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		Allergen - DOES IT CONTAIN.....?														Notes
	Δημητριακά με γλουτένη/ Cereals containing gluten	Γάλα/ Milk	Αυγό/ Egg	Ψάρι/ Fish	Καρκινοειδή/ Crustaceans	Μαλάκια/ Molluscs	Αραχίδες (αράβικα φιστίκια)/ Peanuts	Ξηροί καρποί/ Tree nuts	Σέλνο/ Celery	Σόγια/ Soyabeans (εξαιρείται το πλήρες παράψοιμο σονέλεκο, fully refined soya oil is exempted)	Λούπινο/ Lupin	Σινάπι (μουστάρδα)/ Mustard	Διοξείδιο του θείου και θειώδες ενώσεις/ Sulphur dioxide and sulphites	Σπόροι σησαμίου/ Sesame seeds		
SMALL PLATES																
Truffle Burrata	✓ wheat/σιτάρι	✓	✗	✗	✗	✗	✗	✓ hazelnut/ φουντούκια	✗	✗	✗	✗	✗	✗	✗	
Chargrilled Prawns	✓ wheat/σιτάρι	✗	✗	✗	✓	✗	✗	✗	✓	✓	✗	✗	✓	✗		
Teriyaki Chicken Lollipops	✓ wheat/σιτάρι	✓	✗	✗	✗	✗	✗	✗	✗	✓	✗	✓	✗	✓		
Porcini Soup	✓ wheat/σιτάρι	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗		
Tempura Mushrooms	✓ wheat/σιτάρι	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗		
Halloumi Fries	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗		
Cheesy Garlic Bread	✓ wheat/σιτάρι	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗		
Salt & Pepper Squid	✓ wheat/σιτάρι	✓	✓	✗	✗	✓	✗	✗	✗	✓	✗	✗	✓	✗		

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BIG PLATES															
Jamies Fish Stew	✓ wheat/σιτάρι	x	✓	✓	✓	✓	x	x	x	✓	x	x	✓	x	
Ultimate Umami Risotto	✓ wheat/σιτάρι	✓	✓	x	x	x	x	x	✓	x	x	x	✓	x	
Caccio Carbonara Pasta	✓ wheat/σιτάρι	✓	✓	x	x	x	x	x	✓	x	x	x	x	x	
Fish in the Bag Salmon	✓ wheat,rye/σιτάρι, σίκαλη	x	✓	✓	x	✓	x	x	x	✓	x	x	✓	x	
Fish in the Bag Octopus	✓ wheat,rye/σιτάρι, σίκαλη	x	✓	✓	x	✓	x	x	x	✓	x	x	✓	x	
Sensational Sea Bass	✓ wheat/σιτάρι	x	x	✓	x	x	x	x	x	✓	x	x	x	✓	
Spaghetti Bolognese	✓ wheat/σιτάρι	✓	✓	x	x	x	x	x	✓	x	x	x	x	x	
Short Rib Massaman Curry	✓ wheat/σιτάρι	x	x	✓	x	x	✓	x	x	x	x	x	x	x	
Seafood Spaghetti Nero	✓ wheat/σιτάρι	x	x	✓	x	✓	x	x	x	x	x	x	✓	x	
Chicken Parmigiana	✓ wheat/σιτάρι	✓	✓	x	x	x	x	x	x	x	x	x	x	x	
King Prawn Spaghetti	✓ wheat/σιτάρι	x	✓	x	✓	x	x	x	✓	x	x	x	✓	x	

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BUNS															
Katsu Chicken	✓ wheat/σιτάρι	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✗	
Jamie's Insanity Burger	✓ wheat, barley/ σιτάρι, κριθάρι	✓	✓	✓	✗	✗	✗	✗	✓	✓	✗	✓	✓	✗	
Truffled Beef	✓ wheat/σιτάρι	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✗	
SALADS															
Ultimate Caesar	✓ wheat, barley/ σιτάρι, κριθάρι	✓	✓	✓	✗	✗	✗	✗	✗	✓	✗	✓	✓	✗	
Punchy Prawn Noodle Salad	✗	✗	✗	✗	✓	✗	✗	✗	✗	✓	✗	✗	✓	✓	
Octopus & Potato	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✓	✗	
Superfood	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	
Add Chicken	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	
Add Octopus	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	

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PIZZA															
Julietta	✓ wheat,rye/σιτάρι, σίκαλη	✓	✓	x	x	x	x	x	x	✓	x	x	x	x	
Four Cheese	✓ wheat,rye/σιτάρι, σίκαλη	✓	✓	x	x	x	x	x	x	✓	x	x	x	x	
Pepperoni	✓ wheat,rye/σιτάρι, σίκαλη	✓	✓	x	x	x	x	x	x	✓	x	x	x	x	
Truffle Mushroom	✓ wheat,rye/σιτάρι, σίκαλη	✓	x	x	x	x	x	x	x	✓	x	x	x	x	
Mediterranean Veg	✓ wheat,rye/σιτάρι, σίκαλη	✓	x	x	x	x	x	x	x	✓	x	x	x	x	
GRILL															
Pork Chop	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
Black Angus Rib Eye	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
Black Angus Sirloin	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
Fresh Chicken Fillet	x	x	x	x	x	x	x	x	x	x	x	x	x	x	

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SIDES & SAUCES																
Coal Roasted Hasselback	x	✓	✓	x	x	x	x	x	x	x	x	x	x	x		
Chips	x	x	x	x	x	x	x	x	x	x	x	x	✓	x		
Miso Broccoli	✓ wheat/σιτάρι	x	✓	x	x	x	x	✓ almonds/ αμύγδαλα	x	✓	x	x	x	x		
Rainbow Slaw	✓ wheat/σιτάρι	x	x	x	x	x	x	x	✓	✓	x	x	✓	x		
Rocket Salad	x	✓	✓	x	x	x	x	x	x	x	x	x	x	x		
Jalapeno Yoghurt	x	✓	x	x	x	x	x	x	x	x	x	x	x	x		
Tomato Salsa	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
Bourbon	✓ barley/ κριθάρι	x	✓	✓	x	x	x	x	✓	✓	x	✓	✓	x		
KIDS																
Kids Spaghetti	✓ wheat/σιτάρι	✓	✓	x	x	x	x	x	✓	x	x	x	x	x		
Chicken Lollipops	x	✓	x	x	x	x	x	x	x	x	x	x	x	x		
kids Burger	✓ wheat/σιτάρι	✓	✓	x	x	x	x	x	x	x	x	x	✓	x		
Pizza Mini Margarita	✓ wheat,rye/σιτάρι, σίκαλη	✓	x	x	x	x	x	x	✓	✓	x	x	x	x		

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DESSERTS																
Peanut Chocosphere	x	✓	✓	x	x	x	✓	✓ hazelnut, / φουντούκια	x	✓	x	x	x	x		
Cheesecake Brownie	✓ wheat/σιτάρι	✓	✓	x	x	x	x	x	x	✓	x	x	x	x		
Anari Cheese & White Chicolate Mousse	✓ wheat/σιτάρι	✓	x	x	x	x	x	walnuts/ καρύδια	x	✓	x	x	x	x		
Lemon curd bar	✓ wheat/σιτάρι	✓	✓	x	x	x	x	✓ pistachio/ φυστίκια	x	x	x	x	x	x		