



# GREEK2ME

## MAINS

|                                                                                                                                                                                          |               |                                                                                                                                                                                                                               |               |                                                                                                                                                                                                         |               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>Halloumi Souvlaki (v) (gf)</b><br><i>Grilled cubes of halloumi cheese on a skewer, served with tzatziki, pilau rice, chips and salad</i>                                              | <b>£17.50</b> | <b>Soutzoukakia</b><br><i>Minced meat rolls in a spicy tomato sauce served with pilau rice and chips</i>                                                                                                                      | <b>£17.90</b> | <b>Soft Pitta Gemisti (v) (gf) (vegan on request)</b><br><i>Pitta stuffed with mushrooms sautéed in garlic butter, wine, spinach and feta, served with chips and salad</i>                              | <b>£17.60</b> |
| <b>Kotopoulo Souvlaki (gf)</b><br><i>Cubes of chicken on a skewer, grilled to perfection and served with tzatziki, pilau rice, chips and salad</i>                                       | <b>£19.50</b> | <b>Mousaka</b><br><i>Minced beef layered with aubergines and potatoes, topped with a creamy bechamel sauce served with feta and salad or vegetarian option made without meat but with added vegetables &amp; tomato sauce</i> | <b>£18.50</b> | <b>Psita Lahanika (v) (vegan) (gf) (Grilled Vegetables)</b><br><i>Grilled tomatoes, courgettes, aubergines, peppers, onions and mushrooms. Served with pitta bread, tomato sauce and balsamic glaze</i> | <b>£17.60</b> |
| <b>Kotopoulo a la Creme (gf)</b><br><i>Grilled chicken fillet in a cream sauce with mushrooms, served with baby potatoes, asparagus and pitta bread</i>                                  | <b>£21.10</b> | <b>Pork Gyros (gf)</b><br><i>Slivers of pork served with tzatziki, chips, salad and pitta</i>                                                                                                                                 | <b>£17.30</b> | <b>Bakaliaros / Greek Fish &amp; Chips</b><br><i>Fillet of fish battered and served with skordalia (garlic sauce) chips, and salad</i>                                                                  | <b>£18.20</b> |
| <b>Gemisto Kotopoulo (gf)</b><br><i>Chicken fillet stuffed with cream cheese and peppers, wrapped in bacon, served with sautéed vegetables, chips, rice &amp; chilli sauce</i>           | <b>£20.50</b> | <b>Chicken Gyros (gf)</b><br><i>Slivers of chicken served with tzatziki, chips, salad and pitta</i>                                                                                                                           | <b>£18.70</b> | <b>Solomos &amp; Garides (gf)</b><br><i>Salmon fillet &amp; king prawns, grilled &amp; served with baby potatoes, sautéed vegetables, asparagus &amp; tarragon mayonnaise</i>                           | <b>£23.00</b> |
| <b>Kleftiko (gf)</b><br><i>Slow cooked lamb with herbs, peppers, courgettes, carrots, baby potatoes &amp; pitta bread</i>                                                                | <b>£24.30</b> | <b>Politiko Kebab</b><br><i>Combination of minced lamb, pork and beef served with pitta bread, houmous, tzatziki, chips, salad and chilli sauce</i>                                                                           | <b>£17.50</b> | <b>Simply Psari (gf)</b><br><i>Fillet of fish, oven baked with olive oil, white wine &amp; oregano, served with sautéed vegetables, baby potatoes and ladolemono sauce (lemon/olive oil)</i>            | <b>£18.20</b> |
| <b>Lamb Greek Style Burger (gf)</b><br><i>Lamb Pattie served on a grilled pitta bread and sprinkled with crumbled feta. Served with houmous, tzatziki, chips, salad and chilli sauce</i> | <b>£20.10</b> | <b>Pork Souvlaki (gf)</b><br><i>Skewered pork, grilled &amp; served with houmous, tzatziki, chips, pitta bread &amp; salad</i>                                                                                                | <b>£17.50</b> | <b>Psari Plaki (Oven baked fish)</b><br><i>Fillet of fish, oven baked in a rich tomato sauce served with sautéed vegetables and baby potatoes</i>                                                       | <b>£18.20</b> |
| <b>Stifado</b><br><i>Chunks of beef, cooked in a red wine and rich tomato sauce with lots of shallot onions. Served with rice and chips</i>                                              | <b>£21.00</b> | <b>Paidakia (gf) (Greek style Lamb chops)</b><br><i>Grilled to perfection &amp; served with chips, salad, pitta bread &amp; a mustard &amp; lemon sauce</i>                                                                   | <b>£22.80</b> | <b>Midia a la Creme (Mussels with cream) (gf)</b><br><i>Sautéed mussels cooked in a creamy garlic and white wine sauce. Served with pitta bread and chips</i>                                           | <b>£24.70</b> |
| <b>Gemisto Bifteki</b><br><i>Rolled beef burgers stuffed with cheese and served with chips, rice, salad &amp; pitta bread</i>                                                            | <b>£17.60</b> | <b>Sirloin Steak (gf)</b><br><i>Steak, grilled to your liking, served with pilau rice, chips, salad &amp; garlic butter</i>                                                                                                   | <b>£23.50</b> | <b>Greek Style Mixed Grill</b><br><i>Pork souvlaki, Loukaniko, Politiko kebab &amp; a lamb chop. Served with chips, salad, pitta bread, tzatziki &amp; a ladolemono sauce (lemon/olive oil)</i>         | <b>£26.00</b> |
| <b>Classic Bifteki</b><br><i>Beef and pork burgers, served with chips, rice, salad &amp; pitta bread</i>                                                                                 | <b>£17.60</b> | <b>Melitzanobourekakia (Aubergine Rolls) (v) (gf)</b><br><i>Aubergines filled with cream cheese, feta, chilli and walnuts, served with a tomato sauce, chips, salad and pitta bread</i>                                       | <b>£18.70</b> |                                                                                                                                                                                                         |               |

## SALAD

|                                                                                                                                                          |               |                                                                               |              |                                                                                                                                            |               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------------------------------------------------------------------------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>Horiatiki (v) (gf)</b><br><i>Greek country salad with tomatoes, cucumber, peppers, onions, feta and olives. Drizzled with olive oil &amp; oregano</i> | <b>£11.00</b> | <b>Tomato and Feta (gf) (v)</b><br><i>Drizzled with olive oil and oregano</i> | <b>£9.50</b> | <b>Horiatiki with Grilled Kotopoulo (gf)</b><br><i>Greek country salad with added grilled chicken. Drizzled with olive oil and oregano</i> | <b>£14.00</b> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------------------------------------------------------------------------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------|

(gf) - Gluten free option available on request (v) - Vegetarian option available on request

Bringing you a taste of the Mediterranean with  
delicious dishes, served with authentic Greek hospitality



## NIBBLES WHILE YOU DECIDE

|                                                |               |                               |              |                     |              |
|------------------------------------------------|---------------|-------------------------------|--------------|---------------------|--------------|
| <b>Pitta and Dips</b>                          | <b>£10.60</b> | <b>Mixed Marinated Olives</b> | <b>£6.30</b> | <b>Black Olives</b> | <b>£6.30</b> |
| <i>Grilled pittas with a selection of dips</i> |               |                               |              | <b>Green Olives</b> | <b>£6.30</b> |

## STARTERS & MEZE

|                                                                                                                 |              |                                                                                                     |              |                                                                                                     |               |
|-----------------------------------------------------------------------------------------------------------------|--------------|-----------------------------------------------------------------------------------------------------|--------------|-----------------------------------------------------------------------------------------------------|---------------|
| <b>Houmous (v) (gf)</b>                                                                                         | <b>£6.50</b> | <b>Halloumi (v) (gf)</b>                                                                            | <b>£7.60</b> | <b>Tipsy Midia (Mussels) (gf)</b>                                                                   | <b>£10.00</b> |
| <i>Chickpeas with tahini, olive oil and garlic, served with pitta bread</i>                                     |              | <i>Grilled and served with a wedge of lemon</i>                                                     |              | <i>Sautéed mussels with onions, peppers, cherry tomatoes and ouzo. Served with pitta bread</i>      |               |
| <b>Tzatziki (v) (gf)</b>                                                                                        | <b>£6.50</b> | <b>Tiropitakia (v)</b>                                                                              | <b>£7.50</b> | <b>Midia a la Creme (Mussels with cream) (gf)</b>                                                   | <b>£10.00</b> |
| <i>Yogurt with cucumber, garlic and olive oil served with pitta bread</i>                                       |              | <i>Feta cheese parcels in a light crispy pastry</i>                                                 |              | <i>Sautéed mussels cooked in a creamy garlic and white wine sauce. Served with pitta bread.</i>     |               |
| <b>Taramasalata</b>                                                                                             | <b>£6.50</b> | <b>Spanakopitakia (v)</b>                                                                           | <b>£7.50</b> |                                                                                                     |               |
| <i>Smoked cods roe, olive oil, garlic and lemon served with pitta bread</i>                                     |              | <i>Spinach and feta parcels in a light crispy pastry</i>                                            |              | <b>Tipsy Prawns (gf)</b>                                                                            | <b>£8.80</b>  |
| <b>Bruschetta (v) (gf)</b>                                                                                      | <b>£7.50</b> | <b>Fries (v) (gf)</b>                                                                               | <b>£6.00</b> | <i>Prawns cooked in Ouzo, with peppers, onions, cherry tomatoes, feta &amp; pitta bread</i>         |               |
| <i>Grilled pitta topped with tomatoes, peppers, onions, rocket, basil &amp; garlic, drizzled with olive oil</i> |              | <i>Double fried chips with oregano</i>                                                              |              | <b>Calamari</b>                                                                                     | <b>£9.00</b>  |
| <b>Garlic Bread (v) (gf)</b>                                                                                    | <b>£6.50</b> | <b>Feta Chips (v) (gf)</b>                                                                          | <b>£6.80</b> | <i>Traditional deep fried squid with tarragon mayo</i>                                              |               |
| <i>Pitta bread smothered with garlic butter</i>                                                                 |              | <i>Double fried chips with oregano and crumbled feta on top</i>                                     |              | <b>Loukaniko</b>                                                                                    | <b>£8.50</b>  |
| <b>Courgettes &amp; Aubergines (v) (gf)</b>                                                                     | <b>£7.80</b> | <b>Feta Meli (Honey) (v)</b>                                                                        | <b>£8.70</b> | <i>Grilled Greek village sausage served with pitta bread</i>                                        |               |
| <i>Grilled and served with garlic or tomato sauce and pitta bread</i>                                           |              | <i>Feta cheese wrapped in crunchy filo pastry, served with honey and sesame seeds</i>               |              | <b>Spetsofali</b>                                                                                   | <b>£8.80</b>  |
| <b>Kolossos Gigantes (v)</b>                                                                                    | <b>£7.50</b> | <b>Saganaki (v)</b>                                                                                 | <b>£8.50</b> | <i>Loukaniko cooked with peppers in a rich spicy tomato sauce with pitta bread</i>                  |               |
| <i>Giant beans in a rich tomato sauce and topped with feta, served with pitta bread</i>                         |              | <i>Breaded and grilled cheese</i>                                                                   |              | <b>Kotopoulo and Mushroom a la creme (gf)</b>                                                       | <b>£8.80</b>  |
| <b>Dolmadakia (v) (gf)</b>                                                                                      | <b>£8.40</b> | <b>Feta Saganaki (v) (gf)</b>                                                                       | <b>£8.00</b> | <i>Chicken and mushroom cooked in a creamy garlic and white wine sauce, served with pitta bread</i> |               |
| <i>Vine leaves stuffed with rice served with lemon sauce and pitta</i>                                          |              | <i>Feta cooked in the oven with tomato, olive oil and oregano, served with pitta bread</i>          |              | <b>Tigania Kotopoulo</b>                                                                            | <b>£8.80</b>  |
| <b>Garlic Mushrooms (v) (gf)</b>                                                                                | <b>£7.50</b> | <b>Prawn Saganaki (gf)</b>                                                                          | <b>£9.00</b> | <i>Pan fried chicken with honey, mustard, herbs, onions, peppers &amp; pitta bread</i>              |               |
| <i>Mushrooms sautéed in garlic butter and wine with pitta bread</i>                                             |              | <i>Prawns oven baked in ouzo and a rich tomato sauce, with peppers, feta cheese and pitta bread</i> |              | <b>Keftedakia</b>                                                                                   | <b>£7.70</b>  |
| <b>Halloumi &amp; Melitsana (v) (gf)</b>                                                                        | <b>£8.30</b> | <b>Maridakia (Whitebait)</b>                                                                        | <b>£8.80</b> | <i>Beef and pork meatballs served with garlic or tomato sauce and pitta bread</i>                   |               |
| <i>Pitta bread with grilled halloumi, aubergines &amp; balsamic glaze</i>                                       |              | <i>Deep fried whitebait served with a wedge of lemon and tarragon mayo</i>                          |              |                                                                                                     |               |

(gf) - Gluten free option available on request (v) - Vegetarian option available on request

Telephone 01522 750275

Email [ploughnettleham@gmail.com](mailto:ploughnettleham@gmail.com) / [f /ThePloughNettleham](https://www.facebook.com/ThePloughNettleham)