

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	SD C D V
GRILLED AUBERGINE VEGAN	38	4	41	14	15	4	4	3	SD C V VG
BEEF STIFADO	522	24	38	10	26	6	4	2	SD C
PORK DATES	642	25	42	10	44	30	4	3	SD C
FRIED 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 SD V VG
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 V
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 V
HALLOUMI FRIES*	689	29.7	33.75	22	16	14	0.2	4.05	D V
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
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**

COURGETTE FRITTER*

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

GRILLED AUBERGINE SD C D V **270kcal**

VEGAN GRILLED AUBERGINE

SD 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 V **714kcal**

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

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).

FOLLOW US

 @TheRealGreekUK

 /TheRealGreek

 @therealgreekuk

 @RealGreekTweet

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

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

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.

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

FOLLOW US

 @TheRealGreekUK

 /TheRealGreek

 @therealgreekuk

 @RealGreekTweet

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 SD D 438kcal

OR LOUKANICO PORK SAUSAGE

G (WHEAT) SO S SD 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

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)

FOLLOW US

 @TheRealGreekUK

 /TheRealGreek

 @therealgreekuk

 @RealGreekTweet

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 SD V VG 772Kcal

HALLOUMI D SD V 516kcal

GRILLED AUBERGINE SD C D V 270kcal

VEGAN GRILLED AUBERGINE
SD 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* SD 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* SD 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

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) D S SD 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 SD V 714kcal

COURGETTE FRITTERS*
G (WHEAT) S SD 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

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

2nd October 2025