

MANOS

Greek and Mediterranean Cafe and Deli

105 Walton Street, Oxford, OX2 6EB, Tel. 01865 311 782

Starters -Mezethakia

Houmous £3.25

Chickpeas with tahini, olive oil, garlic and lemon...(vegan/gluten free)

Tzatziki £3.25

Greek yoghurt with cucumber and garlic...(vegetarian/gluten free)

Taramosalata £3.15

Rich natural-cured cod's roe dip

All above are served with warm pitta bread (vegan, pitta **not** gluten free)

Olives £3.15

Choose your favourite:

Fresh herbs and peppers(green & black), Lemon and dill, Stuffed with feta, Kalamata...(vegetarian/gluten free)

Dolmathes £3.15

6 Vine leaves stuffed with rice and herbs...(vegan/gluten free)

Falafel £3.15

3 Fried balls of spiced chickpeas served with houmous...(vegan)

Tabouleh £3.25

Couscous with herbs, green peppers, paesley, lemon juice and olive oil...(vegan)

Chickpea salad £3.25

Chickpeas with parsley, peppers, lemon juice, olive oil...(vegan/gluten free)

Greek salad £4.45

Tomatoes, cucumber, onion, Greek feta cheese and olive oil...(vegetarian/gluten free)

Spicy red peppers stuffed with feta (slightly spicy) £3.55

Stuffed with greek feta & spices...(vegetarian/gluten free)

Mezze Plate (for 1 person) £6.45

Choice of four starters from above (individual portions), served with warm pitta bread.

'Nick's' Soup £4.70

Delicious, home made fresh soup of the day served with olives

and warm pitta bread...(The soup **is** vegan & gluten free unless otherwise specified)

Anchovies (subject to availability) £4.50

Fresh anchovy fillets in olive oil, served with pitta bread

Basket of warm pitta bread £0.89

Please order at the counter. Thank you.

Main Courses

Main

Side(bowl)

Gigantes Plaki (vegetarian)	£6.45	£3.95
Greek butter beans in a tomato and herb sauce with carrots and celery, baked in the oven, served with salad & houmous.		
Fasolakia Ladera (vegetarian)	£6.45	£3.95
Fine green beans cooked in tomato, carrots and fresh herbs, served with salad & pitta bread.		
Imam Bayeldi (vegetarian)	£6.45	£3.95
Aubergine, tomatoes and onion baked slowly with herbs and garlic, served on a bed of rice & salad.		
Spanakopitta (vegetarian)	£6.45	£3.95
Athenian style: organic spinach, Greek feta cheese & fresh herbs in fillo pastry, served with houmous & salad.		
'Greek risotto' Spanakorizo (vegetarian)	£6.95	£4.45
Organic spinach, rice & tomato cooked with fresh herbs, served with houmous & salad.		
Chicken Souvlaki / Falafel Souvlaki (wrap)	£6.35	-
Large flat bread filled with marinated grilled chicken breast or falafel (veggie option), houmous, tzatziki & salad. Served with olives.		
Papoutsakia (vegetarian)	£7.45	£4.95
Slipper of aubergine stuffed with rice, tomato sauce and herbs, topped with Greek feta cheese, served with tzatziki & salad.		
Kotopoulo Kokinisto	£8.35	-
Chicken breast baked with tomatoes, onion, garlic & basil, served with rice, salad & houmous.		
Kimadopitta	£8.10	-
Lean mince lamb in tomato & herbs with a layer of Greek Feta cheese baked in the oven wrapped in fillo pastry, served with salad & tzatziki.		
Arni me kritharaki	£8.45	£5.45
Tender lamb pieces baked in the oven with tomato, onion and kritharaki pasta, served with tzatziki and salad.		
Keftedes Fournou	£8.50	£5.45
Lamb and herb meatballs baked in the oven, served with rice, salad and tzatziki.		

Spetsofai	£8.25	£4.95
Greek red wine pork sausages, cooked in a wine, red pepper and tomato sauce, served with rice and salad.		
Moussaka	£8.60	-
Manos's traditional Greek Moussaka – layers of potatoes, aubergine, minced lamb and tomato sauce topped with creamy béchamel sauce. Served with salad & tzatziki.		

Please check our Specials of the day!