

The Real Greek Sample Menu

Meze menu

Greek olives £ 3
(314kcal) (v, vg, gf)

Greek flatbread £3.25
(Add olive oil & dukkah for £3.50)
Dukkah – a spicy mix of ground, dry roasted nuts and seeds
(533kcal / 621kcal) (v, vg)

Crudités £3.25
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 £5
Our daily blend of chickpeas, rich in tahini and spiced with cumin and fresh chilli (342kcal) (v, vg, gf)

Santorini fava £4.75
Yellow lentils from santorini, cooked and blended with herbs and spices, topped with santorini capers (241kcal) (v, vg, gf)

Tzatziki £4.75
Cool and tangy greek yoghurt with cucumber and garlic (167kcal) (v, gf)

Spicy feta dip (htipiti) £5
Roasted pepper and cheese dip, finished with a touch of chilli (259kcal) (v, gf)

Chickpeas (revithia) £4.75
Chickpeas with handfuls of herbs, peppers, onion, chilli, olive oil and lemon (370kcal) (v, gf)

Melitzanosalata £5
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 £5
Green lentils, beetroot and feta in our tangy lemon dressing (461kcal) (v, gf)

Grilled meze

Chicken monastiraki £7

Chicken, marinated with greek herbs, served with tzatziki, onion and tomatoes (245kcal) (gf)

Chicken skewer £6.25

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

Bbq chicken wings £5.50

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

Pork belly £7

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

Loukaniko — beef & pork sausage £6.50

Traditional greek sausage, chargrilled and served with smoked chilli relish (651kcal)

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 £5.50

Chargrilled aubergine served with garlic and tomato sauce (145kcal) (v, vg, gf)

Halloumi & vegetable skewer £5.75

Halloumi, skewered with peppers and courgettes. served with minted yoghurt (456kcal) (v, gf)

Lamb skewer £6.50

Lamb, skewered with onions and peppers. served with lemon mayonnaise (532kcal) (gf)

Lamb cutlets £8

Grilled lamb cutlets, served with lentils and minted greek yoghurt (593kcal) (gf)

Lamb meatballs £7 Handmade lamb patties grilled and topped with greek yoghurt, tomato sauce and onions (435kcal)

Lamb kefte £6.50

Lamb, minced and marinated with anatolian spices. served with minted yoghurt (353kcal)

Hot meze

Gigandes with spinach £5.25

Hearty giant beans and spinach, cooked in a tomato and garlic sauce (540kcal) (v, vg, gf)

Dolmades £5.25

Vine leaves stuffed with rice, tomato and fresh herbs (246kcal) (v, vg, gf)

Pourgouri - bulgur wheat £4

A classic cypriot dish. Tonia's mother's recipe of cracked wheat with tomatoes and onion (190kcal) (v, gf)

Halloumi fries £6

Served with minted honey yoghurt (722kcal) (v)

Salt cod £7

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

Prawn saganaki £7.25

Tonia's recipe of tiger prawns in a rich tomato sauce, with spinach, pickled peppers and feta (372kcal) (gf)

Spinach tiropitakia £5.75

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

Falafel £5.75

Our signature recipe, served with a tahini dip (369kcal) (v, vg)

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 £4

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 £3.75

Fluffy, light and fried to perfection (813kcal) (v, vg)

Saffron rice £3.75

Long - grain rice dressed with herbs, olive oil, greek honey and fragrant kozanis saffron (408kcal) (v, gf)

Vegan menu

Greek olives £3

(314kcal) (v, vg, gf)

Greek flatbread £3.25
Add olive oil & dukkah £3.50
A spicy mix of ground, dry roasted nuts and seeds
(533kcal / 621kcal)(v, vg)

Crudités £3.25
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)

Santorini fava £4.75
Yellow lentils from santorini, cooked and blended with herbs and spices, topped with santorini capers. (241kcal) (v, vg, gf)

Houmous £5
Our daily blend of chickpeas, rich in tahini and spiced with cumin and fresh chilli. (342kcal) (v, vg, gf)

Melitzanosalata £5
A light and fragrant blend of smoked aubergine, garlic, shallots and lemon (211kcal) (v, vg, gf)

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)

Jackfruit moussaka £6
Classic cinnamon taste with potato, courgette, aubergine and jackfruit. Made without béchamel (214kcal) (v, vg)

Grilled aubergine £5.50
Chargrilled aubergine served with garlic and tomato sauce. (145kcal) (v, vg, gf)

Jackfruit stifado £6
Jackfruit, slow - cooked with button mushrooms, shallots and aniseed. (182kcal) (v, vg, gf)

Dolmades £5.25
Vine leaves stuffed with rice, tomato and fresh herbs (246kcal) (v, vg, gf)

Pourgouri - bulgur wheat £4

A classic cypriot dish. Tonia's mother's recipe of cracked wheat with tomatoes and onion
(190kcal) (v, vg)

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 each

Our gorgeous flatbread with chips inside, with fresh tomatoes, red onion, tahini sauce and sweet paprika

Choose between:

Jackfruit gyros – spicy! (707kcal) (v, vg)

Falafel(1169kcal) (v, vg)

*Please tell your server if you don't want chips inside!

Sides & salads

No feta greek salad: regular £4.25 large £7

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 £3.50

Delicate, nutty and tossed in olive oil and lemon juice.(271kcal) (v, vg, gf)

Chips £3.75

Fluffy, light and fried to perfection (813kcal) (v, vg)

Aegean slaw £4

Thinly shredded cabbage, carrot, red and green peppers, with an olive oil dressing (240kcal)
(v, vg, gf)

Desserts

Luxury lemon sorbet £3.75 (261kcal) (v, vg)

Luxury mango sorbet £3.75 (283kcal) (v, vg)

Vanilla ice - cream £3.75 (525kcal) (v, vg, gf)

(v) vegetarians, (vg) vegans, (gf) coeliacs

