

GRÁS RESTAURANT | LOUNGE - ALLERGEN SHEET

DISHES	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
A LA CARTE														
STARTERS														
PADRON PEPPERS														
GARLIC BREAD		X		X			X							
GARLIC BREAD WITH CHEESE		X		X			X							
MARINATED OLIVES														
VINE LEAVES														
HUMUS												X		
PRAWN COCKTAIL			X	X										
TZATZKI							X							
INSALATA TRICOLORE							X							
SMOKED SALMON AVOCADO					X									
CALAMARI		X					X					X		
FILO PASTRY		X					X					X		
SPICY CHICKEN WINGS									X In sauce				X In sauce	
WHITEBAIT		X		X	X									
HALLOUMI							X							
SPICY SAUSAGES														
DEEPFRIED GOAT CHEESE		X		X			X							
ASPARAGUS & HAM							X							X
CHICKEN SKEWERS		X										May contain		
GARLIC MUSHROOM							X							X
KING PRAWNS			X				X							
FALAFEL												X		
SHARING STARTER														
COLD MEZE PLATTER		X			X Cod Roe	May Contain	X					X Tahini		
HOT MEZE PLATTER	X	X		X	X		X					X		
MIX MEZE PLATTER	X	X					X			X Walnuts		X		
GRILL														
LAMB KOFTI														
CHICKEN KOFTI														
ISKENDER KEBAB		X					X							
GRILLED CHICKEN									In Siracha Sauce				In Siracha Sauce	
CHICKEN SOULVAKI														
CHICKEN WINGS									In Siracha Sauce				In Siracha Sauce	
CHICKEN CHASSEUR		X												
CHICKEN PRINCESS							X							
CHICKEN DIABLO														
CHICKEN MILANESE		X										May contain		
MIX GRILL														
SPECIAL GRILL														
STEAK														
SIRLOIN							X Garlic Butter							
T-BONE							X Garlic Butter							
RIB EYE							X Garlic Butter							
FILLET STEAK							X Garlic Butter							
LAMB CHOPS														
SAUCES														
PEPPERCORN		X												
STILTON & PORT		X												
CREAMY MUSHROOM														
HONEY & MINT		X												
GRAVY		X												
BURGERS														
HALLOUMI BURGER		X		X In bun			X		May Contain	May Contain	May Contain	May Contain		
VEGGIE BURGER		X		X In bun			X		May Contain	May Contain	May Contain	May Contain		
CHICKEN BURGER		X		X In bun			X		May Contain	May Contain	May Contain	May Contain		
BEEF BURGER		X		X In bun			X		May Contain	May Contain	May Contain	May Contain		
LAMB BURGER		X		X In bun			X		May Contain	May Contain	May Contain	May Contain		
SPICY PEPPERCORN BURGER														
FISHES														
SEABASS FILLET				X In sauce	X									
SALMON STEAK				X In sauce	X									
SWORDFISH STEAK				X In sauce	X									
CHAMPAGNE KING PRAWNS			X				X							X
LOBSTER THERMIDOR			X						X					X
LOBSTER FUEGO			X				X							X
PASTA														
SPAGHETTI BOLOGNESE	X													
ITALIAN CARBONARA	X						X							
CREAMY CHICKEN TAGLIATELE	X						X							
SEAFOOD SPAGHETTI	X	X					X	X						
PENNE ARRABBIATA	X						X							
LOBSTER SPAGHETTI	X	X												X
CHEF SPECIAL														
MUSH & ASP RISOTTO							X							
TORTILLA BOWL		X							X In seasoning flour					
SEAFOOD RISOTTO							X	X						X
LAMB SHANK		X					X In Mash potatoe							X
VEGETARIAN														
MEZE SELECTION	X	X					X			X Walnuts		X		
FILO PASTRY		X		X			X					X		
FALAFEL												X		
DOLMADES														
AUBERGINE IGLOO		X					X					May Contain		
VEGGIE BURGER		X		X In bun			X							
VEGAN BURGER							X							

DISHES	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
A LA CARTE														
SALAD														
HALLOUMI SALAD							X							
GOAT CHEESE SALAD		X		X			X					May Contain		
AVOCADO SALAD														
CHICKEN SALAD														
GREEK SALAD							X							
SIDES														
CHIPS														
ONION RINGS		X		X			X					May Contain		
SAUTEED POTATO							X					May Contain		
SAUTEED VEGETABLES							X					May Contain		
SAUTEED SPINACH							X							
GRILLED ASPARAGUS														X
MASH POTATO							X							
RICE	Traces In seasoning						X							
HOUSESLAW				X			X		X					
CHEESY CHIPS							X					May Contain		
WEDGES												May Contain		
DESSERTS														
CHOCOLATE ICE CREAM														
VANILLA ICE CREAM														
STRAWBERRY ICE CREAM														
CHURROS		X					X							
CREME BRULEE							X							
WAFFLE		X					X							
CHOCOLATE FUDGE CAKE		X		X			X							
CARAMELISED MILK PUDDING							X							
TRAMASU		X		X			X							
LUNCH MENU														
CHICKEN KOFTE WRAP		X												
LAMB KOFTE WRAP		X												
BRUNCH MENU														
ROAST BEEF		X					X							
ROAST LAMB		X					X							
ROAST CHICKEN		X					X							
CHRISTMAS MENU														
STARTERS														
GARLIC BREAD		X		X			X							
FILED PASTRY		X					X					X		
PRAWN COCKTAIL			X	X In sauce										
FIGITALIAN							X							X
LEEK & POTATO SOUP		X												
CHICKEN CROQUETTES		X		X										
STUFFED PORTOBELLO							X							
CHICKEN LIVER PATE		X					X							
GAMBAS AL AJILLO							X							
MAIN														
ROAST TURKEY		X					X							
ROAST BEEF		X					X							
ORANGE DUCK		X												
LAMB CUTLETS														
MUSHROOM & ASPARAGUS RISOTTO							X							
POACHED SALMON														
CHICKEN LEG				X										
AUBERGINE GLOO							X							
DESSERTS														
APPLE CRUMBLE		X		May Contain			X							
ESPRESSO CREME BRULEE				X			X							
STICKY TOFFEE PUDDING		X		X			X							
PANNA COTTA							X							
CHOCOLATE FUDGE CAKE		X		X			X							
NEW YEARS EVE MENU														
STARTERS														
HALLOUMI & SPICY SAUSAGE							X							X
FIGITALIAN		X					X							
SPICY CALAMARI		X		X In sauce			X							
MIX COLD MEZE		X		X			X							
GOAT CHEESE		X		X			X					Tahini		
SMOKING PASTRY		X					X					May Contain		
CHICKEN SKEWERS		X										May Contain		
SMOKED SALMON & AVOCADO					X									
MAIN														
RIB EYE STEAK		X In sauce												
LAMB CUTLETS		X In sauce												
IGLOO D'AUBERGINES							X					May contain		
CHICKEN FRANCESE		X					X							
LAMB SHANK							X							X
MIX FISH GRILL				X In sauce	X		X							
DESSERTS														
FRUIT, CHEESE, CRACKERS PLATTER		X					X							