



## MAMA’S DIPS

COLD DISHES	
<b>Politiki Melitzanosalata</b>	<b>£6.40</b>
Smoked aubergines, cooked with olive oil, garlic peppers and Greek spices (S)	
<b>Taramosalata</b>	<b>£6.40</b>
Greek fish roe, blended with fresh bread and herbs (F,G)	
<b>Hummous</b>	<b>£6.40</b>
Greek chickpeas blended with tahini (V, Se)	
<b>Tirokafteri from Lesvos</b>	<b>£6.40</b>
Feta cheese blended with chillies flavoured with Metaxa brandy (E, D,Sd)	
<b>Tzatziki</b>	<b>£6.40</b>
Greek yoghurt with cucumber and marinated garlic puree (D)	

EARTH DELIGHTS	
<b>Manitaria Nostima</b>	<b>£9.70</b>
Fresh mushrooms cooked with garlic, in white wine and parsley (Sd)	
<b>Piperies Florinis</b>	<b>£7.50</b>
Roasted red peppers, with garlic and vinegar (V)	
<b>Dolmades</b>	<b>£7.50</b>
Vine lead stuffed with rice (S)	
<b>Gigantes from Prespes</b>	<b>£10.60</b>
Butter beans cooked in tomato sauce with spinach and feta cheese (D)	
<b>Tirenies Piperies</b>	<b>£9.00</b>
Red sweet peppers, stuffed with a mix of Greek cheeses and herbs (D)	

## MEET THE MEAT


HOT DISHES	
<b>Rolo Gourounaki</b>	<b>£12.50</b>
Marinated pork stuffed with vegetables, flavoured with halloumi cheese and honey, slow-cooked (D, Sd)	
<b>Tigania from Macedonia</b>	<b>£13.50</b>
Marinated pork pieces with caramelized onions, herbs and fresh thyme, fried in olive oil	
<b>Kokkinisto Mosxaraki</b>	<b>£13.90</b>
Chunks of beef slow-cooked in tomato sauce with herbs and spices (Sd)	
<b>Gigantes with Apaki</b>	<b>£11.90</b>
Butter beans, cooked in fresh tomato sauce with peppers, accompanied with traditional Cretan seasoned and cured meat, smoked in olive wood and a touch of herbs. (Ce, G, E, L, D, Mu, N, P, Se, S)	
<b>Horitatiko Loukaniko</b>	<b>£9.90</b>
Greek sausage grilled with olive oil and oregano (Ce, G, E, L, D, Mu, N, P, Se, S)	
<b>Spetsofai Voliotiko</b>	<b>£ 12.50</b>
Greek sausage, slow-cooked with peppers and aubergines with spicy tomato sauce. (Ce, G, E, L, D, Mu, N,P, Se,S)	
EARTH DELIGHTS	
<b>Kolokithopitakia</b>	<b>£9.80</b>
Courgettes and feta cheese croquettes with herbs (G, E, D)	
<b>Melitzana</b>	<b>£9.90</b>
Baked aubergines in fresh tomato sauce, with a touch of herbs, topped with feta and cheddar cheese (D)	
<b>Spanakopita</b>	<b>£9.10</b>
Filo pastry filled with feta and spinach, oven-baked (G, E, D)	

## MAINS

JARS SPECIALITIES	
<b>Stifado From Corfu</b>	<b>£22.80</b>
Traditional recipe with chunks of beef, cooked in fresh tomato sauce with small, sweet onions, herbs and spices accompanied with rice or chips (Sd, S)	
<b>Kleftiko in ladokola from Ioannina</b>	<b>£26.70</b>
Lamb shank slow-cooked, sprinkled with thyme and oregano served with baby potatoes and carrots	
<b>Gyros</b>	<b>£19.00</b>
Greek pork cooked on a vertical rotisserie served with pita bread, chips and tzatziki (G, D,Mu, S)	
<b>Chicken Gyros</b>	<b>£20.60</b>
Greek chicken cooked on a vertical rotisserie served with pita bread, chips and tzatziki (G,D,S, Se)	
<b>Jars Briam</b>	<b>£20.40</b>
Roasted mixed vegetables in fresh tomato sauce, olive oil and feta on top. (Ce, Sd) (Vegan option)	
<b>Moussaka</b>	<b>£21.90</b>
Layers of potatoes, aubergines, minced pork and beef in tomato sauce, topped with bechamel sauce and a sprinkle of cheese (G, E, D)	
<b>Chicken Giouvetsi</b>	<b>£21.90</b>
Chicken thigh stuffed with halloumi cheese and baby spinach, oven-cooked, in fresh tomato sauce, herbs and spices. Served with orzo pasta topped with cheese. (G, D)	



## SEAFOOD

STARTERS	
<b>Htapodaki Marinato</b>	<b>£16.90</b>
Marinated octopus in vinegar, garlic, olive oil and herbs, served with chickpeas (M,Sd)	
<b>Garides</b>	<b>£12.50</b>
Prawns cooked in fresh tomato sauce with chillies, herbs and garlic puree, topped with melted feta cheese. (C,D)	
<b>Mydia Saganaki</b>	<b>£12.60</b>
Fresh mussels cooked in white wine, mustard, garlic puree and feta cheese sauce, with sprinkled parsley (M,Sd,D) (Subject to Availability)	
<b>Gavros</b>	<b>£11.20</b>
Anchovies marinated in olive oil, vinegar, and garlic. (F)	
<b>Kalamarakia Tiganita</b>	<b>£10.95</b>
Squid coated with cornflour, deep fried, served with taramosalata (M,F,G)	
<b>Line Fish of the day</b>	<b>£25.50</b>
Please enquire as to the fish of the day (F)	
ALLERGENS GUIDE	
Ce	Celery
C	Crustation
D	Dairy
F	Fish
E	Egg
G	Gluten
L	Lupin
S	Soya
Sd	Sulphate
Se	Sesame
Mu	Mustard
M	Mollusc
N	Nuts
V	Vegetarian
Customers with nut allergies/intolerances eating in our restaurant do so entirely at their own risk. All our dishes can contain traces of nuts. There could be accidental cross-contamination from cooking oils, utensils or nut particles.	

## SHARING

- SERVES 2-	
<b>Meat Feast</b>	<b>£ 55.90</b>
A selection of meat delights ( Gyros mezze,tigania,rolo gourounaki and kokkinisto mosxaraki) served with homemade tzatziki and pita bread (G, D,Mu,S, Se,Sd,E,L,N) GF option	
<b>Vegetarian Feast</b>	<b>£ 52.90</b>
A selection of vegetarian delights (manitaria,gigantes,dolmades,spanakopit a and a mezze of Jar’s briam). Served with hummus and pita bread (G, D, E,Ce,Se,Sd)	
SIDES	
<b>Roasted Halloumi (D)</b>	<b>£7.90</b>
<b>Greek olives</b>	<b>£5.40</b>
<b>Pita bread (G)</b>	<b>£3.00</b>
<b>Chips /Rice (G)</b>	<b>£5.30</b>
<b>Gluten-Free Bread ( V)</b>	<b>£3.30</b>
SALADS	
<b>Horiatiki</b>	<b>£9.10</b>
Traditional Greek salad with tomatoes, cucumber, peppers, onions, olives and feta cheese.Topped with olive oil and a sprinkle of oregano. (D)	
<b>Ntakos</b>	<b>£ 9.70</b>
Traditional Cretan rusk topped with chopped tomato, crumbled feta cheese, olive oil, oregano and capers (G, D)	