

## 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 us before ordering of any special dietary requirements that you may have.

Our recipe information is frequently updated so please check each time you order 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
<b>Meal Boxes</b>																	
Falafel Box			✓		✓			✓			✓				✓		✓
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Chicken Souvlaki Box															✓		
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Loukanika Box						✓									✓		
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Pork Gyros Box										✓							
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Grilled Halloumi Box							✓										
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Dips included																	
Tzatziki							✓					✓					
Houmous					✓			✓			✓	✓					✓
Tirokafteri	✓						✓					✓					
Taramosalata	✓			✓		✓						✓			✓		
Alioli			✓							✓		✓					✓
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic
<b>Greek Gyros Wraps</b>																	
Pork Gyros	✓					✓	✓			✓		✓			✓		
Chicken Gyros	✓						✓			✓		✓			✓		
Grilled Halloumi Wrap	✓																
Falafel Wrap	✓		✓		✓			✓			✓	✓			✓		✓
Vegan Gyros	✓				✓	✓		✓		✓	✓				✓		✓

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

Sharing Starters																	
Tzatziki							✓					✓					✓
Houmous					✓			✓			✓	✓					✓
Tirokafteri	✓						✓					✓					
Taramosalata	✓			✓		✓						✓			✓		
Marinated Olives												✓					✓
Feta							✓										
Pitta Bread	✓																
Marinated Olives												✓					✓
Tzatziki							✓					✓					
Houmous					✓			✓			✓	✓					✓
Tirokafteri	✓						✓					✓					
Taramosalata	✓			✓		✓						✓			✓		
Dolmades									✓			✓			✓	✓	
Halloumi Saganaki	✓						✓										
Halloumi and Lounza						✓	✓										
	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							✓					✓			✓		
Tomato, onion & Feta Salad							✓					✓			✓		
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic

**Seafood**

Lavraki				✓			✓					✓					✓
<i>served with Alioli</i>			✓							✓		✓					✓
Htaphothi Sti Skhara												✓	✓				
Gambas Al Ajillo		✓					✓		✓			✓					✓
Garides Saganaki		✓					✓		✓			✓			✓	ouzo	✓



	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic
<b>Meze for 2</b>																	
Tzatziki							✓					✓					✓
Houmous					✓			✓			✓	✓					✓
Tirokafteri	✓						✓					✓			✓		
Pitta Bread	✓																
Lavraki				✓			✓					✓					✓
Halloumi Saganaki	✓						✓										
Gambas Al Ajillo		✓					✓		✓			✓					✓
Stifado						✓			✓			✓			✓	✓	
Loukanika						✓									✓		
Chicken Souvlaki															✓		
Rosemary Potatoes							✓										✓
Greek Salad							✓					✓			✓		✓
<b>Vegetarian Meze for 2</b>																	
Tzatziki							✓					✓					✓
Houmous					✓			✓			✓	✓					✓
Tirokafteri	✓						✓					✓			✓		
Pitta Bread	✓																
Moussaka	✓		✓				✓		✓			✓			✓	✓	✓
Halloumi Saganaki	✓						✓										
Aubergines and Zucchini	✓																
Dolmades Vegetarian												✓			✓		
Falafels			✓		✓			✓			✓				✓		✓
Rosemary Potatoes							✓										✓
Greek Salad							✓					✓			✓		✓
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic
<b>Desserts</b>																	
Baklava	✓		*		✓	✓	*	✓			✓	✓					
Chocolate Fudge			✓				*	*									
Kourabies	✓		*		✓		✓	✓			✓						