

THE REAL GREEK

EAT TOGETHER

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

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.

(*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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