

Theo's Restaurant Allergy and Diet Guide as of March 5, 2010

X	Does Contain
O	Optional , may be removed
-	Does not Contain

	Garlic	Wheat	Nuts	Dairy	Alcohol	Corn	Eggs	Soy	Sugar	Notes
Soups										
Avgolemono Soup	-	X	-	-	-	-	X	X	-	
Fasoulatha	X	-	-	-	-	X	-	X	-	
Salads										
Horiatiki	-	-	-	O	-	-	-	-	-	
Mixed Green Salata	O	-	-	-	-	-	-	-	O	Dressing optional
Beet Salad	O	-	-	O	-	-	-	-	O	
Artichoke Salata	X	-	-	-	-	-	-	X	X	Dextrose in marinade
Taramasalata	-	X	-	-	-	-	-	-	-	
Houmous	X	-	X	-	-	-	-	-	-	Sesame seeds in tahini
Tzatziki	X	-	-	X	-	-	-	-	-	
Orekteka see individual items										
Pita Bread	-	X	-	-	-	-	-	-	-	
Appetizers										
Olives and Cheese	-	-	-	X	-	-	-	-	-	
Hot Platter see individual items										
Spanakotiropita	-	X	-	X	-	-	-	-	-	
Tiropita	-	X	-	X	-	-	-	-	X	
Kotopita	-	X	-	X	-	-	-	-	-	
Chicken Livers	X	X	-	-	X	-	-	-	X	Sugar In alcohol
Dolmathes without sauce	-	-	-	-	-	-	-	-	-	
Avgolemono Sauce for Dolmathes	-	X	-	X	-	-	-	-	-	
Saganaki	-	O	-	X	O	-	O	-	-	Sugar In alcohol optional
Yigantes	X	-	-	-	-	-	-	-	-	
Vegetarian Dolmathakia	-	-	X	-	X	-	-	-	X	
Seafood Appetizers										
Kalamarakia(Fried Squid)	X	X	-	-	X	-	-	-	X	Sugar In alcohol
Sauteed Kalamari	X	-	-	-	X	-	-	-	X	
Garithes Uvetsi	X	-	-	O	X	-	-	-	X	Contains Anchovies
Garithes Me Skortho	X	-	-	X	X	-	-	-	X	Sugar In alcohol
Breaded Fantail Shrimp	-	X	-	-	-	X	-	X	X	
Seafood Salata										
Oysters Pepperia	X	X	-	X	X	-	-	-	-	
Main Course, Meats										
Theo's Platter for two, see individual dishes										
Mousakka	X	X	-	X	X	-	X	-	X	
Beef Souvlaki	X	-	-	-	-	-	-	-	-	
Chicken Souvlaki	X	-	-	-	X	-	-	-	X	Sugar In alcohol
New York Steak	-	-	-	-	-	-	-	-	-	From seasoning
Barbecued Spare Ribs	X	-	-	-	X	O	-	-	X	
Mediterranean Ribs	-	-	-	-	-	-	-	-	-	
Roasted Rosemary Chicken	X	-	-	-	-	-	-	-	-	
Lamb Shoulder Oregano	X	X	-	-	-	-	-	X	-	Seared with Flour, Soy In Spice M
Paithakia (Lamb Chops)	O	-	-	-	-	-	-	-	-	
Lamb Souvlaki	X	-	-	-	X	-	-	-	-	
Rabbit	-	X	-	-	X	-	-	-	X	
Main Course, Seafood										
Seafood Platter for two, see individual dishes										
Salmos Sto Phyllo	-	X	-	X	X	-	-	-	X	
Kalamaria Dinner see individual items										
Garithes Skaras	X	-	-	-	X	-	-	-	-	
Tiganites	X	-	-	-	X	-	-	-	-	
Filet of Sole	-	O	-	O	-	-	-	-	-	
Steak and Prawns See individual items										
Rainbow Trout	-	O	-	O	-	-	-	-	-	
Thalasena (oysters)	-	O	-	O	-	-	-	-	-	
Rice	-	-	-	X	-	-	-	-	-	
Potatoes	X	-	-	X	-	-	-	-	-	
Vegetables										
Baklava	-	X	X	X	-	-	-	-	X	
Bougatsa	-	X	-	X	X	-	X	-	X	
Tiramisu	-	X	-	X	X	-	-	-	X	
Yaghourti Me Meli	-	-	O	X	-	-	-	-	O	
Ravani	-	X	O	X	-	-	X	-	X	
Crema Carmela	-	-	O	X	X	-	X	-	X	
Paghoto (Ice cream)	-	-	-	-	X	-	-	-	X	

Food Allergy Disclaimer

Please inform your server of any allergy questions or concerns you may have before placing your order so that we may inform the Chef prior to preparing your request. Theo's Restaurant makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. Every effort is made to instruct our food production staff on the severity of food allergies. In addition, we label items with possible allergen-containing ingredients; however, there is always a risk of contamination. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. Customers concerned with food allergies need to be aware of this risk. Theo's Restaurant will not assume any liability for adverse reactions to foods consumed, or items one may come in contact with while eating at our establishment.