

THE REAL GREEK

EAT TOGETHER

ALLERGEN & KCAL MENU

TO START

HALLOUMI POPCORN* D V **577kcal**
GREEK OLIVES SD V VG **314kcal**
WARM GREEK FLATBREAD
G (WHEAT) V VG **533kcal**
CRUDITÉS C SD V VG **58kcal**

HOT MEZE

VEGGIE / VEGAN

DOLMADES **408kcal** MU C SD V (D IF YOU REQUEST THEM WITH YOGHURT **426kcal**)
GRILLED AUBERGINE SD V VG **97kcal**
GIGANDES WITH SPINACH
C SD V VG **540kcal**
HALLOUMI & VEGETABLE SKEWER
D SD V **555kcal**
SPINACH PIE (SPANAKOPITA)*
D G (WHEAT) SD V **792kcal**
FALAFEL* S SD V VG **512kcal**

SEAFOOD

PRAWN SAGANAKI
CR (PRAWNS) D SD **290kcal**
FRIED KALAMARI*
E G (WHEAT) M (KALAMARI) SD **727kcal**
CRISPY COD*
F (COD) G (WHEAT) E SD **778kcal**
GRILLED OCTOPUS WITH FAVA
M (OCTOPUS) SD **202kcal**

SOUVLAKI WRAPS

LOUKANIKO SAUSAGE*
G (WHEAT) D E MU S C SO SD **747kcal**
PORK* G (WHEAT) D SD **931kcal**
CHICKEN WITH MUSTARD*
D E G (WHEAT) MU SD **751kcal**
CHICKEN WITH TZATZIKI*
G (WHEAT) D SD **620kcal**
LAMB MEATBALLS*
D G (WHEAT) MU E S **559kcal**
HALLOUMI* D G (WHEAT) V **714kcal**
FALAFEL WITH TAHINI*
G (WHEAT) S SD V VG **684kcal**

COLD MEZE

TARAMASALATA
F (COD) G (WHEAT) SO S SD **761kcal**
TZATZIKI D SD V **311kcal**
FAVA SD V VG **480kcal**
HOUMOUS S SD V VG **508kcal**
SPICY FETA DIP (HTIPITI) D SD V **639kcal**

MEAT / CHICKEN

GREEK MOUSSAKA
D G (WHEAT) SD **420kcal**
LAMB MEATBALLS
D G (WHEAT) E MU S SD **435kcal**
CHICKEN MONASTIRAKI D SD **342kcal**
PORK SKEWER SD **267kcal**
CHICKEN SKEWER D SD **260kcal**
LOUKANIKO SAUSAGE
E D G (WHEAT) MU S C SD SO **613kcal**

GREEK PLATTER

GREEK PLATTER **4502Kcal**
VEGETARIAN PLATTER **3908Kcal**
FISH PLATTER **2430Kcal**

SIDES & SALADS

GREEK SALAD D SD V **254kcal / 508kcal**
"NO FETA" GREEK SALAD SD V VG **209kcal**
CHIPS* V VG **813kcal / 1219kcal**
HALLOUMI FRIES* D V **689kcal**
MEDITERRANEAN RICE C V VG **378kcal**
AEGEAN SLAW SD V VG **240kcal**

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	

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.

(*Halloumi Popcorn, Crispy Cod, Salt Cod, Falafel, Spinach Pie, 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
Greek Mustard Sauce G (Wheat) MU E SD V

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EAT TOGETHER

DESSERT ALLERGEN & KCAL MENU

DESSERTS

GREEK FILO CUSTARD PIE*

D G (WHEAT) E V **958kcal**

BAKLAVA

D G (WHEAT) P (PEANUTS) N (WALNUTS, ALMONDS, PISTACHIOS) V **345kcal**

MIXED BERRY CHEESECAKE

G (WHEAT) D E **315kcal**

CHOCOLATE MOUSSE CAKE

D G (WHEAT) E SO V **333kcal**

GREEK ORANGE CAKE

G (WHEAT) E D V **821kcal**

GREEK YOGHURT WITH WALNUTS

IN SYRUP D N (WALNUTS) V **250kcal**

LOUKOUMIA D N (ALMONDS) **216kcal**

SORBET

LEMON V VG **261kcal**

MANGO V VG **283kcal**

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**

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

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

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EAT TOGETHER

LUNCH ALLERGEN & KCAL MENU

GREEK PLATE

MEZE

- PORK SKEWER 228kcal
- CHICKEN SKEWER D 229kcal
- HALLOUMI & VEGETABLE SKEWER D V 516kcal
- LAMB MEATBALLS D G (WHEAT) E MU S 345Kcal
- GRILLED AUBERGINE SD V VG 97kcal
- FALAFEL* S SD V VG 137kcal
- LOUKANIKO SAUSAGE E G (WHEAT) D MU S C SD SO 565kcal

ALL SERVED WITH YOUR CHOICE OF

- FLATBREAD G (WHEAT) V VG 202kcal
- CRUDITÉS C SD V VG 58kcal
- HOUMOUS S SD V VG 131kcal
- TZATZIKI D SD V 71kcal
- MEDITERRANEAN RICE C V VG 163kcal
- CHIPS* V VG 813kcal
- GREEK SALAD D SD V 85kcal
- GIGANDES WITH SPINACH C SD V VG 205kcal

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

SOUVLAKI WRAP & SIDE

SOUVLAKI WRAP

- LOUKANIKO SAUSAGE* G (WHEAT) D MU S D C SO SD E 747kcal
- PORK SOUVLAKI* G (WHEAT) D SD 931kcal
- CHICKEN WITH MUSTARD* D E G (WHEAT) MU SD 715kcal
- CHICKEN WITH TZATZIKI* G (WHEAT) D SD 620kcal
- LAMB MEATBALLS* G (WHEAT) D MU E S 559kcal
- HALLOUMI* D G (WHEAT) V 714kcal
- FALAFEL WITH TAHINI* G (WHEAT) S SD V VG 684kcal

SIDES

- GREEK SALAD D SD V 254Kcal
- AEGEAN SLAW SD V VG 240Kcal
- CHIPS* V VG 813Kcal
- MEDITERRANEAN RICE C V VG 378Kcal

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, Chips, all Souvlaki Wraps – due to chips inside).

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THE REAL GREEK

EAT TOGETHER

KIDS ALLERGEN & KCAL MENU

MAIN COURSES

KIDS SOUVLAKI WRAP

CHOOSE FROM

CHICKEN D G (WHEAT) SD **480kcal**

OR HALLOUMI G (WHEAT) D V SD **590kcal**

OR LOUKANIKO SAUSAGE
MU S E G (WHEAT) C D SO SD **480kcal**

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

TOMATO AND CUCUMBER SALAD
V VG **16kcal**

OR CHIPS* V VG **377kcal**

OR

KIDS MEZE SELECTION

CHOOSE FROM

LOUKANIKO SAUSAGE
MU S E G (WHEAT) C D SO SD **251kcal**

OR FLATBREAD G (WHEAT) V VG **267kcal**

OR TZATZIKI D SD V **77kcal**

OR CHIPS* V VG **377kcal**

OR CRUDITÉS C V VG **27kcal**

OR CHICKEN D **126kcal**

OR HALLOUMI V SD D **153kcal**

OR HOUMOUS S SD V VG **136kcal**

DESSERT

ICE CREAM

CHOOSE FROM

VANILLA D V **210kcal**

OR CHOCOLATE D V SO **217kcal**

OR STRAWBERRY D V **156kcal**

OR PISTACHIO D N (ALMONDS, HAZELNUTS & PISTACHIOS) V **207kcal**

OR

SORBET

CHOOSE FROM

LEMON V VG **130kcal**

OR MANGO V VG **141kcal**

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

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V VEGETARIAN

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(*Chips)

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TAKEAWAY ALLERGEN & KCAL MENU

GREEK MEAL BOX

CHICKEN SKEWER G (WHEAT) D SD C
BOXES WITH CHIPS*
Rice 1259kcal / Chips 1223kcal

PORK SKEWER G (WHEAT) D SD C
BOXES WITH CHIPS*
Rice 1274kcal / Chips 1238kcal

LOUKANIKO SAUSAGE
G (WHEAT) D E MU S C SD SO
BOXES WITH CHIPS*
Rice 1950kcal / Chips 1914kcal

LAMB MEATBALLS
G (WHEAT) D E MU S SD C
BOXES WITH CHIPS*
Rice 1317kcal / Chips 1281kcal

COLD MEZE

TARAMASALATA
F (COD) G (WHEAT) SO S SD 863kcal

HOUMOUS S SD V VG 616kcal

SPICY FETA DIP (HTIPITI) D SD V 396kcal

TZATZIKI D SD V 301kcal

FLATBREAD G (WHEAT) V VG 410kcal

FAVA SD V VG 585kcal

HOT MEZE

HALLOUMI POPCORN* D V 239kcal

HALLOUMI FRIES* D V 305kcal

DOLMADES D MU SD C 399kcal

SPINACH TIROPITAKIA*
D G (WHEAT) SD V 1013kcal

GIGANDES WITH SPINACH
C SD V VG 329kcal

GRILLED AUBERGINE SD V VG 138kcal

PRAWNS SAGANAKI
CR (PRAWNS) D SD 171kcal

FRIED KALAMARI*
E G (WHEAT) M (KALAMARI) SD 727kcal

HALLOUMI & VEGETABLE SKEWER
D SD V 614kcal

FALAFEL* S SD V VG 512kcal

SOUVLAKI WRAPS

LOUKANIKO SAUSAGE*
G (WHEAT) D E MU S C SO SD 747kcal

PORK* G (WHEAT) D SD 931kcal

CHICKEN WITH MUSTARD*
G (WHEAT) D E MU SD 751kcal

CHICKEN WITH TZATZIKI*
G (WHEAT) D SD 620kcal

LAMB MEATBALLS*
D G (WHEAT) MU E S 559kcal

HALLOUMI* D G (WHEAT) V 714kcal

FALAFEL WITH TAHINI*
G (WHEAT) S SD V VG 684kcal

SIDES

GREEK SALAD D SD V 353kcal

CHIPS* V VG 368kcal

AEGEAN SLAW SD V VG 157kcal

MEDITERRANEAN RICE C V VG 331kcal

DESSERTS

BAKLAVA
D G (WHEAT) P (PEANUTS) N (WALNUTS,
ALMONDS, PISTACHIOS) V 136kcal

MIXED BERRY CHEESECAKE
G (WHEAT) D E 136kcal

PORTOKALOPITA G (WHEAT) E D V 136kcal

CHOCOLATE MOUSSE CAKE
D G (WHEAT) E SO V 136kcal

CARAMEL & PECAN CHEESECAKE
D G (WHEAT) E N (PECANS) 136kcal

ALLERGENS KEY

D DAIRY

MU MUSTARD

N NUTS

L LUPIN

S SESAME

G GLUTEN

E EGG

C CELERY

CR CRUSTACEANS

F FISH

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(*Halloumi Popcorn, Halloumi Fries, Falafel, Spinach Tiropitakia, Chips, Fried Kalamari, Greek meal box served with chips, 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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