

# THE OLIVE GARDEN

## ALLERGENS MENU

### For The Table

Bread GLUTEN, LUPINS, CEREAL, SESAME, SOYA, SULPHITES, EGG, MILK

Olives SULPHITES, SOYA

Taramasalata CELERY, LUPINS, FISH, SULPHITES, GLUTEN, SOYA

Tzatziki MILK, SULPHITES, SOYA, GLUTEN, LUPINS, CELERY

Houmous GLUTEN, LUPINS, SESAME, SULPHITES, SOYA, CELERY

G & M Flatbread GLUTEN, SULPHITES, SOYA, MILK

Tomatyri Flatbread GLUTEN, SULPHITES, SOYA, MILK

### Starters

Spinach Filo Pie MILK, LUPINS, GLUTEN, SULPHITES, SOYA

Beef Stifado CELERY, SULPHITES, SOYA, GLUTEN

Halloumi Mak and Cheese GLUTEN, LUPINS, MILK, SULPHITES, SOYA, EGG, CELERY,

MUSTARD

Pan Fried Halloumi MILK, SULPHITES, SOYA

Chicken Wings SULPHITES SOYA

Garlic & Parmesan SULPHITES, SOYA, MILK

Bbq SULPHITES, SOYA

Loundza & Halloumi GLUTEN, MILK, SULPHITES, SOYA

Salt And Pepper Squid MOLLUSC, GLUTEN, EGG, SOYA, SULPHITES, MUSTARD,

FISH, SESAME

Village Sausage & Beef Kofta SULPHITES, SOYA

King Prawns CRUSTACEAN, MILK, SULPHITES, SOYA, CELERY, GLUTEN

Prawn Salad SULPHITES, SOYA, CRUSTACEAN, EGG, CELERY

Whitebait FISH, GLUTEN, SULPHITES, SOYA, EGG

Breaded Mushrooms GLUTEN, SULPHITES, SOYA

### To Share (Starters)

Sharer Ena CELERY, EGGS, SULPHITES, SOYA, GLUTEN, LUPINS, CELERY, MILK

Sharer Dyo FISH, GLUTEN, SULPHITES, SOYA, MOLLUSC, EGG, MUSTARD, SESAME

Sharer Tria SULPHITES, SOYA, MILK, CRUSTACEAN, CELERY, GLUTEN

Vegetarian Platter MILK, LUPINS, GLUTEN, SESAME, SULPHITES, SOYA, CELERY

Quadro Platter CELERY, LUPINS, FISH, SULPHITES, GLUTEN, SOYA, SESAME, MILK

### To Share (Mains)

Mixed Sharing Platter SULPHITES, SOYA, GLUTEN, CRUSTACEAN, MILK, CELERY,

MOLLUSC, EGG, MUSTARD, FISH, SESAME

Souvlaki Platter SULPHITES, SOYA, MILK, CELERY, GLUTEN, LUPINS

Mezedes CELERY, LUPINS, FISH, SULPHITES, GLUTEN, SOYA, MILK, MOLLUSC,

NUTS

### Sides

Cheesy Mash SULPHITES, SOYA, MILK, MUSTARD

Roasted Vegetables SULPHITES, SOYA

Lemon & Herb Wedges SULPHITES, SOYA

Extra Flatbread GLUTEN

Seasoned Fries SULPHITES, SOYA

Greek Salad SOYA, SULPHITES, MILK

House Salad SULPHITES, SOYA, MUSTARD, CELERY

Rice SULPHITES, SOYA, CELERY

### Olive Garden Favourites

Grilled Skate Wing FISH, MILK, SOYA, SULPHITES, GLUTEN

Seabass FISH, SOYA, SULPHITES, CELERY

Beef Stifado CELERY, SULPHITES, SOYA

Moussaka GLUTEN, CELERY, SULPHITES, SOYA, MILK

Lamb Kleftikon CELERY, SULPHITES, SOYA

Chicken Athena SULPHITES, SOYA, MILK, GLUTEN, LUPINS

Pan Fried Chicken Breast SULPHITES,SOYA,MILK,MUSTARD

Tomato And Feta MILK, CELERY, SOYA, SULPHITES

Garlic Butter MILK, SOYA, SULPHITES

Asparagus And Mushroom CELERY, MILK, SOYA, SULPHITES

Chicken Tonino GLUTEN, MILK, CELERY, SOYA, SULPHITES

Moussaka Orphano GLUTEN, CELERY, SULPHITES, SOYA

Greek Salad MILK, SULPHITES, SOYA

L&O Chicken Breast SULPHITES, SOYA

Pickled Red Cabbage SULPHITES, SOYA

Garlic King Prawns CRUSTACEAN, MILK, SULPHITES, SOYA, CELERY

Taramasalata CELERY, LUPINS, FISH, SULPHITES, GLUTEN

Houmous SESAME, SULPHITES, SOYA, CELERY

Tzatziki MILK, SULPHITES, SOYA, CELERY

### Souvlaki

Chicken Souvlaki SULPHITES, SOYA, CELERY

Lamb Souvlaki SULPHITES, SOYA, CELERY

Pork Souvlaki SULPHITES, SOYA, CELERY

Mixed Souvlaki SULPHITES, SOYA, CELERY, MILK

### Grills

Mixed Grill SOYA, SULPHITES, GLUTEN, CEREAL, LUPINS

Chargrilled Lamb Chops SULPHITES, SOYA, CELERY

Olive Garden Grill SULPHITES, SOYA, LUPINS, GLUTEN, CELERY, MILK

Grilled Sirloin SULPHITES, SOYA

Garlic King Prawns CRUSTACEAN, MILK, SULPHITES, SOYA, CELERY

Chicken Skewers SULPHITES, SOYA

Scampi MOLLUSC, GLUTEN, SULPHITES, SOYA

Bbq Chicken Wings SULPHITES, SOYA

Pan Fried Halloumi MILK, SULPHITES, SOYA

Peppercorn Sauce GLUTEN, SOYA, SULPHITES, MILK, CELERY, FISH

Garlic Butter SOYA, SULPHITES, MILK

### Gyros

Flatbread SULPHITES, SOYA, GLUTEN, LUPINS

Loundza SULPHITES, SOYA

Halloumi MILK, SULPHITES, SOYA

Chicken Gyros SULPHITES, SOYA

Pork Gyros SULPHITES, SOYA

Roasted Vegetables SULPHITES, SOYA

Falafel CELERY, SOYA, SULPHITES, SESAME

Keftedes SULPHITES, SOYA, CELERY, EGGS

Beef Kofta SULPHITES, SOYA

Chicken Souvlaki SOYA, SULPHITES, CELERY

Pork Souvlaki SOYA, SULPHITES, CELERY

Lamb Souvlaki SOYA, SULPHITES, CELERY

Village Sausage SULPHITES, SOYA

Taramasalata CELERY, LUPINS, FISH, SULPHITES, GLUTEN

Houmous SESAME, SULPHITES, SOYA, CELERY

Tzatziki MILK, SULPHITES, SOYA, GLUTEN, LUPINS, CELERY

