

NIBBLES

OLIVES [v] [vg]
The ideal Mediterranean nibble, whilst you decide what to order.
(318kcal) £1.85

ATHENIAN MIXED NUTS [v] [vg]
Roasted and salted pistachios, almonds and walnuts.
(479kcal) £1.85

WHITE WINES

175ml 250ml 500ml Bottle

YMNOS - DRY CRETAN REGIONAL WINE
Quality, which over delivers a richness in fruit and texture is rarely seen at 'entry level' anywhere.
£4.00 £5.45 £10.75 £15.50

OPERETTA GARGANEGA/PINOT GRIGIO
Crisp yellow apples and white pears. Aromatics of honey blossom from the varieties that the UK loves.
£4.40 £5.95 £11.85 £17.00

CRETA OLYMPIAS WINERY RETSINA
Traditional country wine flavoured with pine resin - or as legend suggests 'the tears of the wood nymph'
£4.55 £6.00 £12.15 £17.50

SILENUS 'BETA' WHITE (VILANA)
Excellent wine, almost Verdelho-ish in style. Ripe, citrusy and elegant with length that requires a sun lounger.
£4.95 £6.65 £13.15 £19.00

PALENA SAUVIGNON BLANC
Vibrant lime and ripe capsicum - gooseberries and currants. Long, dry and invigorating.
£5.35 £7.15 £14.25 £20.50

SAAM MOUNTAIN PAARL CHENIN BLANC
Bursting with tropical island fruit, this is South Africa's favourite white grape for a reason...
- - - £22.00

KNAPPSTEIN HANDPICKED RIESLING
"This rich, almost unctuous, example from Australia's Clare Valley is a crisp, lively wine with a beginning, a middle and an end." Giles Kime, *Sunday Telegraph*.
- - - £24.00

D'ARENBERG 'THE HERMIT CRAB' VIOGNIER/MARSANNE
Wacky, quirky and incredibly approachable - can be said for all D'arenberg wines! In this case a delicious, richly scented wine perfectly matched to anything coming off our grill.
- - - £29.00

SAN_TORINI - SANTORINI ASSYRTIKO
Citrus and white peaches, rich and well balanced, the palate has a refreshing acidity and awesome balance - top wine from the beautiful island of Santorini.
- - - £30.00

DOMAINE LAROCHE CHABLIS 1^{ER} CRU MONTMANS
From the 37-hectare area of extremely highly rated Premier Cru - long, mineral, lemony flintiness completed with hints of honey and spice.
- - - £44.00

ROSÉ WINES

PETIT PAPILLON GRENACHE ROSÉ
Forest cherries and raspberries with just a hint of fragrant jasmine and thyme - lip-smacking.
- - - £17.50

MEDITERRA ROSÉ
Rosy pink, voluptuous, intense - reminds you of holidays in the sun!
£5.10 £6.75 £13.50 £19.50

BUBBLES

FREGE CHARDONNAY/PINOT NOIR
£5.00 125ml - - £24.95

MUMM CORDON ROUGE
- - - £42.00

LAURENT - PERRIER ULTRA BRUT
- - - £49.00

DE CASTELLANE ROSÉ
- - - £57.00

PERRIER-JOUET BELLE EPOQUE
- - - £99.00

RED WINES

175ml 250ml 500ml Bottle

YMNOS - DRY RED CRETAN REGIONAL WINE
Overachieving, holiday enhancing, well balanced and quaffable.
£4.00 £5.45 £10.75 £15.50

SAN RAFAEL MERLOT
Deep velvety red colour, with rich mulberry and oak aromas on the nose. Packed with dark chocolate and cassis...
£4.40 £5.95 £11.85 £17.00

PIRIFO MALBEC
Malbec and meat go together - simple! Dark, chocolaty and rich.
£4.55 £6.00 £12.15 £17.50

SILENUS KAPPA SIGMA KOTSIFALI/SHIRAZ
Ripe, plummy wild blackberries and textured, slightly spicy Syrah make this wine worthy of a place on any list.
£4.95 £6.65 £13.15 £19.00

THOMAS MITCHELL SHIRAZ/ CABERNET SAUVIGNON
A rich blend of Australia's two greatest red grapes - sweet plummy fruit, cassis and smooth chocolaty vanilla oak.
£5.20 £6.95 £13.85 £20.00

NEMEA 'RED ON BLACK' MITRAVELUS ESTATE
Family-farmed since 1913. Intense red plum, cinnamon, leather and spicy wood smoke - something akin to the Tempranillo's made famous in Rioja.
- - - £21.00

ALAMOS SELECCION PINOT NOIR
"Chile confirms to make more noise about its Pinot Noirs, but frankly, Argentina needs to hog some of this South American show, as this seductive, smoky, yet zesty plum-packed..." Jane MacQuitty, *The Times*.
- - - £23.50

CASTILLO CLAVIJO RIOJA CRIANZA
From the vineyard to the bottle to the glass, this wine oozes quality that Rioja deserves to be judged by. And there's nothing better to share!
- - - £26.00

ANTAMA ORGANIC CABERNET/KOTSIFALI
A staggeringly good blend of the indigenous Kotsifali and well-known, approachable Cabernet Sauvignon - go on, you're worth it!
- - - £30.00

NICOLAS POTEI GEVREY CHAMBERTIN 'LES CHARMESSES'
Beautiful, handcrafted Pinot Noir - skillfully aged in oak - memorable.
- - - £49.95

DESSERT WINES

MAVRODAPHNE SWEET RED (OOML)
Deep red dried fruit, chocolate and coffee - delicious chilled with dessert or as an aperitif.
£3.00 125ml - - £15.00

SAN_TORINI - VIN SANTO (OOML)
Naturally sweet, sun-dried grapes - nectar of the gods in our opinion. An amazing wine.
- - - £26.00

DRINKS

BEERS & CIDER
Pilsner Urquell: Half Pint £2.20 Pint £3.75
Mythos: 330ml Bottle £3.30
Peroni: 330ml Bottle £3.40
Savannah Cider: 330ml Bottle £3.30

MINERAL WATER Still or Sparkling
330ml £1.95
750ml £3.00

FRESHLY SQUEEZED JUICES
£2.75

SOFT DRINKS
Coca-Cola £1.95
Diet Coke £1.95
Fanta £1.95
Sprite £1.95

Greece NV

Chile 2008

Argentina 2008

Greece 2007

Australia 2007

Greece 2007

Argentina 2008

Spain 2004/5

Greece 2008

France 2005/6

Greece NV

Greece 2004

Greece 2008

Australia NV

France NV

France NV

France NV

France 1980/9



THE REAL
GREEK

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. (64kcal) £2.00

CRUDITÉS [v] [vg]
Fresh-cut carrot, celery and cucumber, perfect with one of our homemade dips. (37kcal) £1.85

TARAMASALATA [tara-ma-salata]
Rich, creamy and made fresh every day with naturally smoked undyed cod roe. (86kcal) £3.95

GIGANDES PLAKI [gg-and-ees] [v] [vg] ♣
Hearty giant beans, slow-cooked by our chefs in a rich and herby tomato sauce. (137kcal) £3.75

REVITHIA [v] [vg] ♣ **NEW**
Tender baby chickpeas home-baked with handfuls of herbs, olive oil and lemon. (267kcal) £3.75

SANTORINIAN FAVA [v] [vg] ♣
An unforgettable purée of earthy Santorini lentils, olive oil and herbs. (236kcal) £3.75

HUMMUS [v] [vg]
Our daily home blend, rich in tahini and delicately spiced with cumin and fresh chilli. (263kcal) £3.75

TZATZIKI [tat-zee-kee] [v] ♣
Cool and tangy Greek yoghurt with chopped cucumber, garlic and fresh mint. (146kcal) £3.75

KOLIOSALATA [ko-leeo-salata]
A unique smoked mackerel dip blended with yoghurt, lemon and fresh dill. (446kcal) £3.95

TABOULEH [ta-booo-leh] [v] [vg]
Fragrant bulgur wheat salad, rich with herbs and spicy Macedonian peppers. (453kcal) £3.75

MELITZANOSALATA [melt-zano-salata] [v] [vg] ♣
A light and fragrant blend of smoked aubergine, garlic, shallots and lemon. (218kcal) £3.75

HTIPITI [hit-ee-pit-ee]
Real Greek feta dip coarsely chopped with roasted red peppers and red onions. (278kcal) £3.75

DOLMADES [dol-ma-dez] [v] [vg] ♣
Daily hand-wrapped vine leaves with our unique rice, herb, pine nut and Corinthian sultana filling. (253kcal) £3.75

SKORDALIA [v] [vg] **NEW**
Our take on the classic Greek garlic and oil dip, thickened with potato and almonds. (294kcal) £3.75

TARATORI **NEW**
Roasted courgettes and green beans chopped with feta and pine nuts. (218kcal) £4.25

OCTOPODI ZAFFRANI ♣ **NEW**
Fresh octopus marinated in saffron, fennel and Greek vinegar, tossed with cucumber and dill. (97kcal) £5.25

FAKÉS SALATA [v] [vg] ♣ **NEW**
A rustic Greek classic of slow-cooked green lentils with beetroot and watercress. (404kcal) £3.75

HOT MEZE

GRILLED OCTOPUS
Beautifully tender octopus tossed in olive oil, garlic and Greek mountain oregano. (341kcal) £5.95

ANATOLIAN SPICED GAMBAS
Plump grilled tiger prawns home-marinated in aromatic Anatolian spices. (318kcal) £5.95

HALLOUMI MELITZANO [v] ♣ **NEW**
Succulent grilled Greek halloumi with charred aubergine, beef tomato and basil oil. (69kcal) £3.95

TIROPI TAKIA [tiro-pi-takia]
Our filo pastry parcels with creamy leek, spinach and feta filling, handmade daily. (417kcal) £3.75

WHITEBAIT
A true taste of the sea – deep fried and served with our chef's rich lemon mayonnaise. (1172kcal) £5.25

LAMB KEFTE [kef-ter]
Best British lamb, minced, skewered and marinated with aromatic Anatolian spices. (289kcal) £4.95

GRILLED KALAMARI
Our own unique version, using the freshest squid and a sticky Greek honey and paprika marinade. (247kcal) £5.75

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

Chicken (177kcal) £4.75 ♣
Pork (281kcal) £4.75 ♣
Lamb (253kcal) £5.25 ♣
Halloumi (68kcal) £4.25 [v] ♣ **NEW**

BIFTEKI [bif-tek-ee]
Light and succulent British beef patties handmade with spring onion and served with minted yoghurt. (253kcal) £5.75

SAGANAKI KEFALOTYRI [sag-ab-nack-ee] [v]
Greek kefalotyri goats' milk cheese, grilled until soft and golden. (995kcal) £4.50

LAMB CUTLETS
Sweet and succulent British lamb grilled with Greek mountain thyme. (354kcal) £6.25

GRILLED SARDINES ♣
We serve these whole and marinate them in olive oil, herbs and lemon. (358kcal) £4.75

SALT COD
Fresh cod home-cured until it's exceptionally soft, dipped in beer batter and fried. (346kcal) £5.95

CREVETTES SAGANAKI **NEW**
Juicy plump crevettes baked in the pan with our rich Ghiami tomato sauce and feta. (339kcal) £5.25

GRILLED ASPARAGUS [v] [vg] ♣ **NEW**
A real seasonal treat, dressed with olive oil, Greek honey and Kozanis saffron. (141kcal) £3.95

SOUVLAKI

[soov-lah-kee]:
The Real Greek wrap – like a kebab, only much better... we use the best British meat or Greek halloumi, skewered and grilled over charcoal, then wrapped in our gorgeous flatbread with plenty of homemade tzatziki and tomato relish.

LAMB

(538kcal) £6.25

PORK

(584kcal) £5.75

CHICKEN

(488kcal) £5.75

LAMB KEFTE

(526kcal) £5.95

SOUTZOUKI

[sut-zoo-ki]
Deliciously spicy cured Armenian beef sausage. (819kcal) £5.75

HALLOUMI AND VEGETABLE

[v] **NEW**
Real Greek halloumi cheese skewered with courgettes. (402kcal) £4.95

PLATTERS

SOUVLAKI FOR TWO

One lamb, one pork and one chicken souvlaki, halved and served with either Greek salad or chips. £19.95

SOUVLAKI FOR FOUR

Two lamb, two pork and two chicken souvlaki, halved and served with Greek salad and chips. £37.75

SALADS & SIDES

GREEK SALAD

Big, hearty and rustic, with tomatoes, cucumber, olives, feta, red onion and olive oil. (678kcal) £3.95

HORTA SALAD

Inspired by the Greek dish of wilted wild greens, this warm leaf salad is tossed with tender young beetroot, feta and a light lemon dressing. (399kcal) £3.95

COS SALAD

[v] [vg] ♣
So simple, yet so good... crispy shredded cos leaves tossed in our fruity sultana dressing. (43kcal) £3.25

CRETAN SALAD

NEW
A light, crunchy and refreshing mix of chopped peppers, tomatoes, feta, grapes and spring onion. (99kcal) £3.95

NEW POTATOES

[v] [vg] ♣
Delicate, nutty and tossed in olive oil, spring onion, lemon juice and fresh dill. (294kcal) £2.95

CHIPS

[v] [vg]
Hand-cut daily in our kitchen and fried to perfection. (526kcal) £2.95

SAFFRON RICE

[v] ♣ **NEW**
Nutty brown basmati dressed with herbs, olive oil, Greek honey and fragrant Kozanis saffron. (406kcal) £2.95

DIPS

The perfect compliment to your meze, souvlaki or salad – all freshly handmade by us daily. Try a selection and experiment.

Preserved Lemon Mayonnaise (279kcal) £0.60 [v]

Sun-Dried Tomato and Roast Pepper Relish (92kcal) £0.60 [v] [vg]

Parsley Aioli (173kcal) £0.60 [v]

Smoked Chilli Relish (42kcal) £0.60 [v] [vg]

Dip Selection £1.80

Any gratuities left in recognition of good service will go directly and entirely to your server. Please note we only accept cash gratuities.

Visit: www.therealgreek.com

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 findings of the Seven Countries Study support this.

We are constantly trying to improve your experience and would appreciate any feedback that you have to help us achieve this. Please contact our Managing Director, Liz Williams by email: liz@therealgreek.com

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

LET US 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 meze, sides and salads.

PERFECT FOR SHARING,
FOR TWO PEOPLE.

CRETAN

CRUDITÉS or FLATBREAD
SANTORINIAN FAVA or MELIZANOSALATA
GIGANDES PLAKI or DOLMADES
CHICKEN SKEWER or HALLOUMI SKEWER
REVITHIA or FAKÉS SALATA
GRILLED SARDINES or HALLOUMI MELITZANO
COS SALAD or CRETAN SALAD
NEW POTATOES or SAFFRON RICE

£20.95

CORINTHIAN

CRUDITÉS or FLATBREAD
HUMMUS or HTIPITI
GIGANDES PLAKI or TABOULEH
TIROPI TAKIA or DOLMADES
TWO SKEWERS OF CHOICE
COS SALAD or GREEK SALAD
NEW POTATOES or CHIPS

£22.95

ATHENIAN

CRUDITÉS or FLATBREAD
TARAMASALATA or TZATZIKI
TIROPI TAKIA or DOLMADES
LAMB KEFTE or BIFTEKI
GRILLED KALAMARI or GRILLED OCTOPUS
SALT COD or ANATOLIAN SPICED GAMBAS
COS SALAD or GREEK SALAD
NEW POTATOES or CHIPS

£25.95

DID YOU KNOW...

The Cretan diet, especially rich in unsaturated fats from fish and olive oil, has been found to have particularly positive health benefits. The Cretans have one of the highest life expectancies in the world, and the lowest rate of heart disease!

We have highlighted dishes which are inspired by the Cretan diet to help you make a healthy choice. Look out for the ♣ to guide you. We have also included the calorie content of each dish*.

ENJOY THE REAL GREEK TASTE AT HOME. OUR HOMEMADE DIPS ARE AVAILABLE TO TAKE AWAY.

THE REAL GREEK