

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
TZATZIKI 50G	222	3.57	20	4.29	4.29	3.21	0.36	0.71	D SD V
TZATZIKI DIP TRIO	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
WHIPPED SPICY FETA 50G	456.4	7.14	42.86	12.86	5.71	4.29	0.71	1.14	DSD V
WHIPPED SPICY FETA DIP TRIO	639	10	60	18	8	6	1	1.6	DSD V
TARAMASALATA	761	7	70	10	18	3	2	0	F (COD) G (WHEAT) SO S SD
TARAMASALATA 50G	544.3	5	50	7.14	12.86	2.14	1.43	0	F (COD) G (WHEAT) SO S SD
TARAMASALATA DIP TRIO	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
HOUMOUS 50G	362.9	9.29	32.86	4.29	15.71	1.43	6.43	1.43	S SD V VG
HOUMOUS DIP TRIO	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 SEA BREAM	411	53.5	16.3	3.1	9.9	0.8	1.3	2.65	F
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
FRIED KALAMARI*	727	15	20	3	25	2	1.5	1.5	G (WHEAT) M (KALAMARI) SD E
CRISPY GAVROS*	347	28.1	20.2	3.5	11.4	0	0.4	3.26	G (WHEAT) FISH (GAVROS) E SD
LAMB MEATBALLS	753	40.7	53	21.4	22.4	7.9	3.6	1.23	G (WHEAT) E D SD
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
PASTITSIO (500G)	1040	46	62	31	76	11.5	6.5	5.25	G (WHEAT) D C SD
PASTITSIO (KIDS)	520	23	31	15.5	38	5.75	3.25	2.625	G (WHEAT) D C SD
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
ROAST LAMB	1571	49	102.8	36.6	106.9	13.9	11.8	9.3	D C
CHICKEN SUPREME	1158	48.5	62.3	13.2	100.3	13.9	11.6	8.1	D C
CHICKEN GYROS WRAP (TZATZIKI)*	675	24.7	30	6.1	74.9	4.6	5	3.29	G (WHEAT) D S MU SO SD
CHICKEN GYROS WRAP (MUSTARD)*	1076	33.68	66.24	8.92	88.91	3.98	5.9	3.21	G (WHEAT) E D S MU SO 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 S SD
PORK GYROS 160G (DELIVERY ONLY)	340.8	40	18.72	7.04	3.2	0.96	0	2.88	D SO MU
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
POTATO SALAD	328	5.5	18.9	2.8	35.5	3	4.5	0.88	V VG
CHICKPEA SALAD	356	13.5	18.2	2.1	33.4	6.1	9.1	1.05	SO SD 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	692	14.5	46	27	75	57	1.5	0.5	G (WHEAT) E D V
YOGHURT HONEY	158	9	4	2.5	15	11	0.5	0.1	D 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

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).