

# Allergens Dinner

Please inform your server when ordering of any allergies you have. Please note this menu represents the allergens of the dishes as they come and most dishes can be adapted.

## Appetisers + Meze Dishes

**Spanikopita** MILK LUPINS GLUTEN  
**Falafel** SULPHITES SOYA SESAME  
**Keftedes** SULPHITES SOYA EGG MILK GLUTEN  
**Dolmades** CELERY SOYA  
**Loundza** SULPHITES SOYA  
**Halloumi** MILK SULPHITES SOYA  
**Souvlaki** SULPHITES SOYA MILK  
**Chicken Gyros** SULPHITES SOYA  
**Croquets de Bacalao** FISH EGG GLUTEN MILK SULPHITES SOYA  
**Kolokithokeftedes** SOYA SULPHITES GLUTEN MILK  
**Knuckle Riblets** SOYA SULPHITES  
**Beef Stifado** CELERY SULPHITES SOYA  
**Halloumi Mak and Cheese** GLUTEN LUPINS MILK SULPHITES SOYA EGG CELERY  
**Bread** GLUTEN, LUPINS, CEREAL, SESAME, SOYA, SULPHITES, EGG, MILK  
**Olives** SULPHITES, SOYA

## Dips

**Houmous** GLUTEN, LUPINS, SESAME, SULPHITES, SOYA, CELERY  
**Tzatziki** MILK, SULPHITES, SOYA, GLUTEN, LUPINS, CELERY  
**Taramasalata** CELERY, LUPINS, FISH, SULPHITES, GLUTEN, SOYA

## Starters

**King Prawns** CRUSTACEAN MILK SULPHITES SOYA CELERY GLUTEN  
**Kalamari** MOLLUSC GLUTEN EGG SOYA SULPHITES MUSTARD FISH SESAME  
**Crayfish Salad** SULPHITES CRUSTACEAN EGG CELERY  
**Pastourma** SULPHITES SOYA  
**G & M Flatbread** GLUTEN SULPHITES SOYA MILK  
**Tomatyri Flatbread** GLUTEN SULPHITES SOYA MILK  
  
**Garlic Mushrooms On Toast** MILK GLUTEN SULPHITES SOYA LUPINS

## Olive Garden Favourites

**Asparagus and Mushroom Risotto** MILK, SULPHITES, CELERY, SOYA  
**Chicken Athena** SULPHITES, SOYA, MILK, GLUTEN, LUPINS  
**Mussel, King Prawn and Crayfish Risotto** MOLLUSCS, CRUSTACEAN, MILK, CELERY, SOYA, SULPHITES  
**Moussaka Orphano** GLUTEN CELERY SULPHITES SOYA  
**Beef Pastichio** SULPHITES SOYA MILK GLUTEN LUPINS EGG  
**Halloumi Mak and Cheese** GLUTEN LUPINS MILK SULPHITES SOYA EGG CELERY **Beef Stifado Ragu** CELERY SULPHITES SOYA **Chicken Gyros** SULPHITES SOYA

## Grills

**8oz Fillet Steak** MILK, SULPHITES, SOYA  
**16oz Rump Steak** MILK, SULPHITES, SOYA  
**Mixed Grill** SOYA, SULPHITES, GLUTEN, CEREAL, LUPINS  
**Peppercorn Sauce** GLUTEN, SOYA, SULPHITES, MILK, CELERY  
**Garlic Butter** MILK, SULPHITES, SOYA  
**Lobster Butter** MILK, SULPHITES, SOYA, CRUSTACEAN

## Fish and Meat

**Grilled Skate Wing** FISH, MILK, SOYA, SULPHITES, GLUTEN  
**Grilled Seabass Fillet** FISH, MILK, SOYA, SULPHITES  
**Beef Stifado** CELERY, SULPHITES, SOYA  
**Moussaka** GLUTEN, CELERY, SULPHITES, SOYA, MILK  
**Lamb Kleftikon** CELERY, SULPHITES, SOYA  
**Olive Garden Ribs** SULPHITES, CELERY, SOYA  
**Souvlaki** SULPHITES, SOYA  
**Chicken Tonino** GLUTEN, MILK, CELERY, SOYA, SULPHITES  
**Mixed Plate** MILK, SULPHITES, SOYA, GLUTEN, LUPINS, CELERY, FISH, EGG

## Gyros

**Flatbread** SULPHITES, SOYA, GLUTEN, LUPINS  
**Loundza** SULPHITES, SOYA  
**Halloumi** MILK SULPHITES SOYA  
**Souvlaki** SULPHITES SOYA  
**Chicken Gyros** SULPHITES, SOYA  
**Mediterranean Vegetables** SULPHITES, SOYA  
**Falafel** CELERY, SOYA, SULPHITES  
**Meatballs** SULPHITES, SOYA, CELERY, EGGS  
**Taramasalata** CELERY, LUPINS, FISH, SULPHITES, GLUTEN  
**Houmous** SESAME, SULPHITES, SOYA, CELERY  
**Tzatziki** MILK, SULPHITES, SOYA, GLUTEN, LUPINS, CELERY

## Sides

**Roasted Vegetables** SULPHITES, SOYA  
**Greek Salad** SOYA, SULPHITES, MILK  
**House Salad** SULPHITES, SOYA, MUSTARD  
**Rice** SULPHITES, SOYA, CELERY  
**Seasoned Fries** SULPHITES, SOYA  
**Cheesy Mash** SULPHITES, SOYA, MILK  
**Sauteed Potatoes** SULPHITES, SOYA, MILK

## Desserts

As our desserts change frequently, please ask your server for the current allergens.