

# SOKRATES

GREEK TAVERNA (SALE)

## 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 £12 for each person individually which excludes desserts and beverages.

# MEZE MENU

## GREEK MEZE BANQUET

*A Feast of Flavours!!*

**£23.50 per person**

Mixed or Vegetarian.

*A Great Eating Experience*

The dishes are served to the middle of the table and not to the individual.

**"MEZE IS FOOD FOR SHARING"**

A fantastic selection of dishes served for you to share and take you on a culinary trip to **greece**, **cyprus** and the **east mediterranean**.

Starting with dips such as **houmous** and **tzatziki** followed by **fried haloumi cheese**, **fallafel**, **pastourmas chilli sausages**, **souvlaki** and **greek salad**.

Traditional speciality dishes such as **mousaka**, **stifado** (beef casserole) and **greek style meatballs** to finish off.

You may find that some meze dishes are varied from time to time due to seasonality of ingredients and to maintain interest and variety over successive visits. Above, we show a sample of dishes in order to give you a general idea of the meze.

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

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

Orders are for one meze per person and only for 2 or more people.

There have to be at least two meze of the same type per table i.e. Mixed or vegetarian. For example, orders of 2 people for 1 mixed and 1 vegetarian meze cannot be taken.

# À LA CARTE MENU

## SPECIAL APPETIZER

### MEZE COMBO PLATTER

**£10.50 per person**

Mixed or vegetarian

Orders are for one meze platter per person  
and only for 2 or more people

### "THE ULTIMATE APPETIZER"

A platter with a selection of tasty nibbles and dips for a  
great introduction to your meal. Enjoy the variety  
and combinations of the different flavours.

*Highly Recommended!*

## MEAT APPETIZERS

### GREEK SOUVLAKI £7.50 [GF]

Pork on skewers with tzatziki, tomatoes and onions.

### PASTOURMAS £7.00

Spicy chilli sausage served with houmous and tomato.

### KEFTETHES £6.50

Greek style meatballs in tomato sauce topped with grated cheese.

### DOLMATHES £7.00

Vine leaf parcels with rice, minced meat and herbs. Served with tomato sauce and tzatziki.



## SEAFOOD APPETIZERS

### FRIED KALAMARI £7.50

Deep-fried squid served with a salad garnish and a pot of tartare sauce.

[GF OPTION AVAILABLE]

[GF] = Gluten Free

[V] = Vegetarian





# À LA CARTE MENU

## APPETIZERS WITH CHEESE

### HORIATIKI {GREEK VILLAGE SALAD} [GF] [V]

**STARTER £6.50, MAIN COURSE £9.50**

Tomatoes, cucumber, green peppers and onions topped with feta and black kalamata olives. Sprinkled with olive oil and oregano.

### BAKED FETA £8.50 [GF] [V]

Oven baked feta cheese topped with tomato slices and sprinkled with olive oil and oregano.

### FETA SAGANAKI WITH HONEY & TOASTED SESAME £8.50 [V]

Feta battered and pan-fried. Served with a salad garnish topped with honey and toasted sesame.

[GF OPTION AVAILABLE]

### SPANAKOPITES £7.00 [V]

Filo pastry pies with spinach, leeks, spring onions, feta and herbs.

### FRIED HALOUMI WITH PESTO £7.50 [GF] [V]

Cypriot haloumi cheese deep fried and garnished with pesto. Served with salad.



## VEGETARIAN APPETIZERS

### FALAFEL WITH HOUMOUS £7.00 [GF] [V]

Broad bean rissoles served with houmous and salad garnish.

### VEGETARIAN DOLMATHES £7.00 [GF] [V]

Vine leaf parcels with rice, vegetables and herbs.  
Served in tomato sauce with tzatziki.

### AUBERGINES IMAM STYLE £8.50 [GF] [V]

Baked aubergines with tomatoes, onions, garlic, herbs and spices.  
Served with houmous.

### GIGANTES £6.50 [GF] [V]

Butter beans with tomatoes, onions, garlic, carrots, celery, herbs and topped with feta.



# À LA CARTE MENU

## TRADITIONAL DIPS

(all the dips are chilled and served with pita bread)

### HOUMOUS £5.50 [GF] [V]

Pureed chick peas, tahini, touch of cumin, garlic and lemon juice.

### KTIPITI £5.50 [GF] [V]

Roasted red peppers blended with feta cheese and fresh herbs.

### TZATZIKI £5.50 [GF] [V]

Very refreshing with greek yogurt, grated cucumber, garlic and herbs.

### TARAMOSALATA £5.50 [GF]

A very popular dip made from cod roe paste, onions, oil and lemon.

### BEETROOT SKORDALIA £5.50 [GF] [V]

Mash potato with plenty of garlic, beetroot, olive oil, lemon and parsley.

### 4-DIPS PLATTER £5.50 (PER PERSON)

Choose any four from the above.



## SIDE ORDERS

### GREEK OLIVES £5.00 [GF] [V]

The best kalamata olives!

### GARLIC PITA £3.50 [V]

(garlic, parsley and oregano)

### GARLIC & CHEESE PITA £4.50 [V]

(garlic, feta, parsley and oregano)

### CHIPS OR RICE £3.00

(please note that our rice is not gluten free)



# À LA CARTE MENU

Please note that our rice contains vermicelli pasta which is not gluten free.

† On all relevant dishes, the rice can be substituted with chips or salad

## TRADITIONAL MAIN DISHES

### MOUSAKA £13.50

Meat or vegetarian

Layers of potatoes, minced meat ragout (vegetarian with lentil & vegetable ragout) and aubergines topped with bechamel cream. Served with salad.

### KLEFTIKO FROM CYPRUS £23.50 [GF]

(must be pre-ordered at least 24hrs in advance)

Lamb shank cooked slowly in the oven with potatoes, onions, tomatoes and herbs.

### STIFADO £18.50 [GF] †

Tender beef cooked with onions, red wine, tomatoes and herbs. Served with rice.

### KEFTETHES £13.00

Meatballs in tomato sauce topped with grated cheese. Served with rice.

### GIGANTES £12.50 [GF] [V]

A very popular dish in Greece of butter beans oven baked with tomatoes, onions, garlic, carrots, celery and herbs. Sprinkled with feta and served with a side salad.

### GIGANTES WITH PASTOURMAS £15.50

Top the butter beans with pastourmas chilli sausages to add some extra spice to the dish! Served with salad

### KING PRAWN SAGANAKI £21.00 [GF]

A Greek island dish of king prawns and potatoes cooked with tomatoes, wine, feta and garlic.

### KREATOPITA £13.00

Filo pastry parcel filled with tasty minced meat ragout flavoured with herbs and spices. Served on a bed of tomato sauce and a side salad.

### DOLMATHES £13.50

Meat (not gluten free) or vegetarian (gluten free)

Vine leaf parcels with rice, minced meat (or vegetables) and herbs. Served in tomato sauce with tzatziki.

### KALAMARI £15.00

Squid rings floured and deep-fried. Served with tartare sauce, chips and salad.

[GF OPTION AVAILABLE]



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## GRILLS

### KOFTA KEBAB £13.50

Lamb mince kebabs served with rice, salad and tzatziki.

### LAMB SOUVLAKI £16.50 [GF] †

(must be pre-ordered at least 24 hrs in advance)

Served with rice, salad and tzatziki.

### PORK OR CHICKEN SOUVLAKI £13.50 [GF] †

Choose either or a mixture of both. Served with rice, tzatziki and salad.

### JUMBO MIXED PLATTER £19.50

A great selection of mixed grills from our menu served with rice, tzatziki and salad.



## ΣΟΚΡΑΤΕΣ SPECIAL DISHES

### CHICKEN WITH SPINACH AND FETA £15.50 [GF] †

Chicken fillet slices cooked with spinach, cream, spring onions and dill with a sprinkling of feta cheese. Served with rice.

### CHICK PEA & VEGETABLE STEW WITH CHILLI £12.50 [GF] [V] †

A dish with wonderful flavours inspired by the middle east of chick peas and vegetables cooked with tomatoes, spices, chilli and fresh coriander. Served with rice.

### CHICKEN WITH CHICK PEA AND CHILLI STEW £15.50 [GF] †

Grilled chicken pieces served with our spicy chick pea & chilli stew for a tasty combination meal.

### FILO PARCEL WITH SPINACH, LEEKS AND FETA £12.50 [V]

A delicious mixture of spinach, leeks, spring onions, dill and feta cheese, wrapped with filo pastry. Oven baked and served on a bed of tomato sauce.





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