

THE REAL GREEK

EAT. TOGETHER.

WE RECOMMEND THREE OR FOUR MEZES PER PERSON. COLD MEZES ARE SERVED FIRST, HOT FOLLOWS WHEN READY. BE ADVENTUROUS, DIVE IN & DON'T FORGET TO SHARE!

GREEK OLIVES £2.75

The ideal Mediterranean nibble, whilst you decide what to order. (314kcal) V VG GF

GREEK FLATBREAD £3.00

ADD OLIVE OIL & DUKKAH £3.25
Our twist on an Eastern Mediterranean classic. Dukkah – a spicy mix of ground, dry roasted nuts and seeds. (533kcal / 621kcal) V VG

CRUDITÉS £3.00

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

COLD MEZE

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 £4.75

Our daily home blend of chickpeas, rich in tahini and delicately spiced with cumin and fresh chilli. (342kcal) V VG GF

TZATSIKI £4.75

Cool and tangy Greek yoghurt with cucumber and garlic. (167kcal) V GF

SPICY FETA DIP (HTIPITI) £5.00

Roasted pepper and cheese dip, finished with a touch of chilli. (259kcal) V GF

SPICY WALNUT & RED PEPPER DIP £5.00

Inspired from Alexander the Great's travels - an eastern Mediterranean character spicy dip, with red peppers and walnuts. (353kcal) V VG

NEW CHICKPEAS (REVITHIA) £4.50

Chickpeas with handfuls of herbs, peppers, onion, chilli, olive oil and lemon. (370kcal) V GF

MELITZANOSALATA £5.00

A light and fragrant blend of smoked aubergine, garlic, shallots and lemon. (211kcal) V VG GF

TARAMASALATA £4.50

Rich, creamy and made fresh every day with naturally undyed cod roe. It's not meant to be pink! (989kcal)

BEETROOT, FETA & LENTIL SALAD £4.75

Green lentils, beetroot and feta in our tangy lemon dressing. (461kcal) V GF

NEW SANTORINI FAVA £4.75

Yellow lentils from Santorini, cooked and blended with herbs and spices, topped with Santorini capers. (241kcal) V VG GF

HOT MEZE

NEW SPINACH WITH GIGANDES £5.00

Spinach and hearty giant beans, cooked in a tomato and garlic sauce. (540kcal) V VG GF

DOLMADES £5.00

Vine leaves stuffed with rice, tomato and fresh herbs. (246kcal) V VG GF

POURGOURI - BULGUR WHEAT £3.75

A classic Cypriot dish. Tonia's mother's recipe of cracked wheat, with tomatoes and onion. (190kcal) V VG

HALLOUMI FRIES £5.75

Served with minted honey yoghurt. (722kcal) V

SALT COD £6.75

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

PRAWN SAGANAKI £7.25

Tiger prawns in a rich tomato sauce, with spinach, pickled peppers and sprinkled with feta. Developed for us by Tonia Buxton. (372kcal) GF

SPINACH TIROPITAKIA £5.50

Three filo pastry parcels with creamy leek, spinach and feta filling, handmade daily. (792kcal) V

FALAFEL £5.50

Our signature recipe falafel, served with a tahini dip, pickled celery & carrot, tomato & onion salsa and sprinkled with sweet paprika. (369kcal) V VG

GRILLED MEZE

CHICKEN MONASTIRAKI £6.75

Chicken, marinated with Greek herbs, served on a bed of tzatziki, and topped with onion, tomatoes and paprika. (245kcal) GF

CHICKEN SKEWER £5.75

Chicken, skewered with onions and peppers. Served with lemon mayonnaise. (335kcal) GF

BBQ CHICKEN WINGS £5.25

Succulent chicken wings marinated in a smoked chilli relish. (458kcal) GF

PORK BELLY £6.75

Slow-roasted pork belly, with oregano, paprika and topped with red onion. (503kcal) GF

LOUKANIKO – BEEF & PORK SAUSAGE £6.25

Traditional Greek beef and pork sausage, chargrilled and sprinkled with oregano. Served with smoked chilli relish. (651kcal)

NEW GRILLED KALAMARI WITH POURGOURI £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). (267kcal)

GRILLED OCTOPUS WITH FAVA £7.75

Chargrilled octopus, tossed in olive oil, garlic and Greek mountain oregano, served on a bed of Santorini Fava (yellow lentils from Santorini). (274kcal) GF

GRILLED AUBERGINE WITH GARLIC TOMATO SAUCE £5.25

Chargrilled aubergine served with garlic and tomato sauce. (145kcal) V VG GF

HALLOUMI & VEGETABLE SKEWER £5.50

Halloumi, skewered with peppers and courgettes. Served with minted yoghurt. (456kcal) V GF

LAMB SKEWER £6.00

Lamb, skewered with onions and peppers. Served with lemon mayonnaise. (532kcal) GF

LAMB CUTLETS £7.75

Grilled lamb cutlets, served with lentils and minted Greek yoghurt. (593kcal) GF

LAMB MEATBALLS £6.75

Handmade lamb patties grilled and topped with Greek yoghurt, tomato sauce, onions and sprinkled with paprika. (435kcal)

LAMB KEFTE £6.25

Lamb, minced and marinated with aromatic Anatolian spices. Served with minted yoghurt. (353kcal)

SIDES & SALADS

GREEK SALAD

Regular £4.75 / Large £7.75
Classic, hearty and rustic, with tomatoes, cucumber, peppers, Greek olives, red onion, feta and olive oil, finished with Greek oregano from Mavrouda, Thessaloniki. (317kcal / 634kcal) V GF

AEGEAN SLAW £3.75

Thinly shredded cabbage, carrot, red and green peppers, with an olive oil dressing. (240kcal) V VG GF

NEW POTATOES £3.50

Delicate, nutty and tossed in olive oil and lemon juice. (271kcal) V VG GF

CHIPS £3.50

Fluffy, light and fried to perfection. (813kcal) V VG

SAFFRON RICE £3.50

Long-grain rice dressed with herbs, olive oil, Greek honey and fragrant Kozanis saffron. (408kcal) V GF

PERFECT FOR SHARING

PELOPONNESE £32.50 for two

CRUDITÉS OR GREEK FLATBREAD

HOUMOUS OR TZATSIKI

SPINACH WITH GIGANDES

OR CHICKPEAS (REVITHIA)

SPINACH TIROPITAKIA

OR DOLMADES

CHICKEN OR HALLOUMI SKEWER

LAMB KEFTE OR FALAFEL

AEGEAN SLAW OR GREEK SALAD

NEW POTATOES OR CHIPS

TONIA'S FILOXENIA £37.00 for two

CRUDITÉS OR GREEK FLATBREAD

HOUMOUS OR SPICY WALNUT &

RED PEPPER DIP

GREEN PEA FAVA

OR CHICKPEAS (REVITHIA)

PRAWN SAGANAKI

OR HALLOUMI SKEWER

SPINACH TIROPITAKIA

OR GRILLED AUBERGINE WITH

GARLIC TOMATO SAUCE

BBQ CHICKEN WINGS

OR SPINACH WITH GIGANDES

LAMB MEATBALLS OR FALAFEL

SAFFRON RICE OR CHIPS

MYKONOS £39.00 for two

CRUDITÉS OR GREEK FLATBREAD

TARAMASALATA OR HOUMOUS

TZATSIKI OR MELITZANOSALATA

SPINACH WITH GIGANDES

OR DOLMADES

SPINACH TIROPITAKIA

OR PRAWN SAGANAKI

HALLOUMI & VEGETABLE

SKEWER OR GRILLED KALAMARI

WITH POURGOURI

FALAFEL OR CHICKEN MONASTIRAKI

AEGEAN SLAW OR GREEK SALAD

SOUVLAKI WRAPS £6.25 each

We use the best meat, Cypriot halloumi, falafel or jackfruit, in our gorgeous flatbread with **chips** inside, with homemade tzatziki, fresh tomatoes, red onion and sweet paprika. (*No Tzatziki in the Falafel & Jackfruit Souvlaki Wraps). Please tell your server if you don't want chips inside!

LOUKANIKO SAUSAGE (870kcal)

OR **PORK BELLY** (733kcal)

OR **CHICKEN** (633kcal)

OR **LAMB KEFTE** (807kcal)

OR **HALLOUMI** (691kcal) V

OR **FALAFEL WITH**

TAHINI (1169kcal) V VG

OR **JACKFRUIT GYROS**

WITH TAHINI - spicy!

(707kcal) V VG

ATHENIAN EARLY DINNER MENU Choose four dishes for £9.95pp Available Sunday-Friday from 4.00pm - 7.00pm

CHOOSE ONE DISH
GREEK FLATBREAD V VG
OR **CRUDITÉS** V VG GF

CHOOSE ONE DISH
HOUMOUS V VG GF
OR **TZATSIKI** V GF
OR **GREEN PEA FAVA** V VG GF

CHOOSE ONE DISH
FALAFEL V VG OR
LOUKANIKO BEEF & PORK SAUSAGE
OR **CHICKEN SKEWER** GF
OR **GRILLED AUBERGINE WITH**
GARLIC TOMATO SAUCE V VG GF
OR **HALLOUMI & VEGETABLE SKEWER**
V GF OR **LAMB MEATBALLS**

CHOOSE ONE DISH
CHIPS V VG
OR **SAFFRON RICE** V GF
OR **NEW POTATOES** V VG GF
OR **AEGEAN SLAW** V VG GF
OR **POURGOURI -BULGUR WHEAT**
V VG

*This Athenian menu cannot be discounted

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.

FULL ALLERGEN INFO MENU

AVAILABLE ON REQUEST.

V ITEMS ARE SUITABLE FOR VEGETARIANS.

VG ITEMS ARE SUITABLE FOR VEGANS.

GF ITEMS ARE SUITABLE FOR COELIACS.