

THE REAL GREEK

CHRISTMAS MACRONUTRIENT ALLERGEN MENU

ITEM	CALORIES (KCAL)	PROTEIN (G)	FAT (G)	SAT FAT (G)	CARBS (G)	SUGARS (G)	FIBRE (G)	SALT (G)	ALLERGENS
WARM GREEK FLATBREAD	506	12	22	3.5	70	2.2	3.8	1.2	G(WHEAT) S V VG
SPICY FETA	639	10	60	18	8	6	1	1.6	D SD V
TZATZIKI	311	5	28	6	6	4.5	0.5	1	D SD V
TARAMASALATA	761	7	70	10	18	3	2	0	F (COD) G (WHEAT) SD S SO
HOUMOUS	508	13	46	6	22	2	9	2	S SD V VG
DOLMADES	408	9	24	3	53	3	8	3	MU SO C SD V VG
CHICKEN SKEWER	324	35	15	3	1	0.5	0.5	0.9	SD
PORK SKEWER	601	19	49	18	3	1	0.5	2	SD
HALLOUMI SKEWER	516	18	45	21	2	1.2	0.5	1.5	D SD V
LOUKANIKO	595	24	50	18	2	1	0.8	1.3	G (WHEAT) SO S MU C D SD
GRILLED AUBERGINE	473	11	36	9	21	10	8	3	C D SD V
VEGAN GRILLED AUBERGINE	38	4	41	14	15	4	4	3	C SD V VG
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
OCTOPUS SKEWER	139	20	6	1	0	0	0	1.5	M (OCTOPUS) SD
PORK & DATES STEW	642	25	42	10	44	30	4	3	C SD
BEEF STIFADO	522	24	38	10	26	6	4	2	C SD
GREEK SALAD	422	8	35	10	20	6	4	1.6	D SD V
GREEN LEAF SALAD	241	4	18	2.5	10	1	1.54	0.3	SD V VG
HALLOUMI FRIES*	689	29.7	33.75	22	16	14	0.2	4.05	D V
CHIPS*	813	6	61	8	60	1	6	1	SD V VG
RICE	501.8	6.75	20.75	3.05	70.5	0.25	1	0	C V VG
CHRISTMAS PLATTER*	3658	133.36	253	61.55	184.7	74.65	19.7	10.6	G (WHEAT) D CR (PRAWNS) C MU S SO SD
PORTOKALOPITA (ORANGE CAKE)	684	6	40	25	80	65	1.5	0.3	G (WHEAT) E D V
BAKED CHEESE CAKE	411	6	28	16	30	10	0.5	0.2	G (WHEAT) D E V
CHOCOLATE MOUSSE CAKE	333	5.6	19.9	11.2	49.8	37.1	2.9	0.27	G (WHEAT) D E SO V
BAKLAVA	645	9	33	12	147	112	4	0	D G (WHEAT) P (PEANUTS) N (WALNUTS, ALMONDS, PISTACHIOS) V

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).