



# THE REAL GREEK

## APÉRITIF

GLASS OF PROSECCO (125ml).....	7.00
PROSECCO BELLINI (125ml).....	7.00
NEGRONI .....	7.25
APEROL SPRITZ.....	7.25

## TO START




GREEK FLATBREAD 	3.50
533kcal V VG	
Add olive oil & Dukkah, a spicy mix of ground, dry roasted nuts and seeds. 621kcal V VG 	
	3.75

GREEK OLIVES 	3.30
314kcal V VG GF	
CRUDITÉS 	3.50
Fresh-cut carrot, celery and cucumber, drizzled with white wine vinegar. 58kcal V VG GF	
THE REAL GREEK HALLOUMI POPCORN.....	6.45
Dressed with lemon & thyme infused honey. 577kcal V	

WE RECOMMEND 3 OR 4 MEZE PER PERSON. COLD MEZE ARE SERVED FIRST, HOT FOLLOWS WHEN READY. PERFECT FOR SHARING

## COLD MEZE

TARAMASALATA.....	5.00
Our daily creamy blend with naturally undyed cod roe. It's not meant to be pink! 761kcal	
CHICKPEAS (REVITHIA) .....	4.75
Chickpeas with handfuls of herbs, roasted red peppers and an orange vinaigrette. 417kcal V GF <b>NEW</b>	
TZATZIKI .....	5.25
Cool, tangy Greek yoghurt with cucumber, gherkin and garlic. 286kcal V GF	
SANTORINI FAVA 	5.25
Yellow lentils from Santorini, cooked and blended with herbs and spices, topped with a salsa of tomatoes, onions, capers and caper powder. 434kcal V VG GF	
GREEN PEA FAVA 	5.25
Mashed green peas with olive oil and lemon, topped with spring onions and tomato. 361kcal V VG GF	



HOUMOUS 	5.50
Our daily blend of chickpeas, rich in tahini and spiced with cumin, topped with paprika and roasted red peppers. 457kcal V VG GF	
SPICY FETA DIP (HTIPITI) .....	5.50
Roasted pepper and cheese dip, finished with a touch of chilli. 571kcal V GF	
MELITZANOSALATA 	5.50
A light and fragrant blend of smoked aubergine, garlic, red onion, roasted red peppers and lemon. 391kcal V VG GF	
BEETROOT, FETA & LENTIL SALAD .....	5.50
Green lentils, beetroot and feta in our tangy orange vinaigrette. 962kcal V GF	
VEGAN BEETROOT & LENTIL SALAD 	5.25
Green lentils, beetroot and orange slices, dressed with olive oil & vinegar. 306kcal V VG GF	

## HOT MEZE

VEG & DAIRY	
GIGANDES WITH SPINACH 	5.75
Hearty giant beans and spinach, cooked in a tomato and garlic sauce. 540kcal V VG GF	
SPINACH TIROPITAKIA.....	6.50
Three filo pastry parcels with creamy leek, spinach and feta filling, handmade daily. 792kcal V	
VEGAN MEATBALLS – SOUTZOUKAKIA 	7.45
Vegan meatballs, served in a tomato and cumin Soutzoukakia sauce. 332kcal V VG	
GRILLED AUBERGINE 	6.25
Chargrilled aubergine served with garlic and tomato sauce. 97kcal V VG GF	
HALLOUMI & VEGETABLE SKEWER.....	7.25
Halloumi, skewered with peppers and courgettes. Served on a bed of Greek Slaw. 242kcal V GF	
FALAFEL 	6.30
Our signature recipe, served with a tahini dip. 512kcal V VG	
JACKFRUIT STIFADO 	6.65
Jackfruit, slow-cooked with button mushrooms, shallots and aniseed. 182kcal V VG GF	
DOLMADES .....	6.30
Vine leaves stuffed with rice, tomato and fresh herbs. Served with Greek yoghurt. 426kcal V GF	
THE REAL GREEK HALLOUMI FRIES .....	6.75
Dressed with lemon & thyme infused honey. 689kcal V	
CHICKPEA FILO TRIANGLES 	6.25
Two filo pastry parcels with chickpeas, cumin, turmeric, and a touch of sundried tomato and chilli. 593kcal V VG	

## SIDES & SALADS

GREEK SALAD .....	5.00
With cherry tomatoes, cucumber, peppers, Greek olives, red onion, feta and olive oil, finished with Greek oregano from Mavrouda, Thessaloniki. 269kcal V GF	
Make it vegan without feta 	4.50
200kcal V VG GF	
NEW POTATOES 	3.75
Tossed in olive oil and oregano. 325Kcal V VG GF	
CHIPS 	3.75
Fluffy, light and fried to perfection. 813kcal V VG	
POURGOURI – BULGUR WHEAT 	4.25
A classic Cypriot dish. Tonia's mother's recipe of cracked wheat with tomatoes and onion. 190kcal V VG	

SAFFRON RICE .....	4.00
Long-grain rice dressed with olive oil and fragrant Kozanis saffron. 284kcal V GF	
AEGEAN SLAW 	4.25
Thinly shredded cabbage, carrot, red and green peppers, with an olive oil dressing. 240kcal V VG GF	
GREEK SLAW .....	4.25
Thinly shredded cabbage, carrot, red and green peppers, with a Greek yoghurt and mayonnaise dressing. 238kcal V GF <b>NEW</b>	
POTATO SALAD 	3.75
New potatoes tossed in herbs, on a bed of sweet red pepper coulis. 160kcal V VG GF <b>NEW</b>	

## SOUVLAKI WRAPS

Our gorgeous flatbread filled with chips, fresh tomatoes, red onion and sweet paprika. Please tell your server if you don't want chips inside! *Kalamari option doesn't include chips, tomato, onion or paprika.	7.00 each
LOUKANIKO SAUSAGE with Greek Slaw. 741kcal	
KALAMARI with Taramasalata and cucumber ribbons. 630kcal <b>NEW</b>	
PORK BELLY with Tzatziki. 557kcal	
PORK SKEWER with Tzatziki. 889kcal	
CHICKEN with Greek mustard sauce. 638kcal	
LAMB MEATBALLS with minted yoghurt. 559kcal	
HALLOUMI with minted yoghurt. 714kcal V	
FALAFEL 	with tahini. 684kcal V VG
JACKFRUIT GYROS 	with vegan aioli. 729kcal V VG
VEGAN MEATBALLS 	with vegan aioli. 673kcal V VG

## FILOXENIA DINNER MENU

FOUR DISHES FOR 14.95pp

AVAILABLE SUNDAY – THURSDAY FROM 5.00PM

### 1. CHOOSE A DISH

Greek Flatbread V VG or Crudités V VG GF

### 2. CHOOSE ONE OF THESE COLD MEZE

Santorini Fava V VG GF or Green Pea Fava V VG GF  
or Houmous V VG GF or Tzatziki V GF or  
Spicy Feta Dip (Htipiti) V GF or Melitzanosalata V VG GF  
or Taramasalata

### 3. CHOOSE ONE OF THESE HOT MEZE

Chicken Skewer GF or BBQ Chicken Wings GF  
or Chicken Monastiraki GF  
or Loukaniko Beef & Pork Sausage Skewer  
or Pork Skewer GF or Lamb Meatballs or Fried Kalamari  
or Salt Cod or Halloumi & Vegetable Skewer V GF  
or Spinach Tiropitakia V or Chickpea Filo Triangles V VG  
or Gigandes with Spinach V VG GF or Falafel V VG  
or Dolmades V GF or Grilled Aubergine V VG GF  
or Jackfruit Stifado V VG GF  
or Vegan Meatballs – Soutzoukakia V VG

### 4. CHOOSE ONE OF THESE SIDES & SALADS

Saffron Rice V GF or Aegean Slaw V VG GF  
or New Potatoes V VG GF or Chips V VG  
or Pourgouri – Bulgur Wheat V VG

\*For your total meal calories, don't forget to add up the Kcal from the options you select.

*This menu cannot be discounted.*

## SET MENUS

FOR TWO OR MORE

AVAILABLE ALL DAY, EVERYDAY

### TONIA'S SELECTION

38.00 FOR TWO TO SHARE

CHOOSE 8 DISHES

1. Crudités V VG GF or Greek Flatbread V VG
2. Houmous V VG GF or Spicy Feta Dip (Htipiti) V GF
3. Santorini Fava V VG GF or Melitzanosalata V VG GF
4. Tonia's Prawns or Halloumi & Vegetable Skewer V GF
5. Spinach Tiropitakia V or Grilled Aubergine V VG GF
6. BBQ Chicken Wings GF or Gigandes with Spinach V VG GF
7. Lamb Meatballs or Falafel V VG
8. Saffron Rice V GF or Chips V VG

### SANTORINI

#### 42.00 FOR TWO TO SHARE

CHOOSE 8 DISHES

1. Crudités V VG GF or Greek Flatbread V VG
2. Tzatziki V GF or Houmous V VG GF
3. Santorini Fava V VG GF or Spicy Feta Dip (Htipiti) V GF
4. Dolmades V GF or Chickpea Filo Triangles V VG
5. Tonia's Prawns or Falafel V VG
6. Chicken Skewer GF or Halloumi & Vegetable Skewer V GF
7. Lamb Meatballs or Jackfruit Stifado V VG GF
8. New Potatoes V VG GF or Pourgouri – Bulgur Wheat V VG

\*For your total meal calories, don't forget to add up the Kcal from the options you select.

## SEAFOOD

FRIED KALAMARI .....	7.75
Crisp squid rings served with lemon mayonnaise. 727kcal	
SALT COD.....	7.75
Fresh cod, home-cured then dipped in beer batter and fried. Served with lemon mayonnaise. 778kcal	
TONIA'S PRAWNS .....	7.95
Tonia's recipe of tiger prawns in a rich tomato sauce, with Pourgouri (bulgur wheat with tomatoes and onion), spinach, pickled peppers and feta. 290kcal	

## POULTRY

CHICKEN MONASTIRAKI .....	7.50
Chicken, marinated with Greek herbs, served with tzatziki, onion and tomatoes. 342kcal GF	
BBQ CHICKEN WINGS.....	6.15
Succulent chicken wings marinated in a smoked chilli relish. 458kcal GF	
CHICKEN SKEWER .....	7.50
Chicken, skewered with onions and peppers. Served on a bed of Greek Slaw. 259kcal GF	

## MEAT

GREEK MOUSSAKA .....	7.95
A classic Greek dish – hearty and rich, with lamb mince. Served as a meze portion. Subject to availability. 420kcal	
LAMB MEATBALLS .....	7.50
Handmade lamb patties grilled and topped with Greek yoghurt, tomato sauce and onions. 435kcal	
LAMB KEFTE.....	7.25
Lamb, minced and marinated with Anatolian spices. Served with minted Greek yoghurt. 445kcal	
LAMB SKEWER.....	7.50
Lamb, skewered with onions and peppers. Served on a bed of Greek Slaw. 705kcal GF	
PORK BELLY.....	7.95
Slow-roasted pork belly, with oregano, paprika and red onion. 503kcal GF	
PORK SKEWER 	7.45
Served on a bed of Greek Slaw. 722kcal GF <i>25p of each sale of this dish will be donated to Pancreatic Cancer UK</i>	
LOUKANIKO BEEF & PORK SAUSAGE SKEWER .....	7.25
Traditional Greek sausage from Thrace, chargrilled and served on a bed of Greek Slaw. 612kcal	

## WHITE WINE

**ELLINAS WHITE** ..... 5.25 | 13.75 | 19.00  
Specially bottled in Thessaloniki for us. Dry, delicate and floral, with fragrant fruit on the palate. **Greece**

**ATHIRI** ..... 7.00 | 20.00 | 28.00  
This variety is grown in vineyards in the region of Halkidiki and produces a fresh, fruity, medium bodied wine. **Greece**

**KANENAS WHITE** ..... 6.75 | 19.00 | 27.00  
Soft and appealing, made from the grapes of the Maronia Vineyards in North-Eastern Greece. **Greece**

**MOSCHOFILERO** ..... 7.00 | 20.00 | 28.00  
This Moschofilero (*Mos-coh-FEE-ler-oh*) variety is grown in the region of Mantinia, in the Peloponnese. It has an intense flowery character, with rose petal aromas and citrus. **Greece**

**ABATON AGIORITIKO WHITE** ..... Bottle 32.00  
Abaton (*Avato*). Produced at the St. Panteleimon Monastery on Mount Athos, this is a combination of Athiri and Assyrtiko. The vineyards of Mount Athos are cultivated by the Monks. **Greece** †

**MEGA SPILEO MALAGOUSIA WHITE** ..... Bottle 30.00  
The Malagousia (*Mala-goo-zia*) variety has a complex and aromatic profile, with ripe peaches and apricots. This variety produces wine with a moderate acidity and full palate. **Greece**

**ASSYRTIKO ORGANIC ATHANASIOU** ..... Bottle 34.00  
The most well-known Greek grape variety is Assyrtiko (*Ah-SEER-tee-koh*) by far, grown across Greece. An organic wine with distinctive citrus fruit aromas and a crisp finish. **Greece**

**CAVINO – IONOS WHITE** ..... 5.75 | 16.25 | 23.00  
Ionos (*E-onos*). Easy drinking and dry, from vineyards at altitude on the coastal slopes of North Peloponnese. **Greece**

**RETSINA** ..... 5.35 | 14.00 | 20.00  
A traditional Greek classic with intense aromas of grapes and pine. **Greece**

**SAUVIGNON BLANC** ..... 6.50 | 18.25 | 26.00  
This Italian Sauvignon features fresh aromas of figs, apricot and orange flowers. A crisp and refreshing wine with a gentle sweetness which invites another glass. **Italy**

**PINOT GRIGIO** ..... 6.50 | 18.25 | 26.00  
This Pinot Grigio showcases soft aromatic flavours of white peach and pear and notes of perfumed rose. **Italy**

## RED WINE

**ELLINAS RED** ..... 5.25 | 13.75 | 19.00  
Specially bottled in Thessaloniki for us. This deep red wine features inviting ripe berry fruit aromas. **Greece**

**KANENAS RED** ..... 6.75 | 19.00 | 27.00  
A very popular wine in Greece, known for its complex palate, red fruit and a velvety smoked taste. **Greece**

**AGIORGITIKO RED** ..... 7.00 | 20.00 | 28.00  
The Agiorgitiko (*Ah-yor-YEE-te-ko*) variety is the most famous red grape variety in Greece. This Namea wine is produced in the Peloponnese, with elegant notes of sweet spices and a fruity aftertaste. **Greece**

**MERLOT** ..... 6.50 | 18.25 | 26.00  
An Italian Merlot with aromas of cherry and wild plum flavours. **Italy**

**XINOMAVRO RED** ..... 7.00 | 20.00 | 28.00  
This Xinomavro (*Ksee-NOH-mavro*) variety is produced in Naoussa, Northern Greece. It's a medium-bodied and dry on the palate red wine, with fruity and spicy flavours. **Greece**

**ABATON AGIORITIKO RED** ..... Bottle 37.00  
Abaton (*Avato*). Produced at the St. Panteleimon Monastery on Mount Athos. The Monks of the Monastery created this unique red wine using Xinomavro (*Ksee-NOH-mavro*), Grenache and Limnio grapes. **Greece** †

**CAVINO – IONOS RED** ..... 5.75 | 16.25 | 23.00  
Ionos (*E-onos*). From the slopes of North Peloponnese. This fresh, dry easy drinking red has aromas of morello cherries that are balanced with spicy notes of black pepper. **Greece**

**NERO D'AVOLA** ..... 6.35 | 18.00 | 25.00  
This fresh, ruby-coloured red shows an elegant structure on the palate. On the nose it's fruity with aromas of cherry. **Italy**

**METOCHI MYLOPOTAMOS RED** ..... Bottle 35.00  
Metochi (*M-e-to-hee*). An organic red wine that combines the traditional winemaking of Mount Athos with modern techniques. A bright crimson colour with soft and gentle aromas of berries. Rich, mature with a lingering finish. **Greece** †

## ROSÉ WINE

**MAKEDONIKOS ROSÉ** ..... 5.75 | 16.25 | 23.00  
Makedonikos (*Mak-e-thonikos*). A vibrant rosé, with ripe strawberries on the nose and raspberry jam-like flavours. **Greece**

**EMMETROS LOGOS XINOMAVRO ROSÉ** ..... Bottle 30.00  
A light, dry rosé wine, made from Xinomavro (*Ksee-NOH-mavro*) and Syrah varieties and flavours of strawberry and pomegranate. **Greece**

**ROSATO** ..... 6.50 | 18.25 | 26.00  
This rosé is crystal clear with a very fine and pleasurable nose. Red fruit and spices are the scents come at first, followed by herbal notes. **Italy**

## DESSERT WINE

**MAVRODAPHNE** ..... 125ml 4.50 | Bottle 21.00  
Mavrodaphne (*Mah'v-ro-dahf-nee*). A great wine with a velvety sweetness that reveals its rich aromatic character. **Greece**

## BUBBLES

**PROSECCO** ..... 125ml 7.00 | Bottle 30.00

**PERRIER JOUET GRAND BRUT** ..... Bottle 55.00

## GREEK SPIRITS

**KANENAS TSIPOURO** ..... 25ml 4.35 | 200ml Bottle 20.00  
Tsipouro (*Tsee-pour-oh*) - the Greek version of grappa, the young brother of Ouzo, is a new member of our Greek spirits section. This Tsipouro is produced from the Malagousia (*Mala-goo-zia*) grapes in Northern Greece. You can drink it over-ice or straight. The perfect after-meal digestive!

**OUZO TSANTALI** ..... 50ml Bottle 4.40  
A traditional aperitif with anise as a basic ingredient. It can be served with ice or water.

**METAXA** ..... 25ml 4.50

## OTHER SPIRITS

**VODKA, GIN, WHISKEY OR JACK DANIEL'S** ..... 25ml 4.50  
More available, please ask. Prices exclude mixer.

## BEER & CIDER

HALF PINT | PINT

**DRAFT ALPHA OMEGA LAGER** ..... 2.90 | 5.50

**DRAFT ALPHA OMEGA PALE ALE** ..... 2.90 | 5.50

**MYTHOS BEER** ..... 330ml 4.50

**FIX HELLAS BEER** ..... 330ml 4.50

**NO ALCOHOL BEER** 69kcal ..... 330ml 3.75

**ALPHA OMEGA CIDER** ..... 330ml 4.25

## MINERAL WATER

330ml | 750ml

**STILL** ..... 2.75 | 4.00

**SPARKLING** ..... 2.75 | 4.00

## FRESH JUICES

**ORANGE** 126kcal, **APPLE** 135kcal,

**CRANBERRY** 102kcal **OR LEMON** 84kcal ..... 3.25

## SOFT DRINKS

**COCA-COLA** 139kcal ..... 330ml 3.25

**FANTA** 63kcal ..... 330ml 3.25

**DIET COKE** 1kcal ..... 330ml 3.15

**COCA-COLA ZERO SUGAR** 1kcal ..... 330ml 3.15

**SPRITE ZERO SUGAR** 3kcal ..... 330ml 3.15

**GINGER BEER** 66kcal ..... 330ml 3.15

† Mount Athos is a mountain and a peninsula in North Eastern Greece. It is an important centre of Eastern Orthodox monasticism. It's perhaps the only place in Greece where viticulture has been continuous from antiquity to the present day. For more than 1000 years, the monks of Mount Athos have produced wine without interruption.



### FULL ALLERGEN MENU AVAILABLE ON REQUEST

V items are suitable for vegetarians.

VG items are suitable for vegans.

GF items are suitable for coeliacs.

Although dishes identified are gluten free, as we have products in the restaurant that contain gluten, there is a possibility that traces of gluten may still be found in them. The same situation can occur with our vegetarian and vegan dishes, which can come in contact with other products. Menu descriptions may not include all ingredients; more detailed allergen information is available upon request. All our dishes may contain traces of nuts. An optional 12.5% service charge will be added to your bill.



# THE REAL GREEK

# LUNCH MENU

**CHOOSE BETWEEN**

GREEK TRIO

VEGAN PLATE

SOUVLAKI WRAP & SIDE

OR GREEK PLATE


PLUS GREEK FISH & CHIPS FRIDAYS!


**FOR 8.75**


**AVAILABLE**


MONDAY – FRIDAY

12.00PM – 5.00PM

 @TheRealGreekUK

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 @therealgreekuk

 @RealGreekTweet

# LUNCH 8.75 MENU

## CHOOSE BETWEEN

### GREEK TRIO

#### TOP

GREEK FLATBREAD 202kcal V VG OR

CRUDITÉS 18kcal V VG GF

With two ramekins of:

HOUMOUS 100kcal V VG GF OR

TZATZIKI 71kcal V GF OR

GREEN PEA FAVA 76kcal V VG GF OR

TARAMASALATA 186kcal OR

SPICY FETA DIP (HTIPITI) 126kcal V GF OR

MELITZANOSALATA 85kcal V VG GF OR

SANTORINI FAVA 99kcal V VG GF

(Choose two dips)

#### MIDDLE

Choose one:

LAMB KEFTE 445kcal OR

SPINACH TIROPITAKIA 792kcal V OR

GRILLED AUBERGINE 97kcal V VG GF OR

CHICKEN SKEWER 259kcal GF OR

FALAFEL 512kcal V VG OR

BBQ CHICKEN WINGS 458kcal GF OR

LOUKANIKO BEEF &  
PORK SAUSAGE SKEWER 612kcal OR

PORK SKEWER 722kcal GF OR

DOLMADES 426kcal V GF OR

GIGANDES WITH SPINACH  
540kcal V VG GF

#### BOTTOM

Choose one:

RICE 284kcal V GF OR

CHIPS 813kcal V VG OR

NEW POTATOES 325kcal V VG GF OR

POURGOURI-BULGUR WHEAT  
190kcal V VG OR

CHICKPEAS (REVITHIA) 417kcal V GF

## SOUVLAKI WRAP & SIDE

### CHOOSE ONE WRAP

Served with chips inside

LOUKANIKO BEEF & PORK SAUSAGE  
with Greek Slaw. 741kcal OR

PORK BELLY  
with Tzatziki. 557kcal OR

CHICKEN  
with Greek mustard sauce. 638kcal OR

LAMB MEATBALLS  
with minted yoghurt. 559kcal OR

PORK SKEWER  
with Tzatziki. 889kcal OR

HALLOUMI  
with minted yoghurt. 714kcal V OR

FALAFEL  
with tahini. 684kcal V VG OR

KALAMARI  
with Taramasalata & cucumber ribbons  
(no chips inside). 630kcal

### CHOOSE ONE SIDE

GREEK SALAD 269kcal V GF OR

CHIPS 813kcal V VG OR

SAFFRON RICE 284kcal V GF OR

NEW POTATOES 325kcal V VG GF OR

AEGEAN SLAW 240kcal V VG GF OR

GREEK SLAW 238kcal V GF OR

POURGOURI-BULGUR WHEAT  
190kcal V VG OR

POTATO SALAD 160kcal V VG GF

## GREEK PLATE

### CHOOSE BETWEEN

CHICKEN SKEWER 220kcal GF OR

LAMB MEATBALLS 435kcal OR

LOUKANIKO BEEF &  
PORK SAUSAGE SKEWER 573kcal OR

PORK SKEWER 683kcal GF OR

FALAFEL 163kcal V VG OR

HALLOUMI & VEGETABLE SKEWER  
203kcal V GF

All served with:

WARM FLATBREAD 81kcal V VG

SAFFRON RICE 144kcal V GF

TZATZIKI 71kcal V GF

GREEK SALAD 61kcal V GF

# VEGAN 8.75 LUNCH MENU

## CHOOSE BETWEEN

### VEGAN PLATE

A selection of our best vegan dishes, including:

GREEK FLATBREAD 81kcal V VG

CRUDITÉS 58kcal V VG GF

HOUMOUS 131kcal V VG GF

MELITZANOSALATA 112kcal V VG GF

SANTORINI FAVA 124kcal V VG GF

JACKFRUIT STIFADO 58kcal V VG GF

GIGANDES WITH SPINACH  
205kcal V VG GF

POURGOURI-BULGUR WHEAT  
69kcal V VG

## VEGAN SOUVLAKI WRAP & SIDE

### CHOOSE ONE WRAP

Served with chips inside

JACKFRUIT GYROS  
with vegan aioli. 729kcal V VG OR

VEGAN MEATBALLS  
with vegan aioli. 673kcal V VG OR

FALAFEL  
with tahini. 684kcal V VG

### CHOOSE ONE SIDE

"NO FETA" GREEK SALAD  
200kcal V VG GF OR

AEGEAN SLAW 240kcal V VG GF OR

NEW POTATOES 325kcal V VG GF OR

CHIPS 813kcal V VG OR

POURGOURI-BULGUR WHEAT  
190kcal V VG OR

POTATO SALAD 160kcal V VG GF

## GREEK FISH & CHIPS FRIDAYS 8.75

SALT COD, SERVED WITH  
CHIPS & TARAMASALATA, SPRINKLED  
WITH LEMON ZEST. 850kcal *NEW*  
\*AVAILABLE ON FRIDAYS ONLY

#### FULL ALLERGEN INFO AVAILABLE ON REQUEST

V items are suitable for vegetarians.  
VG items are suitable for vegans.  
GF items are suitable for coeliacs.

Although dishes identified are gluten free, as we have products in the restaurant that contain gluten, there is a possibility that traces of gluten may still be found in them. The same situation can occur with our vegetarian and vegan dishes, which can come in contact with other products. Menu descriptions may not include all ingredients; more detailed allergen information is available upon request. All our dishes may contain traces of nuts. Available for dine-in only. Cannot be used in conjunction with any other offer or promotion / discount. Not valid on Bank Holidays.

For your total meal calories, don't forget to add up the Kcal from the options you select. Adults need around 2000 kcal a day

**AN OPTIONAL 12.5% SERVICE CHARGE WILL BE ADDED TO YOUR BILL**



# THE REAL GREEK



## DESSERTS

<b>BAKLAVA <i>NEW</i></b> .....	<b>4.50</b>
Homemade, crisp filo pastry with walnuts, peanuts, almonds and honey. 345kcal <b>V</b>	
<b>GREEK FILO CUSTARD PIE</b> .....	<b>5.00</b>
A traditional dessert from Sérres, North Greece, called Bougatsa. Filo pastry filled with custard cream, served warm and topped with vanilla ice-cream and cinnamon. 958kcal <b>V</b>	
<b>PORTOKALOPITA <i>NEW</i></b> .....	<b>5.25</b>
A traditional orange cake - layers of homemade filo pastry baked with Greek yoghurt and soaked in an orange syrup. Served with vanilla ice-cream. 441kcal <b>V</b>	
<b>CARAMEL &amp; PECAN CHEESECAKE</b> .....	<b>5.25</b>
Greek vanilla cheesecake topped with caramel and toasted pecan nuts from the Aegean. All on a biscuit and pecan base. 315kcal	
<b>CHOCOLATE MOUSSE CAKE</b> .....	<b>5.25</b>
A luxurious, dark chocolate mousse cake. 333kcal <b>V</b>	
<b>GREEK YOGHURT WITH WALNUTS IN SYRUP</b> .....	<b>4.50</b>
A traditional Greek dessert of Greek yoghurt. Served with walnuts in syrup. 250kcal <b>V GF</b>	
<b>LOUKOUMIA</b> .....	<b>2.35</b>
Delicate Greek sweets flavoured with nuts. 216kcal	
<b>LUXURY SORBET</b> .....	<b>3.95</b>
Lemon 261kcal <b>V VG</b> / Mango 283kcal <b>V VG</b>	
<b>LUXURY ICE-CREAM</b> .....	<b>3.95</b>
Vanilla 419kcal <b>V</b> / Chocolate 433kcal <b>V</b> Strawberry 312kcal <b>V</b> / Pistachio 413kcal <b>V</b>	
<b>VEGAN VANILLA ICE-CREAM</b> .....	<b>3.95</b>
525kcal <b>V VG GF</b>	

## COFFEE & TEA

<b>GREEK COFFEE</b> .....	<b>2.90</b>
Served sweet 93kcal, medium 83kcal or bitter 73kcal. With a little Loukoumi – a delicate Greek sweet flavoured with nuts.	
<b>CAFFÈ AMERICANO</b> .....	<b>2.00</b>
7kcal	
<b>SINGLE ESPRESSO</b> .....	<b>1.75</b>
3kcal	
<b>DOUBLE ESPRESSO</b>	5kcal
<b>CAPPUCCINO</b>	50kcal
<b>LATTE</b> 100kcal .....	<b>2.75</b>
<b>POT OF GREEK MOUNTAIN TEA</b> .....	<b>2.00</b>
Drunk for its health benefits and full of antioxidants. 1kcal	
<b>FRESH MINT TEA</b> .....	<b>1.90</b>
1kcal	
<b>ORGANIC TEAS</b> .....	<b>1.90</b>
English Breakfast 1kcal Earl Grey 1kcal Peppermint 2kcal Green Tea 1kcal Camomile 1kcal	
*Soya milk available on request	

**AN OPTIONAL 12.5% SERVICE CHARGE WILL BE ADDED TO YOUR BILL**

Adults need around 2000 kcal a day

**FULL ALLERGEN INFO AVAILABLE ON REQUEST**

**V** items are suitable for vegetarians.

**VG** items are suitable for vegans.

**GF** items are suitable for coeliacs.

Although dishes identified are gluten free, as we have products in the restaurant that contain gluten, there is a possibility that traces of gluten may still be found in them. The same situation can occur with our vegetarian and vegan dishes, which can come in contact with other products. Menu descriptions may not include all ingredients; more detailed allergen information is available upon request. All our dishes may contain traces of nuts. Available for dine-in only.



# THE REAL GREEK



## PARTY MENU FOR SIX OR MORE

### GAIA 14.95pp

MOTHER EARTH'S MENU. GREEK VEGETARIAN AND VEGAN BLISS!

- GREEK FLATBREAD V VG
- CRUDITÉS V VG GF
- HOUMOUS V VG GF
- SANTORINI FAVA V VG GF
- DOLMADES V GF
- GIGANDES WITH SPINACH V VG GF
- FALAFEL V VG
- GRILLED AUBERGINE V VG GF

Total 1529kcal

### ZORBA 19.95pp

LIVE LIFE TO THE FULLEST!  
EAT & DRINK THE GREEK WAY!

- GREEK FLATBREAD V VG
- HOUMOUS V VG GF
- TZATZIKI V GF
- SPINACH TIROPITAKIA V
- CHICKEN SKEWER GF
- LAMB MEATBALLS
- PORK BELLY GF
- HALLOUMI & VEGETABLE SKEWER V GF
- CHIPS V VG

Total 2160kcal

### YIASOU 16.95pp

YOUR PARTY IS VERY WELCOME  
HERE...! CHEERS!

- GREEK FLATBREAD V VG
- CRUDITÉS V VG GF
- HOUMOUS V VG GF
- SPICY FETA DIP (HTIPITI) V GF
- LOUKANIKO BEEF & PORK SAUSAGE SKEWER
- BBQ CHICKEN WINGS GF
- GRILLED AUBERGINE V VG GF
- LAMB MEATBALLS
- CHIPS V VG

Total 2017kcal



VISIT US ONLINE TO BOOK YOUR PARTY  
[WWW.THEREALGREEK.COM/PARTY-ENQUIRIES](http://WWW.THEREALGREEK.COM/PARTY-ENQUIRIES)

Party Menus are available for a minimum of 6 people. **Please choose only one menu type for your entire party. You will receive approximately a half portion of each meze per person.** For Parties over 10 people you will need to pre-order you menu type.

All our dishes may contain traces of nuts. Although dishes are identified as Gluten Free, as we have products in the restaurant that contain gluten, there is a possibility that traces of gluten may still be found in them.

**AN OPTIONAL 12.5% SERVICE CHARGE WILL BE ADDED TO YOUR BILL**

Adults need around 2000 kcal a day