

	Ingredients	Allergens	Reheating Instructions
Greek Yogurt	Greek yogurt	Milk	None
Tahinosalata	Tahini, olive oil, salt, lemon juice	Sesame	None
Taramasalata	Cod's roe, bread, lemon juice, red onion, salt, olive oil	Fish Cereals containing gluten (wheat)	None
Hummus	Chickpeas, tahini, cumin, salt, garlic, lemon juice, olive oil	Sesame	None
Tzatziki	Greek yogurt, cucumber, mint, salt, lemon juice, olive oil	Milk	None
Beetroot Salad	Beetroot, parsley, red wine vinegar, olive oil, salt, pepper		None
Potato Salad	Potatoes, garlic, olive oil, lemon, parsley, spring onions, salt, pepper	cereals containing gluten (wheat)	None
Pourgouri	Bulgur wheat, vermicelli pasta, tomato paste, cinnamon, salt, pepper	Milk	Microwave for 2-3mins
Horiatiki Salad	Tomato, cucumber, red onion, kalamata olives, green pepper, feta, oregano, salt, pepper, olive oil, lemon		None
Moussaka	Aubergine, courgette, potato, pork (or lamb) mince, onion, cinnamon, tomatoes, garlic, whole milk, butter, flour, egg, nutmeg, halloumi, salt, pepper	Milk Cereals containing gluten (wheat) Egg	Bake in an oven preheated to 180c for 20-25mins from chilled or for 45mins from frozen
Macaronia Dou Fournou (MDF)	Tubular pasta, pork mince, tomato, cinnamon, garlic, mint, whole milk, butter, flour, egg, nutmeg, halloumi, breadcrumbs, salt, pepper	Milk Cereals containing gluten (wheat) Egg	Bake in an oven preheated to 180c for 20-25mins from chilled or for 45mins from frozen
Kleftiko	Lamb, oregano, bay leaf, cinnamon, lemon, olive oil, salt, pepper, garlic, potato, chicken stock, salt, pepper		Microwave for 3mins or reheat in the oven for 15mins at 180c
Lemon Chicken	chicken, potatoes, lemon, cinnamon, bay leaf, chicken stock, salt, pepper		Microwave for 3mins or reheat in the oven for 15mins at 180c
Afelia	Pork shoulder, red wine, coriander seeds, cinnamon, salt, pepper		Microwave for 2mins
Keftedes	pork mince, potato, onion, mint, parsley, cinnamon, breadcrumbs, baking powder, egg, salt, pepper	Cereals containing gluten (wheat) Egg	Reheat in the oven for 10-12mins at 180c
Pizeli	peas, carrot, potato, onion, tomato, cinnamon, mint, basil, parsley, salt, pepper, olive oil		Microwave for 2mins, stirring halfway, or on the hob until warm throughout
Louvana	yellow split peas, carrot, onion, rice, vegetable stock, salt, pepper, lemon juice		Microwave for 2mins, stirring halfway, or on the hob until warm throughout
Avgolemono	Chicken, chicken stock, rice, egg, lemon juice, salt, pepper	Egg	Microwave for 2mins, stirring halfway, or on the hob until warm throughout