

# THE REAL GREEK

EAT TOGETHER

## ALLERGEN MENU

### STARTER

**CRUDITES** C SD V VG

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

### COLD MEZE

**YELLOW FAVA** SD V VG

**HOUMOUS** S SD V VG

**TZATZIKI** D SD V

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

**MELITZANOSALATA** SD V VG

**TARAMASALATA** F (Cod) G (Wheat) SO S SD

### HOT MEZE

**LAMB MEATBALLS** G (Wheat) E D MU SO SD

**CHICKEN WITH POURGOURI** G (Wheat) D C

**LOUKANIKO STEW WITH VEGETABLES**  
G (Wheat) E D C MU S SO SD

**SALT COD\*** G (Wheat & Barley) F (Cod) MU SO SD

**LAMB KOKKINISTO** G (Wheat) D SD

**PORK MONASTIRAKI** E D MU SD

**MUSHROOM BUTTERNUT SQUASH SKEWER**  
SD V VG

**CAULIFLOWER STEAK** SO SD V VG

**VEGAN CHICKEN MONASTIRAKI** SO SD V VG

### SIDE & SALADS

**CHIPS\*** V VG

**AEGEAN SLAW** SD V VG

**MEDITERRANEAN RICE** D V

**NO FETA GREEK SALAD** SD 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**

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. (\*Salt Cod, Chips).

November 2023