

## Gluten Free Menu

# GREEK SPIRIT



### BREAD

1. Gluten Free Bread 2,00

### STARTERS

6. Tzatziki 4,00  
(Yoghurt, Garlic, Cucumber)
7. Hummus 4,00
8. Spicy Cheese Dip  4,10
9. Greek Spirit Feta Cheese  5,80  
(Oven-Baked with Tomato, Hot Pepper, Garlic)
12. Grilled Halumi Cheese 6,20
13. Homemade Dolmades 9,00  
(Minced Meat with Rice wrapped in Vine Leaves)
14. Grilled Vegetables \* 7,90  
(Aubergine, Pepper, Zucchini, served with Balsamic Cream)
15. Greek Spirit Mushrooms \* 6,80  
(Garlic, Cream, Cheese)
16. Greek Spirit Potatoes 6,80  
(Oven-Baked, with Garlic, Cream, and Cheese)
18. Roast Potatoes or French Fries 3,80
19. Mussels Saganaki  12,50
20. Shrimps Saganaki  13,80

### SALADS

24. Chicken Salad 10,90  
(Lettuce, Cabbage, Chicken, Egg, Pepper, Tomato, Cucumber, Mushrooms, Onion, Carrot, Sauce)
25. Chef's Salad \* 8,50  
(Lettuce, Cabbage, Carrot, Pepper, Ham, Cheese Onion, Tomato, Cucumber, Egg, Sauce)
26. Tuna Fish Salad 9,50  
(Lettuce, Cabbage, Pepper, Onion, Tomato, Cucumber, Tuna Fish, Egg, Sauce, Carrot)
27. Greek Salad 8,00  
(Lettuce, Cabbage, Tomato, Cucumber, Pepper, Onion, Feta Cheese, Olives, Olive Oil)
28. Green Salad 5,90  
(Lettuce, Cucumber, Pepper, Onion, Olive Oil)
29. Tomato & Cucumber Salad with Olive Oil 5,20
30. Small Greek Salad with Olive Oil 5,90

### FISH


50. Grilled Squid 20,50
51. Gilthead 350gr (Aegean Fish) 17,50
52. Bass 350gr (Aegean Fish) 18,50

Calamari plate includes chips  
All fish plates include vegetables

### MEAT

56. Mix Grill \*  19,50  
(Pork Souvlaki, Lamb Chop, Chicken, Sausage, Spare Ribs, Chips, Homemade BBQ Sauce)

### PORK

58. Spare Ribs (with Homemade BBQ Sauce)  19,50
59. Gyros (Sliced Pork) \* 14,50
60. Souvlaki (Pork on Skewer) 14,00
61. Pork Steak (Stables) 16,50

### BEEF

64. Fillet 27,00

### CHICKEN

67. Grilled Chicken Fillet 14,30
68. Chicken on Skewer 14,90
70. Chicken a la Cream \* 16,50
71. Chicken Souvlaki Bacon-Wrapped \* 16,00

### LAMB

73. Roast Lamb \* 19,90
74. Lamb Chops 19,00
75. Souvlaki (Lamb on Skewer) 19,50

All meat plates include chips and salad  
All meat plates with sauce, include rice and salad

### VEGETARIAN

76. Mousaka 15,00  
(Aubergine, Potatoes, Mushrooms, Feta Cheese, Bechamel)
77. Giant Beans 14,50  
(In Tomato Sauce, Mushrooms and Cheese)
79. Stuffed Tomato & Pepper 15,00

### GREEK PLATES

80. Mousaka 15,00  
(Fried Potatoes, Aubergine, Minced Meat, Bechamel)
83. Stuffed Tomato & Pepper 15,00  
(with Rice and Minced Meat)
85. Kokkinisto 16,80  
(Beef in Tomato Sauce with roast Potatoes)
86. Giant Beans 16,30  
(with Beef in Tomato Sauce)
87. Stifado 17,50  
(Beef with Onions in Tomato Sauce)
88. Kleftiko \* 19,50  
(Roast Lamb with Vegetables and Feta Cheese)

### EXTRAS

90. Ketchup 0,40
91. Mayonnaise 0,50
92. Food container with lid 0,40

\* Some alterations need to be made in order to become Gluten Free