

THE REAL GREEK

WESTFIELD LONDON

MACRONUTRIENT ALLERGEN MENU

| ITEM | CALORIES (KCAL) | PROTEIN (G) | FAT (G) | SAT FAT (G) | CARBS (G) | SUGARS (G) | FIBRE (G) | SALT (G) | 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 | 314 | 2 | 30 | 3 | 2 | 0.3 | 1.5 | 3 | SD V VG |
| HALLOUMI POPCORN | 577 | 30 | 87 | 32 | 10 | 8 | 0 | 3 | D V |
| 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 |
| LAMB SKEWER | 488 | 40 | 38 | 14 | 0 | 0 | 0 | 1 | SD |
| KING PRAWNS SKEWER | 310 | 22 | 14 | 1.5 | 1 | 0.5 | 0.4 | 1 | CR (PRAWNS) SD |
| HALLOUMI SKEWER | 516 | 18 | 45 | 21 | 2 | 1.2 | 0.5 | 1.8 | D SD V |
| OCTOPUS SKEWER | 139 | 20 | 6 | 1 | 0 | 0 | 0 | 1.5 | M (OCTOPUS) SD |
| PORK SKEWER | 601 | 19 | 49 | 18 | 3 | 1 | 0.5 | 2 | SD MU |
| GRILLED AUBERGINE | 473 | 11 | 36 | 9 | 21 | 10 | 8 | 3 | C D V |
| GRILLED AUBERGINE VEGAN | 38 | 4 | 41 | 14 | 15 | 4 | 4 | 3 | C V VG |
| BEEF STIFADO | 522 | 24 | 38 | 10 | 26 | 6 | 4 | 2 | C |
| PORK DATES | 642 | 25 | 42 | 10 | 44 | 30 | 4 | 3 | C |
| 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) S SD V VG |
| 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 | 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 | 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

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

THE REAL GREEK

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**

ALL SERVED ON A PLATE OR WRAP

WRAPS

CHICKEN G (WHEAT) S D SD MU **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

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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7th November 2025

THE REAL GREEK

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

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 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
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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7th November 2025

THE REAL GREEK

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

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

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*

G (WHEAT) M (KALAMARI) SD E 727kcal

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

HALLOUMI*

G (WHEAT) D S V 714kcal

COURGETTE FRITTERS*

G (WHEAT) S V VG 888kcal

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

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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).

Note:

Tahini Dip S V VG

Greek Mustard Sauce G (Wheat) MU E SD V

7th November 2025