



Kalos Irthate stin

SOFIA'S HELLAS TAVERNA

*A small part of Greece in
Handforth...*

HELLAS...One word...Thousand meanings...Endless thoughts, memories and history...

GREECE...HELLAS...Some historians detects that comes from the union of the words “Sel” and “Laas”. The word “Sel” indicates the bright glowing light. Regarding the word “Laas”, in Homeric Greek means stone, rock. Therefore, we can infer that if the word “Hellas” comes from the connection of “Sel” and “Laas”, the final meaning is Glowing Stone...and the Greeks are the residents of this Glowing Stone.

- * The first prominent modern vegetarian was the Greek philosopher **PYTHAGORAS** who lived towards the end of the 6th century BC
- * Ancient Greeks thought of the god **DIONYSOS** as being part of the wine they drank, and they thought of **PERSEPHONE** as being part of their bread
- * **AMBROSIA** was the food of the gods and goddesses in Greek mythology.
- * **NECTAR** was called the divine drink that the Olympian gods had.

*“We should look for someone to eat and drink with before looking for something to eat and drink”, **ΕΠΙΚΟΥΡΟΣ, GREEK PHILOSOPHER***

*“Let the food be the medicine, and the medicine be the food”, **HIPPOCRATES***

Yamas!!



HELLAS MEZE "THE GREEK BANQUET"

(Highly Recommended)

(Minimum for 2 people, price per person)

Vegetarian (£20.00 pp): Selection of dips with pitta bread, halloumi cheese and salad, spanakopites, artichokes, gigantes, vegetarian mousaka

Meat (£22.00 pp): Selection of dips with pitta bread, halloumi cheese and salad, beef sausages, soufflé, kebabs with homemade chips and Chef's speciality of the day.

We highly recommend large group of people to follow the Meze option for your convenience

Daily we create a special dish, please check with us the options.

APPETIZERS

All served with hot pitta bread

Elies Kalamatas:		3.90
	<i>Olives served with extra virgin olive oil and oregano</i>	
Tzatziki: (M)		3.90
	<i>The traditional Greek yoghurt dip with garlic, cucumber, mint, wine vinegar and olive oil</i>	
Tirokafteri: (M)		3.90
	<i>The spicy dip with Feta cheese, red peppers, chilli flakes and olive oil</i>	
Houmous: (S)		3.90
	<i>The favourite dip with mashed chickpeas, garlic, tahini and lemon juice</i>	
Skorthalia: (C)		3.90
	<i>The velvety garlicky dip with mashed potato, parsley, wine vinegar and olive oil</i>	
Selection of 4 dips for 2 people		9.90
Patates:		2.00
	<i>Handmade and homemade chips served with salt & oregano</i>	





STARTERS

SALADS

Served with hot pitta bread

Horiatikí: *The traditional Greek Village salad with vine tomatoes, cucumber, onions, fresh mixed peppers, olives, feta cheese and topped with extra virgin olive oil and organic balsamic vinegar (M, S.D.)*

- * Mikri (Small) 6.90
- * Megali (Large) 9.90

Salata Halloumí: *A tempting salad with iceberg lettuce, vine tomatoes, cucumber, onions, mixed peppers, grilled halloumí cheese and topped with extra virgin olive oil and organic balsamic vinegar (M, S.D.)* 6.90

Halloumí Cheese: *Grilled or fried juicy halloumí cheese served with salad* 5.20

Buyurdí: *Oven baked feta cheese with peppers & tomatoes, topped with Cheddar cheese (All of them contain "M")* 5.50

Sofia's Secret: *Chicken flambéed in whiskey, wrapped in Gouda cheese & bacon and cooked with double cream in the oven (M, S.D.)* 7.50

Pastourmas: *Grilled spicy beef sausages served with tzatziki dip (M)* 5.50

Dolmathes: *Stuffed vine leaves cooked with a filling of rice and herbs, topped with white lemon sauce* 5.90

Gigantes: *Giant beans in tomato sauce, served with feta cheese (M)* 5.90

Spanakopites: *Homemade filo pastry parcels stuffed with spinach, spring onions, feta cheese and aromatic herbs (M, G)* 5.50

Kalamari: *Fried kalamari rings served with tzatziki dip (Mo, G, M)* 6.50

Garithes Saganakí: *Pan fried king prawns with aniseed, garlic and tomato sauce, topped with feta Cheese (Cr, M, C)* 7.50





KIRIOS PIATA

MAIN COURSES

All main courses are served with either homemade chips or rice or salad

Paradosiaka - Traditional dishes

- Mousaka:** *The most famous dish, layered with juicy minced beef, aubergines & potatoes, topped with creamy béchamel sauce (G, M, E, S.D.)* 14.90
- Kleftiko:** *The very best traditional leg of lamb dish, roasted in white wine, with tomatoes, garlic, onions and herbs, cooked to perfection (S.D.)* 15.50
- Stifado:** *Tender top side beef casserole, cooked with plenty of onions, in red wine, tomato sauce and aromatic spices (S.D.)* 14.90

Psita sth shara - Grills

- Kota Souvlaki:** *Juicy pieces of chicken breast on kebab skewers served with olive oil, fresh lemon and oregano (So, M, E, C, Mu, S.D.)* 12.90
- Hirino Souvlaki:** *Delicious pieces of pork on kebab skewers served with olive oil, fresh lemon and oregano (So, M, E, C, Mu, S.D.)* 12.50
- Special Bifteki:** *A unique mixed pork, beef and lamb minced meat stuffed with Philadelphia cheese with olive oil, fresh lemon and oregano (M)* 12.50
- Paidakia:** *Tender and scandalous lamb chops grilled to perfection with olive oil, fresh lemon and oregano (So, M, E, C, Mu, S.D.)* 15.00

* *Add your favourite dip in your kebabs with extra 50 p*

Hellas Taverna is proud to support our community by sourcing all our quality meats from local Cheshire farms





Hortofagíka - Vegetarian dishes

<i>Vegetarian Moussaka: A succulent dish made with layered potatoes, aubergines, Quorn mince in tomato sauce and topped with béchamel sauce (M, E, G)</i>	14.00
<i>Yemista: The traditional recipe of peppers and tomatoes stuffed with rice and herbs</i>	13.50
<i>Gigantes: Delicious giant butter beans cooked in the oven in tomato sauce and feta cheese (M)</i>	12.50

Thalassína - Seafood dishes

<i>Vakalaos: Cod steaks in homemade flour batter cooked on traditional Greek way and served with skorthalia dip (F, G, C)</i>	13.90
<i>Garíthes: Juicy grilled king prawns served with olive oil, fresh lemon and oregano (Cr)</i>	16.50
<i>Garíthes Saganakí: Pan fried king prawns with aniseed, garlic and tomato sauce, topped with feta (Cr, M, C)</i>	15.00
<i>Lavrakí: A whole sea bass or fillet slowly cooked in the oven with thyme, lemon juice and oregano (F, M)</i>	15.00

Allergen Table:

C: Celery

G: Gluten

Cr: Crustaceans

E: Eggs

F: Fish

S.D.: Sulphites or Sulphur Dioxide

M: Milk

Mu: Mustard

Mo: Molluscs

So: Soya

S: Sesame Seeds

** Please ask a member of the staff if we are able to change any recipe and avoid an allergen*

