



THE REAL GREEK



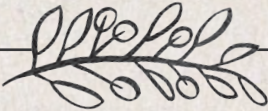
APÉRITIF

GLASS OF PROSECCO (125ml)	6.65
PROSECCO BELLINI (125ml)	6.65
NEGRONI	6.75
APEROL SPRITZ	6.90

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

COLD MEZE

TARAMASALATA	4.75
Our daily creamy blend with naturally undyed cod roe. It's not meant to be pink! 989kcal	
SANTORINI FAVA	5.00
Yellow lentils from Santorini, cooked and blended with herbs and spices, topped with Santorini capers & onions. 245kcal V VG GF	
GREEN PEA FAVA	5.00
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 <i>IT'S BACK</i>	
TZATZIKI	5.00
Cool and tangy Greek yoghurt with cucumber and garlic. 167kcal V GF	
HOUMOUS	5.25
Our daily blend of chickpeas, rich in tahini and spiced with cumin and fresh chilli. 342kcal V VG GF	
SPICY FETA DIP (HTIPITI)	5.25
Roasted pepper and cheese dip, finished with a touch of chilli. 259kcal V GF	
MELITZANOSALATA	5.25
A light and fragrant blend of smoked aubergine, garlic, shallots and lemon. 211kcal V VG GF	
CHICKPEAS (REVITHIA)	4.75
Chickpeas with handfuls of herbs, peppers, onion, chilli, olive oil and lemon. 307kcal V GF <i>IT'S BACK</i>	
BEETROOT, FETA & LENTIL SALAD	5.25
Green lentils, beetroot and feta in our tangy lemon dressing. 461kcal V GF	
Make it vegan without feta.	306kcal V VG GF
FETA CHEESE	5.25
Our delicious feta, drizzled with olive oil & sprinkled with Greek oregano from Mavrouda, Thessaloniki. 500kcal V GF <i>NEW</i>	



LUNCH MENU

AVAILABLE MONDAY - FRIDAY
12.00 - 5.00PM

CHOOSE BETWEEN GREEK TRIO,
SOUVLAKI WRAP & SIDE
OR GREEK PLATE

FOR 8.75pp

VEGAN LUNCH MENU AVAILABLE.

TO START

GREEK FLATBREAD	3.40
533kcal V VG	
Add olive oil & Dukkah, a spicy mix of ground, dry-roasted nuts and seeds. 621kcal V VG	
	3.65

HOT MEZE

GIGANDES WITH SPINACH	5.50
Hearty giant beans and spinach, cooked in a tomato and garlic sauce. 540kcal V VG GF	
SPINACH TIROPITAKIA	6.00
Three filo pastry parcels with creamy leek, spinach and feta filling, handmade daily. 792kcal V	
VEGAN MEATBALLS - SOUTZOUKAKIA	7.25
Vegan meatballs, served in a tomato and cumin Soutzoukakia sauce. 405kcal V VG <i>NEW</i>	
GRILLED AUBERGINE	5.75
Chargrilled aubergine served with garlic and tomato sauce. 145kcal V VG GF	
HALLOUMI & VEGETABLE SKEWER	6.00
Halloumi, skewered with peppers and courgettes. Served with minted yoghurt. 456kcal V GF	
FALAFEL	6.00
Our signature recipe, served with a tahini dip. 369kcal V VG	
JACKFRUIT STIFADO	6.25
Jackfruit, slow-cooked with button mushrooms, shallots and aniseed. 182kcal V VG GF	
DOLMADES	5.50
Vine leaves stuffed with rice, tomato and fresh herbs. 246kcal V VG GF	
HALLOUMI FRIES	6.25
Served with minted honey yoghurt. 722kcal V	
CHICKPEA FILO TRIANGLES	5.75
Two filo pastry parcels with chickpeas, cumin, turmeric, and a touch of sundried tomato and chilli. 593kcal V VG <i>IT'S BACK</i>	



FRIED KALAMARI	7.50
Crisp squid rings served with lemon mayonnaise. 727kcal <i>NEW</i>	

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	

SALT COD	7.25
Fresh cod, home-cured then dipped in beer batter and fried. Served with lemon mayonnaise. 778kcal	

TONIA'S PRAWNS	7.50
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 <i>NEW</i>	

GREEK OLIVES	3.15
314kcal V VG GF	
CRUDITÉS	3.40
Fresh-cut carrot, celery and cucumber. 47kcal V VG GF	



CHICKEN MONASTIRAKI	7.25
Chicken, marinated with Greek herbs, served with tzatziki, onion and tomatoes. 245kcal GF	

CHICKEN SKEWER	6.50
Chicken, skewered with onions and peppers. Served with lemon mayonnaise. 335kcal GF	

BBQ CHICKEN WINGS	5.75
Succulent chicken wings marinated in a smoked chilli relish. 458kcal GF	



PORK BELLY	7.25
Slow-roasted pork belly, with oregano, paprika and red onion. 503kcal GF	

LAMB MEATBALLS	7.25
Handmade lamb patties grilled and topped with Greek yoghurt, tomato sauce and onions. 435kcal	

LAMB SKEWER	6.75
Lamb, skewered with onions and peppers. Served with lemon mayonnaise. 532kcal GF	

LAMB CUTLETS	8.25
Grilled lamb cutlets, served with lentils and minted Greek yoghurt. 593kcal GF	

LAMB KEFTE	6.75
Lamb, minced and marinated with Anatolian spices and mixed with feta from Epiros. Served with minted yoghurt. 426kcal <i>NEW</i>	

LOUKANIKO BEEF & PORK SAUSAGE SKEWER	6.75
Traditional Greek sausage from Thrace, chargrilled and served with a honey & mustard dressing. 673kcal	

SIDES & SALADS

GREEK SALAD	5.00
Classic, hearty and rustic, with tomatoes, cucumber, peppers, Greek olives, red onion, feta and olive oil, finished with Greek oregano from Mavrouda, Thessaloniki. 317kcal V GF	
Make it vegan without feta.	4.50
225kcal V VG GF	

NEW POTATOES	3.75
Tossed in lemon juice, olive oil and oregano. 325Kcal V VG GF	

CHIPS	4.00
Fluffy, light and fried to perfection. 813kcal V VG	

FILOXENIA DINNER MENU

FOUR DISHES FOR 13.95pp

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** 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 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 menu cannot be discounted.



SOUVLAKI WRAPS

6.75 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	684kcal V VG
JACKFRUIT GYROS with vegan aioli	729kcal V VG <i>NEW</i>
VEGAN MEATBALLS with vegan aioli	771kcal V VG <i>NEW</i>

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 herbs, olive oil, Greek honey and fragrant Kozanis saffron. 408kcal V GF	

AEGEAN SLAW	4.25
Thinly shredded cabbage, carrot, red and green peppers, with an olive oil dressing. 240Kcal V VG GF	

= VEGAN

WINE, BEER & MINERALS

175ml Glass | 500ml Carafe | 750ml Bottle

All wines served by glass are also available in 125ml, please check with your server for prices.

WHITE WINE

ELLINAS WHITE4.90 | 13.40 | 18.00
Specially bottled in Thessaloniki for us. Dry, delicate and floral, with fragrant fruit on the palate. Greece

ATHIRI6.75 | 19.15 | 27.00
This variety is grown in vineyards in the region of Halkidiki and produces a fresh, fruity, medium bodied wine. Greece

MOSCHOFILERO6.75 | 19.15 | 27.00
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 6.45 | 18.15 | 26.00
Soft and appealing, made from the grapes of the Maronia Vineyards in North-Eastern Greece. 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 6.45 | 18.15 | 26.00
A very popular wine in Greece, known for its complex palate, red fruit and a velvety smoked taste. Greece

AGIORGITIKO RED6.75 | 19.15 | 27.00
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

MERLOT6.25 | 17.55 | 25.00
An Italian Merlot with aromas of cherry and wild plum flavours. Italy

ROSÉ WINE

MAKEDONIKOS ROSÉ5.50 | 15.75 | 22.00
A vibrant rosé, with ripe strawberries on the nose and raspberry jam-like flavours. Greece

14/27 XINOMAVRO ROSÉ 5.30 | 15.15 | 21.00
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

ABATON AGIORITIKO WHITE BOTTLE 31.00
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 † *NEW*

MEGA SPILEO MALAGOUSIA WHITE..... BOTTLE 29.00
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 33.00
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

XINOMAVRO RED 6.75 | 19.15 | 27.00
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 BOTTLE 36.00
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 † *NEW*

RAPSANI TSANTALI BOTTLE 23.00
Characterful and intensely fruity. Made from a blend of grape varieties local to Northern Greece. Greece

EMMETROS LOGOS XINOMAVRO ROSÉ BOTTLE 29.00
A light, dry rosé wine, made from Xinomavro and Syrah varieties and flavours of strawberry and pomegranate. Greece

ROSATO6.25 | 17.55 | 25.00
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

RETSINA5.05 | 13.55 | 19.00
A traditional Greek classic with intense aromas of grapes and pine. Greece

SAUVIGNON BLANC 6.25 | 17.55 | 25.00
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 6.25 | 17.55 | 25.00
This Pinot Grigio showcases soft aromatic flavours of white peach and pear and notes of perfumed rose. Italy

CAVINO - IONOS WHITE BOTTLE 22.00
Easy drinking and dry, from vineyards at altitude on the coastal slopes of North Peloponnese. Greece

CAVINO - IONOS RED BOTTLE 22.00
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'AVOLA6.10 | 17.15 | 24.00
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 34.00
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 † *NEW*

DESSERT WINE

MAVRODAPHNE125ml 4.15 | BOTTLE 20.00
A great wine with a velvety sweetness that reveals its rich aromatic character. Greece

BUBBLES

PROSECCO125ml 6.65 | BOTTLE 29.00
NEGROAMARO ROSÉ BRUT BOTTLE 31.00
MUMM CORDON ROUGE BOTTLE 50.00

GREEK SPIRITS

KANENAS TSIPOURO25ml 4.00 | 200ml 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 after-meal digestive!

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

METAXA25ml 4.00

OTHER SPIRITS

VODKA, GIN, WHISKEY OR JACK DANIEL'S25ml 4.00
More available, please ask. Prices exclude mixer.

BEER & CIDER

DRAFT ALPHA OMEGAHalf 2.75 | Pint 5.25
Choose between Lager or Pale Ale.

MYTHOS BEER 330ml 4.00
FIX HELLAS BEER 330ml 4.00
NO ALCOHOL BEER330ml 3.50
ALPHA OMEGA CIDER 330ml 4.00

MINERAL WATER

STILL 2.75 | 4.00
SPARKLING 2.75 | 4.00

FRESH JUICES

ORANGE, APPLE, CRANBERRY OR LEMON3.00

SOFT DRINKS

COCA-COLA 330ml 3.00
DIET COKE, COCA-COLA ZERO330ml 2.85
FANTA, SPRITE ZERO OR GINGER BEER



† 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.

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

THE REAL GREEK

LUNCH MENU

CHOOSE BETWEEN

THE VEGAN PLATE, GREEK TRIO,
SOUVLAKI WRAP & SIDE
OR GREEK PLATE

FOR 8.75

AVAILABLE

MONDAY – FRIDAY
12.00PM – 5.00PM



@TheRealGreekUK



@RealGreekTweet



/TheRealGreek

LUNCH MENU 8.75

CHOOSE BETWEEN

GREEK TRIO

TOP

GREEK FLATBREAD V VG OR

CRUDITÉS V VG GF

With two ramekins of:

HOUMOUS V VG GF OR

TZATZIKI V GF OR

GREEN PEA FAVA V VG GF OR

TARAMASALATA OR

SPICY FETA DIP (HTIPITI) V GF OR

MELITZANOSALATA V VG GF OR

SANTORINI FAVA V VG GF

(Choose two dips)

MIDDLE

Choose one:

LAMB KEFTE OR

SPINACH TIROPITAKIA V OR

GRILLED AUBERGINE V VG GF OR

CHICKEN SKEWER GF OR

FALAFEL V VG OR

BQ CHICKEN WINGS GF OR

LOUKANIKO BEEF &
PORK SAUSAGE SKEWER OR

DOLMADES V VG GF OR

GIGANDES WITH SPINACH V VG GF OR

CHICKPEAS (REVITHIA) V GF

BOTTOM

Choose one:

AEGEAN SLAW V VG GF OR

RICE V GF OR

CHIPS V VG OR

NEW POTATOES V VG GF OR

POURGOURI-BULGUR WHEAT V VG

OR

SOUVLAKI WRAP & SIDE

CHOOSE ONE WRAP

Served with chips inside

LOUKANIKO BEEF & PORK SAUSAGE OR

PORK BELLY OR

CHICKEN OR

LAMB MEATBALLS OR

HALLOUMI V OR

FALAFEL WITH TAHINI V VG

CHOOSE ONE SIDE

GREEK SALAD V GF OR

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

OR

GREEK PLATE

CHOOSE BETWEEN

CHICKEN SKEWER GF OR

LAMB MEATBALLS OR

LOUKANIKO BEEF & PORK
SAUSAGE SKEWER OR

FALAFEL V VG OR

HALLOUMI & VEGETABLE SKEWER V GF

All served with:

WARM FLATBREAD V VG

SAFFRON RICE V GF

TZATZIKI V GF

GREEK SALAD V GF

VEGAN LUNCH MENU 8.75

CHOOSE BETWEEN

VEGAN PLATE

A selection of our best vegan dishes, including:

GREEK FLATBREAD V VG

CRUDITÉS V VG GF

HOUMOUS V VG GF

MELITZANOSALATA V VG GF

SANTORINI FAVA V VG GF

JACKFRUIT STIFADO V VG GF

GIGANDES WITH SPINACH V VG GF

POURGOURI-BULGUR WHEAT V VG

OR

VEGAN SOUVLAKI WRAP & SIDE

CHOOSE ONE WRAP

Served with chips inside

JACKFRUIT GYROS

WITH VEGAN AIOLI V VG OR

VEGAN MEATBALLS

WITH VEGAN AIOLI V VG OR

FALAFEL WITH TAHINI V VG

CHOOSE ONE SIDE

"NO FETA" GREEK SALAD V VG GF OR

AEGEAN SLAW V VG GF OR

NEW POTATOES V VG GF OR

CHIPS V VG OR

POURGOURI-BULGUR WHEAT V VG



FULL ALLERGEN INFO AVAILABLE ON REQUEST

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