

ousia

Ousia serves small plates the Greek Cypriot way; when each is ready, straight from the kitchen. No frills, no fuss, no delay. Dip, salad and side, and another two or three, is how it should be.

dips

Houmos, Tzatziki, Taramasolata, Tahini, Melintzanosalata £5 (each dip)
served with Pitta bread (£2 if ordered separately)

salads & sides

Tabouli cracked wheat and parsley salad £6
Greek Salad mixed leaves, tomato, onion, cucumber, olives, oregano and feta £7
Bourgouri Cypriot bulgar wheat £5
Klitharaki barley pasta in a tomato sauce £5
Halloumi Frites fried halloumi £6
Hand cut Greek Fries sprinkled with oregano £5

vegetarian plates

Koukia broad beans, mint and olive oil dressing £6
Louvi black-eyed peas with char served with olive oil £6
Kefalograviera Saganaki pan fried cheese with toasted sesame seeds and honey £6
Halloumi charcoal grilled goat's cheese £6
Manitaria charcoal grilled mushrooms with lemon and olive oil dressing £6
Spanakopita spinach and feta cheese wrapped in filo pastry £6
Kolokithokeftedes courgette and feta fritters £6
Kolokitha me Tzatziki pan fried sliced courgettes £7
Vegetable Skewer selection of charcoal grilled vegetables £7
Falafel parcels of chickpeas, coriander and parsley £7
Aginares grilled artichokes drizzled with balsamic vinegar and olive oil £7

meat plates

Loucanica marinated, charcoal grilled pork sausage £7
Pastourma charcoal grilled spicy beef sausage £7
Pork Souvlaki charcoal grilled cubes of pork £11
Chicken Souvlaki free range Banham chicken breast marinated in yoghurt, charcoal grilled £10
Lamb Cutlets two charcoal grilled prime cutlets £11
Kleftiko slow roasted lamb knuckle £15
Beef Moussaka minced beef and vegetables baked in béchamel sauce, allow 25mins to cook £14
Stifado beef cooked in red wine, shallots and herbs £12
Afelia pork cooked in red wine and coriander £11

fish plates

Marida deep fried white bait £8
Sardeles charcoal grilled sardines £10
Kalamari deep fried fresh baby squid £12
Octopodi charcoal grilled octopus £14
Garides two charcoal grilled king prawns £15

white

Our Greek & Cypriot Selection

Harmony (Malagouzia/Trebbiano) 2017 £22 *by the glass £6*
an explosion of citrus and yellow fruit. Delightfully light and fresh with great balancing acidity

Tsiakkas Xynisteri 2016/17 £28 *by the glass £8*
fresh kick of grapefruit and lime with lingering peach on the finish

Tetramythos Organic Retsina £30 *by the glass £8*
flavours of lemon blossoms, citrus peel, herbs, hints of fresh pine. Full-mouth feel, crispy acidity, long aftertaste

Avantis Estate Sauvignon Blanc 2017 £31
pronounced citrus and exotic fruits, full bodied with refreshing acidity and excellent length

Vrinioti Assyrtiko Sur Lie 2016 £32
fresh mineral notes with a hint of dried pineapple, classic saline flavours and a dry elegant finish

Our French Selection

Domaine Champeau Pouilly Fumé 2016 £42
crisp herbs and citrus fruits, intense, vibrant tangy mouth feel

Domaine Charly Nicolle Chablis 1er Cru 'Les fourneaux' 2014/15 £54
intense floral bouquet, touch of honey and mineral. Fresh acidity and full expression of the terroir

Château Philippe Le Hardi Saint Aubin 'En Vesvau' Blanc 2015 £70
nose with white flowers, pear, citrus fruit and fresh hazelnut. Balanced mouth with a great richness

red

Our Greek & Cypriot Selection

Harmony (Vradiano/Merlot) 2016/17 £22 *by the glass £6*
fresh red and black fruits with scents of spice and vanilla with velvet tannins and medium body

Vrinioti Iama Red (Vradiano/Syrah) 2013 £28 *by the glass £8*
purple red wine with lush palate of aromas of violet, black fruit, vanilla and spicy

Tselepos Nemea Agiorgitiko 2013 £32
generous aromas of red fruit and dried nuts, with a long, velvety finish

Tsiakkas Vamvakada 2015 £43
medium bodied wine with great acidity and intense fruit flavours. Tannins are soft and rounded

Avantis Estate Agios Chronos (Syrah/Viognier) 2014 £53
dark ruby, intensely complex bouquet of violets, liquorice and red fruit

Tsiakkas Yiannoudi 2016 £55
crushed black pepper, dark fruits and a touch of oak, velvety palate, excellent structure and balance

Our French Selection

Château Garraud 2011 £52
red fruit flavours well-balanced by the oak. Firm tannins, complex palate and long finish

Domaine Chantal Lescure Côte de Beaune Rouge 2015 £70
perfumed nose of red berries, cherry, fine tannins and a fruity finish

rosé

Falcons Hill Rosé (Mavrokoudoura) 2017 £35 *by the glass £10*
***Greek** rosé, with elegant aromas of white fruit, enhanced by pure minerality. Delicate and aromatic*

Florian André IGP 'La Belle Étoile' Rosé 2016 £23 *by the glass £7*
***French**, juicy, organic dry rosé packed with vibrant red berry fruit and a fresh finish*

champagne & sparkling

Val d'Oca Prosecco Valdobbiadene Millesimato DOCG 2016 £33 *by the glass £9*
light and delicate with fresh aromas of wild flowers, apple, pear and honey

Nicolo Paradis Blanc de Blancs £65 *by the glass £15*
produced by David Nicolo, fresh, green apples, biscuit and brioche notes, long mineral finish and great structure

Nicolo Paradis Rose £70 *by the glass £15*
delicate red fruits with a complex, rounded body and delightful freshness