

# SOKRATES

GREEK TAVERNA (HORWICH)

## MENU



### IMPORTANT NOTE:

Please discuss with our staff prior to ordering any special dietary requirements you may have.

Allergen info menu is available.

The policy of the restaurant dictates for a minimum order of £10 per person which excludes desserts and beverages.

# MEZE MENU

## GREEK MEZE BANQUET

**£19.90 per person**

Two meze is the minimum order accepted per table

### "MEZE IS FOOD FOR SHARING"

A variety of dishes served over an hour or so to the middle of the table for you to share.

### *A Feast of Flavours!!*

You will be taken on a culinary trip around **Greece, Cyprus** and the **Eastern Mediterranean**.

**DIPS** e.g. HOUMOUS & TZATZIKI  
**GREEK SALAD WITH FETA**  
**CHAR-GRILLED VEGETABLES**  
**SPINACH & FETA FILO PARCELS**  
**AUBERGINES IMAM STYLE**  
**GIGANTES** (BUTTER BEANS)  
**HALOUMI CHEESE**  
**PASTOURMAS SPICY SAUSAGE**

**KALAMARI**  
**SOUVLAKI** (PORK OR CHICKEN SKEWERS)  
**KOFTAS** (SPICY LAMB MINCE KEBABS)  
**ROASTED CHICKEN WINGS**  
**MOUSAKA**  
**STIFADO** (BEEF STEW WITH ONIONS)  
**KEFTETHES** (MEATBALLS IN TOMATO SAUCE)

A vegetarian meze banquet can be provided by pre-ordering (at least 3 hours notice)

A gluten free meze banquet can also be provided with a minimum 24 hours notice

#### **\*\* PLEASE NOTE \*\***

We recommend that orders are not mixed i.e. with some people ordering the meze and others individual starters and mains. This is to avoid the large time difference in serving the greek meze in comparison to a two-course dinner.

# À LA CARTE MENU

## APPETIZERS

### GIGANTES £6.00

Oven baked butter beans with tomatoes, carrots and celery, topped with crumbled feta. A great greek classic! **[GF]\* [V]**

### SPANAKOPITES £6.50

Spinach and feta filo pastry parcels served with tomato compote. **[V]**

### FALAFEL £6.50

Middle eastern broad bean rissoles served with a tomato, onion and coriander salad, sumac and houmous. **[GF]\* [V]**

### AUBERGINES IMAM £7.50

Baked aubergines with chilli and spices.  
Served with houmous, fresh coriander and toasted pine nuts. **[GF]\* [V]**

### PASTOURMAS £7.50

Spicy sausage (beef) with houmous, fried tomato and red onion marmalade.

### DOLMATHES £6.00

Vine leaf wraps with rice and minced lamb, served with tzatziki.  
**[GF] [VEGETARIAN OPTION AVAILABLE] [contains tomato]**

### KEFTETHES £6.00

Meatballs (beef & pork) in tomato sauce topped with grated cheese.  
**[contains eggs, milk, bread]**

### LAMB KOFTAS £6.50

Spicy lamb mince kebabs, served with tzatziki, grilled tomato, onion and cucumber pickle, fresh coriander and sumac. **[Koftas contain bread]**

### KALAMARI £7.50

Fried squid, lemon and dill mayonnaise, sumac. **[GF OPTION AVAILABLE]**

### GREEK SOUVLAKI £6.50

Pork or chicken skewers served with tzatziki and salad. **[GF]\***

### HALOUMI £6.50

Fried haloumi served with tomato compote and pesto. **[GF]\* [V]**

### FETA SAGANAKI £7.50

Feta slice floured and pan fried. Served with florina red pepper compote and topped with sesame seeds. **[V] [GF OPTION AVAILABLE]**

### BAKED FETA £8.50

Feta slice baked with olive oil, tomatoes, courgettes, thyme and pine nuts.  
**[GF] [V] (prep time 20mins)**

**[GF]** = Gluten Free, **\*[GF Pita Available]**, **[V]** = Vegetarian





# À LA CARTE MENU

## DIPS

### **TZATZIKI £5.00**

Greek yogurt, diced cucumber, garlic, herbs. [GF] [V]

### **HOUMOUS £5.00**

Chick peas, tahini (sesame), garlic, lemon juice. [GF] [V]

### **TARAMOSALATA £5.00**

Red roe, lemon juice, bread, onion and light oil emulsion.

### **KTIPITI £5.00**

Florina red pepper, feta and chilli. [GF] [V]

### **DIPS PLATTER £5.50**

All four dips in individual pots.



## SIDE ORDERS

### **GREEK VILLAGE SALAD (HORIATIKI) £6.00**

Tomatoes, cucumber, peppers, onions, feta, olives, oregano. [GF] [V]

### **CHAR-GRILLED VEGETABLES £6.00**

With olive oil and lemon vinegraitte.

### **SMALL SALAD WITH FETA (NO OLIVES) £4.50 [GF] [V]**

### **GREEK OLIVES £5.00**

Black and green olives drizzled with olive oil. [GF] [V]

### **HOME MADE FRIED POTATOES £3.50**

Seasoned with sea salt and oregano. [GF] [V]

### **LEMON & THYME POTATOES £4.50 [GF] [V]**

### **RICE £2.50**

### **GARLIC PITA WEDGES £3.00 [V]**

### **GARLIC & FETA PITA WEDGES £4.00 [V]**





# À LA CARTE MENU

## MAIN DISHES

### MOUSAKA £12.00

Layers of potatoes, lamb ragout, aubergines and béchamel.

Served with a side salad. (prep time 25 mins)

[vegetarian option available only by pre-ordering]

[contains milk and flour]

### KLEFTIKO FROM CYPRUS £18.50

[can only be provided by pre-ordering with min 24 hours notice]

Lamb shank slowly cooked in the oven with cyprus potatoes, onions, tomatoes and herbs (bay, thyme). [GF]

### STIFADO £18.50

Rich, tender, slow cooked beef stew with onions, tomatoes, wine vinegar and aromatics. Served with rice. [GF]

### GIGANTES £12.00

Butter beans with tomatoes, carrots and celery baked in the oven. Served with pita\* and a side salad. [GF] [V]

### DOLMATHES £12.00

Vine leaf wraps with rice and minced lamb.

Served with tzatziki and potatoes. [GF]

[vegetarian option available] [contains tomato]

### KEFTETHES £12.00

Greek style meatballs (beef & pork) in tomato sauce topped with grated cheese and served with rice or 'orzo' pasta†.

[contains eggs, milk, bread]

['orzo' is pasta in the shape of rice]

[GF] = Gluten Free,  
\*[GF Pita Available],

[V] = Vegetarian,

† Orzo Pasta is subject to availability



# À LA CARTE MENU

## GRILLS

### **PORK, CHICKEN OR MIXED SOUVLAKI £12.50**

Pork or chicken skewers with salad and tzatziki. **[GF]**

### **LAMB KOFTAS £12.50**

Spicy lamb mince kebabs, served with tzatziki, grilled tomato, onion and cucumber pickle, fresh coriander and sumac.

**[Koftas contain bread]**

### **JUMBO SOUVLAKI £16.50**

Larger portion with pork skewers, chicken skewers and lamb koftas.

### **LAMB CHOPS £17.50**

Grilled lamb chops seasoned with oregano.  
Served with salad, tzatziki and fried potatoes. **[GF]**



# À LA CARTE MENU

## COMBINATION DISHES

### LAMB CHOPS & DOLMATHES £18.50

Grilled lamb chops with dolmathes (vine leaf wraps), potatoes and tzatziki. [GF] [contains tomato]

### CHICKEN SOUVLAKI & AUBERGINES IMAM £17.50

Chicken skewers on a bed of rice served with aubergines imam (see appetizers) and houmous. [GF]

[GF] = Gluten Free, \*[GF Pita Available], [V] = Vegetarian





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