

THE REAL GREEK

ALLERGEN & KCAL MENU

TO START

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

COLD MEZE

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

HOT MEZE

DOLMADES MU C SD V **408kcal**
SPINACH PIE (SPANAKOPITA)*
D G (WHEAT) SD V **792kcal**
COURGETTE FRITTERS*
G (WHEAT) S **266kcal**
FRIED KALAMARI*
G (WHEAT) M (KALAMARI) SD **727kcal**
GREEK MOUSSAKA
D G (WHEAT) C SD **420kcal**

SOUVLAKI WRAPS

LOUKANIKO PORK SAUSAGE*
G (WHEAT) S MU E SD SO C D **747kcal**
CHICKEN WITH TZATZIKI*
G (WHEAT) D S **620kcal**
CHICKEN WITH GREEK MUSTARD*
G (WHEAT) D E MU S **751kcal**
COURGETTE FRITTER*
G (WHEAT) S V VG **888kcal**
HALLOUMI* D G (WHEAT) S MU **714kcal**
PORK BELLY* D G (WHEAT) S **1101kcal**

GREEK SHARING PLATTERS

MEAT PLATTER
SD G (WHEAT) SO S MU C D **3678kcal**
VEGETARIAN PLATTER
D G (WHEAT) MU C SD S **4002kcal**
SEAFOOD PLATTER
M (KALAMARI, OCTOPUS) CR (PRAWNS)
G (WHEAT) SO S SD D **3022kcal**

GREEK TRIO DIP

WARM GREEK FLATBREAD
G (WHEAT) S V VG **533kcal**
TARAMASALATA
F (COD) G (WHEAT) SO S SD **333kcal**
TZATZIKI D SD V **136kcal**
HOUMOUS S SD V VG **280kcal**
WHIPPED SPICY FETA D V **kcal**

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

SOUVLAKI GRILL

KING PRAWNS CR (PRAWNS) SD **310kcal**
OCTOPUS M (OCTOPUS) SD **139kcal**
LAMB FILLET SD **488kcal**
PORK BELLY SD **636kcal**
LOUKANIKO PORK SAUSAGE
G (WHEAT) SO S MU C D SD **595kcal**
CHICKEN BREAST SD **324kcal**
HALLOUMI D SD V **516kcal**
SPICY PEPPER & MUSHROOM
SD V VG **98kcal**
CHICKEN WINGS SD **572kcal**

SIDES & SALADS

GREEK SALAD D SD V **422kcal / 722kcal**
"NO FETA" GREEK SALAD SD V VG **209kcal**
HALLOUMI FRIES* D V **689kcal**
CHIPS* V VG **813kcal / 1219kcal**
QUINOA SALAD V VG **133kcal**
GREEN LEAF SALAD SD V VG **241kcal**
CHICKPEA SALAD V VG **200kcal**

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.

(* Chips, Courgette Fritters, Fried Kalamari, 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

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20th May 2025

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 BELLY SD **636kcal**

LOUKANIKO PORK SAUSAGE

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

CHICKEN BREAST SD **324kcal**

HALLOUMI D SD V **516kcal**

SPICY PEPPER & MUSHROOM

SD V VG **98kcal**

CHICKEN WINGS SD **572kcal**

COURGETTE FRITTER*

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

ALL SERVED WITH YOUR CHOICE OF

GREEK SALAD D SD V **422kcal / 722kcal**

"NO FETA" GREEK SALAD SD V VG **209kcal**

CHIPS* V VG **813kcal / 1219kcal**

GREEK FLATBREAD

G (WHEAT) S V VG **533kcal**

TZATZIKI D SD V **71kcal**

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

SOUVLAKI WRAP & SIDE

SOUVLAKI WRAP

LOUKANIKO PORK SAUSAGE*

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

CHICKEN WITH TZATZIKI*

G (WHEAT) S D **620kcal**

CHICKEN WITH GREEK MUSTARD*

G (WHEAT) S D E MU **751kcal**

COURGETTE FRITTER*

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

HALLOUMI* D G (WHEAT) S MU **714kcal**

PORK BELLY* D G (WHEAT) S **1101kcal**

SIDES

GREEK SALAD D SD V **422kcal**

CHIPS* V VG **813kcal**

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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(*Chips, Courgette Fritters all Souvlaki Wraps – due to chips inside).

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20th May 2025

THE REAL GREEK

DESSERT ALLERGEN & KCAL MENU

DESSERTS

GREEK ORANGE CAKE

G (WHEAT) E D V **684kcal**

GREEK YOGHURT WITH HONEY

D V **158kcal**

GREEK FILO CUSTARD PIE*

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

BAKLAVA

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

BAKED CHEESECAKE

G (WHEAT) D E V **350kcal**

CHOCOLATE MOUSSE CAKE

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

LOUKOUMIA

D N (ALMONDS) **216kcal**

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 (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

OAT MILK

ALLERGENS KEY

D DAIRY

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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 132kcal

OR LOUKANIKO 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

CHOOSE YOUR SERVE

ALL SERVED WITH

CHIPS V VG 337kcal

TOMATO & CUCUMBER CHUCKS

V VG 156kcal

IN A PLATE OF WRAPPER IN

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

MU MUSTARD

N NUTS

L LUPIN

S SESAME

G GLUTEN

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C CELERY

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F FISH

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(*Chips)

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