

# SOKRATES

GREEK TAVERNA (HORWICH)

## MENU

Allergen info menu is available.



### IMPORTANT NOTE:

Please discuss with our staff prior to ordering any special dietary requirements you may have.  
The policy of the restaurant dictates for a minimum order of £12 for each person individually which excludes desserts and beverages.

# MEZE MENU

## GREEK MEZE BANQUET

**£32.50 per person**

Orders for meze are per person.  
Only orders for two or more meze are accepted.

### "MEZE IS FOOD FOR SHARING"

A variety of dishes served 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 (LAMB MINCE KEBABS)**  
**CRISPY CHICKEN WINGS**  
**MOUSAKA**  
**STIFADO (BEEF & ONION STEW)**  
**KEFTETHES & ORZO**  
(MEATBALLS IN TOMATO SAUCE WITH ORZO PASTA)

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

A gluten free or dairy 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



For dairy free/vegan diners – plant based feta can be used for salads.  
Tzatziki can be replaced by houmous in dishes or omitted.

For gluten free diners – gluten free pita is available.

## APPETIZERS

### GIGANTES £8.50

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

### SPANAKOPITES £9.00

Spinach & feta filo pastry parcels served with sundried tomato ketchup. **[V]**

### FALAFEL £8.50

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

### AUBERGINES IMAM £9.50

Baked aubergines in a spicy tomato sauce served with houmous, fresh coriander and toasted pine nuts. **[GF]** **[V]** **[DF]**

### PASTOURMAS £9.50

Spicy sausage (beef) with houmous, onion marmalade and roasted tomato. **[GF]** **[DF]**

### DOLMATHES £8.50

Vine leaf wraps with rice and minced lamb, served with tzatziki.

**[GF]** **[vegetarian option available]**

### KEFTETHES £8.50

Meatballs (beef & pork) in tomato sauce topped with grated haloumi cheese.

**[DF no haloumi cheese]**

### KALAMARI £9.00

Fried squid, lemon & dill mayonnaise, sumac.  
**[GF option available]** **[DF]**

### CRISPY CHICKEN WINGS £9.00

Served with lemon & dill mayonnaise or chilli ketchup. **[GF]** **[DF]**

### GREEK SOUVLAKI £9.50

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

### LAMB KOFTAS £9.50

Spicy lamb mince kebabs, served with tzatziki, roasted tomatoes, pickles (red onion & cucumber), fresh coriander & sumac. **[GF]**

### HALOUMI £9.00

Fried haloumi served with sundried tomato ketchup and mint oil. **[GF]** **[V]**

### FETA SAGANAKI £9.50

Feta slice floured and pan fried. Served with a choice of pepper compote, chilli honey or plain honey, topped with sesame.

**[V]** **[GF option available]**

### BAKED FETA £9.50

Feta slice oven baked with olive oil, tomatoes, courgettes and pine nuts. **[GF]** **[V]**

**[GF]** = Gluten Free

**[DF]** = Dairy Free

**[V]** = Vegetarian



# À LA CARTE MENU



## TRADITIONAL DIPS

### **TZATZIKI £7.50**

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

### **HOUMOUS £7.50**

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

### **TARAMOSALATA £8.00**

Fish roe, lemon juice, bread, onion & oil emulsion. [DF]

### **KTIPITI £8.00**

Florina red pepper and feta cheese tapenade. [GF] [V]

### **DIPS PLATTER £8.00**

All four dips in individual pots.



## SIDE ORDERS

### **GREEK VILLAGE SALAD (HORIIATIKI) £8.00**

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

### **CHAR-GRILLED VEGETABLES £7.50**

With olive oil and lemon vinegrette. [GF] [DF]

### **SMALL SALAD WITH FETA (NO OLIVES) £5.00 [GF] [V]**

### **GREEK OLIVES - LG £5.50, SM £3.50**

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

### **HOME MADE CHIPS £4.00**

Seasoned with sea salt & oregano. [GF] [V] [DF]

### **LEMON POTATOES £5.50**

Over roasted baby potatoes seasoned with lemon and mediterranean herbs. [GF] [V] [DF]

### **RICE £3.50 [V] [DF]**

### **GREEK FLATBREAD PLAIN £2.00**

### **GARLIC FLATBREAD £3.50 [V] [DF]**

### **GARLIC & FETA FLATBREAD £5.00 [V]**



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## MAIN DISHES

### MOUSAKA £19.00

Layers of potato, lamb mince ragout, aubergines and béchamel.  
Served with a side salad. (Prep time 25-30 mins)

[Vegetarian, vegan, gluten free and dairy free options available only by pre-ordering]

### KLEFTIKO FROM CYPRUS £32.00

[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] [DF]

### STIFADO £26.50

Rich, slow cooked prime beef (grass fed) stew with onions,  
tomatoes, wine vinegar and aromatics.

Served with choice of rice or fried potatoes. [GF] [DF]

### GIGANTES £18.00

A greek classic dish of butter beans with tomatoes, carrots and  
celery baked in the oven. Served with a side salad. [GF] [V]

### DOLMATHES £18.50

Vine leaf wraps with rice and minced lamb.  
Served with tzatziki and lemon potatoes. [GF]

[Vegetarian option available]

### KEFTETHES £18.50

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

[GF no pasta] [DF no haloumi cheese]

[GF] = Gluten Free  
[DF] = Dairy Free  
[V] = Vegetarian



# À LA CARTE MENU

## GRILLS

### **GREEK SOUVLAKI (SKEWERS) £19.00**

Select pork or chicken or a combination of both (mixed).  
Served with salad & tzatziki. **[GF]**

### **LAMB KOFTAS £19.00**

Spicy lamb mince kebabs, served with tzatziki, roasted tomatoes, pickles (red onion & cucumber), fresh coriander & sumac. **[GF]**

### **JUMBO SOUVLAKI £25.00**

Larger portion with pork skewers, chicken skewers and lamb koftas served with salad and tzatziki. **[GF]**

### **LAMB CHOPS £27.50**

Grilled lamb chops seasoned with mediterranean herbs served with salad, tzatziki & fried potatoes. **[GF]**

# À LA CARTE MENU

## COMBINATION DISHES

### LAMB CHOPS & DOLMATHES £31.50

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

### CHICKEN SOUVLAKI & AUBERGINES IMAM £25.50

Chicken skewers served with rice, Aubergines imam (see appetizers) and houmous. [GF] [DF]

### FALAFEL & AUBERGINES IMAM £18.00

Falafel served with rice, tomato & onion salad, Aubergines imam (see appetizers) and houmous. [GF] [V] [DF]

[GF] = Gluten Free, [DF] = Dairy Free, [V] = Vegetarian





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