

# THE REAL GREEK

## EAT TOGETHER

### ALLERGEN MENU

#### TO START

GREEK OLIVES SD V VG  
GREEK FLATBREAD G (WHEAT) V VG  
CRUDITÉS C SD V VG  
HALLOUMI POPCORN\* D V

#### HOT MEZE

##### MEAT

LOUKANIKO BEEF & PORK SAUSAGE  
E D G (WHEAT) MU S C SD SO  
CHICKEN MONASTIRAKI D SD  
LAMB MEATBALLS  
D G (WHEAT) E MU S SD

##### SKEWERES

CHICKEN SKEWER D SD  
PORK SKEWER SD  
HALLOUMI & VEGETABLE SKEWER D SD V

##### HOUSE SPECIAL

GREEK MOUSSAKA  
D G (WHEAT) E SD

##### VEGAN

GIGANDES WITH SPINACH C SD V VG  
GRILLED AUBERGINE SD V VG  
FALAFEL\* S SD V VG

#### SOUVLAKI WRAPS

LOUKANIKO SAUSAGE\*  
G (WHEAT) D E MU S C SO SD  
PORK\* G (WHEAT) D SD  
CHICKEN WITH MUSTARD\*  
D E G (WHEAT) MU SD  
CHICKEN WITH TZATZIKI\*  
G (WHEAT) D SD  
LAMB MEATBALLS\* D G (WHEAT) MU E S  
HALLOUMI\* D G (WHEAT) V  
FALAFEL WITH TAHINI\* G (WHEAT) S V VG

#### COLD MEZE

TARAMASALATA  
F (COD) G (WHEAT) SO S SD  
TZATZIKI D SD V  
FAVA SD V VG  
HOUMOUS S SD V VG  
SPICY FETA DIP (HTIPITI) D SD V  
MELITZANOSALATA SD V VG

##### SEAFOOD

FRIED KALAMARI\*  
E G (WHEAT) M (KALAMARI) SD  
CRISPY COD\*  
F (COD) G (BARLEY & WHEAT) E SD  
(AVAILABLE ONLY IN TRG ST PAUL)  
SALT COD\*  
F (COD) G (BARLEY & WHEAT) E SD  
GRILLED OCTOPUS WITH FAVA  
M (OCTOPUS)  
PRAWNS SAGANAKI  
CR (PRAWNS) D SD (AVAILABLE ONLY IN  
TRG ST PAUL)  
TONIA'S PRAWNS  
CR (PRAWNS) G (WHEAT) D C SD

##### VEG & DAIRY

SPINACH TIROPITAKIA\*  
D G (WHEAT) SD V  
DOLMADES D MU C SD V  
HALLOUMI FRIES\* D V

#### SIDES & SALADS

GREEK SALAD D SD V  
"NO FETA" GREEK SALAD SD V VG  
CHIPS\* V VG  
MEDITERRANEAN RICE D SD V  
VEGAN MEDITERRANEAN RICE  
C V VG (AVAILABLE ONLY IN TRG ST PAUL)  
AEGEAN SLAW SD V VG

#### ALLERGENS KEY

D DAIRY	F FISH
MU MUSTARD	M MOLLUSCS
N NUTS	SO SOY INC.
L LUPIN	SOYA
S SESAME	SD SULPHUR DIOXIDE
G GLUTEN	P PEANUTS
E EGG	V VEGETARIAN
C CELERY	VG VEGAN
CR CRUSTACEANS	

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(\*Halloumi Popcorn, Crispy Cod, Salt Cod, Falafel, Spinach Tiropitakia, Chips, Halloumi Fries, Fried Kalamari, Falafel with tahini Souvlaki Wrap, all Souvlaki Wraps – due to chips inside).

Note:

Lemon Mayonnaise E SD V  
Minted Greek Yoghurt D V  
Tahini Dip S V VG  
Vegan Aioli MU SO SD V VG  
Greek Mustard Sauce G (Wheat) MU E SD V  
Smoked Chilli Relish SO SD V VG

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September 2024

# THE REAL GREEK

## EAT TOGETHER

### DESSERT ALLERGEN MENU

#### DESSERTS

##### GREEK FILO CUSTARD PIE\*

D G (WHEAT) E V

##### BAKLAVA

D G (WHEAT) P (PEANUTS) N (WALNUTS, ALMONDS, PISTACHIOS) V

##### CARAMEL & PECAN CHEESECAKE

D G (WHEAT) E N (PECANS)

##### CHOCOLATE MOUSSE CAKE

D G (WHEAT) E SO V

##### PORTOKALOPITA G (WHEAT) E D V

##### GREEK YOGHURT WITH

WALNUTS IN SYRUP D N (WALNUTS) V

##### LOUKOUMIA D N (ALMONDS)

#### SORBET

LEMON V VG

MANGO V VG

#### ICE-CREAM

VANILLA D V

VEGAN VANILLA SO V VG

CHOCOLATE D V SO

STRAWBERRY D V

PISTACHIO

D N (ALMONDS, HAZELNUTS & PISTACHIOS) V

#### GREEK SPECIALITIES

GREEK COFFEE D (MILK ON REQUEST)

WITH LOUKOUMI D N (ALMONDS)

POT OF GREEK MOUNTAIN TEA

#### COFFEE

CAFFÈ AMERICANO D (MILK ON REQUEST)

SINGLE ESPRESSO

CAPPUCCINO D

LATTE D

DOUBLE ESPRESSO

FREDDO ESPRESSO D (MILK ON REQUEST)

#### TEA

FRESH MINT TEA

ENGLISH BREAKFAST

EARL GREY

PEPPERMINT

GREEN TEA

CAMOMILE

SOYA MILK SO V VG

#### 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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(\*Greek Custard Pie).

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

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# THE REAL GREEK

## EAT TOGETHER

### DESSERT ALLERGEN MENU

#### KALI OREXI SET MENU

**FLATBREAD** G (WHEAT) V VG

**CRUDITES** C SD V VG

**TZATZIKI** D SD V

**HOUMOUS** S SD V VG

**TARAMASALATA**

F (COD) G (WHEAT) SO S SD

**MELITZANOSALATA** SD V VG

**FAVA** SD V VG

#### GREEK PLATE

All served with Mediterranean Rice, Greek Salad, Tzatziki, Smoked Chilli Relish

**CHICKEN SKEWER** D SD SO

**LAMB MEATBALLS**

G (WHEAT) E D MU SD SO

**PORK SKEWER** D SO SD

**LOUKANIKO BEEF & PORK SKEWER**

D E G (WHEAT) MU S C SD SO

**HALLOUMI & VEGETABLE SKEWER**

D SO SD V

**FALAFEL\*** D SO SD 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**

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(\*Falafel).

Note:

**Lemon Mayonnaise** E SD V

**Minted Greek Yoghurt** D SD V

**Tahini Dip** S V VG

**Vegan Aioli** MU SO SD V VG

**Greek Mustard Sauce** G (Wheat) MU E SD V

**Parsley Aioli Dip** G (Wheat) E MU SD

**Smoked Chilli Relish** SO SD V VG

**Honey Mustard Dressing** D MU SD

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NOT VALID AT THE REAL GREEK ST PAUL

5th April 2024

# THE REAL GREEK

## EAT TOGETHER

### LUNCH ALLERGEN MENU

#### GREEK PLATE

All served with Mediterranean Rice, Greek Salad, Tzatziki and Greek Flatbread.

*\*Vegan options: Vegan Falafel or Grilled Aubergine Greek Plate are served with: Houmous, Mediterranean Rice, Greek Flatbread and Gigandes with Spinach*

**CHICKEN SKEWER** G (WHEAT) D SD

**PORK SKEWER** G (WHEAT) D SD

**LAMB MEATBALLS** G (WHEAT) D E MU S SD

**LOUKANIKO BEEF &  
PORK SAUSAGE SKEWER**  
G (WHEAT) D MU S C SO SD

**FALAFEL\*** G (WHEAT) D S SD V

**HALLOUMI & VEGETABLE SKEWER**  
G (WHEAT) D SD V

**VEGAN FALAFEL\*** S SD G (WHEAT) C V VG

**GRILLED AUBERGINE** SD G (WHEAT) C V VG

#### SOUVLAKI WRAP & SIDE

##### SOUVLAKI WRAP

**LOUKANIKO BEEF & PORK SAUSAGE\***  
G (WHEAT) D MU S D C SO SD E

**PORK SOUVLAKI\*** G (WHEAT) D SD

**CHICKEN WITH MUSTARD\***  
D E G (WHEAT) MU SD

**CHICKEN WITH TZATZIKI\***  
G (WHEAT) D SD

**LAMB MEATBALLS\*** G (WHEAT) D MU E S

**HALLOUMI\*** D G (WHEAT) V

**FALAFEL WITH TAHINI\*** G (WHEAT) S V VG

##### SIDES

**GREEK SALAD** D SD V

**AEGEAN SLAW** SD V VG

**CHIPS\*** V VG

**MEDITERRANEAN RICE** C V VG

#### 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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(\*Falafel, Vegan Falafel, Chips, all Souvlaki Wraps – due to chips inside).

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# THE REAL GREEK

## EAT TOGETHER

### LUNCH ALLERGEN MENU

#### GREEK TRIO

##### TOP

**GREEK FLATBREAD** G (WHEAT) V VG

**CRUDITÉS** C SD V VG

—

**HOUMOUS** S SD V VG

**TZATZIKI** D SD V

**TARAMASALATA**

F (COD) G (WHEAT) SO SD S

**SPICY FETA DIP (HTIPITI)** D SD V

**MELITZANOSALATA** SD V VG

**FAVA** SD V VG

##### MIDDLE

**SPINACH TIROPITAKIA\*** D G (WHEAT) SD V

**GRILLED AUBERGINE** SD V VG

**CHICKEN SKEWER** D SD

**PORK SKEWER** SD

**FALAFEL\*** S SD V VG

**BBQ CHICKEN WINGS** SO SD

**LOUKANIKO BEEF &  
PORK SAUSAGE SKEWER**

D SD MU S G (WHEAT) C SO

**DOLMADES** D MU C SD V

**GIGANDES WITH SPINACH** C SD V VG

##### BOTTOM

**MEDITERRANEAN RICE** D V SD

**CHIPS\*** V VG

**POURGOURI – BULGUR WHEAT**

G (WHEAT) C V VG

#### GREEK PLATE

All served with Mediterranean Rice, Greek Salad, Tzatziki and Greek Flatbread

**CHICKEN SKEWER** G (WHEAT) D SD

**PORK SKEWER** G (WHEAT) D SD

**LAMB MEATBALLS** G (WHEAT) D E MU S SD

**LOUKANIKO BEEF &  
PORK SAUSAGE SKEWER**

G (WHEAT) D MU S C SO SD

**FALAFEL\*** G (WHEAT) D S SD V

**HALLOUMI & VEGETABLE SKEWER**

G (WHEAT) D SD V

#### SOUVLAKI WRAP & SIDE

**LOUKANIKO BEEF & PORK SAUSAGE\***

G (WHEAT) D MU S D C SO SD E

**PORK SOUVLAKI\*** G (WHEAT) D SD

**CHICKEN WITH MUSTARD\***

D E G (WHEAT) MU SD

**CHICKEN WITH TZATZIKI\***

G (WHEAT) D SD

**LAMB MEATBALLS\*** G (WHEAT) D MU E S

**HALLOUMI\*** D G (WHEAT) V

**FALAFEL WITH TAHINI\*** G (WHEAT) S V VG

—

**GREEK SALAD** D SD V

**AEGEAN SLAW** SD V VG

**CHIPS\*** V VG

**MEDITERRANEAN RICE** D SD V

**POURGOURI-BULGUR WHEAT**

G (WHEAT) C V SD VG

#### VEGAN PLATE

**GREEK FLATBREAD** G (WHEAT) V VG

**CRUDITÉS** C V VG SD

**HOUMOUS** S SD V VG

**FAVA** SD V VG

**CHICKPEA REVITHIA** SD

**GIGANDES WITH SPINACH** C SD V VG

**POURGOURI – BULGUR WHEAT**

G (WHEAT) C SD V VG

**MELITZANOSALATA** SD V VG

#### VEGAN SOUVLAKI WRAP & SIDE

**FALAFEL WITH TAHINI\***

G (WHEAT) S V VG

**VEGAN MEATBALLS WITH VEGAN AIOLI\***

G (WHEAT & BARLEY) SO MU SD V VG

—

**NO FETA GREEK SALAD** SD V VG

**AEGEAN SLAW** SD V VG

**CHIPS\*** V VG

**POURGOURI – BULGUR WHEAT**

G (WHEAT) C V SD VG

#### 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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(\*Halloumi Popcorn, Salt Cod, Falafel, Spinach Tiropitakia, Chips, Halloumi Fries, Falafel with tahini Souvlaki Wrap, all Souvlaki Wraps – due to chips inside).

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5th April 2024

# THE REAL GREEK

## EAT TOGETHER

### KIDS ALLERGEN MENU

#### MAIN COURSES

##### KIDS SOUVLAKI WRAP

CHOOSE FROM

**CHICKEN** D G (WHEAT) SD

**OR HALLOUMI** G (WHEAT) D V

**OR LOUKANIKO BEEF & PORK SAUSAGE**

MU S E G (WHEAT) C D SO SD

All wrapped in greek flatbread with tzatziki & tomatoes. Served with

**TOMATO AND CUCUMBER SALAD** V VG

**OR CHIPS\*** V VG

#### OR

##### KIDS MEZE SELECTION

CHOOSE FROM

**LOUKANIKO BEEF & PORK SAUSAGE**

MU S E G (WHEAT) C D SO SD

**OR FLATBREAD** G (WHEAT) V VG

**OR TZATZIKI** D SD V

**OR CHIPS\*** V VG

**OR CRUDITÉS** C V VG

**OR CHICKEN** D

**OR HALLOUMI** S V VG SD D

**OR HOUMOUS** S SD V VG

#### DESSERT

##### ICE CREAM

CHOOSE FROM

**VANILLA** D V

**OR CHOCOLATE** D V SO

**OR STRAWBERRY** D V

**OR PISTACHIO**

D N (ALMONDS, HAZELNUTS & PISTACHIOS) V

#### OR

##### SORBET

CHOOSE FROM

**LEMON** V VG

**OR MANGO** V VG

#### 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  
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(\*Chips)

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September 2024

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## EAT TOGETHER

### TAKEAWAY ALLERGEN MENU

#### GREEK MEAL BOX

- CHICKEN SKEWER G (WHEAT) D SD
- PORK SKEWER G (WHEAT) D SD
- LOUKANIKO BEEF & PORK SAUSAGE SKEWER G (WHEAT) D E MU S C SD SO
- LAMB SKEWER G (WHEAT) D
- LAMB MEATBALLS G (WHEAT) D E MU S SD

#### SOUVLAKI WRAPS

- LOUKANIKO SAUSAGE\* G (WHEAT) D E MU S C SO SD
- PORK\* G (WHEAT) D SD
- CHICKEN WITH MUSTARD\* G (WHEAT) D E MU SD
- CHICKEN WITH TZATSIKI\* G (WHEAT) D SD
- LAMB MEATBALLS\* D G (WHEAT) MU E S
- HALLOUMI\* D G (WHEAT) V
- FALAFEL WITH TAHINI\* G (WHEAT) S V VG
- VEGAN MEATBALLS WITH VEGAN AIOLI\* G (WHEAT) SO MU SD V VG

#### COLD MEZE

- TARAMASALATA F (COD) G (WHEAT) SO S SD
- HOUMOUS S SD V VG
- MELITZANOSALATA SD V VG
- SPICY FETA DIP (HTIPITI) D SD V
- TZATSIKI D SD V
- FLATBREAD G (WHEAT) V VG
- FAVA SD V VG

#### HOT MEZE

- HALLOUMI POPCORN\* D V
- HALLOUMI FRIES\* D V
- DOLMADES D MU SD C
- SPINACH TIROPITAKIA\* D G (WHEAT) SD V
- GIGANDES WITH SPINACH C SD V VG
- GRILLED AUBERGINE SD V VG
- TONIA'S PRAWNS CR (PRAWNS) G (WHEAT) C D SD
- PRAWNS SAGANAKI CR (PRAWNS) D SD (AVAILABLE ONLY IN TRG ST PAUL)
- FRIED KALAMARI\* E G (WHEAT) M (KALAMARI) SD
- BBQ CHICKEN WINGS SO SD
- HALLOUMI & VEGETABLE SKEWER D SD V
- FALAFEL\* S SD V VG

#### SIDES

- GREEK SALAD D SD V
- CHIPS\* V VG
- AEGEAN SLAW SD V VG
- MEDITERRANEAN RICE D SD V
- VEGAN MEDITERRANEAN RICE C V VG (AVAILABLE ONLY IN TRG ST PAUL)

#### DESSERTS

- BAKLAVA D G (WHEAT) P (PEANUTS) N (WALNUTS, ALMONDS, PISTACHIOS) V
- CARAMEL & PECAN CHEESECAKE D G (WHEAT) E N (PECANS)
- PORTOKALOPITA G (WHEAT) E D V
- CHOCOLATE MOUSSE CAKE D G (WHEAT) E SO V

#### 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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Note:

- Lemon Mayonnaise E SD V
- Minted Greek Yoghurt D V
- Tahini Dip S V VG
- Vegan Aioli MU SO SD V VG
- Greek Mustard Sauce G (Wheat) MU E SD V
- Smoked Chilli Relish SO SD V VG

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