OPA

## APERITIF <br> GLASS OF PROSECCO（ 125 ml ）．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 6.50 <br> PROSECCO BELLINI（125ml）．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 6.50 <br> APEROL SPRITZ ．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．6．75



TO START
ATBREAD
dry roasted nuts and seeds．621kcal V VG $\varnothing . . . . . . . . . . . . . . . . . . . . . . . ~ 3.50 ~$
GREEK OLIVES Ø．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 3.00
314kcal V VG GF
CRUDITÉS Ø．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 3.25
Fresh－cut carrot．celery and cucumber．47kcal V VG GF

GREEK OLIVES 『
.00

CRUDITÉS 『．
3.25

Fresh－cut carrot，celery and cucumber．47kcal V VG GF

We recommend 3 OR 4 MEZES PER PERSON．COLD MEZES ARE SERVED FIRST，HOT FOLLOWS WHEN READY．PERFECT FOR SHARING

## COLD MEZE

SANTORINI FAVA Ø ．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 4.75
Yellow lentils from Santorini，cooked and blended with herbs and spices，topped with Santorini capers \＆onions． 245 kcal V VG GF

TZATZIKI．
．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．
Cool and tangy Greek yoghurt with cucumber
and garlic． 167 kcal V GF
HOUMOUS $\varnothing$ ．
.5 .00
Our daily blend of chickpeas，rich in tahini and spiced
with cumin and fresh chilli． 342 kcal V VG GF

GREEN PEA FAVA ఠ
4.75

Mashed green peas with olive oil and lemon，topped with red onions，tomato and chilli．The Greek version of mushy peas！ 185kcal V VG GF IT＇S BACK
SPICY FETA DIP（HTIPITI）．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 5.00 Roasted pepper and cheese dip，finished with a touch of chilli． 259kcal V GF

MELITZANOSALATA $\varnothing .$.
． 5.00
A light and fragrant blend of smoked aubergine，
garlic，shallots and lemon．211kcal V VG GF

TARAMASALATA
4.50

Our daily creamy blend with naturally undyed
cod roe．It＇s not meant to be pink！989kcal
BEETROOT，FETA \＆LENTIL SALAD． $\qquad$ 5.00

Green lentils，beetroot and feta in our tangy lemon dressing． 461 kcal V GF
Make it vegan without feta．306kcal V VG GF 凤．．．．．．．．．．．．．．．．． 4.75
FETA CHEESE．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 5.00
Our delicious feta，drizzled with olive oil \＆sprinkled with
Greek oregano from Mavrouda，Thessaloniki．500kcal V GF

## HOT MEZE

VEGAN MEATBALLS－SOUTZOUKAKIA ø．．．．．．．．．．．．．．．．．． 7.00
Vegan meatballs，served in a tomato and cumin
Soutzoukakia sauce．405kcal V VG NEW
GRILLED AUBERGINE $\varnothing$ ．． ．．．．．．．．．．．．．．．．．．．．．．．．
Chargrilled aubergine served with garlic
and tomato sauce． 145 kcal V VG GF
HALLOUMI \＆VEGETABLE SKEWER
Halloumi，skewered with peppers and courgettes
Served with minted yoghurt．456kcal V GF
FALAFEL $\varnothing$ ．．
Our signature recipe，served with a tahini dip．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 369 kcal V VG
GIGANDES WITH SPINACH $\varnothing$. 5.25

Hearty giant beans and spinach，cooked in a tomato and garlic sauce． 540 kcal V VG GF
JACKFRUIT STIFADO 凤．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．6．00
Jackfruit，slow－cooked with button mushrooms，
shallots and aniseed．182kcal V VG GF
DOLMADES 凤．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．5．25
Vine leaves stuffed with rice，tomato and fresh herbs．
246 kcal V VG GF
SPINACH TIROPITAKIA
Three filo pastry parcels with creamy leek，spinach and feta filling，handmade daily．792kcal V
HALLOUMI FRIES ．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 6.00
Served with minted honey yoghurt．722kcal V NEW

CHICKPEA FILO TRIANGLES $\varnothing$ ．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 5.50
Two filo pastry parcels with chickpeas，cumin，turmeric，
and a touch of sundried tomato and chilli．593kcal V VG

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GRILLED KALAMARI WITH POURGOURI． $\qquad$ ．． 7.25
Our own unique version，using the freshest squid and a sticky Greek honey and paprika marinade，served on a bed of Pourgouri（bulgur wheat with tomatoes and onion）． 267 kcal
GRILLED OCTOPUS WITH FAVA．． $\qquad$ Chargrilled Octopus，tossed in olive oil，garlic and Greek mountain oregano，served on a bed of Santorini Fava（yellow lentils from Santorini）．274kcal GF

SALT COD ．．7.00

Fresh cod，home－cured then dipped in beer batter and fried．Served with lemon mayonnaise． 778 kcal

TONIA＇S PRAWNS．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 7.25
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 NEW

## कో

CHICKEN MONASTIRAKI．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 7.00
Chicken，marinated with Greek herbs，served with tzatziki， onion and tomatoes． 245 kcal GF

CHICKEN SKEWER．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 6.25
Chicken，skewered with onions and peppers．Serve．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． lemon mayonnaise． 335 kcal GF
BBQ CHICKEN WINGS ．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 5.50 Succulent chicken wings marinated in a smoked chilli relish． 458 kcal GF

## SOUVLAKI WRAPS

### 6.50 each

Our gorgeous flatbread filled with chips，homemade tzatziki， fresh tomatoes，red onion and sweet paprika．（No Tzatziki in our vegan wraps．Please tell your server if you don＇t want chips inside！）
LOUKANIKO SAUSAGE 870kcal
PORK BELLY 773kcal
CHICKEN 663kcal
LAMB MEATBALLS 807kcal
HALLOUMI 691kcal V
FALAFEL WITH TAHINI $\varnothing 684 \mathrm{kcal}$ V VG
JACKFRUIT GYROS with vegan aioli $\varnothing$
729kcal V VG NEW
VEGAN MEATBALLS with vegan aioli $\varnothing$
771kcal V VG NEW

## SIDES \＆SALADS

GREEK SALAD． ．．．Reg 4.75 ｜Lrg 7.75
Classic，hearty and rustic，with tomato．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．cucumber，peppers， Greek olives，red onion，feta and olive oil，finished with Greek oregano from Mavrouda．Thessaloniki．317kcal／634kcal V GF
Make it vegan without feta．厄．．．．．．．．．．．．．．．．．．．．Reg 4．25｜Lrg 7.00 $225 \mathrm{kcal} / 450 \mathrm{kcal}$ V VG GF

NEW POTATOES $\varnothing$ ． 3.50
Tossed in lemon juice，olive oil and oregano． 325 Kcal V VG GF
CHIPS $\varnothing$ ．
3.75

Fluffy，light and fried to perfection．813kcal V VG
POURGOURI－BULGUR WHEAT ® ．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 4.00
A classic Cypriot dish．Tonia＇s mother＇s recipe of cracked wheat
with tomatoes and onion．190kcal V VG
SAFFRON RICE ．
． 3.75
Long－grain rice dressed with herbs，olive oil，Greek
honey and fragrant Kozanis saffron．408kcal V GF
AEGEAN SLAW $\varnothing$
.4 .00
Thinly shredded cabbage，carrot，red and green
peppers，with an olive oil dressing．240Kcal V VG GF

PORK BELLY
7.00

Slow－roasted pork belly，with oregano，paprika
and red onion． 503 kcal GF
LAMB MEATBALLS．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 7.00
Handmade lamb patties grilled and topped with Greek
Handmade lamb patties grilled and topped with Greek yoghurt，tomato sauce and onions． 435 kcal

LAMB SKEWER ．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．．． 6.50
Lamb，skewered with onions and peppers．Served with lemon mayonnaise． 532 kcal GF

LAMB CUTLETS．．
8.00

Grilled lamb cutlets，served with lentils and minted Greek yoghurt．593kcal GF
LAMB KEFTE ．
Lamb，minced and marinated with Anatolian spices and mixed with feta from Epiros．Served with minted yoghurt． 426 kcal NEW

LOUKANIKO BEEF \＆PORK SAUSAGE SKEWER ．．．．．．．．． 6.50
Traditional Greek sausage from Thrace，chargrilled and served with a honey \＆mustard dressing．673kcal

GREEK MOUSSAKA
7.00

One of Greece＇s most classic dishes，hearty \＆rich，served as a meze portion．Subject to availability．420kcal NEW

FILOXENIA DINNER MENU FOUR DISHES FOR 12．95pp

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 Lamb Meatballs or Grilled Kalamari with Pourgouri 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 VG 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

T\＆C＇s：This Filoxenia Dinner Menu also includes
vegan options．This menu cannot be discounted．


## WHITE WINE

ELLINAS WHITE $\quad 4.90|13.40| 18.00$ Specially bottled in Thessaloniki for us. Dry, delicate and flora with fragrant fruit on the palate. Greece

ATHIRI
6.60 | 19.00 | 26.00

This variety is grown in vineyards in the region of Halkidiki, and produces a fresh, fruity, medium bodied wine. Greece

MOSCHOFILERO. $\qquad$ 6.60 | 19.00 | 26.00

This Moschofilero variety is grown in the region of Mantinia, in the Peloponnese. It has an intense flowery character, with rose petal aromas and citrus. Greece

KANENAS WHITE. $\qquad$ 6.30 | 18.00 | 25.00

Soft and appealing, made from the grapes of the Maronia
Vineyards in North-Eastern Greece. Greece

ABATON AGIORITIKO WHITE ........................BOTTLE 30.00 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 $\dagger$

MEGA SPILEO MALAGOUSIA WHITE...........BOTTLE 28.00 The Malagousia 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 32.00 The most well-known Greek grape variety is Assyrtiko by far. grown across Greece. An organic wine with distinctive citrus fruit aromas and a crisp finish. Greece

RETSINA
A traditional Greek classic with intense aromas of grapes and pine. Greece
SAUVIGNON BLANC $\qquad$ 6.10 | 17.40 | 24.00

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....................................... 6.10 | 17.40 | 24.00 This Pinot Grigio showcases soft aromatic flavours of white peach and pear and notes of perfumed rose. Italy
CAVINO - IONOS WHITE $\qquad$ BOTTLE 21.00
Easy drinking and dry, from vineyards at altitude on the coastal slopes of North Peloponnese. Greece

## RED WINE

ELLINAS RED.......................................... 4.90 | 13.40 | 18.00 Specially bottled in Thessaloniki for us. This deep red wine features inviting ripe berry fruit aromas. Greece

## KANENAS RED

$\qquad$ 6.30 | 18.00 | 25.00 A very popular wine in Greece, known for its complex palate, red fruit and a velvety smoked taste. Greece

AGIORGITIKO RED $\qquad$ $.6 .60|19.00| 26.00$ The Agiorgitiko variety is the most famous red grape variety in Greece. The wine is produced in the Peloponnese, with elegant notes of sweet spices and a fruity aftertaste. Greece

MERLOT................................................... 6.10 | 17.40 | 24.00 An Italian Merlot with aromas of cherry and wild plum flavours Italy

XINOMAVRO RED.................................... 6.60 | 19.00 | 26.00
This Xinomavro 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 .. $\qquad$ .BOTTLE 35.00
Produced at the St. Panteleimon Monastery on Mount Athos. The Monks of the Monastery created this unique red wine using Xinomavro, Grenache and Limnio grapes. Greece $\uparrow$

RAPSANI TSANTALI .........................................BOTTLE 22.00 Characterful and intensely fruity. Made from a blend of grape varieties local to Northern Greece. Greece

CAVINO - IONOS RED
BOTTLE 21.00
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 $\qquad$ . 5.95 | 17.00 | 23.00 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 $\qquad$ BOTTLE 33.00 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 $\uparrow$ NEW

## ROSÉ WINE

MAKEDONIKOS ROSÉ $\qquad$ 35 | 15.60 | 21.00 A vibrant rose, with ripe strawberries on the nose and raspberry jam-like flavours. Greece

14/27 XINOMAVRO ROSÉ $\qquad$ 5.15 | 15.00 | 20.00

The Xinomavro variety is grown in Northern Greece, and produces this salmon-pink colour rosé wine, with aromas of red fruits and flowers on the nose. Greece

EMMETROS LOGOS XINOMAVRO ROSÉ .....BOTTLE 28.00 A light, dry rosé wine, made from Xinomavro and Syrah varieties and flavours of strawberry and pomegranate. Greece

## ROSATO.

 6.10 | $17.40 \mid 24.00$ 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 4.00 | BOTTLE 19.00 A great wine with a velvety sweetness that reveals
its rich aromatic character. Greece

## BUBBLES

PROSECCO .. $\qquad$ 125 ml 6.50 | BOTTLE 28.00
NEGROAMARO ROSÉ BRUT... BOTTLE 30.00 MUMM CORDON ROUGE BOTTLE 49.00

## GREEK SPIRITS

KANENAS TSIPOURO . 25 ml 4.00 | 200 ml BOTTLE 19.00 Tsipouro (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 grapes in Northern Greece. You can drink it over-ice or straight. The perfect aftermeal digestive

OUZO TSANTALI
50ml BOTTLE 4.25
A traditional aperitif with anise as a basic ingredient. It can be served with ice or water.

METAXA.
.25 ml 4.00

## OTHER SPIRITS

VODKA .................................................................... 25 ml 4.00
GIN................................................................................. 25 ml 4.00
WHISKEY ...................................................................... 25 ml 4.00
JACK DANIEL'S ........................................................... 25 ml 4.00
More available, please ask. Prices exclude mixer.
BEER \& CIDER
DRAFT ALPHA OMEGA ....................... Half 2.75 | Pint 5.25
Choose between Lager or Pale Ale.
IONIAN BEER ........................................................ 330 ml 5.25
Beer from a micro-brewery on Corfu Island.
MYTHOS BEER................................................... 330 ml 4.00
FIX HELLAS BEER ................................................. 330 ml 4.00
NO ALCOHOL BEER............................................... 330 ml 3.50
ALPHA OMEGA CIDER........................................... 330 ml 4.00

## MINERAL WATER <br> 330 ml | 750ml

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

SPARKLING 2.75 | 4.00

## FRESH JUICES

ORANGE, APPLE, CRANBERRY OR LEMON ................. 3.00

## SOFT DRINKS

| COCA-COLA. | 330 ml 3.00 |
| :---: | :---: |
| DIET COKE | 330 ml 2.85 |
| COCA-COLA ZERO | . 330 ml 2.85 |
| FANTA | 330 ml 2.85 |
| SPRITE. | 330 ml 2.85 |
| GINGER BEER... | . 330 ml 2.85 |

- 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 ALLERGENS MENU AVAILABLE ON REQUEST

$\checkmark$ 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. Any gratuities left in recognition of good service will go directly and entirely to the restaurant team.

## LUNCH



# THERERLGREEH EAT TOGETHER 

## LUNCH MENU <br> CHOOSE BETWEEN <br> GREEK TRIO, <br> SOUVLAKI WRAP <br> AND SIDE OR <br> GREEK PLATE <br> FOR \&8.50

LUNCH MENU AVAILABLE MONDAY - FRIDAY
12.00PM - 5.00PM


OR

## SOUVLAKI WRAP <br> \& SIDE <br> 8.50

## CHOOSE ONE WRAP

SERVED WITH CHIPS INSIDE
LOUKANIKO BEEF \& PORK SAUSAGE or PORK BELLY or
CHICKEN or
LAMB MEATBALLS or
HALLOUMI $\vee$ or
FALAFEL WITH TAHINI $\vee$ Vg

## CHOOSE ONE SIDE

GREEK SALAD $V$ GF or
CHIPS $\vee$ VG or
SAFFRON RICE V GF or
NEW POTATOES $V$ VG GF or
AEGEAN SLAW V VG GF or
POURGOURI-BULGUR WHEAT $\vee \vee G$

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.

## GREEK PLATE

CHOOSE BETWEEN
CHICKEN SKEWER GF or
LAMB MEATBALLS or
LOUKANIKO BEEF \& PORK
SAUSAGE SKEWER or
FALAFEL $\vee$ VG or
HALLOUMI \& VEGETABLE
SKEWER V GF
ALL SERVED WITH:

- SAFFRON RICE V GF
- GREEK SALAD V GF
- TZATZIKI V GF
- WARM FLATBREAD $v$ vg


Available for dine-in only.
Cannot be used in conjunction with any other offer or promotion / discount. Not valid on Bank Holidays.

## VEGAN MENU




# THERERLGREEH EAT TOGETHER 

## VEGAN MENU

GREEK OLIVES
(314kcal) v vg GFGREEK FLATBREADAdd olive oil \& DukkahA spicy mix of ground, dryroasted nuts and seeds.
(533kcal / 621kcal) v vg

## CRUDITÉS

3.25Fresh-cut carrot, celery and cucumber.
(47kcal) V VG GF

## COLD MEZE

## SANTORINI FAVA

4.75

Yellow lentils from Santorini, cooked and blended with herbs and spices, topped with Santorini capers and onions.
(245kcal) v vg GF
GREEN PEA FAVA
4.75

Mashed green peas with olive oil and lemon, topped with red onions,
tomato and chilli. The Greek version of mushy peas!
(185kcal) v vg GF
HOUMOUS
Our daily blend of chickpeas, rich in tahini and spiced with
cumin and fresh chilli.
(342kcal) v vg GF
MELITZANOSALATA
A light and fragrant blend of smoked aubergine, garlic, shallots and lemon.
(211kcal) V VG GF
3.00
3.25
3.50

## .


5.00

BEETROOT \& LENTIL SALAD 4.75 Green lentils and beetroot in our tangy lemon dressing.
(306kcal) v vg GF

## HOT MEZE

CHICKPEA FILO TRIANGLES 5.50
Two filo pastry parcels with chickpeas, cumin, turmeric. and a touch of sundried tomato and chilli.
(593kcal) v vg

## FALAFEL

5.75

Our signature recipe, served with a tahini dip.
(369kcal) v vg
GRILLED AUBERGINE
Chargrilled aubergine served with garlic and tomato sauce.
(145kcal) v vg GF
JACKFRUIT STIFADO
6.00

Jackfruit, slow-cooked with button mushrooms, shallots and aniseed.
(182kcal) v vg GF

> VEGAN MEATBALLS SOUTZOUKAKIA NEW Vegan meatballs, served in a tomato and cumin Soutzoukakia sauce. $(405 \mathrm{kcal}) \vee \mathrm{vg}$

## DOLMADES

Vine leaves stuffed with rice, tomato and fresh herbs.
(246kcal) v Vg GF
GIGANDES WITH SPINACH 5.25
Hearty giant beans and spinach, cooked in a tomato and garlic sauce.
(540kcal) v Vg GF

## SOUVLAKI

 WRAPS 6.50 eachOur gorgeous flatbread with chips inside, with fresh tomatoes, red onion and sweet paprika.

CHOOSE BETWEEN:
JACKFRUIT GYROS WITH
VEGAN AIOLI NEW
(729kcal) v vg
FALAFEL WITH TAHINI
(684kcal) V VG
VEGAN MEATBALLS WITH
VEGAN AIOLI NEW
(771kcal) V VG
*Please tell your server if you don't want chips inside!

### 5.25

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## SIDES \& SALADS

NO FETA GREEK SALAD:
Regular 4.25 Large 7.00 Hearty and rustic, with tomatoes, cucumber, peppers, Greek olives, red onion and olive oil, finished with Greek oregano from Mavrouda, Thessaloniki.
(225kcal / 450kcal) v VG GF NEW POTATOES
Tossed in lemon juice, olive oil and oregano.
(325kcal) v VG GF
CHIPS
Fluffy, light and fried to perfection.
( 813 kcal ) V Vg
AEGEAN SLAW 4.00
Thinly shredded cabbage, carrot, red and green peppers, with an olive oil dressing.
(240kcal) V Vg GF
POURGOURI -
BULGUR WHEAT
A classic Cypriot dish. Tonia's mother's recipe of cracked wheat with tomatoes and onion.
(190kcal) V VG

## DESSERTS

LUXURY LEMON SORBET ..... 3.75
LUXURY MANGO SORBET ..... 3.75

OUR SERVICE IS
RELAXED \& FRIENDLY.
IF YOU NEED
ANYTHING, JUST ASK.

## ABOUT OUR VEGAN MENU

"The Greek vegan tradition is centuries old - the first philosopher to create a lasting vegan diet is Pythagoras around 550 BCE. In the Greek tradition there is much adherence to a diet completely free of animal products for long fasting periods. Simply the Greeks pretty much invented veganism \& we want to bring you a vegan menu that celebrates that, with both traditional \& modern dishes, which we are sure you will enjoy."


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VEGAN LUNCHMENU
CHOOSE BETWEEN VEGAN PLATE OR VEGAN SOUVLAKI WRAP AND SIDE

## FOR \& 8.50

## LUNCH MENU <br> AVAILABLE MONDAY - FRIDAY 12.00PM - 5.00PM

## DESSERTS

BAKLAVA4.25Homemade, crisp filo pastry withwalnuts and honey. 289kcal V
GREEK FILO CUSTARD PIE ..... 4.75A traditional dessert from Sérres, NorthGreece, called Bougatsa. Filo pastry filledwith custard cream, served warm and toppedwith vanilla ice-cream and cinnamon.
958kcal V
CARAMEL \& PECAN ..... 5.00 CHEESECAKEGreek vanilla cheesecake topped withcaramel and toasted pecan nuts from theAegean. All on a biscuit and pecan base.
315kcal
CHOCOLATE MOUSSE CAKE ..... 5.00
A luxurious, dark chocolate mousse cake.
333kcal V
GREEK YOGHURT WITH ..... 4.25 WALNUTS IN SYRUPA traditional Greek dessert of Greek yoghurt.Served with walnuts in syrup. 250kcal V GF
LOUKOUMIA2.25
Delicate Greek sweets flavoured with nuts.
216kcal
LUXURY SORBET ..... 3.75
Lemon 261Kcal V VG / Mango 283kcal V VG
LUXURY ICE-CREAM ..... 3.75Vanilla 419 kcal V / Chocolate 433 kcal VStrawberry 312kcal V / Pistachio 413kcal V
VEGAN VANILLA ICE-CREAM ..... 3.75
525kcal V VG GF
GREEK COFFEE ..... 2.75
Served sweet, medium or bitter. With a littleLoukoumi - a delicate Greek sweet flavouredwith nuts.
Caffè Americano ..... 2.00
Single Espresso ..... 1.75
Cappucino / Latte / ..... 2.50
Double Espresso
POT OF GREEK MOUNTAIN TEA ..... 2.00Drunk for its health benefitsand full of antioxidants.
FRESH MINT TEA ..... 1.80
OTHER TEAS ..... 1.80English Breakfast, Earl Grey, Peppermint,Green Tea, Camomile.
*Soya milk available on request

FULL ALLERGEN INFO AVAILABLE ON REQUEST
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## CELEBRATE AT THE REAL GREEK

## MEAL FOR SIX OR MORE? CHOOSE A PARTY MENU:

## GAIA

MOTHER EATH'S MENU. GREEK
VEGETARIAN AND VEGAN BLISS!
GREEK FLATBREAD V VG
CRUDITÉS $\vee$ VG GF
HOUMOUS V VG GF
SANTORINI FAVA V VG GF
DOLMADES V VG GF
GIGANDES WITH SPINACH V VG GF
FALAFEL V VG
GRILLED AUBERGINE V VG GF

## YIASOU

16.95pp

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

GREEK FLATBREAD $\vee$ VG
CRUDITÉS $\vee$ 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 $\vee$ VG

## ZORBA <br> LIVE LIFE TO THE FULLEST! <br> EAT \& DRINK THE GREEK WAY! <br> GREEK FLATBREAD V VG <br> HOUMOUS V VG GF <br> TZATZIKI V GF <br> SPINACH TIROPITAKIA $\vee$ <br> CHICKEN SKEWER GF <br> LAMB MEATBALLS <br> PORK BELLY GF <br> HALLOUMI \& VEGETABLE SKEWER V GF CHIPS $\vee$ VG

## WHY NOT ADD A DESSERT TO YOUR MENU SELECTION FOR £3.50pp

## BAKLAVA V

CARAMEL \& PECAN CHEESECAKE CHOCOLATE MOUSSE CAKE V

LUXURY SORBET V VG
LUXURY ICE-CREAM V
VEGAN VANILLA ICE-CREAM V VG GF

Visit us online to book your party 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 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.

## CELEBRATE AT THE REAL GREEK

## MEAL FOR TWO OR MORE? CHOOSE A SET MENU:

## TONIA’S SELECTION

38.00 for two

- Crudités V Vg GF or Greek Flatbread $\vee$ Vg
- Houmous V vg GF or Spicy Feta Dip (Htipiti) v GF
- Santorini Fava v vg GF or Melitzanosalata V VG GF
- Tonia's Prawns or Halloumi \& Vegetable Skewer V GF
- Spinach Tiropitakia $v$ or Grilled Aubergine V VG GF
- BBQ Chicken Wings GF or

Gigandes with Spinach v VG GF

- Lamb Meatballs or Falafel V vg
- Saffron Rice v GF or Chips v vg


## SANTORINI <br> 40.00 for two

- Crudités V Vg GF or Greek Flatbread v vg
- Tzatziki V GF or Houmous V VG GF
- Santorini Fava V Vg GF or

Spicy Feta Dip (Htipiti) V GF

- Dolmades v vg GF or Chickpea Filo Triangles V Vg
- Tonia's Prawns or Falafel V VG
- Chicken Skewer GF or Halloumi \& Vegetable Skewer V GF
- Lamb Meatballs or Jackfruit Stifado v VG GF
- New Potatoes V Vg GF or Pourgouri - Bulgur Wheat $\vee$ Vg

FULL ALLERGEN INFO AVAILABLE ON REQUEST
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VG items are suitable for vegans.
GF items are suitable for coeliacs.


CHOOSE BETWEEN A KIDS SOUVLAKI WRAP OR KIDS MEZESELECTION, SERVED WITH YOUR CHOICE OF SOFT DRINK AND A DESSERT FOR £6.75


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## KIDS MENU

## CHOOSE MAIN COURSE

KIDS SOUVLAKI WRAP
Wrapped in flatbread with tzatziki and tomato. Choose between:

Chicken or Halloumi v or Loukaniko Beef \& Pork Sausage
Wraps are served with a choice of
Tomato \& Cucumber Salad V VG GF or Chips V VG

## OR

KIDS MEZE SELECTION
Choose three meze from the below selection:
Loukaniko Beef \& Pork Sausage or Flatbread V VG or Tzatziki V GF or Chips V VG or Crudités V VG GF or Chicken GF or Halloumi V GF or Houmous V Vg GF

## CHOOSE DRINK

FRESH JUICES
Orange or Apple
MINERAL WATER
Still or Sparkling
FIZZY DRINKS
Coca-Cola or Diet Coke or Epsa Fizzy Lemonade (Gazoza) or Epsa Orangeade (20\% Juice From Greek Oranges)

## CHOOSE DESSERT

LUXURY ICE CREAM
Vanilla $V$ or Chocolate $v$ or Strawberry $\vee$ or Pistachio V

LUXURY SORBET
Lemon V Vg or Mango V Vg

V items are suitable for vegetarians. VG items are suitable for vegans. GF items are suitable for coeliacs. Full allergen info menu available on request.

## WORD SEARCH

A Tllllllll
C X N F I O L I V E
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THE REAL MAZE START HERE!


TURN OVER FOR MORE!

## PUZZLES AND FUN!

SPOT THE DIFFERENCE!
CAN YOU SPOT THE 5 DIFFERENCES?


COLOUR IN THE GREEK URN \& DRAW YOUR OWN PATTERN!
THE ANCIENT GREEKS LOVED MAKING PATTERNS, ESPECIALLY ON VASES. COLOUR IN THIS VASE AND FILL THE GAPS WITH YOUR OWN PATTERN!


## SPEAK GREEK

## 10000 <br> HELLO! <br> YIA SU!

WHAT'S YOUR NAME? POS SE LE-NE!

MY NAME IS...?
ME LE-NE...!

## PLEASE

PA-RA-KA-LO!

## THANK YOU <br> EF-KHA-RI-STO

## GOODBYE

A-DI-O
$\frac{\text { goro }}{}$


[^0]:    EAT TOGETHER

