Allergy Advice

Allergies and special dietary requirements are taken very seriously at Yamas. We work closely with our suppliers and monitor ingredients to ensure that our information is correct and customers with allergies feel reassured that we will look after their your properly. We therefore ask you inform your waiter before ordering of any special dietary requirements that you may have.

Our recipe information is frequently updated so please check each time you visit to ensure that you have the most up to date recipes. Whilst every care is taken with your meal, we cannot guarantee a 100% allergen free environment, nor can we guarantee against the processes used by our Suppliers or products which may be produced in an environment with other allergens.

* may contain traces of allergen

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Sharing Starters																	
Mediterranean dips																	
Tzatziki							✓					✓					✓
Houmous					*			*			✓						✓
Tirokafteri			✓				✓										
Taramosalata			✓	✓		✓									✓		
Pitta Bread	✓																
Yamas dips																	
Tzatziki							✓					✓					✓
Houmous					*			*			✓						✓
Tapenade												✓					✓
Patzarosalata							✓					✓					✓
Pitta Bread	✓																
Orektika																	
Dolmades									✓			✓			✓	✓	✓
Loukanika						✓									✓		
Halloumi and Lounza						✓	✓										
Tzatziki							✓										✓
Houmous					*			*			✓	✓					✓
Greek Salad							✓								✓		✓*
Pitta Bread	✓																
Cheese and Meat Platter																	
Chorizo extra Leon																	
Salchichon extra de Leon																	
Lomo																	
Loin																	
Cecina																	
Halloumi							✓										
Manchego			✓				✓										
Chalkidiki Olives																	

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Mezedes																	
Marinated Olives																	✓
Chalkidiki Olives																	
Tzatziki							✓					✓					
Taramosalata				✓		✓									✓		
Houmous					*			*			✓						✓
Tirokafteri			✓				✓										
Patzarosalata							✓					✓					✓
Tapenade												✓					✓
Dolmades									✓			✓			✓	✓	✓
Dolmades Vegetarian												✓			✓		
Halloumi Saganaki							✓										
Grilled Saganaki							✓										
Halloumi and Lounza						✓	✓										
Feta Parcel	✓						✓				✓						

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*

Seafood																	
Lavraki				✓			✓										✓
served with Tartar			✓							✓		✓					✓
Htapothi Sti Skhara												✓		✓			
Gambas Al Ajillo		✓					✓		✓								✓
Psaro Keftedes	✓		✓	✓											✓		
served with Tartar			✓							✓		✓					✓
Garides Kritharoto		✓		✓			✓		✓						✓	✓	✓

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*

Salads																	
Greek Salad							✓								✓		✓*
Village Salad							✓								✓		
Rocca Christmas Salad							✓	✓		✓		✓			✓		

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Meat																	
Chicken Milanese			✓				✓	✓									✓
Keftedes Arni												✓			✓		✓
Stifado									✓			✓			✓	✓	
Spetzofai							✓		✓			✓			✓	✓	✓
Kritharaki	✓						✓		✓			✓			✓	✓	
Kleftico stin Ladokolla															✓		✓
From the Grill																	
Lamb Souvlaki															✓		
Served with Tzatziki							✓					✓					✓
Chicken Souvlaki															✓		
Served with Tzatziki							✓					✓					✓
Loukanika															✓		
Paidakia																	✓

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Vegetarian Dishes																	
Moussaka			✓				✓		✓			✓			✓	✓	✓
Spanakopitta	✓						✓								✓		
Stuffed Mushroom							✓										✓
Patatas Bravas									✓			✓			✓	✓	✓
Mediterranean Fries																	
served with Alioli			✓							✓		✓					✓
Manitaria Stifado												✓				✓	✓
Gigantes						✓						✓			✓		✓
Pesto Kritharotto							✓		✓			✓			✓		✓
Falafels															✓		✓

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Side Dishes																	
Arroz Limon									✓						✓		
Pougouri	✓								✓						✓		
Rosemary Potatoes							✓								*		✓
Patates Tiganites															*		
Potato Dauphinoise							✓										✓
Alioli			✓							✓		✓					✓
Salsa de Chillies												✓					✓
Pitta Bread	✓																
Gluten Free Pitta												✓					
Greek Flat Bread	✓																

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Meze																	
Tzatziki							✓					✓					✓
Houmous					*			*			✓						✓
Tirokafteri			✓				✓								✓		
Patzarosalata							✓					✓					✓
Loukanika															✓		
Halloumi Saganaki							✓										
Greek Salad							✓								✓		✓*
Pitta Bread	✓																
Lavraki				✓			✓										✓
Pinchos de Gambas		✓															
Solomós												✓					
Alioli			✓							✓		✓					✓
Chicken Souvlaki															✓		
Pintxos del dia																	✓
Pougouri	✓								✓						✓		
Keftedes Arni												✓			✓		✓
Vegetarian Meze																	
Tzatziki							✓					✓					✓
Houmous					*			*			✓						✓
Tirokafteri			✓				✓								✓		
Patzarosalata							✓					✓					✓
Dolmades Vegetarian												✓			✓		
Halloumi Saganaki							✓										
Greek Salad							✓								✓		✓*
Pitta Bread	✓																
Pesto Kritharotto							✓		✓			✓			✓		✓
Mediterranean Fries																	
Spanakopitta	✓		*			✓	✓		✓	*	*		*				
Tirokroketes			✓				✓										
Manitaria Stifado												✓				✓	✓
Nickolakis Potatoes															*		✓

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Lunch Menu																	
Tzatziki							✓					✓					✓
Patatas Bravas									✓			✓				✓	✓
Halloumi Fries							✓										
Village Salad							✓					✓			✓		
Marides Tiganites	✓			✓													
Championes al Ajillo							✓										✓
Psaro Keftedes	✓		✓	✓											✓		
served with Tartar			✓							✓		✓					✓
Loukanika															✓		
Chorizo Con Miel																	
Capresse Chicken							✓	✓				✓					✓
Spanakopitta	✓						✓								✓		
Pinchos de Gambas																	
Houmous					*			*			✓						✓
Mediterranean Fries																	
Midia							✓		✓					✓			✓
Kritharaki	✓						✓		✓			✓			✓	✓	
Stifado						✓			✓			✓			✓		
Revíthia me Spanáki									✓								✓
Tirokroketes			✓				✓										
Lunch Specials																	
Pork Gyros	✓					✓	✓			✓		✓			✓		✓
Pork Gyros Meat						✓				✓							
Chicken Gyros	✓					✓	✓			*		✓			✓		✓
Chicken Gyros Meat						✓	✓			*							
Halloumi and Lounza Wrap	✓						✓					✓					✓
Grilled Halloumi Wrap	✓						✓										✓
Falafel Gyros	✓				*			*			✓				✓		✓
Falafel and Hallomi Wrap	✓		✓		*			*			✓				✓		✓
Grilled Chicken Salad							✓					✓			✓		✓
Halloumi Salad					*		✓					✓			✓		✓
Grilled Halloumi Salad							✓					✓			✓		✓
Chicken Gyros Bowl	✓					✓	✓			*		✓			✓		✓
Pork Gyros Bowl	✓					✓	✓			✓		✓			✓		✓
Grilled Halloumi Bowl	✓						✓					✓			✓		✓
Falafel Gyros Bowl	✓											✓			✓		✓

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Desserts - Served with cream																	
Baklava	✓		*		*	✓	✓	✓			*						
Parfait							✓	✓									
Caramel Panna Cotta			*				✓	*									
Kormos Mozaiko	✓		*			✓	✓									Brandy	
Pistachio Cannoli	✓		✓		*	*	✓	✓			*	✓					
Chocolate Fudge			✓				*	*									
Lemon Cheesecake					*	✓	✓	*									
Greek Yoghurt & Honey and nuts					✓		✓	✓									
Kourabies	✓		*		*		✓	✓			*						

Ice Cream			✓				✓									