CHECKLIST

Handling a Greek dish that doesn't suit you

- [ ] Try adjusting the dish with bread, lemon or yoghurt first
- [ ] Swap portions with a companion if the meal is shared
- [ ] Speak to the server calmly and early in the meal
- [ ] Frame the issue as a personal preference, not a kitchen fault
- [ ] Ask for a recommendation rather than demanding a replacement
- [ ] Accept gestures of goodwill like extra bread or complimentary meze
- [ ] Ask questions about seasoning and preparation before you order next time
- [ ] Start with meze to test the kitchen's flavour approach
- [ ] Use wine or water to balance strong flavours during the meal
- [ ] Leave constructive feedback at the end if the issue was significant