

REAL FOOD

ALLERGEN & SPECIAL DIET GUIDE

ALLERGENS & SPECIAL DIET		NUTS	PEANUTS	FISH	EGG	CRUSTACEANS	MOLLUSCS	MILK	SOYA	CELERY	MUSTARD	LUPIN	SESAME SEEDS	SULPHITES	CEREALS	VEGETARIAN	VEGAN
 BASTES	KOOLA															✓	✓
	LEMON & HERB							•								✓	✓
	MEDIUM							•								✓	✓
	HOT							•								✓	✓
	EXTRA HOT							•								✓	✓
 CHICKEN without baste	1/4 CHICKEN																
	1/2 CHICKEN																
	WHOLE CHICKEN																
	WINGS																
 SANDWICH	FILLET BURGER				•						•				•		
	FILLET PITTA				•						•				•		
	FILLET WRAP				•						•				•		
	PIRI GYROS										•				•		
 VEGGIE	VEGGIE BURGER				•						•				•	✓	
	VEGGIE PITTA				•						•				•	✓	
	VEGGIE WRAP				•						•				•	✓	
	VEGGIE GYROS				•						•				•	✓	
	VEGAN BURGER														•		✓
	VEGAN PITTA														•		✓
	VEGAN WRAP														•		✓
	HALLOUMI BURGER				•			•			•				•	✓	
	HALLOUMI WRAP				•			•			•				•	✓	
	HALLOUMI PITTA				•			•			•				•	✓	
	HALLOUMI GYROS							•							•	✓	
 SALADS	CAESAR				•			•							•	✓	
	MEDITERRANEAN							•								✓	
	PIRI FINO				•			•								✓	
 FINO KIDS	BURGER				•			•			•		•		•	✓	
	VEGGIE BURGER				•						•		•		•	✓	
	STRIPS																
	WINGS																
 SIDES	FRIES															✓	✓
	PIRI DRIZZLE															✓	✓
	SPICY RICE															✓	✓
	COLESLAW				•			•			•					✓	✓
	CORN ON THE COB							•								✓	
	CHEESY GARLIC BREAD							•							•	✓	
	GARLIC BREAD														•	✓	
	MASH							•								✓	
	PASTA							•								✓	
	MINI SALAD															✓	✓
	HOUMOUS												•			✓	✓
 EXTRAS	FETA CHEESE							•							•	✓	
	HALLOUMI CHEESE							•								✓	
	PITTA BREAD														•	✓	✓
	PARMESAN CHEESE							•								✓	
 CAKES	CHOCOLATE FUDGE	•			•			•	•						•	✓	
	CALIFORNIAN CARROT	•	•		•			•							•	✓	
 ICE CREAM	BELGIAN CHOCOLATE							•	•							✓	
	VANILLA							•								✓	
	STRAWBERRIES & CREAM							•								✓	
	BEN & JERRY'S - COOKIE DOUGH				•			•	•						•		
	BEN & JERRY'S - PHISH FOOD				•			•	•								
	BEN & JERRY'S - CHOCOLATE FUDGE BROWNIE				•			•	•						•		
	HÄAGEN-DAZS- VANILLA				•			•									
	HÄAGEN-DAZS- BELGIAN CHOCOLATE				•			•	•								
	HÄAGEN-DAZS- STRAWBERRIES & CREAM				•			•									
 SAUCES	MAYONNAISE				•						•					✓	
	SPICY MAYONNAISE				•											✓	
	GARLIC & HERB				•						•						
	HOT CHILLI															✓	
	SPICY CHILLI															✓	
	BARBEQUE															✓	

HALAL CERTIFIED CHICKEN
IS SERVED IN ALL OUR RESTAURANTS



LET'S BE FRIENDS:



REAL FOOD

NUTRITIONAL INFORMATION

NUTRITIONAL INFORMATION		ENERGY (KCAL)	TOTAL FAT (G) per portion	TOTAL FAT (G) per portion of which saturates	CARBOHYDRATE (G) per portion	CARBOHYDRATE (G) per portion of which sugars	PROTEIN (G) per portion	SALT (G) per portion
 CHICKEN	1/4 CHICKEN	231.4	9.62	1.93	1.17	1.04	36.27	1.26
	1/2 CHICKEN	623	25.7	9.62	9.62	9.62	9.62	9.62
	WHOLE CHICKEN	1246	51.8	10.4	6.3	5.6	195.3	6.79
	WINGS X3	352	20.25	4.9	1.2	1.2	42.45	2.1
	WINGS X5	587	33.7	8.3	2.3	2.1	70	3.5
	WINGS X10	1175	67.5	16.6	4.7	4.2	141.5	7
 SANDWICH	FILLET BURGER	433	10.17	1.07	49.53	4.08	41.67	2.75
	FILLET PITTA	424	8.51	1.33	43.41	4.53	43.32	2.2
	FILLET WRAP	447	2.23	1.52	43.84	4.42	40.07	3.7
 VEGGIE	HALLOUMI PITTA	531	25.9	16.26	43.71	4.58	30.76	3.85
	MIXED OLIVES	275.8	28.8	4.06	0.14	0.14	1.68	3.99
 SALADS	CAESAR with chicken	343	16.99	2.83	10.57	4.06	37.17	1.89
	MEDITERRANEAN	146	12.37	3.38	4.45	2.47	3.63	0.59
	MEDITERRANEAN with chicken	344	19.65	4.45	5.45	3.92	36.89	2.04
	PIRI FINO	70.8	4.6	0.38	4.07	3.89	1.94	0.23
	PIRI FINO with chicken	268.8	11.88	1.45	5.07	5.34	35.20	1.68
 FINO KIDS	BURGER	277	5.46	0.79	33.19	3.97	22.79	1.35
	STRIPS	102	3.6	0.53	0.6	0.82	17.16	0.81
	WINGS X2	235	13.5	3.32	0.9	0.8	28.3	1.4
 SIDES & EXTRAS	FRIES	475	20.5	1.5	62.5	1.25	6.25	0.95
	SPICY RICE	367.5	7	0.8	64.75	4.5	6.25	3.55
	COLESLAW	504	50.8	5.6	7.8	7	2.2	1.52
	CORN ON THE COB	299	7.7	1.92	40.9	19.25	8.8	0.24
	GARLIC BREAD	329	16.8	8.4	36.7	3.4	6.6	0.81
	MASH	240	5.25	3.75	42.5	2.5	5	2
	PASTA	392.5	15.5	4.52	53.5	7.5	7.75	2.37
	MINI SALAD	42	3.2	0.35	2.1	1.28	0.98	0.18
	HALLOUMI	210	16.5	10.5	0.9	1	14.5	2.1
	HALLOUMI with 2 pitta breads	1102	57.46	5.52	105.8	7.26	30.22	7.26
	PITTA BREAD	226	1.23	0.26	42.41	3.08	9.06	0.75
	CIABATTA ROLL	235	2.89	0	48.53	2.63	8.41	1.3
 CAKES	CHOCOLATE FUDGE	350	16.5	4.5	46	36	47	0.53
	CALIFORNIAN CARROT	418	20.4	9.1	45.1	30.2	44	0.43



We have many options for unique dietary needs. All our ingredients are sourced day-by-day and prepared by hand.

Adults need 2000kcal a day. Nutritional information is based on standard recipe and portion size. If you have any allergy or intolerance, please speak to the team before ordering.

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