

Allergy Advice

Allergies and special dietary requirements are taken very seriously at Yamas. We work closely with our suppliers and monitor ingredients to ensure that our information is correct and customers with allergies feel reassured that we will look after their your properly. We therefore ask you inform us before ordering of any special dietary requirements that you may have.

Our recipe information is frequently updated so please check each time you order to ensure that you have the most up to date recipes. Whilst every care is taken with your meal, we cannot guarantee a 100% allergen free environment, nor can we guarantee against the processes used by our Suppliers or products which may be produced in an environment with other allergens.

* may contain traces of allergen

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic
Meal Boxes																	
Falafel Box			✓		✓			✓			✓				✓		✓
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Chicken Souvlaki Box															✓		
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Chicken Souvlaki Box															✓		
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Loukanika Box						✓									✓		
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Pork Gyros										✓							
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Grilled Halloumi Box							✓										
Salad												✓			✓		
Chips																	
Pitta Bread	✓																
Dips included																	
Tzatziki							✓					✓					
Houmous					✓			✓			✓	✓					✓
Tirokafteri	✓						✓					✓					
Taramosalata	✓			✓		✓						✓			✓		
Alioli			✓							✓		✓					✓
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic
Greek Gyros Wraps																	
Pork Gyros	✓					✓	✓			✓		✓			✓		
Chicken Gyros	✓						✓			✓		✓			✓		

Grilled Halloumi Wrap	✓																	
Falafel Wrap	✓		✓		✓			✓			✓	✓			✓			✓
Vegan Gyros	✓				✓			✓			✓				✓			✓
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic	

Mezedes																		
Marinated Olives													✓					✓
Tzatziki							✓						✓					
Houmous					✓			✓				✓	✓					✓
Tirokafteri	✓						✓						✓					
Taramosalata	✓			✓		✓							✓			✓		
Dolmades									✓				✓			✓	✓	
Halloumi Saganaki	✓						✓											
Halloumi and Lounza						✓	✓											
Greek Salad							✓						✓			✓		✓
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic	

Seafood																		
Lavraki				✓			✓					✓						✓
<i>served with Alioli</i>			✓							✓		✓						✓
Htapothi Sti Skhara												✓		✓				
Gambas Al Ajillo		✓					✓		✓			✓						✓
Garides Saganaki		✓					✓		✓			✓				✓	ouzo	✓
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic	

Meat																		
Loukanika						✓										✓		
Sofrtio							✓		✓								✓	✓
Stifado						✓			✓			✓				✓	✓	
Kleftico												✓						✓
Spetzofai							✓		✓			✓				✓	✓	✓
Kritharaki	✓		*		*	✓	✓	*	✓		*	✓				✓	✓	
Lamb Souvlaki																✓		
<i>Served with Tzatziki</i>							✓					✓						✓
Chicken Souvlaki																✓		
<i>Served with Tzatziki</i>							✓					✓						✓
Pidakia																		
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic	

Vegetarian Dishes																		
Moussaka	✓		✓				✓		✓			✓			✓	✓		✓
Patatas Bravas									✓			✓				✓		✓

Aubergine and Zucchini	✓																		
<i>served with Alioli</i>				✓							✓			✓					✓
Gigantes							✓							✓					
Falafels			✓			✓			✓			✓					✓		✓
<i>Served with Houmous</i>						✓			✓			✓		✓					✓
Spanakopitta	✓							✓									✓		
Briam														✓			✓		✓
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic		
Side Dishes																			
Rosemary Potatoes							✓												✓
Patates Tiganites																			
Potato Dauphinoise	✓						✓												✓
Alioli			✓							✓		✓							✓
Pitta Bread	✓																		
Gluten Free Pitta												✓							
Greek Flat Bread	✓																		
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic		
Sharing Selections																			
Sharing Starters																			
Tzatziki							✓					✓							✓
Houmous					✓			✓			✓	✓							✓
Tirokafteri	✓						✓					✓							
Taramosalata	✓			✓		✓						✓			✓				
Marinated Olives												✓							✓
Feta							✓												
Pitta Bread	✓																		
Meat Selection																			
Lamb Souvlaki																✓			
Chicken Souvlaki																✓			
Loukanika						✓										✓			
Halloumi and Lounza						✓	✓												
Tzatziki							✓					✓							✓
Pitta Bread	✓																		
Patates Tiganites																			
Greek Salad							✓					✓			✓				✓
Vegetarian Selection																			
Aubergine and Zucchini	✓																		
Spanakopitta	✓						✓									✓			
Halloumi Saganaki	✓						✓												
Briam												✓			✓				✓
Houmous					✓			✓			✓	✓							✓
Pitta Bread	✓																		
Patates Tiganites																			
Greek Salad							✓					✓			✓				✓

	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic
Meze for 2																	
Tzatziki							✓					✓					✓
Houmous					✓			✓			✓	✓					✓
Tirokafteri	✓						✓					✓			✓		
Pitta Bread	✓																
Lavraki				✓			✓					✓					✓
Halloumi Saganaki	✓						✓										
Gambas Al Ajillo		✓					✓		✓			✓					✓
Stifado						✓			✓			✓			✓	✓	
Loukanika						✓									✓		
Chicken Souvlaki															✓		
Rosemary Potatoes							✓										✓
Greek Salad							✓					✓			✓		✓
Vegetarian Meze for 2																	
Tzatziki							✓					✓					✓
Houmous					✓			✓			✓	✓					✓
Tirokafteri	✓						✓					✓			✓		
Pitta Bread	✓																
Moussaka	✓		✓				✓		✓			✓			✓	✓	✓
Halloumi Saganaki	✓						✓										
Aubergines and Zucchini	✓																
Dolmades Vegetarian												✓			✓		
Falafels			✓		✓			✓			✓				✓		✓
Rosemary Potatoes							✓										✓
Greek Salad							✓					✓			✓		✓
	Gluten (inc wheat)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs	Onions	Wine	Garlic
Desserts																	
Baklava	✓		*		✓	✓	*	✓			✓	✓					
Chocolate Fudge			✓				*	*									
Kourabies	✓		*		✓		✓	✓			✓						