

# THE REAL GREEK

## 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 SD 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
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
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
CHICKEN WRAP (MUSTARD)	751	42	30	6	70	6	3	2.5	G (WHEAT) E MU S 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	F (COD) 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 SO 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

## 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. SOYA
L LUPIN	SD SULPHUR DIOXIDE
S SESAME	P PEANUTS
G GLUTEN	V VEGETARIAN
E EGG	VG VEGAN
C CELERY	
CR CRUSTACEANS	

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

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22nd October 2025

# THE REAL GREEK

## 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 GLUTEN (OAT)

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

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22nd October 2025

# THE REAL GREEK

## 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 SD 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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22nd October 2025

# THE REAL GREEK

## 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

PORK 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

### 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 SD 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

### 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

### SOUVLAKI WRAPS

CHICKEN WITH TZATZIKI\*  
G (WHEAT) D S 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