.5 19.5 D.G. (WHEAT) LSO CSD V MOUSSAKA 420 13 2.9 18 2.7 9 1 1 1 0 G.WHEAT) LSO CSD V WOUSSAKA 664 16 34 4 75 11 10 6 G.WHEAT) LSO CSD V CHICKEN WRAP (TZATZIKI) 620 38 20 55 660 55 22 2 G.WHEAT) SD D.S CHICKEN WRAP (MUSTABD) 731 42 30 6 70 6 33 2.5 2 G.WHEAT) SD D.S CHICKEN WRAP (MUSTABD) 741 30 45 12 55 4.5 2.5 2 0 G.WHEAT) SD D.S LOUKANICO WRAP 747 36 50 15 65 5 2.2 2 0 G.WHEAT) SHU SD C. CURGETTE FRITTER WRAP 888 28 35 10 75 88 3 22 G.WHEAT) SHU SD SO C.D CURGETTE FRITTER WRAP 888 28 35 10 75 88 3 22 G.WHEAT) SHU SD SO C.D CURGETTE FRITTER WRAP 896 35 57 16 76 6 2 19 G.WHEAT) SHU SD SO C.D CURGETTE FRITTER WRAP 3678 160 180 70 80 14 10 6 SD G.WHEAT) SO S V VG MEAT PLATTER 3078 160 180 70 80 14 10 6 SD G.WHEAT) SO S V VG WESP PLATTER 4002 80 100 55 130 70 80 14 10 6 SD G.WHEAT) SO S VD G. WESP PLATTER 4002 80 100 55 130 70 80 14 48 D G.WHEAT) SO S VD G. WESP PLATTER 4002 80 100 55 130 70 80 14 48 D G.WHEAT) SO S VD G. WESP PLATTER 4002 80 100 55 130 70 10 50 70 70 70 70 70 70 7	COURGETTE FRITTER	266	6	20	2	25	4	2	1	G (WHEAT) S
MOUSSAKA	DOLMADES	408	9	24	3	53	3	8	3	MU SO C SD V VG
VEGETABLE MOUSSAKA 664 16	SPINACH PIE	792	18.7	16.5	2.2	44	4.35	2.5	1.95	D G (WHEAT) L SO C SD V
CHICKEN WRAP (TZATZIKI) 620 38 20 55 60 5 2 2 6 (WHEAT) SD D S	MOUSSAKA	420	13	29	18	27	9	1	1	D G (WHEAT) C SD
CHICKEN WRAP (MUSTARD)	VEGETABLE MOUSSAKA	664	16	34	4	75	11	10	6	G (WHEAT) SO C V VG
MALLOUMI WRAP	CHICKEN WRAP (TZATZIKI)	620	38	20	5	60	5	2	2	G (WHEAT) SD D S
COUKANICO WRAP	CHICKEN WRAP (MUSTARD)	751	42	30	6	70	6	3	2.5	G (WHEAT) E MU S SD
COURGETTE FRITTER WRAP 988 28 35 10 75 8 3 22 G (WHEAT) S SD V VG	HALLOUMI WRAP	714	30	45	12	55	4.5	2.5	2	D G (WHEAT) S MU SD
PORK GYROS WRAP 986 35 57 16 76 6 2 19 G(WHEAT) D C MUS OS D MEAT PLATTER 3678 160 180 70 80 14 10 6 SD G (WHEAT) D C MUS OS D FISH PLATTER 3022 140 150 45 90 12 9 55 M (XALAMAR) COTOPUS) OR (PRAWNS) OR (PRAW	LOUKANICO WRAP	747	36	50	15	65	5	2	2.4	G (WHEAT) S MU E SD SO C D
MEAT PLATTER 3678 160 180 70 80 14 10 6 SD G (WHEAT) SD S MU C D	COURGETTE FRITTER WRAP	888	28	35	10	75	8	3	2.2	G (WHEAT) S SD V VG
PISH PLATTER	PORK GYROS WRAP	986	35	57	16	76	6	2	1.9	G (WHEAT) D C MU SO SD
VEG PLATTER 4002 80 190 55 130 18 14 4.8 D G (WHEAT) SO S SD D HALLOWII FRIES 689 2.97 33.75 22 16 14 0.2 4.05 D G (WHEAT) MUL SO C SD S CHIPS SM 813 6 61 8 60 1 6 1 5 D V VG CHIPS LG 1219 8 85 12 84 1 8 1 5D V VG RICE 5018 6.75 20.75 3.05 70.5 0.25 1 0 CV VG GREEK SALAD SMALL 422 8 35 10 20 6 4 1.6 D SD V VEGAN GREEK SALAD LARGE 722 14 60 18 3 9 6 2.2 DSD V VG VEGAN GREEK SALAD LARGE 702 6 34 16 18 3 2 0.8 SD V VG BAKLAVA 345 9 33 12	MEAT PLATTER	3678	160	180	70	80	14	10	6	SD G (WHEAT) SO S MU C D
HALLOUMI FRIES 689 29.7 33.75 22 16 14 0.2 4.05 D	FISH PLATTER	3022	140	150	45	90	12	9	5.5	
CHIPS SM 813 6 61 8 60 1 6 1 SD V VG CHIPS LG 1219 8 85 12 84 1 8 1 SD V VG RICE 5018 6.75 20.75 3.05 70.5 0.25 1 0 CV VG GREEK SALAD SMALL 422 8 35 10 20 6 4 1.6 DS DV VEGAN GREEK SALAD SMALL 402 0 9 8 3 0 0 0.2 SD V VG VEGAN GREEK SALAD LARGE 702 6 34 16 18 3 0 0 0.2 SD V VG VEGAN GREEK SALAD LARGE 702 6 34 16 18 3 2 0.8 SD V VG GREEN LEAF SALAD 241 4 18 2.5 10 1 1.5 0.3 SD V VG GREEK FILO CUSTARD PIE 958 17.8 47.5 28 <td></td> <td></td> <td></td> <td></td> <td>55</td> <td></td> <td></td> <td></td> <td></td> <td>D G (WHEAT) MU L SO C SD S</td>					55					D G (WHEAT) MU L SO C SD S
Chips LG 1219 8 85 12 84 1 8 1 50 v v G										
RICE										
GREEK SALAD SMALL 422 8 35 10 20 6 4 1.6 D SD V GREEK SALAD LARGE 722 14 60 18 35 9 6 2.2 D SD V VEGAN GREEK SALAD SMALL 402 0 9 8 3 0 0 0.2 SD V VG VEGAN GREEK SALAD LARGE 702 6 34 16 18 3 2 0.8 SD V VG GREEN LEAF SALAD 241 4 18 2.5 10 1 1.5 0.3 SD V VG GF BAKLAYA 345 9 33 12 147 112 4 0 D G (WHEAT) PEANUTS) N (WALNUTS, ALHONDS, PISTACHIOS) V GREEK FILO CUSTARD PIE 958 17.8 47.5 28 109.3 72.9 1.27 0.68 D G (WHEAT) E V BAKED CHEESECAKE 411 6 28 16 30 10 0.5 0.2 G (WHEAT) E V GREEK ORANGE CAKE										
GREEK SALAD LARGE 722 14 60 18 35 9 6 2.2 D SD V VEGAN GREEK SALAD SMALL 402 0 9 8 3 0 0 0.2 SD V VG VEGAN GREEK SALAD LARGE 702 6 34 16 18 3 2 0.8 SD V VG GREEN LEAF SALAD 241 4 18 2.5 10 1 1.5 0.3 SD V VG GF BAKLAVA 345 9 33 12 147 112 4 0 D G (WHEAT) P (PEANUTS) N (WALNUTS, ALMONDS, PISTACHIOS) V GREEK FILO CUSTARD PIE 958 17.8 47.5 28 109.3 72.9 1.27 0.68 D G (WHEAT) E V BAKED CHEESECAKE 411 6 28 16 30 10 0.5 0.2 G (WHEAT) E V GREEK ORANGE CAKE 684 6 40 25 80 65 1.5 0.3 G (WHEAT) E D V CHOCOLATE CAKE </td <td></td>										
VEGAN GREEK SALAD SMALL 402 0 9 8 3 0 0 0.2 SD V VG VEGAN GREEK SALAD LARGE 702 6 34 16 18 3 2 0.8 SD V VG GREEN LEAF SALAD 241 4 18 2.5 10 1 1.5 0.3 SD V VG GF BAKLAVA 345 9 33 12 147 112 4 0 D G (WHEAT) P (PEANUTS) N (WALNUTS. ALMONDS, PISTACHIOS) V GREEK FILO CUSTARD PIE 958 17.8 47.5 28 109.3 72.9 1.27 0.68 D G (WHEAT) E V BAKED CHEESECAKE 411 6 28 16 30 10 0.5 0.2 G (WHEAT) E V GREEK ORANGE CAKE 684 6 40 25 80 65 1.5 0.3 G (WHEAT) E D V YOGHURT HONEY 158 9 4 2.5 15 11 0.5 0.1 D V CHOCOLATE										
VEGAN GREEK SALAD LARGE 702 6 34 16 18 3 2 0.8 SD V VG GREEN LEAF SALAD 241 4 18 2.5 10 1 1.5 0.3 SD V VG GF BAKLAVA 345 9 33 12 147 112 4 0 D G (WHEAT) P (PEANUTS) N (WALNUTS. ALMONDS, PISTACHIOS) V GREEK FILO CUSTARD PIE 958 17.8 47.5 28 109.3 72.9 1.27 0.68 D G (WHEAT) E V BAKED CHEESECAKE 411 6 28 16 30 10 0.5 0.2 G (WHEAT) E V GREEK ORANGE CAKE 684 6 40 25 80 65 1.5 0.3 G (WHEAT) E D V YOGHURT HONEY 158 9 4 2.5 15 11 0.5 0.1 D V CHOCOLATE CAKE 333 5.6 19.9 11.2 49.8 37.1 2.9 0.27 D G (WHEAT) E SO V VA										
GREEN LEAF SALAD 241 4 18 2.5 10 1 1.5 0.3 SD V VG GF BAKLAVA 345 9 33 12 147 112 4 0 D G (WHEAT) P (PEANUTS) N (WALNUTS, ALMONDS, PISTACHIOS) V GREEK FILO CUSTARD PIE 958 17.8 47.5 28 109.3 72.9 1.27 0.68 D G (WHEAT) E V BAKED CHEESECAKE 411 6 28 16 30 10 0.5 0.2 G (WHEAT) E V GREEK ORANGE CAKE 684 6 40 25 80 65 1.5 0.3 G (WHEAT) E D V YOGHURT HONEY 158 9 4 2.5 15 11 0.5 0.1 D V CHOCOLATE CAKE 333 5.6 19.9 11.2 49.8 37.1 2.9 0.27 D G (WHEAT) E SO V RASPBERRY SORBET 136 1 0.8 0.6 47.6 42 0 0.22 D V VEGAN V										
BAKLAVA 345 9 33 12 147 112 4 0 D G (WHEAT) P (PEANUTS) N (WALNUTS, ALMONDS, PISTACHIOS) V GREEK FILO CUSTARD PIE 958 17.8 47.5 28 109.3 72.9 1.27 0.68 D G (WHEAT) E V BAKED CHEESECAKE 411 6 28 16 30 10 0.5 0.2 G (WHEAT) D E V GREEK ORANGE CAKE 684 6 40 25 80 65 1.5 0.3 G (WHEAT) E D V YOGHURT HONEY 158 9 4 2.5 15 11 0.5 0.1 D V CHOCOLATE CAKE 333 5.6 19.9 11.2 49.8 37.1 2.9 0.27 D G (WHEAT) E SO V RASPBERRY SORBET 136 1 0.8 0.6 47.6 42 0 0.02 V VG VANILLA 419 6.2 22.2 13.4 48.2 44.6 0 0.28 D V CHOCOLATE </td <td></td>										
GREEK FILO CUSTARD PIE 958 17.8 47.5 28 109.3 72.9 1.27 0.68 D G (WHEAT) E V BAKED CHEESECAKE 411 6 28 16 30 10 0.5 0.2 G (WHEAT) E V GREEK ORANGE CAKE 684 6 40 25 80 65 1.5 0.3 G (WHEAT) E D V YOGHURT HONEY 158 9 4 2.5 15 11 0.5 0.1 D V CHOCOLATE CAKE 333 5.6 19.9 11.2 49.8 37.1 2.9 0.27 D G (WHEAT) E SO V RASPBERRY SORBET 136 1 0.8 0.6 47.6 42 0 0.02 V VG VANILLA 419 6.2 22.2 13.4 48.2 44.6 0 0.28 D V VEGAN VANILLA 525 18 45.7 21.37 2.03 1.22 0.5 1.8 50 V VG CHOCOLATE 433 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>D G (WHEAT) P (PEANUTS) N (WALNUTS,</td></t<>										D G (WHEAT) P (PEANUTS) N (WALNUTS,
BAKED CHEESECAKE 411 6 28 16 30 10 0.5 0.2 G (WHEAT) D E V GREEK ORANGE CAKE 684 6 40 25 80 65 1.5 0.3 G (WHEAT) E D V YOGHURT HONEY 158 9 4 2.5 15 11 0.5 0.1 D V CHOCOLATE CAKE 333 5.6 19.9 11.2 49.8 37.1 2.9 0.27 D G (WHEAT) E SO V RASPBERRY SORBET 136 1 0.8 0.6 47.6 42 0 0.02 V VG VANILLA 419 6.2 22.2 13.4 48.2 44.6 0 0.28 D V VEGAN VANILLA 525 18 45.7 21.37 2.03 1.22 0.5 1.8 50 V VG CHOCOLATE 433 7.4 20.2 12.8 49 48.2 0 0.88 D V SO	GREEK FILO CUSTARD PIE	958	17.8	47.5	28	109.3	72.9	1.27	0.68	
GREEK ORANGE CAKE 684 6 40 25 80 65 1.5 0.3 G (WHEAT) E D V YOGHURT HONEY 158 9 4 2.5 15 11 0.5 0.1 D V CHOCOLATE CAKE 333 5.6 19.9 11.2 49.8 37.1 2.9 0.27 D G (WHEAT) E SO V RASPBERRY SORBET 136 1 0.8 0.6 47.6 42 0 0.02 V VG VANILLA 419 6.2 22.2 13.4 48.2 44.6 0 0.28 D V VEGAN VANILLA 525 18 45.7 21.37 2.03 1.22 0.5 1.8 50 V VG CHOCOLATE 433 7.4 20.2 12.8 49 48.2 0 0.88 D V SO										
YOGHURT HONEY 158 9 4 2.5 15 11 0.5 0.1 D V CHOCOLATE CAKE 333 5.6 19.9 11.2 49.8 37.1 2.9 0.27 D G (WHEAT) E SO V RASPBERRY SORBET 136 1 0.8 0.6 47.6 42 0 0.02 V VG VANILLA 419 6.2 22.2 13.4 48.2 44.6 0 0.28 D V VEGAN VANILLA 525 18 45.7 21.37 2.03 1.22 0.5 1.8 50 V VG CHOCOLATE 433 7.4 20.2 12.8 49 48.2 0 0.88 D V SO										
CHOCOLATE CAKE 333 5.6 19.9 11.2 49.8 37.1 2.9 0.27 D G (WHEAT) E SO V RASPBERRY SORBET 136 1 0.8 0.6 47.6 42 0 0.02 V VG VANILLA 419 6.2 22.2 13.4 48.2 44.6 0 0.28 D V VEGAN VANILLA 525 18 45.7 21.37 2.03 1.22 0.5 1.8 50 V VG CHOCOLATE 433 7.4 20.2 12.8 49 48.2 0 0.88 D V SO			9							DV
RASPBERRY SORBET 136 1 0.8 0.6 47.6 42 0 0.02 V VG VANILLA 419 6.2 22.2 13.4 48.2 44.6 0 0.28 D V VEGAN VANILLA 525 18 45.7 21.37 2.03 1.22 0.5 1.8 SO V VG CHOCOLATE 433 7.4 20.2 12.8 49 48.2 0 0.88 D V SO			5.6	19.9						D G (WHEAT) E SO V
VEGAN VANILLA 525 18 45.7 21.37 2.03 1.22 0.5 1.8 SO V VG CHOCOLATE 433 7.4 20.2 12.8 49 48.2 0 0.88 D V SO	RASPBERRY SORBET	136	1	0.8		47.6	42		0.02	V VG
CHOCOLATE 433 7.4 20.2 12.8 49 48.2 0 0.88 D V SO	VANILLA		6.2					0		DV
	VEGAN VANILLA	525	18	45.7	21.37	2.03	1.22	0.5	1.8	so v vg
	CHOCOLATE	433	7.4	20.2	12.8	49	48.2	0	0.88	DVSO
	PISTACHIO									D N (ALMONDS, HAZELNUTS & PISTACHIOS) V

ALLERGENS KEY

D DAIRY S SESAME CR CRU
MU MUSTARD G GLUTEN F FISH

N NUTS E EGG M MOLLUSCS
L LUPIN C CELERY SO SOY INC. SOYA

CR CRUSTACEANS SD SULPHUR DIOXIDE

H 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 all Souvlaki Wraps – due to chips inside).

WESTFIELD LONDON MACRONUTRIENT ALLERGEN MENU

ITEM	CALORIES (KCAL)	PROTEIN (G)	FAT (G)	SAT FAT (G)	CARBS (G)	SUGARS (G)	FIBRE (G)	SALT (G)	ALLEDGENS
TIEN.									ALLERGENS
GLUTEN FREE GREEK FLATBREAD	291.2	4.9	3.64	0.7	58.8	3.22	6.3	0.87	E SO D S SD V
WARM GREEK FLATBREAD	506	12	22	3.5	70	2.2	3.8	1.2	G (WHEAT) S V VG
TZATZIKI	311	5	28	6	6	4.5	0.5	1	D SD V
WHIPPED SPICY FETA	639	10	60	18	8	6	1	1.6	D V
TARAMASALATA	761	7	70	10	18	3	2	0	F (COD) G (WHEAT) SO S SD
HOUMOUS	508	13	46	6	22	2	9	2	S SD V VG
OLIVES HALLOUMI POPCORN	314	2	30	3	2	0.3	1.5	3	SD V VG
	577	30	87	32	10	8	0	3	
CHICKEN SKEWER	324	35	15	3	1	0.5	0.5	0.9	SD MU
LOUKANICO SKEWER	595	24	50	18	2	1	0.8	1.3	G (WHEAT) SO S MU C D SD SD
LAMB SKEWER	488	40	38	14	0	0	0 //	1	
KING PRAWNS SKEWER	310	22	14	1.5	1	0.5	0.4	1 1 0	CR (PRAWNS) SD
HALLOUMI SKEWER	516	18	45	21	2	1.2	0.5	1.8	D SD V
OCTOPUS SKEWER	139	20	6	10	0	0	0	1.5	M (OCTOPUS) SD
PORK SKEWER GRILLED AUBERGINE	601 473	19	49	18	3	1	0.5	2	SD MU
		11	36	9	21	10	8	3	
GRILLED AUBERGINE VEGAN	38	4	41	14	15	4	4	3	C V VG
BEEF STIFADO	522	24	38	10	26	6	4	2	С
PORK DATES	642	25	42	10	44	30	4	3	C (WHEAT) M (KALAMADI) SD E
KALAMARI	727	15	20	3	25	2	1.5	1.5	G (WHEAT) M (KALAMARI) SD E
COURGETTE FRITTER	266	6	20	2	25	4	2	1	G (WHEAT) S
DOLMADES	408	9	24	3	53	3	8	3	MU SO C SD V VG
SPINACH PIE	792	18.7	16.5	2.2	44	4.35	2.5	1.95	D G (WHEAT) L SO C SD V
MOUSSAKA	420	13	29	18	27	9	1	1	D G (WHEAT) C SD
VEGETABLE MOUSSAKA	664	16	34	4	75	11	10	6	G (WHEAT) SO C V VG
CHICKEN WRAP (TZATZIKI)	620	38	20	5	60	5	2	2	G (WHEAT) SD D S MU
CHICKEN WRAP (MUSTARD)	751	42	30	6	70	6	3	2.5	G (WHEAT) D C MU SO SD
HALLOUMI WRAP	714	30	45	12	55	4.5	2.5	2	D G (WHEAT) S MU SD
LOUKANICO WRAP	747	36	50	15	65	5	2	2.4	G (WHEAT) S MU E SD SO C D
COURGETTE FRITTER WRAP	888	28	35	10	75	8	3	2.2	G (WHEAT) B C MILEO SD
PORK GYROS WRAP	986	35	57	16	76	6	2	1.9	G (WHEAT) D C MU SO SD
MEAT PLATTER	3678	160	180	70	80	14	10	6	SD G (WHEAT) SO S MU C D
FISH PLATTER	3022	140	150	45	90	12	9	5.5	M (KALAMARI OCTOPUS) CR (PRAWNS) G (WHEAT) SO S SD D
VEG PLATTER	4002	80	190	55	130	18	14	4.8	D G (WHEAT) MU L SO C SD S
HALLOUMI FRIES	689	29.7	33.75	22	16	14	0.2	4.05	D
CHIPS SM	813	6	61	8	60	1	6	1	SD V VG
CHIPS LG	1219	8	85	12	84	1	8	1	SD V VG
RICE	501.8	6.75	20.75	3.05	70.5	0.25	1	0	C V VG
GREEK SALAD SMALL	422	8	35	10	20	6	4	1.6	D SD V
GREEK SALAD LARGE	722	14	60	18	35	9	6	2.2	D SD V
VEGAN GREEK SALAD SMALL	402	0	9	8	3	0	0	0.2	SD V VG
VEGAN GREEK SALAD LARGE	702	6	34	16	18	3	2	0.8	SD V VG
GREEN LEAF SALAD	241	4	18	2.5	10	1	1.5	0.3	SD V VG GF
BAKLAVA	345	9	33	12	147	112	4	0	D G (WHEAT) P (PEANUTS) N (WALNUTS ALMONDS PISTACHIOS) V
GREEK FILO CUSTARD PIE	958	17.8	47.5	28	109.3	72.9	1.27	0.68	D G (WHEAT) E V
BAKED CHEESECAKE	411	6	28	16	30	10	0.5	0.2	G (WHEAT) D E V
GREEK ORANGE CAKE	684	6	40	25	80	65	1.5	0.3	G (WHEAT) E D V
YOGHURT HONEY	158	9	4	2.5	15	11	0.5	0.1	DV
CHOCOLATE CAKE	333	5.6	19.9	11.2	49.8	37.1	2.9	0.27	D G (WHEAT) E SO V
RASPBERRY SORBET	136	1	0.8	0.6	47.6	42	0	0.02	V VG
VANILLA	419	6.2	22.2	13.4	48.2	44.6	0	0.28	DV
VEGAN VANILLA	525	18	45.7	21.37	2.03	1.22	0.5	1.8	SO V VG
CHOCOLATE	433	7.4	20.2	12.8	49	48.2	0	0.88	D V SO
PISTACHIO	413	9.6	28.6	12.4	38.6	34.8	0	0.66	D N (ALMONDS HAZELNUTS & PISTACHIOS) V

ALLERGENS KEY

C **CELERY**

L LUPIN

D DAIRY S **SESAME** SD SULPHUR DIOXIDE CR CRUSTACEANS MU MUSTARD **G GLUTEN** F FISH P **PEANUTS** N NUTS M MOLLUSCS

SO SOY INC. SOYA

V VEGETARIAN

VG **VEGAN**

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

LUNCH ALLERGEN & KCAL MENU

SOUVLAKI GRILL PLATE

KING PRAWNS CR (PRAWNS) SD 310kcal
OCTOPUS M (OCTOPUS) SD 139kcal

LAMB FILLET SD 488kcal

PORK SD 601kcal

LOUKANICO PORK SAUSAGE
G (WHEAT) SO S MU C D SD 595kcal

CHICKEN BREAST SD 324kcal

HALLOUMI D SD V 516kcal

CHICKEN WINGS SD 572kcal

COURGETTE FRITTER*

G (WHEAT) S SD V VG 888kcal

GRILLED AUBERGINE C D V 270kcal

VEGAN GRILLED AUBERGINE C V VG 270kcal

ALL SERVED WITH YOUR CHOICE OF

GREEK SALAD D SD V 422kcal / 722kcal
"NO FETA" GREEK SALAD SD V VG 209kcal

CHIPS* SD V VG 813kcal / 1219kcal

GREEK FLATBREAD

G (WHEAT) S V VG 533kcal

TZATZIKI D SD V 71kcal

RICE* C V VG 333kcal

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

SOUVLAKI WRAP & SIDE

SOUVLAKI WRAP

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

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

CHICKEN WITH GREEK MUSTARD*
G (WHEAT) E MU S SD 751kcal

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

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

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

PORK GYROS*

G (WHEAT) D C MU SO SD 838kcal

SIDES

GREEK SALAD D SD V 422kcal

CHIPS* SD V VG 813kcal

RICE* C V VG 333kcal

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

V VEGETARIAN
C CELERY

VG VEGAN

CR CRUSTACEANS

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WESTFIELD LONDON LUNCH ALLERGEN & KCAL MENU

SOUVLAKI GRILL PLATE

KING PRAWNS CR (PRAWNS) SD 310kcal
OCTOPUS M (OCTOPUS) SD 139kcal

LAMB FILLET SD 488kcal

PORK SD MU 601kcal

LOUKANICO PORK SAUSAGE
G (WHEAT) SO S MU C D SD 595kcal

CHICKEN SD MU 324kcal

HALLOUMI D SD V 516kcal

CHICKEN WINGS SD 572kcal

COURGETTE FRITTER*

G (WHEAT) S SD V VG 888kcal

GRILLED AUBERGINE C D V 270kcal

VEGAN GRILLED AUBERGINE C V VG 270kcal

ALL SERVED WITH YOUR CHOICE OF

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"NO FETA" GREEK SALAD SD V VG 209kcal

CHIPS* SD V VG 813kcal / 1219kcal

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SOUVLAKI WRAP & SIDE

SOUVLAKI WRAP

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CHICKEN WITH TZATZIKI*

G (WHEAT) SD S D MU 620kcal

CHICKEN WITH GREEK MUSTARD*

G (WHEAT) E MU S SD 751kcal

COURGETTE FRITTER*

G (WHEAT) S SD V VG 888kcal

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

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

PORK GYROS*

G (WHEAT) D C MU SO SD 838kcal

SIDES

GREEK SALAD D SD V 422kcal

CHIPS* SD V VG 813kcal

RICE* C V VG 333kcal

ALLERGENS KEY

D DAIRY F FISH

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N NUTS SO SOY INC.

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7th November 2025

ICE CREAM, COFFEE & TEA ALLERGEN & KCAL MENU

DESSERTS

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

HAPPY ENDING MILK ICE CREAM

SANDWICH G (WHEAT) E D

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

F FISH

MU MUSTARD

M MOLLUSCS

N NUTS

SO SOY INC.

S SESAME

SD SULPHUR DIOXIDE

G GLUTEN

P PEANUTS

E **EGG**

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

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KIDS ALLERGEN & KCAL MENU

MAIN COURSES

CHOOSE FROM

GRILLED CHICKEN 132kcal

OR LOUKANICO 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

ALL SERVED ON A PLATE OR WRAP

WRAPS

CHICKEN G (WHEAT) S D 438kcal

OR LOUKANICO PORK SAUSAGE G (WHEAT) SO S MU C D 630kcal

OR HALLOUMI G (WHEAT) S D SD V 564kcal

OR COURGETTE FRITTERS
G (WHEAT) S V VG 442kcal

CHOOSE YOUR SERVE

ALL SERVED WITH

CHIPS SD V VG 337kcal

TOMATO & CUCUMBER CHUCKS V VG 156kcal

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 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

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(*Chips)

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WESTFIELD LONDON

KIDS ALLERGEN & KCAL MENU

MAIN COURSES

CHOOSE FROM

GRILLED CHICKEN SD MU 132kcal

OR LOUKANICO 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

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G (WHEAT) S V VG 442kcal

CHOOSE YOUR SERVE

ALL SERVED WITH

CHIPS SD V VG 337kcal

TOMATO & CUCUMBER CHUCKS

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 F FISH

MU MUSTARD M MOLLUSCS

N NUTS SO SOY INC.

L LUPIN SUTA

S SESAME SD SULPHUR DIOXIDE

G GLUTEN P PEANUTS

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7th November 2025

TAKEAWAY ALLERGEN & KCAL MENU

SOUVLAKI GRILL SALAD BOX

CHOOSE YOUR SOUVLAKI GRILL

CHICKEN SD 324kcal

LAMB SD 488kcal

LOUKANICO PORK SAUSAGE

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

ORK SD 601kcal

COURGETTE FRITTERS* G (WHEAT) S V VG 772KCal

HALLOUMI D SD V 516kcal

GRILLED AUBERGINE C.D.V. 270kcal

VEGAN GRILLED AUBERGINE C V VG 270kcal

CHOOSE YOUR SALAD

GREEK SALAD D SD V 522kcal

RICE C V VG 333kcal

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

HOT MEZE

TZATZIKI D SD V 311kcal HALLOUMI POPCORN* D V 577kcal

FRIED KALAMARI*

G (WHEAT) M (KALAMARI) SD E 727kcal GREEK OLIVES SD V VG 314Kcal

DOLMADES MU SO C SD V VG 408kcal

SPINACH PIE* D G (WHEAT) L SO C SD V 792kcal

WARM GREEK FLATBREAD G (WHEAT) S V VG 533kcal

COLD MEZE

HOUMOUS S SD V VG 508Kcal

WHIPPED SPICY FETA DIP D V 639kcal

TARAMASALATA

F (COD) G (WHEAT) SO S SD 761kcal

HOUMOUS S SD V VG 508kcal

SOUVLAKI WRAPS

CHICKEN WITH TZATZIKI*

G (WHEAT) D S 620kcal

CHICKEN WITH MUSTARD*

G (WHEAT) E MU S SD 751kcal

G (WHEAT) D C MU SO SD 838kcal

LOUKANICO 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

SIDES & SALADS

GREEK SALAD D SD V 422kcal / 702kcal

GREEN LEAF SALAD SD V VG 241kcal

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

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

V VEGETARIAN

C CELERY

VG VEGAN

CR CRUSTACEANS

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(* Chips, Courgette Fritters, Fried Kalamari, Greek meal box served with chips, Halloumi Fries, Halloumi Popcorn, Spinach Pie, all Souvlaki Wraps - due to chips inside).

Tahini Dip S V VG

Greek Mustard Sauce G (Wheat) MU E SD V

WESTFIELD LONDON

TAKEAWAY ALLERGEN & KCAL MENU

SOUVLAKI GRILL SALAD BOX

CHOOSE YOUR SOUVLAKI GRILL

CHICKEN SD MU 324kcal

LAMB SD 488kcal

LOUKANICO PORK SAUSAGE G (WHEAT) SO S MU C D SD 595kcal

PORK SD MU 601kcal

COURGETTE FRITTERS* G (WHEAT) S V VG 772KCal

HALLOUMI D SD V 516kcal

GRILLED AUBERGINE C D V 270kcal

VEGAN GRILLED AUBERGINE C V VG 270kcal

CHOOSE YOUR SALAD

GREEK SALAD D SD V 522kcal

RICE C V VG 333kcal

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

COLD MEZE

TZATZIKI D 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*

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DOLMADES MU SO C SD V VG 408kcal

SPINACH PIE* D G (WHEAT) L SO C SD V 792kcal

WARM GREEK FLATBREAD G (WHEAT) S V VG 533kcal

SOUVLAKI WRAPS

CHICKEN WITH TZATZIKI*

G (WHEAT) SD S D MU 620kcal

CHICKEN WITH MUSTARD*

G (WHEAT) E MU S SD 751kcal

PORK GYROS*

G (WHEAT) D C MU SO SD 838kcal

LOUKANICO PORK SAUSAGE*

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

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G (WHEAT) D E V 411kcal

CHOCOLATE MOUSSE CAKE

D G (WHEAT) E SO V 333kcal

ALLERGENS KEY

D DAIRY

MU MUSTARD

M MOLLUSCS

N NUTS

SO SOY INC.

L LUPIN

SOYA

S **SESAME**

SD SUI PHUR

G GLUTEN

DIOXIDE

P PEANUTS

F FGG

C CFI FRY

V VEGETARIAN

VG VEGAN **CR CRUSTACEANS**

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Tahini Dip S V VG

Greek Mustard Sauce G (Wheat) MU E SD V

7th November 2025