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					*			*			✓	✓					✓
Tabouleh	✓				*			*	✓			✓			✓		
Patzarosalata							✓		✓			✓					✓
Pitta Bread	✓																
Poikilia																	
Dolmades									✓			✓			✓	✓	✓
Kefthedes	✓		✓				✓		✓			✓			✓	✓	✓
Halloumi and Lounza						✓	✓										
Tzatziki							✓					✓					✓
Houmous					*			*			✓	✓					✓
Pitta Bread	✓																
Cheese and Meat Platter																	
Chorizo extra Leon																	
Salchichon extra de Leon																	
Lomo																	
spanish ham																	
Cheese			✓				✓										
Pitta Bread	✓																

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Mezedes																	
Olives												✓					✓
Tzatziki							✓					✓					
Taramosalata	✓			✓		✓						✓			✓		
Houmous					*			*			✓	✓					✓
Tirokafteri	✓						✓					✓					
Tabouleh	✓				*			*	✓			✓			✓		
Patzarosalata							✓		✓			✓					✓
Dolmades									✓			✓			✓	✓	✓
Halloumi Saganaki	✓						✓										
Halloumi and Lounza						✓	✓										
Feta a la Forno							✓										

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Seafood																	
Lavraki				✓			✓					✓					✓
served with Alioli			✓							✓		✓					✓
Htapothi Sti Skhara												✓		✓			
Gambas Al Ajillo		✓					✓		✓			✓					✓
Kalamari	✓													✓			
served with Alioli			✓							✓		✓					✓
Solomos Pinchos				✓								✓					
Marides Tiganites	✓			✓													
served with Alioli			✓							✓		✓					✓

	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							✓					✓			✓		
Dakos	✓						✓					✓					
Tomato, onion & Feta Salad							✓					✓			✓		

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Meat																	
Kotopoulo me Revifi									✓			✓					✓
Soutzoukakia	✓		✓				✓		✓			✓			✓	✓	✓
Stifado						✓			✓			✓			✓	✓	
Spetzofai							✓		✓			✓			✓	✓	✓
Kritharaki	✓		*		*	✓	✓	*	✓		*	✓			✓	✓	
Saltimbocca			*				*					✓				✓	✓
Kleftico												✓					✓
Solomillo Marinado												✓					✓
Loukanika						✓									✓		
Chorizo en Sidra							✓					✓				cider	✓
From the Grill																	
Lamb Souvlaki															✓		
Served with Tzatziki							✓					✓					✓
Chicken Souvlaki															✓		
Served with Tzatziki							✓					✓					✓

	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									✓			✓				✓	✓
Aubergine and Zucchini	✓																
served with Alioli			✓							✓		✓					✓
Kritharotto	✓						✓	✓	✓			✓			✓		✓
Championes al Ajillo							✓					✓					✓
Briam												✓			✓		✓
Gigantes						✓						✓					
Kolokithokeftedes			✓				✓										
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									✓			✓			✓		
Fasolaki Yahni									✓			✓			✓	✓	✓
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	✓						✓					✓			✓		
Tabouleh	✓				*			*	✓			✓			✓		
Greek Salad							✓					✓			✓		✓*
Pitta Bread	✓																
Pinchos de Gambas		✓															
Lavraki				✓			✓					✓					✓
Loukanika						✓									✓		
Spanakopitta	✓						✓								✓		
Halloumi Saganaki	✓						✓										
Kritharaki	✓		*		*	✓	✓	*	✓		*	✓			✓	✓	
Moschari me Fakes Stifado						✓			✓			✓			✓	✓	
Chicken Souvlaki															✓		
Nickolakis Potatoes															✓		✓
Vegetarian Meze																	
Tzatziki							✓					✓					✓
Houmous					*			*			✓	✓					✓
Tirokafteri	✓						✓					✓			✓		
Tabouleh	✓				*			*	✓			✓			✓		
Greek Salad							✓					✓			✓		✓*
Pitta Bread	✓																
Dolmades Vegetarian												✓			✓		
Kolokithokeftedes			✓				✓										
Kritharotto	✓						✓		✓			✓			✓		✓
Spanakopitta	✓						✓								✓		
Halloumi Saganaki	✓						✓										
Stuffed Mushroom							✓										✓
Briam												✓			✓		✓
Fasolaki Yahni									✓			✓			✓	✓	✓
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							✓					✓			✓		
Gnocchi	✓		*			*	✓			*							✓
Championes al Ajillo							✓					✓					✓
Sweet Pepper Bites							✓										
Loukanika						✓									✓		
Marides Tiganites	✓			✓													
Caprese Salad							✓										
Pinchos de Pollo							✓				✓						
Spanakopitta	✓						✓								✓		
Pinchos de Gambas																	
Houmous					*			*			✓	✓					✓
Chicharrones de Pollo	✓																
served with Alioli			✓							✓		✓					✓
Midia							✓		✓			✓		✓			✓
Kritharaki	✓		*		*	✓	✓	*	✓		*	✓			✓		
Stifado						✓			✓			✓			✓		
Revíthia me Spanáki									✓			✓					✓
Lunch Specials																	
Pork Gyros	✓					✓	✓			✓		✓			✓		
Chicken Gyros	✓						✓			✓		✓			✓		
Halloumi and Lounza Wrap	✓						✓										
Grilled Halloumi Wrap	✓																
Vegan Gyros	✓				✓		✓	✓		✓	✓				✓		✓
Falafel and Hallomi Wrap	✓		✓		*		✓	*			✓	✓			✓		✓
Fried Chicken Salad	✓						✓					✓			✓		✓*
Grilled Chicken Salad							✓					✓			✓		✓*
Halloumi Salad	✓				*		✓					✓			✓		✓*
Grilled Halloumi Salad							✓					✓			✓		✓*

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	*Onions*	*Wine*	*Garlic*
Desserts																	
Baklava	✓		*		*	✓	*	✓			*	✓					
Panna Cotta							✓										
Triple Chocolate Mousse	✓					✓	✓	*									
Kormos Mozaiko	✓		*			✓	✓									Brandy	
Chocolate Fudge			✓				*	*									
Lemon Cheesecake					*	✓	✓	*									
Churros	✓		✓														
served with Nutella					*	✓	✓	✓									
Kourabies	✓		*		*		✓	✓			*						
Ice Cream			✓				✓										
All above are served with cream							✓										