

FULL MENU ALLERGEN MATRIX

Prepared by

Annabel Mackenzie (APD)

Menu Items				Nuts		Seafood					
	Gluten	Dairy	Egg	Peanuts	Tree Nuts	Fish	Crustacea	Soy	Sesame	Sulphites	Lupin
APPETIZERS											
Dolmadakia											
Feta and Olives		X									
Hommus									X		
Horta/Chickory											
Melitzanosalata	X										
Mixed Dips	X	X				X					
Pita Bread (Gluten Free)								X			
Pita Bread (Regular)	X								X		
Platter - Appetizer	X	X	X			X			X		
Platter - Vegetarian	X	X	X						X		
Saganaki	X	X									
Hot Sausage	X									X	
Spanakopita	X	X	X								
Tarama	X					X					
Tyrokafteri	X	X									
Tzatziki		X									

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		09/12/2023	
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				Peanuts	Tree Nuts	Fish	Crustacea				
SOUPS											
Fasolada (Bean Soup)											
Psarosoupa (Fish Soup)						X					
PLATTERS TO SHARE											
Chicken Giro Platter				X	X						
Lamb Giro Platter				X	X						
Meat Platter	X		X	X	X					X	
Mixed Giro Platter				X	X						
Kalamari Platter						X	X				
GIROS MAIN											
Chicken Giro		X		X	X						
Lamb Giro		X		X	X						
Mixed Giro		X		X	X						
SEAFOOD MAIN											
Grilled Herbed Snapper		X				X					
Kalamari		X				X	X				

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STALACTITES	STALACTITES											
<h1>SOUVLAKI COMPONENTS</h1>												

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PITA											
Pita (Regular)	X								X		
Pita (Gluten Free)								X			
FLAVOUR/MEAT TYPE - on its own											
Bifteki			X	X	X						
Chicken Giros				X	X						
Grilled Chicken Fillet				X	X						
Grilled Lamb Fillet				X	X						
Lamb Giros				X	X						
Mixed Giros				X	X						
Vegetarian Fritter		X									
Vegan Fritter											
SAUCE											
BBQ								X			
Chilli								X			
Mustard		X						X			
Tomato											

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Tartare Sauce											
DIPS											
Eggplant	X										
Hommus											
Spicy Feta	X	X									
Tarama	X					X					
Tzatziki		X									

STALACTITES	STALACTITES	SOUVLAKI MADE UP	 
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REGULAR											
Lamb Giros Souvlaki	X	X		X	X				X		
Chicken Giros Souvlaki	X	X		X	X				X		
Mixed Giros Souvlaki	X	X		X	X				X		
Grilled Lamb Fillet Souvlaki	X	X		X	X				X		
Grilled Chicken Fillet Souvlaki	X	X		X	X				X		
Bifteki Souvlaki	X	X	X						X		
Vegetarian Souvlaki	X	X							X		
Vegan Souvlaki	X								X		

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GLUTEN FREE											
Lamb Giros Souvlaki		X		X	X				X		
Chicken Giros Souvlaki		X		X	X				X		
Mixed Giros Souvlaki		X		X	X				X		
Grilled Lamb Fillet Souvlaki		X		X	X				X		
Grilled Chicken Fillet Souvlaki		X		X	X				X		
Bifteki Souvlaki		X	X	X	X				X		
Vegetarian Souvlaki		X							X		
Vegan Souvlaki									X		

STALACTITES	STALACTITES	MAINS	 
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				Peanuts	Tree Nuts	Fish	Crustacea				
GRILL MAIN											
Biftekia		X	X	X	X						
Chicken Souvla on Skewer		X		X	X			X	X		
Lamb Cutlets		X		X	X						
Lamb Souvla on Skewer		X		X	X						

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Mixed Grill		X	X	X	X						
Mixed Souvla on Skewer		X		X	X						
Porterhouse Steak		X		X	X						
HOME COOKING MENU											
Cabbage Rolls											
Gemista											
Kokkinisto											
Moussaka	X	X	X								
Spaghetti Kokinisto	X										

STALACTITES

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SPECIALS											
Baked Chicken with Potatoes											
Baked Lamb with Potatoes Lemonato											
Lamb and Green Bean Casserole											

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Lamb and Vegetable Casserole											
Rissoles - Beef	X		X							X	
Rissoles - Chicken	X		X							X	
Rissoles - Pork	X		X							X	
Pastitsio	X	X	X								

STALACTITES

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DESSERTS											
Baklava	X	X	X	X	X (Walnuts)						
Baklava with Ice Cream	X	X	X	X	X			X	X		

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Crème Caramel		X	X								
Dessert Platter	X	X	X	X	X (Walnuts)			X	X		
Galaktobourekó	X	X	X								
Ice Cream with Chocolate Dusting	X	X	X	X	X			X	X		
Plain Ice Cream (no toppings)		X	X	X	X			X	X		
Rice Pudding		X	X								
SIDES											
Pita Bread	X										
Gluten Free Pita Bread								X	X		
Greek Salad		X									
Traditional Horiatiki Salad		X									
Oven Baked Rice		X									
Oven Baked Potatoes											
Lamb or Chicken Skewer				X	X						
Bifteki			X	X	X						
Chickory											
Veggie Fritter		X									
Vegan Fritter											
DRINKS											
Hot Chocolate	X	X									
Iced Chocolate (with Ice cream)	X	X	X	X	X			X	X		

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Iced Coffee (with ice cream)		X	X	X	X			X	X		
Cappuccino (with choc dusting)	X	X									
Cappuccino without chocolate dusting		X									
Mocha	X	X									

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