

MEAL ITEM	CHO	PROTEIN	FAT	ENERGY	SODIUM	FIBER	Allergens.....	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
MEZE - SEAFOOD							Allergens.....								
Oysters Each	3.85	4.87	1.25	189.18	53.30	0.42									x
Oysters 6's	23.10	29.19	7.47	1135.10	319.80	2.52									x
Sardines	0	14.2	3.8	392.92	40	0									
Mussels	23.4	45.8	53.6	3287.3	983.5	0.7		--	--	x	--	--			x
Prawn Kataifi	23.4	29.2	35.9	2275.6	720.4	1.2		x	x	x		x	x		x
Calamari	4.82	13.26	0.4	302.3	506.25	0									x
Squid Heads	5.46	26.71	2.43	659.84	72.86	0									x
Per King Prawn	0.18	7	0.5	140.2	95	0									x
Per Queen Prawn	0.16	3.52	0.3	76.81	82.25	0									x
Per Prince prawn	0.07	1.51	0.13	32.92	35.25	0									x
Prawns Saganaki	16.21	37.91	25.21	2021.38	1612.14	1.81				x				x	x
MEAT							Allergens.....	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Souvlakia Pork	1.09	19.59	25.51	1308.13	438.68	0.38					x			x	
Souvlakia Chicken	1.01	23.12	11.05	859.92	358.72	0.14		--	--	--	x	--		x	
Souvlakia Lamb	1.04	26.14	26.09	1481.01	457.46	0.22		--	--	--	x	--		x	
Souvlakia Beef Fillet	1.04	21.94	17.49	1046.77	391.46	0.22		--	--	--	x	--		x	
keftethes	13.49	26.3	26.92	1604.25	403.21	0.94		x	x			x		x	
Biftekia	7	33.99	37.89	1994.41	405.24	0.61		x	x						
Papoutsakia	21.39	30.86	35.5	2249.78	753.48	7.02		x	x	x		x			
Chicken Livers	1.59	13.32	4.05	415.57	1346.16	0.38		x	x	x	x	x			
Soutzoukakia	26.06	26.60	50.61	2728.82	995.69	1.78		x	x			x		x	
Crispy Pork Chops	4.15	59.69	65.60	3636.17	1031.87	1.40					x			x	
Gemista	42.36	24.4	41.22	2636.25	1978.37	5.17				x					
Beef strips	2.62	59.28	5.82	1292.1	2053.96	1.04		--	--	--	x	--			
Crispy Lamb Chops Meze	6.42	129.11	152.75	8230.82	2204.74	1.52					x			x	
VEGETARIAN							Allergens.....	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Zucchini Fries	24.15	5.07	35.57	1874.07	2505.30	2.80		x	x						
Marinated Brinjal	4.94	1.57	0.63	165.51	134.49	2.05								x	
Tiropita	25.64	14.37	17.79	1340.28	913.17	0.94		x	x	x		x			
Spanakopita	11.79	5.23	7.44	566.9	339.19	0.45		x	x	x		x			
Fried Brinjals with Tzatziki	17.0	2.6	20.3	1168.8	16.8	4.2		x	x						
Falafel	38.4	13.6	50.5	2766.8	655.0	9.8		x	x						
Baby Marrow Kefthetes	9.58	6.63	5.86	514.95	786.06	2.11		x	x	x		x			
Dolmades	8.4	7.6	8	560.12	440	1.4								x	
Black Mushrooms	12.59	12.61	34.24	1670.02	606.65	3.79		x	x	x	x			x	
Halloumi Fried	36.9	26.1	47.8	2827.9	1848.2	0.5		x	x	x	--	--			
Halloumi Grilled	2.6	25.4	47.3	2255.4	1320.0	0.0				x					
Cheese Croquettes	11.22	23.31	26.78	1588.56	479.34	0.67		x	x	x		x			
Santorini Halloumi	23.00	33.02	53.18	2935.25	1392.00	0.43		x	x	x		x		x	
MEZE PLATTERS for 2							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Veg Meze Platter	84.98	56.57	149.46	8074.12	4085.03	15.48		x	x	x		x		x	
Mythos Mixed Meze Platter	95.51	147.41	175.32	10793.34	5066.16	9.72		x	x	x	x	x		x	x
Seafood Meze Platter	168.6	151.2	128.3	10206.3	4972.2	9.1		x	x	x	x	x		x	x
Meat Meze Platter	106.3	422.6	498.4	28001.8	8685.5	9.2		x	x	x	x	x		x	
DIPS							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Dip Platter & Pita	129.42	58.45	124.09	7867.58	6277.08	28.93		x	x	x				x	
Hummus	27.39	13.35	34.01	1979.99	879.38	13.35									
Skordalia	39.58	4.60	19.54	1429.63	233.39	3.11								x	
Olive Tapenade	10.06	4.64	39.00	1775.64	3368.00	11.47								x	
Taramosalata	34.06	3.84	65.80	3079.64	1244.00	2.07		x	x	--	x	--			
Tzatziki	26.73	13.35	26.67	1951.20	733.37	1.36				x					
Spicy Feta Cheese	9.97	28.45	49.09	2465.03	1837.70	0.11				x					

Salata Salads							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Salmon Salad	36.21	26.20	23.19	1896.39	808.50	2.97				x				x	
Calamari Salad	42.66	26.74	46.15	2813.84	3683.26	11.44				x	x			x	x
Halloumi Salad	21.7	29.82	70.29	3439.00	1595.38	7.98				x		x		x	
Greek Salad	17.17	11.29	44.96	2150.09	2808.79	7.11				x				x	
Village Greek Salad	17.36	10.92	44.93	2152.50	2797.41	6.92				x				x	
Beetroot & Feta Salad	53.23	31.06	49.54	3126.16	1721.36	6.40				x			x	x	
IN PITA							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
MEAT															
Pork	39.75	28.1	51.76	3174.39	1117.68	2.77		x	x	x	x	--		x	
Chicken	39.67	31.63	37.3	2726.18	1037.72	2.53		x	x	x	x	--		x	
Beef	39.7	30.45	43.74	2913.03	1070.46	2.61		x	x	x	x	--		x	
Chicken & Halloumi	43.87	64.58	55.09	4022.12	3711.75	3.01		x	x	x	x	--		x	
Lamb	41.7	36.65	54.34	3349.27	1138.46	4.61		x	x	x	x	--		x	
Beef & feta	38.4	43.3	35.8	2771.5	2054.5	2.7		x	x	x	x	--		x	
SEAFOOD															
Calamari Pita	41.77	19.78	14.68	1628.67	1025.70	2.03		x	x	x	x				x
VEGETARIAN															
Falafel	60.08	15.41	22.88	2116.47	740.2	9.83		x	x	x	x				
Halloumi	40.52	33.85	50.96	3249.71	1705.4	2.23		x	x	x	x				
Falafel & Halloumi	57.46	26.54	36.04	2758.48	1322.49	8.86		x	x	x	x				
The Three Greeks with Chips	118.39	64.65	94.01	6714.75	2940.68	8.28		x	x	x	x	--		x	
MAGIREFTA TRADITIONAL							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Pastistio	64.88	38.45	42.95	3275.42	618	2.68		x	x	x		x		x	
Moussaka	96.59	42.95	38.15	3801.29	2068.5	15.27		x	x	x		x		x	
Vegetarian Moussaka	185.22	40.19	35.25	5096.5	2331.89	20.42		x	x	x		x		x	
Kleftiko	11.12	84.49	47.39	3256.69	2819.03	0.38					x			x	
KOTA CHICKEN							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Chicken Burger	58.11	67.37	37.80	3613.16	1327.23	3.86		x	x	x		x		x	
Grilled Chicken Breasts	3.76	53.47	60.68	3338.54	776.57	0.79		--	--	--	x	--		x	
Kota Mythos	18.48	67.02	91.82	4967.25	2522.01	1.76		x	x	x		x		x	
Chicken chops (Half)- Lemon & Herb	42.475	30.375	88.14	4533.615	1596.215	3.265		--	--	--	x	--		x	
Chicken chops (Half)- Peri-peri	37.475	30.98	80.81	4198.615	1587.715	2.265		--	--	--	x	--		x	
Chicken chops (Full)- Lemon & Herb	84.95	60.75	176.28	9067.23	3192.43	6.53		--	--	--	x	--		x	
Chicken chops (Full)- Peri-peri	74.95	61.96	161.62	8397.23	3175.43	4.53		--	--	--	x	--		x	
Kerkira Baby Chicken	3.8	165.15	128.27	7937.64	1595.57	0.53		--	--	--	x	--		x	
THALASSIANA							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Fish & Chips	73.38	43.08	86.96	5058.78	2945.82	5.23		x	x	x	x			x	
Sardines	52.01	28.4	7.6	785.84	80	0									
Mussels Main	64.60	149.88	122.83	8494.01	2861.48	1.32		--	--	x	--	--			x
Mussels	64.6	149.9	122.8	8494.0	2861.5	1.3		--	--	x	--	--			x
Calamari Fried	34.9	29.2	31.6	2295.0	1887.8	1.0		x	x	--	--	--			x
Calamari Grilled	15.0	27.7	40.8	2252.4	2317.7	0.4		--	--	x	x	--		x	x
Prawns Mania	5.5	64.5	65.6	3648.4	1653.5	0.5		--	--	x	x	--		x	x
KingKlip	16.77	57.38	35.88	2588.13	802.92	0.95		x	x	x	x			x	
East Coast Sole	16.77	42.87	42.15	2632.83	1521.62	0.95		x	x	x	x			x	
Grilled Salmon	8.54	53.10	53.22	3189.87	4363.33	0.85		x	x		x			x	

KREAS MEAT							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Biftecia Burger and Chips	106.16	57.83	119.15	7154.31	2282.29	9.10	x	x	x	x				x	
Biftecia	7	33.99	37.89	1994.41	405.24	0.61	x	x							
Rump 200g	2.1	51.7	52.8	2951.2	883.3	0.4	--	--	--	x	--			x	
Mixed Grill	56.29	97.19	110.06	6860.16	2307.97	3.75	x	x	x	x				x	
Fillet 300g	2.59	65.75	47.41	2986.43	978.66	0.54	--	--	--	x	--			x	
Lamb Loin Chops	5.40	96.88	129.57	6751.91	1691.98	1.27				x				x	
Tomahawk 600g	1.99	115.37	121.25	6509.06	433.18	0.52								x	
Crispy Pork Chops	6.78	119.21	127.15	7099.43	2053.11	2.28				x				x	
Crispy Lamb Chops 4 x 50g	4.5	96.8	115.6	6206.4	1656.0	1.0	--	--	--	x	--			x	
Crispy Lamb Chops 8 x 50g	8.93	193.59	231.1	12412.79	3312.02	2.01	--	--	--	x	--			x	
SOUVLAKIA							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Pork	40.84	47.69	77.27	4482.52	1556.36	3.15				x				x	
Chicken	40.68	54.75	48.35	3586.1	1396.44	2.67	--	--	--	x	--			x	
Lamb	40.74	60.79	78.43	4828.28	1593.92	2.83	--	--	--	x	--			x	
Beef Fillet	40.74	52.39	61.23	3959.8	1461.92	2.83	--	--	--	x	--			x	
PASTA							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Greek Bolognese	53.98	35.90	32.20	2618.00	975.40	3.41	x	x						x	
Chicken Pasta	125.9	61.0	54.1	5175.5	4601.5	8.3	x	x	x	x	--			x	
Garida Linguine	115.7	19.76	12.82	2738.86	1000	5.65	x	x	x	x	--			x	x
COMBOS							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
1/2 Baby Chicken & 5 Prawns	2.06	97.82	98.62	5460.28	1067.50	0.33	--	--	x	x	--			x	x
200g Rump & 5 Prawns	3.7	78.4	78.1	4384.2	1383.9	0.5	--	--	x	x	--			x	x
Calamari & Prawn Platter	21.11	56.08	90.78	4708.26	4564.18	4.64	--	--	x	x	--			x	x
STO PLAI SIDES							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Pita Bread	41.00	6.00	3.30	908.46	96.00	2.00	x	x							
Rice	35.3	2.97	3.23	757.25	540.9	1.23			x	x					
Fresh-Cut Chips plain	52.01	6	40.4	2439.61	1020	4									
Fresh-Cut Chips greek-style	52.5	7.42	42.52	2549.96	1111.7	4			x						
Oven-Roasted Potatoes	55.44	6.51	22.8	1822.19	947.18	5.05			x	x				x	
Feta Cheese	3.01	11.00	37.40	1607.97	1330.00	0.00			x						
Creamed Spinach	15.62	10.11	21.52	1160.05	460.89	5.69	x	x	x	x				x	
Seasonal Veggies	23.25	4.33	3.19	551.14	292.06	5.93			x	x				x	
Side-Salad	6.38	4.58	27.65	1219.75	670.59	1.64			x					x	
GLIKA DESSERT							Allergens	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHITES	SHELLFISH
Ice Cream & Bar-One Sauce	35.08	4.06	26.78	1662.75	57.09	0.50			x	x			--		
Rizogalo	52	7.03	6.6	1258.95	83.06	0.17			x						
Loukoumades	52.64	5.8	25.59	1950.71	106.25	1.99	x	x							
Frozen Greek Yoghurt	46.42	9.95	11.79	1377.83	110.36	0			x						
Baklava	46.98	8.45	22.91	1746.18	205.03	4.09	x	x	x			x	x	x	
Portokalopita- Orange Cake	103.22	14.36	6.42	2094.29	266.87	74.08	x	x	x			x			
Ekmek Kataifi	36.80	8.06	33.91	2005.70	146.58	2.33	x	x	x			x	x		
Cheese Cake	26.36	8.46	28.33	1639.48	140.27	1.33	x	x	x			x	--		
Baklava Cheesecake	46.98	8.45	22.91	1746.18	205.03	4.09	x	x	x			x	x	x	