

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 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 SD V |
| GRILLED AUBERGINE VEGAN | 38 | 4 | 41 | 14 | 15 | 4 | 4 | 3 | C SD V VG |
| BEEF STIFADO | 522 | 24 | 38 | 10 | 26 | 6 | 4 | 2 | C SD |
| PORK DATES | 642 | 25 | 42 | 10 | 44 | 30 | 4 | 3 | C SD |
| 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 MU |
| 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 |
| CHOCOLATE BROWNIE | 485.8 | 6.7 | 39.8 | 13.3 | 28.4 | 14.5 | 5.6 | 6.8 | G (WHEAT) SO V VG |
| 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 |
| MU MUSTARD | G GLUTEN |
| N NUTS | E EGG |
| L LUPIN | C CELERY |

| | |
|------------------|--------------------|
| CR CRUSTACEANS | SD SULPHUR DIOXIDE |
| F FISH | P PEANUTS |
| M MOLLUSCS | V VEGETARIAN |
| 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 MU **601kcal**

LOUKANICO PORK SAUSAGE

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

CHICKEN SD MU **324kcal**

HALLOUMI D SD V **516kcal**

COURGETTE FRITTER*

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

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

VEGAN GRILLED AUBERGINE

C SD V VG **270kcal**

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

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**

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).

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 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**

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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 N (PEANUTS) SD S G (WHEAT) E SO
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

F FISH

MU MUSTARD

M MOLLUSCS

N NUTS

SO SOY INC.

SOYA

L LUPIN

SD SULPHUR

S SESAME

DIOXIDE

G GLUTEN

P PEANUTS

E EGG

V VEGETARIAN

C CELERY

VG VEGAN

CR CRUSTACEANS

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

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THE REAL GREEK

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 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

F FISH

MU MUSTARD

M MOLLUSCS

N NUTS

SO SOY INC.

SOYA

L LUPIN

SD SULPHUR
DIOXIDE

S SESAME

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G GLUTEN

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(*Chips)

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14th January 2026

THE REAL GREEK

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 60kcal
COURGETTE FRITTERS*
G (WHEAT) S SD V VG 772Kcal
HALLOUMI D SD V 516kcal
GRILLED AUBERGINE C D SD V 270kcal
VEGAN GRILLED AUBERGINE
C SD 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

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 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 SD V 714kcal
COURGETTE FRITTERS*
G (WHEAT) S SD 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* SD V VG 813kcal / 1219kcal
RICE C V VG 333kcal

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
CHOCOLATE BROWNIE
G (WHEAT) SO V VG 485.8kcal

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 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