

# DAIRY FREE

## STARTERS

- GF V** **Marinated Olives** ..... £5.50
- GF V** **Melitzana Agioritiki**..... £7.00  
*Light, aromatic baked aubergine with garlic and herbs.  
Served with pitta*
- Taramas**.....£7.80  
*Cod's roe mixed with olive oil and lemon juice. Served with pitta*
- GF V** **Hummus** ..... £7.00  
*Mashed chickpeas with lemon, garlic and tahini. Served with pitta*
- V** **Kolokithakia**..... £8.30  
*Crispy fried courgette chips served with hummus*
- GF V** **Fasolia Gigantes** .....£6.90  
*Giant white beans in tomato sauce*
- GF V** **Fava**..... £7.50  
*Yellow bean purée with caramelised onions*

- Dolmadakia** ..... £6.90  
*Vine leaves stuffed with rice and aromatic herbs. Served cold with hummus*
- Loukaniko Sharas** ..... £8.50  
*Traditional grilled sausage with pitta and honey-mustard sauce*
- Stuffed Melitzana** .....£7.80 **V GF**  
*Baked aubergine stuffed with tomato sauce and caramelised onions*
- Quinoa Sorbet** .....£7.90 **V GF**  
*Spring onions, peppers, garlic, cranberries and quinoa grain topped with lemon sorbet*

## TASTE OF AEGEAN STARTERS

- GF** **Garida Saganaki** .....£10.50  
*Sautéed prawns in tomato sauce with mixed peppers, and olive oil. Served with bread*
- Calamari** ..... £9.50  
*Fried squid served with hummus*
- Psarakia Tiganita** ..... £9.20  
*Fried whitebait served with hummus*
- Htenia** ..... £10.80  
*Sautéed scallops served with taramas*

- Seafood Salad**..... £8.50 **GF**  
*Mix of prawns, octopus and squid marinated in garlic, white wine and lemon juice (served cold) Served with pitta*
- Gavros** ..... £7.80 **GF**  
*Fresh anchovy fillets with rocket salad & lemon dressing (served cold)*
- Fava Htapodi** ..... £15.20 **GF**  
*Grilled octopus with yellow bean purée*
- Marinated Octopus**..... £14.80 **GF**  
*Grilled with olive oil. Served with onion and balsamic*

## SALADS

- GF V** **Greek Salad** .....£12.50  
*Classically Greek. A delicious mixed salad of tomatoes, cucumber, olives, onions, pepper, olive oil and vinegar dressing and sprinkles of fresh oregano*

- Manitari** .....£11.80 **V GF**  
*Sautéed mushrooms, lettuce, sundried tomatoes and spring onions*
- Aegean** .....£14.90 **GF**  
*Mix of prawns, octopus and squid marinated in garlic, white wine and lemon juice. Served with mixed peppers, lettuce, cherry tomatoes, gherkins and garlic oil dressing*

## PASTA

- GF V** **Linguini Greek** ..... £14.80  
*Linguini with cherry tomatoes, olive oil, olives and tomato herb sauce*

- Kritharoto Seafood** .....£14.80  
*Orzo pasta with prawns, mussels, calamari, octopus, turmeric and peppers*
- Truffle Kritharoto** .....£16.90 **V**  
*Orzo pasta with mushrooms and truffle oil*



GreekOnTheDocks.co.uk



/GreekOnTheDocks



@GreekOnTheDocks

**V** = Vegetarian

**GF** = Ask for the Gluten Free Option

# DAIRY FREE






## TRADITIONAL DISHES

- |   |  |
|---|--|
|  <b>Stifado Beef</b> ..... £18.20<br><i>Beef and shallots pot roasted in tomato sauce and served with rice</i> | <b>Gemista</b> ..... £15.80  <br><i>Tomato and pepper stuffed with rice and herbs. Served with lemon and herb baked potatoes</i> |
|  <b>Kotopoulo Lemonato</b> ..... £16.30<br><i>Slow roasted lemon chicken. Served with potatoes</i>             | <b>Stuffed Melitzana</b> ..... £15.80<br><i>Baked aubergine stuffed with tomato sauce and caramelised onions</i>   |

## THALASSINA (FROM THE SEA)

- |  |  |
|--|--|
|  <b>Lavraki</b> ..... £19.90<br><i>Grilled sea bass served with spinach rice (an authentic recipe of Northern Greece)</i>                   | <b>Tiganites Garides</b> ..... £25.90 <br><i>Fried king prawns. Served with cold salad of quinoa grain, spring onion, pepper, garlic &amp; cranberries, with lemon sorbet</i> |
|  <b>Lavraki Fava</b> ..... £19.80<br><i>Grilled sea bass with fava bean purée, caramelized onions, rocket, lemon and olive oil dressing</i> | <b>Fish Grill</b> ..... £29.00 <br><i>Grilled salmon, sea bass, king prawns and scallops. Served with potato purée and butter beans</i>                                       |
















## MEATS

- |  |   |
|--|---|
|  <b>8oz. Fillet Steak</b> ..... £32.90<br><i>Served with baked potatoes and mixed leaf salad</i><br>Add our chef's special Mavrodaphne (sweet red wine) gravy ..... £2.50 | <b>Souvlaki Kotopoulo</b> ..... £18.90 <br><i>Marinated chicken skewer. Served with spinach rice (authentic recipe of Northern Greece) mixed salad and pitta</i> |
|  <b>Souvlaki</b> ..... £19.20<br><i>Marinated finest pork tenderloin grilled on a skewer. Served with fries, hummus, pitta and onions</i>                                 | <b>Lamb Chops</b> ..... £23.80 <br><i>Grilled and served with baked potatoes and pitta</i>   |
|  <b>21oz. Pork Tomahawk</b> ..... £21.80<br><i>Free range finest pork tomahawk grilled to perfection. Served with baked potatoes and mixed leaf salad</i>                 |   |

## MIX GRILL

- |  |   |
|--|---|
|  <b>Athena Mix Grill</b> ..... £26.50<br><i>A traditional grilled meat feast: pork skewer, lamb chop, Greek sausage and chicken fillet. Served with hummus, honey-mustard mayonnaise, pitta and a choice of fries or rice</i> | <b>Athena Mix Grill for 2</b> ..... £49.90 <br><i>Athena Mix Grill doubled plus a Greek salad and extra pork shoulder steak. Served with a choice of rice or fries</i> |
|--|---|

## SIDE DISHES

- |  |   |  |
|--|---|--|
|   <b>Fries</b> ..... £4.20                     |   <b>Baked vegetables</b> ..... £5.00           |  <b>Pitta bread for one</b> ..... £1.00   |
|   <b>Lemon and herb baked potatoes</b> . £5.00 |   <b>Small Greek salad</b> ..... £5.90          |   <b>Gluten free pitta bread</b> ..... £1.30 |
|   <b>Aromatic rice</b> ..... £4.30             |   <b>Spanakorizo (spinach rice)</b> ..... £5.00 |  |