


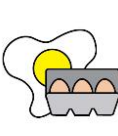











FOOD MENU - DISHES AND THEIR ALLERGEN CONTENT

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Greek Meze	✓	✓				✓	✓		✓	✓ ▢	✓ ▢	✓	✓ *	✓
Greek Meze Vegetarian	✓	✓				✓	✓		✓	✓ ▢	✓ ▢	✓ ▢	✓ *	✓
Olympus Grill	✓	✓					✓		✓				✓ * ▢	✓
Sea Sharing Platter			✓	✓	✓				✓				✓ *	
Dips Platter		✓			✓		✓							✓
Mezedakia		✓			✓		✓							✓
Tzatziki with pita		✓ ▢				✓ ▢	✓							✓
Hummus with pita		✓ ▢				✓ ▢						✓		
Taramosalata with pita		✓ ▢		✓	✓	✓ ▢								
Beetroot Mousse/pita		✓ ▢				✓ ▢	✓			✓	✓			
Aubergine Dip with pita		✓ ▢				✓ ▢								
Greek Salad							✓ ▢							✓
Veg & Halloumi Salad							✓		✓					✓
Halloumi Fries							✓						*	
Baked Feta		✓					✓							
Melomeno Loukaniko		✓											*	
Feta Sousami		✓					✓					✓	*	
Fried Calamari		✓		✓				✓					*	
Spanakopita		✓				✓								
Htapodi (Octopus)			✓					✓	✓					✓
Manouri Triangles		✓		✓		✓	✓						*	
Lefkes Garides		✓ ▢	✓			✓	✓							
Fried Halloumi Souvlaki		✓ ▢					✓ ▢						* ▢	
Chicken Souvlaki									✓				*	✓ ▢
Metaxa Kotopoulo							✓		✓					

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Moussaka		✓		✓			✓		✓				✓★	✓
Moussaka Veg.	✓	✓		✓					✓				✓★	
Stifado									✓					✓
Mushroom Stifado									✓					✓
Garides Saganaki			✓				✓■						★■	
Kotsi Gastras	✓								✓					
Tsipoura					✓				✓				★■	
Paidakia Arnissia						✓	✓■						★■	
Pita Bread		✓				✓■								
Gluten Free Bread														
Greek Olives & Breads.		✓■												✓
Chips with Feta							✓							
Homemade Chips														
Side Salad														✓
Feta Cheese							✓							
Baklava		✓				✓	✓■			✓	✓			
Portokalopita		✓		✓		✓	✓							
Karidopita		✓				✓				✓	✓			
Ice Cream							✓							
Sorbet														
Chocolate & Almond Torte										✓				
Greek Yogurt							✓							
Chocolate Fudge Cake		✓		✓			✓							
Assortment Greek Des.		✓		✓		✓	✓			✓	✓			

Review date: 12/11/2024

Reviewed by: Head Chef, Vasileios Athanasiadis



- Allergenic ingredients featured in this guide are in accordance with the EU Food Information Regulation & The Food Standards Agency
- A red tick ✓ means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example
- A blue box ■ means that the dish can be modified to remove the specified allergenic ingredient or to make it suitable for vegetarians or vegans. Please ask your server for more information
- A green star ★ means that the dish is fried in oil that may also be used to fry other dishes that include the specified allergenic ingredient
- **Please note** whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present. these charts show which dishes do not contain certain allergenic ingredients as intentional ingredients, however we **cannot guarantee** that dishes are 100% free from these ingredients due to the preparation process
- Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.