

# The Greedy Greek Deli ~ Allergens and Ingredients Information

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## Dips and Olives

<b>Melitzanosalata</b> (Aubergine and Red Pepper Dip)	<b>Ingredients:</b> Red Peppers pureed 69%, Aubergine pureed 25%, Onion 3%, Olive Oil, Parsley, <b>Vinegar (BARLEY)</b> , <b>Mayonnaise (EGG, MUSTARD, BARLEY) 2%</b> , Salt, Pepper.
<b>Skordalia</b> (Potato and Garlic dip)	<b>Ingredients:</b> Potato 78%, Olive Oil 9%, Lemon Juice 6%, Water 4%, Garlic, Salt.
<b>Tzatziki</b> (Yogurt and Cucumber dip)	<b>Ingredients:</b> Greek analogue Yogurt 83% (Vegetable Fat, Skimmed <b>Milk</b> Powder, <b>Corn</b> Starch, Gelatine, Potassium Sorbate, Yogurt Culture, E471) Cucumber 11%, olive oil, vinegar, garlic, salt, and pepper.
<b>Homous</b> (Chickpea dip)	<b>Ingredients:</b> Chickpeas 66%, Lemon Juice 17%, Olive Oil, Garlic, Parsley, Salt, Pepper.
<b>Strofilia</b> (White Cheese and Red Pepper dip)	<b>Ingredients:</b> White Cheese 89% (Pasteurized Cow's <b>Milk</b> , Vegetable Oil, Bacterial Culture, Microbial Rennet) Red Peppers 7%, Water, Olive Oil, Chilli Powder.
<b>Olive Paté</b> (Olive and Sun-Dried Tomato dip)	<b>Ingredients:</b> Mixed Olives 71%, Sun-Dried Tomatoes 26%, Olive Oil, Garlic.
<b>Mixed Olives</b> (Mixed Black and Green Olives)	<b>Ingredients (black olives):</b> Pitted Black Olives, Water, Salt, Lactic Acid, Ferrous Gluconate. <b>Ingredients (green olives):</b> Green olives, Water, Salt, Citric Acid
<b>Olives with Feta</b> (Green Olives stuffed with Cheese)	<b>Ingredients:</b> Green pitted olives 53%, Vegetable oil 40%, Feta cheese stuffing 7% (whey cheese, feta cheese, cream, <b>MILK</b> ), Salt, Herbs, Garlic. <b>Stabilisers:</b> Potato Starch, Xanthan Gum, Guar Gum. <b>Acidity regulators:</b> Citric acid, Acetic Acid, Glucono - delta – lactone. <b>Antioxidant:</b> Ascorbic acid. <b>May contain the occasional stone.</b>
<b>Olives with Sun Dried Tomato</b> (Green Olives stuffed with Sun Dried Tomato)	<b>Ingredients</b> (percentages estimated): Green pitted olives 53%, Vegetable oil 40%, Sun Dried Tomato 7%, Salt. <b>Acidity regulators:</b> Citric Acid, Lactic Acid. <b>Antioxidant:</b> Ascorbic acid. <b>May contain the occasional stone.</b>
<b>Olives with Garlic</b> (Green Olives stuffed with Garlic)	<b>Ingredients</b> (percentages estimated): Green pitted olives 53%, Vegetable oil 40%, Garlic 7%, Salt. <b>Acidity regulators:</b> Citric Acid, Lactic Acid. <b>Antioxidant:</b> Ascorbic acid. <b>May contain the occasional stone.</b>
<b>Olives with Almond</b> (Green Olives stuffed with Almond)	<b>Ingredients</b> (percentages estimated): Green pitted olives 53%, Vegetable oil 40%, Almond 7%. <b>Acidity regulators:</b> Citric Acid, Lactic Acid. <b>Antioxidant:</b> Ascorbic acid. <b>May contain pits or pit fragments.</b>
<b>Olives with Chilli</b> (Green Olives stuffed with Chilli)	<b>Ingredients</b> (percentages estimated): Green pitted olives 53%, Vegetable oil 40%, Small Chilli Peppers 7%. <b>Acidity regulators:</b> Citric Acid, Lactic Acid. <b>Antioxidant:</b> Ascorbic acid. <b>May contain pits or pit fragments.</b>

## Greek Starters

<b>Vine Leaves</b> (Stuffed vine leaves with rice)	<b>Ingredients:</b> Long grain rice (cooked) 60%, Young vine leaves 10%, <b>SOYA</b> Bean Oil 10%, Onions, Dill, Salt, Black Pepper. <b>Nutritional Information:</b> (Typical values per 100ml) Protein 3.6 mg, Carbohydrates 4.8g – sugar, Fat 1.8g, Sodium Traces, Calcium 124mg, B12 0.9mg. <b>May contain traces of WHEAT, MILK, SULPHITES.</b>
<b>Spanakorizo</b>	<b>Ingredients:</b> Spinach 50%, Fresh Tomato 13%, Silken Chard 13%, Tomato Paste 6%, Rice 5%, Onions 4%, Olive Oil 4%, Leeks 4%, Dill, Salt, Pepper.
<b>Horta</b>	<b>Ingredients:</b> Horta (Boiled Wild Green Field Vegetable).
<b>Meat Stuffed Tomatoes</b> (with Beef Mince & Rice)	<b>Ingredients:</b> Tomatoes 65%, Beef Mince 15%, Rice 6%, Onions, Tomato Paste, Black Pepper Oregano, Salt, Pepper, Fresh Tomatoes, Olive Oil, Water, Salt.
<b>Vegetarian Stuffed Tomatoes</b> (with Vegetable filling)	<b>Ingredients:</b> Tomatoes 65%, Vegetable Mix 26% (contains Courgettes, Onions, Carrots, Peppers, Parsley, Fresh Tomatoes, Tomato Puree, Pepper, Salt, oregano, Garlic Puree, Vegetarian Stock) Rice 6%, Salt, Pepper, Oregano, Olive Oil, Water.
<b>Meat Stuffed Peppers</b> (with Beef Mince & Rice)	<b>Ingredients:</b> Peppers 65%, Beef Mince 15%, Rice 6%, Onions, Black Pepper, Oregano, Tomato Paste, Salt, Pepper, Olive Oil, Water.

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## Greek Starters (continued)

<b>Vegetarian Stuffed Peppers</b> (with Rice & Mixed Vegetable Filling)	<b>Ingredients:</b> Peppers 65%, Vegetable Mix 26% (Courgettes, Onions, Carrots, Peppers, Parsley), Tomato Puree, Pepper, Salt, Oregano, Garlic Puree.
<b>Meat Stuffed Courgettes</b> (with Beef Mince & Rice)	<b>Ingredients:</b> Courgettes 65%, Beef Mince 15%, Rice 6%, Onions, Black Pepper, Oregano, Tomato Paste, Salt, Pepper, Olive Oil, Water.
<b>Vegetarian Stuffed Courgettes</b> (with Rice & Mixed Vegetable Filling)	<b>Ingredients:</b> Courgettes 65%, Vegetable mix 26% (Contains Courgettes, Onions, Carrots, Peppers, Parsley, Tomato Puree, Pepper, Salt, Oregano, Garlic Puree, Sugar, Vegetarian Stock) rice 6%.
<b>Meat Stuffed Aubergines</b> (Beef Mince and Rice)	<b>Ingredients:</b> Aubergines 71%, Beef Mince 15%, Rice 6%, Onions, Black Pepper, Oregano, Tomato Paste, Salt, Pepper, Olive Oil, Water.
<b>Vegetarian Stuffed Aubergines</b> (Mixed Vegetable Filling)	<b>Ingredients:</b> Aubergines 71%, Vegetable Mix 29% (Courgettes, Onions, Carrots, Peppers, Parsley, Tomato Puree, Pepper, Salt, Oregano, Garlic Puree).
<b>Chillies with Feta</b> (Traditional tastes of Strofilia, Red Bell Peppers stuffed with Cheese)	<b>Ingredients:</b> Vegetable oil 40%, Red bell peppers 30%, Cheese 30% (whey cheese, feta cheese, cream <b>MILK</b> ), Salt, Herbs, Garlic. <b>Stabilisers:</b> Potato Starch, Xanthan Gum, Guar Gum. <b>Acidity regulators:</b> Citric acid, Acetic Acid, Glucono - delta – lactone.
<b>Sundried Tomatoes</b>	<b>Ingredients:</b> Sundried Tomatoes, Olive Oil, <b>Malt Vinegar (BARLEY)</b>
<b>Lemon Artichokes</b> (with Leeks, Carrots, Peas, Red Peppers & Celery)	<b>Ingredients:</b> Artichoke hearts 24%, Leeks 24%, Carrots 16%, Celery, Dill, Olive Oil, Onions, Peas, Vegetarian Stock (protein 28%, carbohydrates 39%, fat 4%, fibre 1%, sodium 11%, 27% salt), Salt, Pepper, Flour, Lemon Dressing, Red Peppers.
<b>Butter Beans</b> (in Tomato Sauce)	<b>Ingredients:</b> Butter Beans 31%, Water 44%, Tomato Paste 12%, Peppers, Carrots, Onions, Oregano, Olive Oil, Salt and Pepper.
<b>Fasolaki Yiahni</b>	<b>Ingredients:</b> Green or Yellow Runner Beans 49%, Water 20%, Onion 10%, Carrots 10%, Red Peppers 5%, Tomato Paste 5%, Olive Oil, Garlic Puree, Salt, Pepper, Oregano.
<b>Spanakotyropita</b> (Spinach & Feta Cheese Pie)	<b>Ingredients:</b> Spinach 40%, Filo Pastry 14% ( <b>WHEAT</b> Flour, <b>CORN</b> Starch, Water, Salt, Potassium Sorbate), Feta cheese 20% ( <b>MILK</b> ), Onion, Leeks.
<b>Tyropita</b> (Feta Cheese and Dill Pie)	<b>Ingredients:</b> Cheese mix (Feta, Danish White, Mozzarella, <b>MILK</b> ), Filo Pastry 14% ( <b>WHEAT</b> Flour, <b>CORN</b> Starch, Water, Salt, Potassium Sorbate), Onion, Leeks.
<b>Feta</b> (Feta Style Cheese – White Cheese in Brine from Pasteurised Cow's Milk)	<b>Ingredients:</b> <b>MILK - Moisture 58%, Fat Dry Matter 47%, Salt, Rennet, Cultures</b>
<b>Halloumi Cheese</b>	<b>Ingredients:</b> Fresh pasteurised <b>MILK</b> (blend of cow, goat and sheep's milk), Salt, Non animal rennet, Mint
<b>Greek Meatballs</b>	<b>Ingredients:</b> Beef 72%, Onion, <b>EGG</b> , Vegetable Oil, Red Peppers, <b>Breadcrumbs (WHEAT)</b> , Garlic, Oregano, Parsley, Paprika, Salt, Pepper.
<b>Ceftalia</b> (Pork Greek sausage)	<b>Ingredients:</b> Pork Meat 80%, Salt, <b>SOYA, SOYA</b> Proteins, Spices (Containing <b>MUSTARD</b> ), Sugar Dextrose, <b>ALBUMIN</b> Emulsifier Phosphates, Antioxidants, Sodium Erythorsate, Sodium Ascorgate, Sodium Lactate, Flavour enhanced Mono-sodium Glutamate, Colouring Carmine, Conservatives Sodium Nitrite
<b>Beef Koftas</b>	<b>Ingredients:</b> Beef Donna Meat 71%, Onions, Breadcrumbs ( <b>WHEAT</b> ), <b>EGG</b> , Vegetable Oil, Red Peppers, Garlic, Paprika, Parsley, Salt, Pepper.
<b>Chicken Koftas</b>	<b>Ingredients:</b> Chicken 71%, Onions, Breadcrumbs ( <b>WHEAT</b> ), <b>EGG</b> , Vegetable Oil, Red Peppers, Garlic, Paprika, Parsley, Salt, Pepper.
<b>Lamb Koftas</b>	<b>Ingredients:</b> Lamb 71%, Onions, Breadcrumbs ( <b>WHEAT</b> ), <b>EGG</b> , Vegetable Oil, Red Peppers, Garlic, Parsley, Rosemary, Salt, Pepper.

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## Greek Mains and Sides

<b>Chicken Olympos</b>	<b>Ingredients:</b> Chicken Fillet 60%, SEASONING Olympos Sauce 40%, Water, Demi-glace mix (may contain <b>SOYA, MILK, EGG, MUSTARD, CELERY, GLUTEN</b> ), Modified Starch, <b>WHEAT FLOUR</b> , Maltodextrin, Salt, Monosodium, Inosinate, Disodium Guanylate, Flavourings (contain barley), Colour (ammoni caramel), Sugar, Sunflower oil 1.5%, Beef Meat Extract, Onion, Citric Acid, Bay Leaf, Basil, Sage) Analogue Feta 2% ( <b>MILK</b> ) Mushrooms, Onion, Garlic and Cream ( <b>MILK</b> )
<b>Lemon Chicken</b>	<b>Ingredients:</b> Chicken Fillet 60%, Lemon Sauce (Plain Flour <b>GLUTEN</b> , Chicken Stock ( <b>CELERY, EGGS, MUSTARD, MILK, SOYA, GLUTEN</b> ) Mild <b>MUSTARD</b> , Single Cream ( <b>MILK</b> ), Lemon Juice, Salt Pepper}.
<b>Spetsofy</b>	<b>Ingredients:</b> Greek Village Sausages 39%, Napolitana Sauce 39%, Onions 11%, Peppers 11%, and a pinch of Chilli Flakes.
<b>Lamb Kleftiko</b> (Traditional Roast lamb in tomato & garlic sauce. Optional yogurt sauce separate)	<b>Ingredients:</b> Leg of lamb 51%, Tomato Sauce 31%, Salt, Pepper, Olive Oil, Rosemary, Garlic <b>Greek analogue Yogurt Sauce</b> 10% (Vegetable Fat, <b>Skimmed MILK Powder, CORN</b> Starch Gelatine, Potassium Sorbate, Yogurt Culture E471).
<b>Lamb Fricasse</b> (Traditional Roast Lamb with Lemon Artichoke and Yogurt Sauce)	<b>Ingredients:</b> Leg of lamb 51%, Artichoke hearts 24%, Leeks 24%, Carrots 16%, Celery, Dill, Olive Oil, Onions, Peas, Vegetarian Stock (protein 28%, carbohydrates 39%, fat 4%, fibre 1%, sodium 11%, 27% salt). Salt, Pepper, Flour, Lemon Dressing, Red Peppers.
<b>Lamb in Lemon and Cream Sauce</b>	<b>Ingredients:</b> Leg of lamb 51%, Lemon Sauce (Plain Flour <b>GLUTEN</b> , Chicken Stock ( <b>CELERY, MUSTARD, EGGS, MILK, SOYA, GLUTEN</b> ) Mild <b>MUSTARD</b> , Single Cream ( <b>MILK</b> ), Lemon Juice, Salt, Pepper.
<b>Beef Styfado</b> (Traditional Greek stew with baby onions)	<b>Ingredients:</b> Diced beef 64%, Baby Onions 13%, Tomato paste 13%, Concentrated Tomatoes, Garlic, Pepper, Salt, Peppercorns, Bay leaves, Cinnamon, Cloves, Herbs.
<b>Pork Bekri meze</b> (In a spicy tomato & chilli sauce with onions, peppers and mushrooms)	<b>Ingredients:</b> Pork 64%, Onion 15%, Tomato paste 6% Concentrated Tomatoes, Mushrooms, Red Peppers, Black Pepper, Chilli, Salt, Rosemary.
<b>Soutzoukalia</b> (Meat Balls cooked with Tomato, Onion, Garlic and Cumin)	<b>Ingredients:</b> Beef 77%, Onions 13%, Concentrated Tomatoes, Salt, Pepper, Oregano, Garlic, Bread, Eggs, Basil, Oil, Cumin, Tomato paste.
<b>Pastitsio</b> (Macaroni Meat Pie)	<b>Ingredients:</b> Béchamel 50%, ( <b>MILK</b> 87%, <b>EGG YOLK</b> 6%, Flour 8%, Cloves, Salt, Pepper), Meat Mince Mix 32% (Beef Mince 16%, Onions 10%, Black Pepper, Oregano, Tomato Paste 8%, Salt, Pepper 1%, Fresh Tomatoes 8%, Water 5%) Pasta 14% ( <b>WHEAT FLOUR</b> , Water, Maize, Starch, Vegetable Oil, Salt, Flour Treatment), Cinnamon, Parmesan, Pepper, Salt, Oregano.
<b>Moussaka</b> (Potatoes, Aubergines and Savoury Mince layered in a Béchamel Cheese Sauce)	<b>Ingredients:</b> Meat Mince Mix 44% (Beef Mince 16%, Onions, Black Pepper, Oregano, Tomato Paste, Salt, Pepper, Fresh tomatoes) Béchamel 35% ( <b>MILK</b> 87%, <b>EGG YOLK</b> 6%, Flour 8%, Cloves, Salt, Pepper) Aubergines 18%, Potatoes 12%, Feta Cheese, Parmesan Cheese.
<b>Vegetarian Moussaka</b> (Layers of Potatoes, Aubergines, Mixed Vegetable Filling, Feta Cheese & Béchamel Sauce)	<b>Ingredients:</b> Béchamel 35% ( <b>MILK</b> 87%, <b>EGG YOLK</b> 6%, flour 8%, Cloves, Salt, Pepper), Vegetable Mix 25% (contains Courgettes 22%, Onions 9%, Carrots 15%, Peppers 15%, Parsley, Fresh Tomatoes, Tomato Puree, Pepper, Salt, Oregano, Garlic Puree, Sugar, Water, Vegetarian Stock), Aubergines 18% Potatoes 12%), Parmesan Cheese, Feta Cheese ( <b>MILK</b> )
<b>Greek Lemon Potatoes</b>	<b>Ingredients:</b> Potatoes 54%, Lemon juice 5%, Olive Oil, Rosemary, Oregano, <b>MUSTARD</b> (Water, Vinegar, <b>MUSTARD FLOUR</b> , Sugar, Spice, Salt, Stabiliser (Xanthan Gum), (Dill Oil), Vegetable Stock (may contain <b>SOYA, MILK, EGGS, MUSTARD, CELERY, GLUTEN</b> ), Salt, Pepper, Garlic, Water.
<b>Briami</b> (mix vegetable Bake)	<b>Ingredients:</b> Courgettes 31%, Carrots 13%, Aubergines 13%, Fresh Tomatoes 13%, Peppers 13%, Leeks 8%, Onion 11% Tomato Paste, Garlic, Oregano, Basil, Olive Oil, Salt, Black Pepper, Water.
<b>Baby Onions</b> (in tomato & cinnamon sauce)	<b>Ingredients:</b> Baby Onions 5%, Garlic, Black Pepper, Salt, Vinegar, Bay leaves, Tomato paste, Cloves, Cinnamon.
<b>Vegetable Rice</b>	<b>Ingredients:</b> Long Grain Rice 40%, Carrots 34%, Sweet Corn 17%, Lemon Juice.
<b>Falafels</b>	<b>Ingredients:</b> Chickpeas 47%, Pumpkin 14%, Carrots 9%, Sultanas 4%, Vegetable Oil, Onion, Potato flakes, Sugar, Sweetened Egg powder (free range egg, sugar), Garlic powder, Salt, Raising agent: Bicarbonate of soda, Ground coriander, Ground Cumin, Parsley, Ground White Pepper, Crushed red chilli flakes.

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## Greek Sweets

<b>Baclava</b> (Filo Pastry with Nuts and Lemon Syrup)	<b>Ingredients:</b> Syrup 42%, Filo Pastry ( <b>GLUTEN</b> ) 28%, Lemon Juice, <b>NUTS</b> 14%, Sugar 6%, Ground cloves.
<b>Kataifi</b> (Shredded Filo Pastry with Mixed Nuts and Lemon Syrup)	<b>Ingredients:</b> Syrup 42%, Shredded filo ( <b>GLUTEN</b> ) 30%, Lemon Juice, <b>NUTS</b> 15%, Sugar 6%, Ground cloves.
<b>Karidopita</b> (Walnut & Cinnamon Cake)	<b>Ingredients:</b> Syrup 45%, <b>WALNUTS</b> 18%, Sugar 14%, <b>EGGS</b> 9%, Flour <b>0.1%</b> , Cinnamon, Ground cloves, Baking powder.
<b>Galaktobouriko</b> (Custard with Semolina, encased in Filo Pastry and Orange Syrup)	<b>Ingredients:</b> <b>MILK</b> (4 pints) 47%, Syrup 23.4%, Semolina 12%, Sugar, <b>EGG YOLK</b> , Vanilla, Filo ( <b>GLUTEN</b> ) %, Orange Juice.
<b>Yogurt Cake</b> (Lemon or Orange or Apple or Peach)	<b>Ingredients:</b> Syrup 47%, <b>Cake Mix (EGGS, MILK, WHEAT)</b> 37%, <b>Filo Pastry (WHEAT)</b> 8%, Rind of Lemon or Orange or Apple and Raspberry or Sliced Peaches (Fruit content 8%).