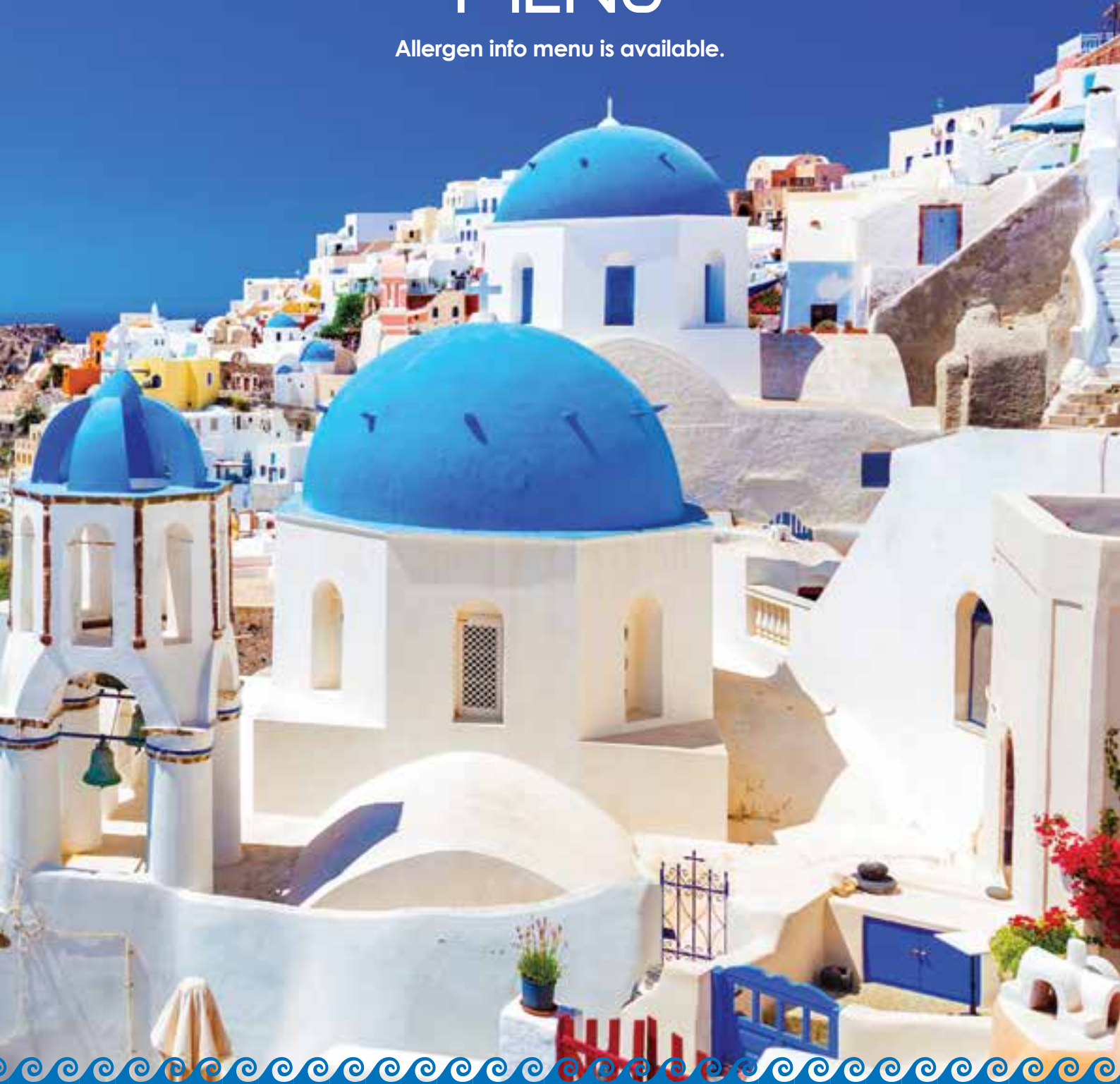


SOKRATES

GREEK TAVERNA (HORWICH)

MENU

Allergen info menu is available.



IMPORTANT NOTE:

Please discuss with our staff prior to ordering any special dietary requirements you may have.
The policy of the restaurant dictates for a minimum order of £12 for each person individually which excludes desserts and beverages.

MEZE MENU

GREEK MEZE BANQUET

£27.90 per person

Orders for meze are per person.
Only orders for two or more meze are accepted.

"MEZE IS FOOD FOR SHARING"

A variety of dishes served to the middle of the table for you to share.

A Feast of Flavours!!

You will be taken on a culinary trip around
Greece, Cyprus and the Eastern Mediterranean.

DIPS e.g. HOUMOUS & TZATZIKI
GREEK SALAD WITH FETA
CHAR-GRILLED VEGETABLES
SPINACH & FETA FILO PARCELS
AUBERGINES IMAM STYLE
GIGANTES (BUTTER BEANS)
HALOUMI CHEESE
PASTOURMAS SPICY SAUSAGE

KALAMARI
SOUVLAKI (PORK OR CHICKEN SKEWERS)
KOFTAS (LAMB MINCE KEBABS)
CRISPY CHICKEN WINGS
MOUSAKA
STIFADO (BEEF & ONION STEW)
KEFTETHES & ORZO
(MEATBALLS IN TOMATO SAUCE WITH ORZO PASTA)

A vegetarian or vegan meze banquet can be provided by pre-ordering (at least 3 hours notice)

A gluten free or dairy free meze banquet can also be provided with a minimum 24 hours notice

**** PLEASE NOTE ****

We recommend that orders are not mixed i.e. with some people ordering the meze and others individual starters and mains. This is to avoid the large time difference in serving the greek meze in comparison to a two-course dinner.

À LA CARTE MENU

For dairy free/vegan diners – plant based feta can be used for salads.
Tzatziki can be replaced by houmous in dishes or omitted.
For gluten free diners – gluten free pita is available.

APPETIZERS

GIGANTES £7.50

Oven baked butter beans with tomatoes, carrots & celery, topped with crumbled feta.
A great greek classic! [GF] [V]

SPANAKOPITES £8.00

Spinach & feta filo pastry parcels served with sundried tomato ketchup. [V]

FALAFEL £8.50

Middle eastern broad bean rissoles served with a tomato, onion and coriander salad, sumac & houmous. [GF] [V] [DF]

AUBERGINES IMAM £9.00

Baked aubergines in a spicy tomato sauce served with houmous, fresh coriander and toasted pine nuts. [GF] [V] [DF]

PASTOURMAS £9.00

Spicy sausage (beef) with houmous, onion marmalade and roasted tomato. [GF] [DF]

DOLMATHES £8.00

Vine leaf wraps with rice and minced lamb, served with tzatziki.

[GF] [vegetarian option available]

KEFTETHES £7.50

Meatballs (beef & pork) in tomato sauce topped with grated haloumi cheese.

[DF no haloumi cheese]

KALAMARI £9.00

Fried squid, lemon & dill mayonnaise, sumac.
[GF option available] [DF]

CRISPY CHICKEN WINGS £8.50

Served with lemon & dill mayonnaise or chilli ketchup. [GF] [DF]

GREEK SOUVLAKI £9.00

Pork or chicken skewers served with tzatziki and salad. [GF]

LAMB KOFTAS £9.00

Spicy lamb mince kebabs, served with tzatziki, roasted tomatoes, pickles (red onion & cucumber), fresh coriander & sumac. [GF]

HALOUMI £8.50

Fried haloumi served with sundried tomato ketchup and mint oil. [GF] [V]

FETA SAGANAKI £8.50

Feta slice floured and pan fried. Served with a choice of pepper compote, chilli honey or plain honey, topped with sesame.

[V] [GF option available]

BAKED FETA £8.50

Feta slice oven baked with olive oil, tomatoes, courgettes and pine nuts. [GF] [V]

[GF] = Gluten Free

[DF] = Dairy Free

[V] = Vegetarian



À LA CARTE MENU



TRADITIONAL DIPS

TZATZIKI £6.50

Greek yogurt, diced cucumber, garlic, herbs. [GF] [V]

HOUMOUS £6.50

Chick peas, tahini (sesame), garlic, lemon juice. [GF] [V] [DF]

TARAMOSALATA £6.50

Red fish roe, lemon juice, bread, onion & oil emulsion. [DF]

KTIPITI £6.50

Florina red pepper and feta cheese tapenade. [GF] [V]

DIPS PLATTER £6.50

All four dips in individual pots.



SIDE ORDERS

GREEK VILLAGE SALAD (HORIIATIKI) £7.50

Tomatoes, cucumber, peppers, onions, feta, olives, oregano. [GF] [V]

CHAR-GRILLED VEGETABLES £7.50

With olive oil and lemon vinegrette. [GF] [DF]

SMALL SALAD WITH FETA (NO OLIVES) £5.00 [GF] [V]

GREEK OLIVES - LG £5.50, SM £3.50

Black and green olives drizzled with olive oil. [GF] [V] [DF]

HOME MADE CHIPS £4.00

Seasoned with sea salt & oregano. [GF] [V] [DF]

LEMON POTATOES £5.00

Over roasted baby potatoes seasoned with lemon and mediterranean herbs. [GF] [V] [DF]

RICE £3.50 [V] [DF]

GREEK FLATBREAD PLAIN £2.00

GARLIC FLATBREAD £3.50 [V] [DF]

GARLIC & FETA FLATBREAD £5.00 [V]



À LA CARTE MENU

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Tzatziki can be replaced by houmous in dishes or omitted.

MAIN DISHES

MOUSAKA £17.00

Layers of potato, lamb mince ragout, aubergines and béchamel.
Served with a side salad. **(Prep time 25-30 mins)**
[Vegetarian option available only by pre-ordering]

KLEFTIKO FROM CYPRUS £27.50

[Can only be provided by pre-ordering with min 24 hours notice]
Lamb shank slowly cooked in the oven with cyprus potatoes,
onions, tomatoes and herbs (bay, thyme). **[GF] [DF]**

STIFADO £22.50

Rich, slow cooked prime beef (grass fed) stew with onions,
tomatoes, wine vinegar and aromatics.
Served with choice of rice or fried potatoes. **[GF] [DF]**

GIGANTES £15.00

A greek classic dish of butter beans with tomatoes, carrots and
celery baked in the oven. Served with a side salad. **[GF] [V]**

DOLMATHES £17.00

Vine leaf wraps with rice and minced lamb.
Served with tzatziki and lemon potatoes. **[GF]**
[Vegetarian option available]

KEFTETHES £15.00

Greek style meatballs (beef & pork) in tomato sauce topped
with grated haloumi cheese. Served with rice or 'orzo' pasta.
[GF no pasta] [DF no haloumi cheese]

[GF] = Gluten Free
[DF] = Dairy Free
[V] = Vegetarian

À LA CARTE MENU



GRILLS

GREEK SOUVLAKI (SKEWERS) £16.00

Select pork or chicken or a combination of both (mixed).
Served with salad & tzatziki. **[GF]**

LAMB KOFTAS £16.00

Spicy lamb mince kebabs, served with tzatziki, roasted tomatoes, pickles (red onion & cucumber), fresh coriander & sumac. **[GF]**

JUMBO SOUVLAKI £21.00

Larger portion with pork skewers, chicken skewers and lamb koftas served with salad and tzatziki. **[GF]**

LAMB CHOPS £22.50

Grilled lamb chops seasoned with mediterranean herbs served with salad, tzatziki & fried potatoes. **[GF]**

À LA CARTE MENU

COMBINATION DISHES

LAMB CHOPS & DOLMATHES £26.50

Grilled lamb chops served with dolmathes (vine leaf wraps), lemon potatoes and tzatziki. **[GF]**

CHICKEN SOUVLAKI & AUBERGINES IMAM £22.00

Chicken skewers served with rice, Aubergines imam (see appetizers) and houmous. **[GF] [DF]**

FALAFEL & AUBERGINES IMAM £18.00

Falafel served with rice, tomato & onion salad, Aubergines imam (see appetizers) and houmous. **[GF] [V] [DF]**

[GF] = Gluten Free, **[DF]** = Dairy Free, **[V]** = Vegetarian





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