



THE REAL
GREEK

NIBBLES

Kalamata Olives [v] [vg]

The ideal Mediterranean nibble, whilst you decide what to order. (317kcal) **£2.50**

Athenian Mixed Nuts [v] [vg]

Roasted and salted pistachios, almonds, brazil nuts, roasted corn and cashew nuts. (479kcal) **£2.50**

Greek Flatbread with Olive Oil & Dukkah [v]

Our twist on an Eastern Mediterranean classic. To experience this dish the traditional way, dip flatbread in olive oil, followed by our homemade Dukkah - a spicy mix of ground, dry roasted nuts and seeds. (538kcal) **£2.50**

SOMETHING ABOUT US

We serve the very best and most exciting modern Mediterranean meze and encourage you to have fun sharing plates. Honest and simple, all of our dishes are freshly prepared using the highest quality ingredients, with many sourced from Greece when nothing but the most authentic will do. Bursting with sun-filled flavours, our food provides an invigorating culinary vacation from the rush of the capital.

DID YOU KNOW

We were the first collection of restaurants to provide a calorie count for every dish on our menu.* We wanted you to understand how healthy the Mediterranean, and especially Cretan, diet can be. Rich in unsaturated fats from fish and oil, the style of food we serve has been found to have particularly positive health benefits. For a complete nutritional analysis of our dishes visit: www.therealgreek.com

*The findings of the Seven Countries Study support this.

MEZE [meh-zeh]

Small savoury dishes in the Real Greek tradition - best enjoyed with hot flatbread or crudités.

- We recommend three to four mezes per person
- Cold mezes are served first and hot follow
- Be adventurous, dive in and don't forget to share!

COLD MEZE

Greek Flatbread [v]

Light, moist and incredibly moreish, the authentic Greek classic. (615kcal) **£2.45**

Crudités [cru-di-tay] [v] [vg]

Fresh-cut carrot, celery and cucumber, perfect when ordered with one of our homemade dips. (37kcal) **£2.15**

Taramasalata [tara-ma-salata]

Rich, creamy and made fresh every day with naturally smoked undyed cod roe. (913kcal) **£4.15**

Hummus [hum-us] [v] [vg]

Our daily home blend, rich in tahini and delicately spiced with cumin and fresh chilli. (298kcal) **£4.15**

Babaganoush [v]

Classic Mediterranean dip with aubergine, tahini and garlic. (398kcal) **£4.25**

Tzatziki [tat-zee-kee] [v]

Cool and tangy Greek yoghurt with chopped cucumber, garlic and fresh mint. (163kcal) **£4.15**

Beetroot, Feta & Lentil

Green lentils, beetroot, red onion and feta in our tangy lemon dressing. (308kcal) **£4.25**

Htipiti [hit-ee-pit-ee]

Real Greek feta dip coarsely chopped with roasted red peppers, sun-dried tomatoes and red onions. (305kcal) **£4.15**

Melitzanosalata [melit-zano-salata] [v] [vg]

A light and fragrant blend of smoked aubergine, garlic, shallots and lemon. (236kcal) **£4.15**

Gigandes Plaki [gig-and-ees-pla-ki] [v] [vg]

Hearty giant beans, slow-cooked by our chefs in a rich and herby tomato sauce. (183kcal) **£4.15**

Green Bean, Chickpea & Spinach

A refreshing meze of green beans, chickpeas, spinach and feta dressed in our fresh lemon and olive oil dressing. (370kcal) **£4.25**

Dolmades [dol-ma-dez] [v] [vg]

Daily hand-wrapped vine leaves with our unique rice, herb, pine nut and Corinthian sultana filling. (254kcal) **£4.25**

Tabouleh Salad [ta-boo-lay] [v]

A refreshing salad of parsley, mint, tomatoes, bulgur wheat and preserved lemon, in extra virgin olive oil. (117kcal) **£4.15**

Revithia [v] [vg]

Baby chickpeas with handfuls of herbs, olive oil and lemon. (286kcal) **£4.15**

GREEK SOUVLAKI

[soov-lah-kee]

A Real Greek wrap - like a kebab, only much better, prepared in the authentic Greek way...we use the best British meat or halloumi grilled over charcoal, then wrapped in our gorgeous flatbread, with plenty of homemade tzatziki, fresh tomatoes, red onion and sweet paprika.

LAMB (607kcal)	£6.40
PORK (633kcal)	£6.10
CHICKEN (529kcal)	£6.10
LAMB KEFTE (730kcal)	£6.25
HALLOUMI & VEGETABLE [ha-loo-mee] [v]	£6.00
Halloumi cheese, skewered with courgette. (451kcal)	

PLATTERS

SOUVLAKI FOR TWO **£21.00**

One Lamb, one Halloumi & Vegetable and one Chicken Souvlaki, halved and served with any two Salads or Sides.

SOUVLAKI FOR FOUR **£39.95**

Two Lamb, two Halloumi & Vegetable and two Chicken Souvlaki, halved and served with any three Salads or Sides.

HOT MEZE

Tiger Prawns with Garlic & Chilli

Simple but scrumptious, tiger prawns marinated in a garlic and chilli butter. (92kcal) **£6.25**

Grilled Octopus

Beautifully tender octopus tossed in olive oil, garlic and Greek mountain oregano. (447kcal) **£6.95**

Tiropitakia [tiro-pi-takia]

Our filo pastry parcels with creamy leek, spinach and feta filling, handmade daily. (416kcal) **£4.75**

Lamb Kefte [kef-ter]

Best British lamb, minced, skewered and marinated with aromatic Anatolian spices. (344kcal) **£5.35**

Yiaourtlou [yia-ou-rtlou]

Handmade British lamb patties grilled and topped with yoghurt, tomato relish, onions and sprinkled with paprika. (409kcal) **£6.00**

Grilled Kalamari

Our own unique version, using the freshest squid and a sticky Greek honey and paprika marinade. (286kcal) **£6.00**

Skewers

Grilled succulent Farm Assured British meat or halloumi, skewered with onions and peppers, marinated and served on a bed of leaves. Choose from...

Chicken (177kcal)	£4.95
Pork (281kcal)	£4.95
Lamb (255kcal)	£5.45
Halloumi & Vegetable [ha-loo-mee] (118kcal)	£5.00 [v]

Bifteki [bif-tek-ee]

Succulent British beef patties handmade with spring onion and served with minted yoghurt. (252kcal) **£5.95**

Lamb Cutlets

Sweet and succulent British lamb grilled with Greek mountain thyme. (881kcal) **£6.95**

Bourekia [boo-rek-ee]

Our handmade filo parcels filled with ground British beef and feta, rounded off with a hint of cumin and paprika. (399kcal) **£4.95**

Grilled Aubergine with Tabouleh [v]

Chargrilled aubergine served warm with a cold tabouleh salad of Corinthian sultanas and roasted pine nuts. (601kcal) **£4.50**

Salt Cod

Fresh cod, home-cured then dipped in beer batter and fried. (346kcal) **£6.00**

Grilled Halloumi [ha-loo-mee] [v]

Succulent grilled halloumi with a garnish of charred red peppers. (151kcal) **£4.75**

Loukaniko [lou-kan-iko]

Traditional Greek pork sausage, infused with fennel seeds, grilled and finished with oregano, olive oil and lemon. (790kcal) **£5.25**

Chargrilled Chicken Wings

Four succulent chicken wings coated in our homemade dukkah - a spicy mix of ground, dry roasted nuts and seeds. (623kcal) **£4.95**

SALADS & SIDES

Greek Salad

Classic, hearty and rustic, with tomatoes, cucumber, peppers, Kalamata olives, red onion, feta and olive oil, finished with sprinkled oregano. (681kcal) **£4.00** / (1362kcal) **£7.50**

Cos Salad [v] [vg]

So simple, yet so good... Crispy shredded Cos leaves tossed in our fruity sultana dressing. (42kcal) **£3.50**

New Potatoes [v] [vg]

Delicate, nutty and tossed in olive oil, spring onion, lemon juice and fresh dill. (293kcal) **£3.50**

Lahanosalata [laha-no-salata] [v]

The Greek coleslaw... white cabbage, shaved fennel and dill dressed with our very own creamy sultana dressing. (134kcal) **£3.00**

Chips [v] [vg]

Fluffy, light and fried to perfection. (528kcal) **£3.25**

Saffron Rice [v]

Nutty brown basmati dressed with herbs, olive oil, Greek honey and fragrant Kozanis saffron. (406kcal) **£3.45**

WE DO THE HARD BIT

If you'd like a helping hand we've put together three menus which include a choice of hot and cold mezes, sides and salads.

PERFECT FOR TWO TO SHARE.

ANATOLIAN

[ana-tow-lian]

CRUDITÉS OR GREEK FLATBREAD

HUMMUS OR TARAMASALATA

GIGANDES PLAKI OR REVITHIA

CHICKEN SKEWER OR HALLOUMI SKEWER

TIROPITAKIA OR DOLMADES

PORK SKEWER OR GRILLED HALLOUMI

LAHANOSALATA OR COS SALAD

NEW POTATOES OR SAFFRON RICE

£25.95

For Two

PELOPONNESE

[pel-op-pi-nees]

CRUDITÉS OR GREEK FLATBREAD

HUMMUS OR HTIPIITI

GIGANDES PLAKI OR TABOULEH SALAD

TIROPITAKIA OR DOLMADES

CHICKEN SKEWER OR HALLOUMI SKEWER

LAMB KEFTE OR GRILLED HALLOUMI

LAHANOSALATA OR GREEK SALAD

NEW POTATOES OR CHIPS

£27.95

For Two

THESSALONIKI

[thes-a-lon-ni-ki]

CRUDITÉS OR GREEK FLATBREAD

TZATZIKI OR HUMMUS

TIROPITAKIA OR DOLMADES

LAMB KEFTE OR GRILLED HALLOUMI

CHICKEN SKEWER OR LAMB SKEWER

SALT COD OR KALAMARI

LAHANOSALATA OR GREEK SALAD

NEW POTATOES OR CHIPS

£29.95

For Two

DIPS

The perfect complement to your Meze, Souvlaki or Salad - all freshly handmade by us daily.

Try a selection and experiment ...

Sun-Dried Tomato & Pepper Relish (92kcal)

£1.00 [v] [vg]

Preserved Lemon Mayonnaise (279kcal)

£1.00 [v]

Parsley Aioli (176kcal)

£1.00 [v]

Smoked Chilli Relish (42kcal)

£1.00 [v] [vg]

Dip Selection (589kcal)

£3.00 [v]

Any gratuities left in recognition of good service will go directly and entirely to your server.

Please note we only accept cash gratuities.

THE REAL
GREEK

WHITE WINES

175ml Glass	250ml Glass	500ml Carafe	750ml Bottle
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THE REAL GREEK DEAL

YMNOS - DRY WHITE CRETAN REGIONAL WINE Greece NV
Quality - which over delivers a richness in fruit and texture that is rarely seen at 'entry level' anywhere. (655kcal)†
£4.00 £5.75 £11.35 £15.50

CRETA OLYMPIAS WINERY RETSINA Greece NV
Traditional country wine flavoured with pine resin - or as legend suggests 'the tears of the wood nymph.' (608kcal)†
£4.55 £6.50 £12.85 £17.50

SILENUS 'BETA' WHITE (VILANA) Greece 2009/10
Excellent wine, almost Verdelho-ish in style. Ripe, citrusy and elegant with length that requires a sun lounger. (667kcal)†
£4.95 £6.95 £13.95 £18.95

SAN...TORINI - SANTORINI ASSYRTIKO Greece 2009
Top quality from the rich volcanic soils of Santorini - rich, mineral, complex - eat your heart out Burgundy! (727kcal)†
- - - £30.95

AROMATIC, NEW WORLD WONDERS

ALISIOS PINOT GRIGIO/RIESLING Brazil 2010
Everyone loves a Pinot Grigio & everyone loves a Brazilian... this will keep everyone happy! (662kcal)†
- - - £21.95

SPY VALLEY SAUVIGNON BLANC New Zealand 2010
Classic Kiwi - zippy, zesty, gooseberry & grapefruit from the famous Marlborough region. (694kcal)†
- - - £25.95

KEEP GOING SOUTH

ACACIA TREE CHENIN BLANC/COLOMBARD South Africa 2010/11
Easy drinking melon bomb from the Western Cape. (699kcal)†
£4.45 £6.30 £12.45 £16.95

VALDIVIESO SAUVIGNON BLANC Chile 2010
Vibrant lime & ripe capsicum - nectarine and currants. Long Dry, invigorating (and made by a Kiwi!). (662kcal)†
£5.50 £7.75 £15.35 £20.95

D'ARENBERG 'STUMP JUMP' CHARDONNAY Australia 2009
Wacky, quirky and incredibly approachable - can be said for all d'Arenberg wines! Chardonnay as it should be. (695kcal)†
- - - £22.95

BUBBLES

	125ml Glass	750ml Bottle
BELSTAR PROSECCO (605kcal)† <small>Italy NV</small>	£4.95	£22.95

VEUVE CLIQUOT CHAMPAGNE

PONSARDIN YELLOW (657kcal)† <small>NV</small>	-	£48.95
PONSARDIN ROSÉ (683kcal)† <small>NV</small>	-	£58.95
VINTAGE 'RICH' (714kcal)† <small>NV</small>	-	£68.95

DESSERT WINES

125ml Glass	500ml Bottle	700ml Bottle
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MAVRODAPHNE SWEET RED (859kcal)† Greece NV
Deep dark and sweet. Rich dried prunes and chocolate, great on ice.
£3.00 - £14.95

SAN...TORINI - VIN SANTO (945kcal) Greece 2005
Naturally sweet, sun dried grapes - nectar of the gods in our opinion... Amazing wine.
- £27.95 -

RED WINES

175ml Glass	250ml Glass	500ml Carafe	750ml Bottle
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THE REAL GREEK DEAL

YMNOS - DRY RED CRETAN REGIONAL WINE Greece NV
Over-achieving, holiday enhancing, well balanced and quaffable. (669kcal)†
£4.00 £5.75 £11.35 £15.50

SILENUS KAPPA SIGMA - SHIRAZ/KOTSIFALI Greece 2009/10
Ripe, plummy wild blackberries and textured, slightly spicy Shiraz make this wine worthy of a place on any list. (667kcal)†
£4.95 £6.95 £13.95 £18.95

'RED ON BLACK' AGIORGITIKO Greece 2009
Family farmed since 1913... Intense red plum, cinnamon, leather and spicy wood smoke - something akin to the Tempranillo's made famous in Rioja. (721kcal)†
- - - £21.95

ANTAMA ORGANIC CABERNET/KOTSIFALI Greece 2008
A staggering blend of the indigenous Kotsifali and well known, approachable Cabernet Sauvignon - go on, you're worth it! (726kcal)†
- - - £29.95

MITRAVELAS ESTATE NEMEA RED Greece 2006
On the list by merit - top quality with awards to show for it. 30 year old vines, hand picked, 12 months in French oak, 6 months in cellar before release... This is seriously good. (715kcal)†
- - - £33.95

THE WONDERS OF THE NEW WORLD

ALTO BAJO MERLOT Chile 2010
Deep velvety red colour, with rich mulberry and oak aromas on the nose. Packed with dark chocolate and cassis... (732kcal)†
£4.55 £6.50 £12.85 £17.50

PIROPO SHIRAZ/MALBEC Argentina 2010
Malbec and meat go together - simple! Dark, chocolaty and rich. (689kcal)†
£4.70 £6.65 £13.20 £17.95

DEAKIN ESTATE ARTISANS BLEND CABERNET/TEMPRANILLO Australia 2008
Something quirky from Victoria - blackcurranty Cabernet MEETS spiced plum Tempranillo - and hits it off instantly. (716kcal)†
£5.25 £7.40 £14.65 £19.95

ALAMOS SELECCION PINOT NOIR Argentina 2009/10
Easy drinking Pinot Noir from the high altitude, high value area of Mendoza - richly concentrated. (758kcal)†
- - - £23.95

ROSÉ WINES

175ml Glass	250ml Glass	500ml Carafe	750ml Bottle
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PETIT PAPILLON GRENACHE ROSÉ France 2009/10
Forrest cherries and raspberries with just a hint of fragrant jasmine and thyme - lip smacking. (664kcal)†
- - - £17.95

MEDITERRA ROSE Greece 2009/10
Jam-packed with strawberry fruit - feel good wine. (673kcal)†
£5.25 £7.40 £14.65 £19.95

DRINKS

BEERS & CIDER

Pilsner Urquell:	Half Pint	£2.40	(119kcal)
	Pint	£4.25	(239kcal)
Mythos:	330ml Bottle	£3.40	(133kcal)
Peroni:	330ml Bottle	£3.40	(138kcal)
Savanna Cider:	330ml Bottle	£3.50	(187kcal)

MINERAL WATER

Still or Sparkling	330ml	£2.40
Still or Sparkling	750ml	£3.75

FRESHLY SQUEEZED JUICES

Orange	£3.00	(138kcal)
Apple	£3.00	(144kcal)
Cranberry	£3.00	(141kcal)
Lemon	£3.00	(37kcal)

SOFT DRINKS

Coca-Cola	£2.40	(139kcal)
Diet Coke	£2.40	(2kcal)
Fanta	£2.40	(99kcal)
Sprite	£2.40	(145kcal)
Ginger Beer	£2.40	(116kcal)

All our dishes may contain traces of nuts.
[v] - These items are suitable for Vegetarians.
[vg] - These items are suitable for Vegans.

*The recommended daily calorie intake for the average adult male is 2500kcal and the average adult female is 2000kcal, children need less. Please see our website for full nutritional value of all dishes.

†The calorie value applies to a full bottle of wine only.

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

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