



WE RECOMMEND THREE OR FOUR MEZES PER PERSON. COLD MEZES ARE SERVED FIRST, HOT FOLLOWS WHEN READY. PERFECT FOR SHARING!

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



TO START

GREEK OLIVES	2.75
(314kcal) v VG GF	
GREEK FLATBREAD	3.00
(Add olive oil & Dukkah for 3.25)	
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 blend of chickpeas, rich in tahini and spiced with cumin and fresh chilli.	
(342kcal) v VG GF	
SANTORINI FAVA NEW	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)	5.00
Roasted pepper and cheese dip, finished with a touch of chilli.	
(259kcal) v GF	
SPICY WALNUT & RED PEPPER DIP	5.00
Inspired by Alexander the Great's travels - an eastern Mediterranean spicy dip.	
(353kcal) v VG	
CHICKPEAS (REVITHIA) NEW	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
Our daily creamy blend 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	

THE MAIN EVENT

GRILLED MEZE

CHICKEN MONASTIRAKI	6.75
Chicken, marinated with Greek herbs, served with tzatziki, onion and tomatoes.	
(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 red onion.	
(503kcal) GF	
LOUKANIKO — BEEF & PORK SAUSAGE	6.25
Traditional Greek sausage, chargrilled and served with smoked chilli relish.	
(651kcal)	
GRILLED KALAMARI WITH POURGOURI NEW	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	5.25
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 and onions.	
(435kcal)	
LAMB KEFTE	6.25
Lamb, minced and marinated with Anatolian spices. Served with minted yoghurt.	
(353kcal)	

HOT MEZE

SPINACH WITH GIGANDES NEW	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
Tonia's recipe of tiger prawns in a rich tomato sauce, with spinach, pickled peppers and feta.	
(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, served with a tahini dip.	
(369kcal) v VG	

SOUVLAKI WRAPS

6.25 each

We use the best meat, Cypriot halloumi, falafel or jackfruit, served 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)
PORK BELLY (773kcal)
CHICKEN (663kcal)
LAMB KEFTE (807kcal)
HALLOUMI (691kcal) v
FALAFEL WITH TAHINI (1169kcal) v VG
JACKFRUIT GYROS WITH TAHINI – spicy! (707kcal) 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	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	



MEET TONIA!

Tonia Buxton is the face of Greek food in the UK and presenter of the award-winning 'My Greek Kitchen' TV series. Tonia has a passion for food, born from an early apprenticeship in her mother's kitchen, and has brought this passion to the development of our dishes at The Real Greek.

"It is now common knowledge that the Mediterranean diet is the best for your health & within the Mediterranean, Greek is the best. I was lucky enough to grow up in a Greek family where cooking was a tradition. I had to cook like it or not. I learnt to love it. What is so wonderful about the cuisine is its simplicity, it is good rustic food at it's best."

Tonia

SET MENUS

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 – BBQ Chicken Wings or Spinach with Gigandes – Lamb Meatballs or Falafel – Saffron Rice or Chips	
PELOPONNESE	32.50 for two
– Crudités or Greek Flatbread – Houmous or Tzatziki – Spinach with Gigandes or Chickpeas (Revithia) – Spinach Tiropitakia or Dolmades – Chicken Skewer or Halloumi Skewer – Lamb Kefte or Falafel – Aegean Slaw or Greek Salad – New Potatoes or Chips	
MYKONOS	39.00 for two
– Crudités or Greek Flatbread – Taramasalata or Houmous – Tzatziki or Melitzanosalata – Spinach with Gigandes or Dolmades – Spinach Tiropitakia or Prawn Saganaki – Halloumi & Vegetable Skewer or Grilled Kalamari with Pougouri – Falafel or Chicken Monastiraki – Aegean Slaw or Greek Salad	

ATHENIAN EARLY DINNER MENU

CHOOSE FOUR DISHES FOR £9.95pp
AVAILABLE SUNDAY - FRIDAY 4.00PM - 7.00PM

CHOOSE ONE DISH

Greek Flatbread v VG **or** Crudités v VG GF

CHOOSE ONE DISH

Houmous v VG GF **or** Tzatziki 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 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

VEGAN MENU

GREEK OLIVES (314kcal) v VG GF	2.75
GREEK FLATBREAD (Add olive oil & Dukkah for 3.25) A spicy mix of ground, dry roasted nuts and seeds. (533kcal / 621kcal) v VG	3.00
CRUDITÉS Fresh-cut carrot, celery and cucumber. (47kcal) v VG GF	3.00

COLD MEZE

GREEN PEA FAVA 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	4.75
SANTORINI FAVA Yellow lentils from Santorini, cooked and blended with herbs and spices, topped with Santorini capers. (241kcal) v VG GF	4.75
HOUMOUS Our daily blend of chickpeas, rich in tahini and spiced with cumin and fresh chilli. (342kcal) v VG GF	4.75
SPICY WALNUT & RED PEPPER DIP Inspired by Alexander the Great's travels - an eastern Mediterranean spicy dip. (353kcal) v VG	5.00
MELITZANOSALATA A light and fragrant blend of smoked aubergine, garlic, shallots and lemon. (211kcal) v VG GF	5.00
BEETROOT & LENTIL SALAD Green lentils and beetroot in our tangy lemon dressing. (306kcal) v VG GF	4.50

HOT MEZE

CHICKPEA FILO TRIANGLES Two filo pastry parcels with chickpeas, cumin, turmeric, and a touch of sundried tomato & chilli. (593kcal) v VG	5.25
FALAFEL Our signature recipe, served with a tahini dip. (369kcal) v VG	5.50
MOUSSAKA Classic cinnamon taste with potato, courgette, aubergine and jackfruit. Made without béchamel. (214kcal) v VG	5.75
GRILLED AUBERGINE Chargrilled aubergine served with garlic and tomato sauce. (145kcal) v VG GF	5.25
JACKFRUIT STIFADO Jackfruit, slow-cooked with button mushrooms, shallots & aniseed. (182kcal) v VG GF	5.75
GREEN BEANS, FENNEL & TOMATO (FASOLAKIA) Green beans & fennel, slow-cooked in a rich tomato sauce, spiced with cinnamon. (100kcal) v VG GF	5.25
DOLMADES Vine leaves stuffed with rice, tomato and fresh herbs. (246kcal) v VG GF	5.00
POURGOURI - BULGUR WHEAT A classic Cypriot dish. Tonia's mother's recipe of cracked wheat with tomatoes and onion. (190kcal) v VG	3.75
SPINACH WITH GIGANDES Spinach and hearty giant beans, cooked in a tomato and garlic sauce. (540kcal) V VG GF	5.00

SOUVLAKI WRAPS

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!	6.25 each
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SIDES & SALADS

NO FETA GREEK SALAD 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	Regular 4.25 Large 7.00
NEW POTATOES Delicate, nutty and tossed in olive oil and lemon juice. (271kcal) v VG GF	3.50
CHIPS Fluffy, light and fried to perfection. (813kcal) v VG	3.50
AEGEAN SLAW Thinly shredded cabbage, carrot, red and green peppers, with an olive oil dressing. (240kcal) v VG GF	3.75

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."

Tonia

DESSERT MENU

BAKLAVA Homemade, crisp filo pastry with walnuts. (542kcal) v VG	4.25
GREEK FILO CUSTARD PIE 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) v	4.75
CARAMEL & PECAN CHEESECAKE Greek vanilla cheesecake topped with caramel and toasted pecan nuts from the Aegean. All on a biscuit and pecan base. (315kcal)	5.00
CHOCOLATE MOUSSE CAKE A luxurious, dark chocolate mousse cake. (333kcal) v	5.00
GREEK YOGHURT WITH WALNUTS IN SYRUP A traditional Greek dessert of Greek yoghurt. Served with walnuts in syrup. (250kcal) v GF	4.25
LOUKOUMIA Delicate Greek sweets flavoured with nuts. (216kcal)	2.25
LUXURY SORBET Lemon (261Kcal) v VG / Mango (283kcal) v VG	3.75
LUXURY ICE-CREAM Vanilla (419kcal) v / Chocolate (433kcal) v Strawberry (312kcal) v / Pistachio (413kcal) v	3.75
VEGAN VANILLA ICE-CREAM (525kcal) v VG GF	3.75

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.

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.

We are constantly trying to improve your experience and would appreciate any feedback that you have to help us achieve this. Please contact our Operations Director Christos Karatzenis by email: christos@therealgreek.com.

Please note that we accept all major credit cards. We do not accept cheques.



THE REAL GREEK
EAT TOGETHER