

The Greedy Greek Deli ~ Allergens and Ingredients Information

~ All produced or handled in a premises that uses Nuts, Dairy, Eggs, Mustard and Wheat ~

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Dips and Olives

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

Greek Starters

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

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

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Greek Mains and Sides

Chicken Olympos	Ingredients: Chicken Fillet 60%, SEASONING Olympos Sauce 40%, Water, Demi-glace mix (may contain SOYA, MILK, EGG, MUSTARD, CELERY, GLUTEN), Modified Starch, WHEAT FLOUR , 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% (MILK) Mushrooms, Onion, Garlic and Cream (MILK)
Lemon Chicken	Ingredients: Chicken Fillet 60%, Lemon Sauce (Plain Flour GLUTEN , Chicken Stock (CELERY, EGGS, MUSTARD, MILK, SOYA, GLUTEN) Mild MUSTARD , Single Cream (MILK), Lemon Juice, Salt Pepper}.
Spetsofy	Ingredients: Greek Village Sausages 39%, Napolitana Sauce 39%, Onions 11%, Peppers 11%, and a pinch of Chilli Flakes.
Lamb Kleftiko (Traditional Roast lamb in tomato & garlic sauce. Optional yogurt sauce separate)	Ingredients: Leg of lamb 51%, Tomato Sauce 31%, Salt, Pepper, Olive Oil, Rosemary, Garlic Greek analogue Yogurt Sauce 10% (Vegetable Fat, Skimmed MILK Powder, CORN Starch Gelatine, Potassium Sorbate, Yogurt Culture E471).
Lamb Fricasse (Traditional Roast Lamb with Lemon Artichoke and Yogurt Sauce)	Ingredients: 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.
Lamb in Lemon and Cream Sauce	Ingredients: Leg of lamb 51%, Lemon Sauce (Plain Flour GLUTEN , Chicken Stock (CELERY, MUSTARD, EGGS, MILK, SOYA, GLUTEN) Mild MUSTARD , Single Cream (MILK), Lemon Juice, Salt, Pepper.
Beef Styfado (Traditional Greek stew with baby onions)	Ingredients: Diced beef 64%, Baby Onions 13%, Tomato paste 13%, Concentrated Tomatoes, Garlic, Pepper, Salt, Peppercorns, Bay leaves, Cinnamon, Cloves, Herbs.
Pork Bekri meze (In a spicy tomato & chilli sauce with onions, peppers and mushrooms)	Ingredients: Pork 64%, Onion 15%, Tomato paste 6% Concentrated Tomatoes, Mushrooms, Red Peppers, Black Pepper, Chilli, Salt, Rosemary.
Soutzoukalia (Meat Balls cooked with Tomato, Onion, Garlic and Cumin)	Ingredients: Beef 77%, Onions 13%, Concentrated Tomatoes, Salt, Pepper, Oregano, Garlic, Bread, Eggs, Basil, Oil, Cumin, Tomato paste.
Pastitsio (Macaroni Meat Pie)	Ingredients: Béchamel 50%, (MILK 87%, EGG YOLK 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% (WHEAT FLOUR , Water, Maize, Starch, Vegetable Oil, Salt, Flour Treatment), Cinnamon, Parmesan, Pepper, Salt, Oregano.
Moussaka (Potatoes, Aubergines and Savoury Mince layered in a Béchamel Cheese Sauce)	Ingredients: Meat Mince Mix 44% (Beef Mince 16%, Onions, Black Pepper, Oregano, Tomato Paste, Salt, Pepper, Fresh tomatoes) Béchamel 35% (MILK 87%, EGG YOLK 6%, Flour 8%, Cloves, Salt, Pepper) Aubergines 18%, Potatoes 12%, Feta Cheese, Parmesan Cheese.
Vegetarian Moussaka (Layers of Potatoes, Aubergines, Mixed Vegetable Filling, Feta Cheese & Béchamel Sauce)	Ingredients: Béchamel 35% (MILK 87%, EGG YOLK 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 (MILK)
Greek Lemon Potatoes	Ingredients: Potatoes 54%, Lemon juice 5%, Olive Oil, Rosemary, Oregano, MUSTARD (Water, Vinegar, MUSTARD FLOUR , Sugar, Spice, Salt, Stabiliser (Xanthan Gum), (Dill Oil), Vegetable Stock (may contain SOYA, MILK, EGGS, MUSTARD, CELERY, GLUTEN), Salt, Pepper, Garlic, Water.
Briami (mix vegetable Bake)	Ingredients: 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.
Baby Onions (in tomato & cinnamon sauce)	Ingredients: Baby Onions 5%, Garlic, Black Pepper, Salt, Vinegar, Bay leaves, Tomato paste, Cloves, Cinnamon.
Vegetable Rice	Ingredients: Long Grain Rice 40%, Carrots 34%, Sweet Corn 17%, Lemon Juice.
Falafels	Ingredients: 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

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