

# ASIOTIS – FULL ALLERGEN GUIDE

**Key:** G=Gluten | D=Dairy | E=Egg | F=Fish | S=Shellfish | M=Molluscs | N=Nuts/Sesame | L=Legumes | C=Celery | SO=Soy | MU=Mustard

Dish	Cat.	G	D	E	F	S	M	N	L	C	SO	MU
Allada	Ent.	✓			✓				✓			✓
Aslo-pitaktia	Sta.	✓	✓	✓				✓				
Aslots' Salad	Sal.	✓	✓									
Baktlava	Des.	✓	✓					✓				
Beetroot Salad	Sal.		✓					✓				
Bouylourdi	Sta.		✓									
Chicken Fillet	Gr.	✓		✓								
Chocolate Brownie	Des.	✓	✓	✓								
Fish Soup	Ent.									✓		
Fresh Fish of the Day	Sea.				✓							
Fried Anchovies	Sta.	✓			✓							
Fried Potatoes	Sta.											
Fried Squid	Sta.	✓		✓			✓					
Gemista	Ent.											✓
Greek Beef Patties	Gr.	✓									✓	
Greek Pork Sausage	Gr.		✓									✓
Greek Salad	Sal.		✓									
Grilled Halloumi	Sta.		✓					✓				
Grilled Octopus	Sha.						✓					
Grilled Shrimps	Sha.					✓						
Grilled Squid	Sta.						✓					✓
Kefalonian Meat Pie	Ent.	✓	✓	✓								
Lobster Pasta	Sea.	✓	✓	✓		✓					✓	
Marinated Anchovies	Sta.				✓							
Mussels Saganaki	Sta.						✓					
Octopus in Vinegar	Sta.						✓					
Olives Selection	Sta.											
Orange Pie	Des.	✓	✓	✓								
Ospriada	Sal.								✓			✓
Pastitsada	Ent.	✓	✓	✓							✓	
Pork Steak	Gr.											
Red Sea Bream	Sea.				✓							
Riganada	Sta.	✓	✓									
Sea Bass	Sea.				✓							✓
Sea Bream	Sea.				✓							✓
Seafood Pasta	Sea.	✓	✓	✓		✓	✓				✓	
Shrimp Pasta	Sea.	✓	✓	✓		✓				✓	✓	
Slow-Roasted Lamb	Ent.											✓
Smoked Mackerel	Sta.				✓							
Spinach Pie Salad	Sal.	✓	✓									✓
Stuffed Vine Leaves	Sta.	✓	✓	✓								✓
Sourdough Bread	Sta.	✓										
Traditional Kefalonian Feta	Sta.		✓									
Taramosalata	Sta.				✓						✓	
Tuna Fillet	Sea.				✓							
Tyrokayteri	Sta.		✓									
Tzatziki	Sta.		✓									
Wild Greens	Sta.											
Zucchini Balls	Sta.	✓	✓	✓								
Nuggets	Sta.	✓		✓								✓

**IMPORTANT:** If there is any doubt regarding allergens, always ask the kitchen before serving.