



LUNCH MENU



Most of our ingredients are air-flown directly from Greece.

All our food is cooked with our own cold-pressed Extra Virgin Olive Oil (EVOO) from our cultivation in Greece. All our meats, pita, and cheeses are Halal certified.

## APPETIZER

|   |       |   |       |
|---|-------|---|-------|
| SPANAKOPITA 🥗   | 22.80 | DOLMADES 🥗  | 19.80 |
| Greek phyllo pastry filled with spinach, leeks & feta   |       | Vine leaves filled with rice & herbs served with yogurt mint sauce  |       |
| SAGANAKI & FIGS 🥗   | 23.80 | IMAM BALDI 🥗🌱🌿  | 21.80 |
| Crispy kefalotiri cheese on skillet topped with house-made fig chutney                        |       | Seedless sliced eggplant, rolled & roasted with onion & tomato-based sauce with side of feta                            |       |
| FETA SAGANAKI 🥗   | 23.80 | FRIED CALAMARI  | 35.80 |
| Greek feta cheese wrapped with phyllo pastry topped with Greek thyme honey & sprinkled sesame |       | Calamari served with a side of lemon yogurt dressing  |       |
| TALAGANI 🥗  | 23.80 | LAMB MEATBALLS  | 18.80 |
| Greek Halloumi cheese, drizzled with Greek Balsamic glaze                                     |       | House-made grass-fed lamb meatballs with spicy harissa  |       |
| BEEF KEFTEDES   | 18.80 | OCTOPUS FRITES 🥗🌱   | 31.80 |
| House-made grass-fed beef meatballs with tzatziki   |       | Thinly sliced octopus frites marinated in a house-made umami batter served with a side of house-made lemon yogurt sauce |       |
| TALAGANI FRIES 🥗  | 22.80 |   |       |
| Fried halloumi cheese with balsamic cream   |       |   |       |

## SALADS

## DIPS

|  |       |  |       |
|--|-------|--|-------|
| HORIATIKI 🥗🥗   | 33.80 | 3 DIPS PLATTER – Choose any 3 dips (Included) 1 Grilled Pita & 1 Crispy Pita | 43.80 |
| Traditional Greek salad, cherry tomatoes, cucumber, onion, Kalamata olives, Greek feta cheese, bell peppers, red wine vinegar & EVOO |       | 4 DIPS PLATTER – Choose any 4 dips (Included) 1 Grilled Pita & 1 Crispy Pita | 54.80 |
| EARTH SALAD 🥗🥗   | 32.80 | HUMMUS 🥗🌱🌿   | 20.80 |
| Kale, radish, pomegranate, celery, sauteed mushrooms, Greek feta, sunflower seeds, pine nuts with honey & balsamic dressing          |       | Greek Tahini, organic chickpeas & EVOO                                       |       |
| WATERMELON SALAD 🥗🥗  | 23.80 | TARAMASALATA 🥗   | 20.80 |
| Watermelon cubes, Greek feta cubes & fresh mint  |       | White Cod roe & capers   |       |
| DAKOS SALAD 🥗  | 27.80 | TZATZIKI 🥗🥗  | 20.80 |
| Dakos rusks, diced tomato, Greek capers, Greek feta, oregano & EVOO  |       | Greek yogurt, cucumber, garlic & EVOO  |       |
| MEDITERRANEAN SUMMER SALAD 🥗🥗  | 32.80 | MELIZANOSALATA 🥗🥗  | 20.80 |
| Buffalo burrata with cherry tomatoes, caper leaves & pomegranate balsamic sauce  |       | Smoked eggplant mixed with feta, herbs                                       |       |
| FRESH VEGETABLE SALAD 🥗🌱🌿  | 28.80 | TIROKAFTERI 🥗🥗   | 20.80 |
| Thinly-grated cabbage, carrot, broccoli & brussels sprouts   |       | Spicy feta, mixed with herbs, chilli flakes & EVOO                           |       |
|  |       | HARISSA 🥗🥗   | 20.80 |
|  |       | Spicy tomato, Greek yogurt, walnuts & EVOO                                   |       |
|  |       | FAVA 🥗🌱🥗   | 20.80 |
|  |       | Organic yellow lentils, onion, oregano, lemon juice & EVOO                   |       |

## DIP PAIRINGS

|                    |      |                            |      |
|--------------------|------|----------------------------|------|
| KOULOURI (2PCS) 🌱🌿 | 7.80 | GRILLED PITA (4PCS) 🌱🌿     | 5.80 |
| CUCUMBER STICKS 🌱🌿 | 8.80 | CRISPY PITA (4PCS) 🌱🌿      | 5.80 |
| CARROT STICKS 🌱🌿   | 8.80 | GLUTEN FREE PITA (2PCS) 🌱🌿 | 7.80 |

## MOUSAKA

|  |       |
|--|-------|
| VEGETARIAN MOUSAKA 🌱   | 34.80 |
| Traditional mousaka with tomato, giant bean, lentils, eggplant, potato & house-made bechamel sauce |       |
| BEEF MOUSAKA 🍷   | 38.80 |
| Oven-baked eggplant, potatoes, minced grass-fed beef ragu & house-made bechamel sauce              |       |
| LAMB MOUSAKA 🍷   | 38.80 |
| Oven-baked eggplant, potatoes, minced grass-fed lamb ragu & house-made bechamel sauce              |       |

## PIZZA

|   |       |
|---|-------|
| MARGARITA 🌱   | 26.80 |
| House-made tomato sauce, mozzarella, organic oregano topped with fresh basil                                    |       |
| WISE GUY  | 28.80 |
| House-made tomato sauce, mozzarella, capers, anchovies, organic oregano, garlic slices, topped with fresh basil |       |
| VEGETARIAN PIZZA 🌱  | 28.80 |
| Margarita base topped with grilled vegetables & olives  |       |
| BEEF OR CHICKEN PIZZA   | 35.80 |
| Margarita base topped with organic chicken or beef skewer & fresh arugula                                       |       |

## VEGETARIAN

|   |       |   |       |
|---|-------|---|-------|
| SPANAKORIZO 🌱🌿  | 25.80 | FRIES 🌱   | 14.80 |
| Slowly cooked rice with spinach, herbs, lemon & EVOO  |       | Fries topped with organic oregano, sea salt & parsley         |       |
| MUSHROOM TIGANIA 🌱🌿   | 28.80 | GRILLED VEGGIES 🌱🌿  | 14.80 |
| Sautéed mushroom with garlic oil, white wine & cream served over a crispy rice  |       | Mix of grilled vegetables topped with red wine vinegar & EVOO |       |
| GEMISTA 🌱   | 34.80 | SAUTEED SPINACH 🌱   | 13.80 |
| Stuffed vegetables with marinated herbed rice in a tomato base sauce served with a side of oven baked potatoes & Greek feta |       | Sautéed spinach, garlic oil & EVOO                            |       |
| MAC AND CHEESE 🌱  | 18.80 | OLIVES 🌱🌿   | 12.80 |
| Classic mac & cheese made with house-made bechamel cream sauce & various artisanal cheese                                   |       | Mixture of kalamata, halkidi & throuba olives                 |       |
|   |       | RICE 🌱🌿   | 5.80  |
|   |       | Basmati rice topped with oregano, parsley & EVOO              |       |
|   |       | ROASTED LEMON POTATOES 🌱🌿                                     | 16.80 |

## PASTA

## KOTOPOULO | CHICKEN

All our Chicken is ORGANIC and FREE-RANGE

|   |       |  |       |
|---|-------|--|-------|
| NAPOLITANA 🍄  | 24.80 | KOTOPOULO KALAMAKI 🍷🍷  | 32.80 |
| From the Napoli region, spaghetti pasta, house-made tomato sauce with fresh basil   |       | Grilled organic chicken skewer, sliced cucumber, tzatziki, garnished with green sauce & paprika powder, pita |       |
| RAGU DI CARNE 🍷   | 28.80 | KOTOPOULO YIRO   | 31.80 |
| From the Emilia - Romagna region, slow-cooked grass-fed shredded beef in a tomato wine-infused sauce with spaghetti pasta   |       | Grilled organic chicken breast wrapped in pita, tomatoes, onion & tzatziki, with a side of fries             |       |
| PESTO 🍄   | 24.80 | CHICKEN TIGANIA 🍷🍷   | 35.80 |
| From the Liguria region, basil, pine nuts, garlic, pecorino cheese, lemon, salt, pepper, linguini, EVOO                     |       | Organic chicken breast marinated with Mediterranean herbs served with crispy rice                            |       |
| ARRIABIATA 🍷🍷🍷🍷   | 24.80 | KOTOPOULO FOURNO 🍷🍷  | 45.80 |
| From the Lazio region, penne pasta, house-made spicy tomato sauce, kalamata olives, chilli garlic, wine, salt, pepper, EVOO |       | Free-range cornish hen, roasted potatoes, lemon & parsley  |       |
| SICILLIANA 🍷  | 26.80 | GRILLED CHICKEN FILLET 🍷   | 35.80 |
| From the Sicilian island, penne pasta, anchovies, capers, cherry tomatoes, house-made spicy tomato base, EVOO               |       | WITH RICE  |       |
|   |       | Organic chicken fillet served with a side of aromatic rice & grilled vegetables                              |       |

## KREATIKA | BEEF

All our Beef is GRASS-FED and from NEW ZEALAND

## ARNI | LAMB

All our Lamb is GRASS-FED and from NEW ZEALAND

|   |               |   |       |
|---|---------------|---|-------|
| BEEF KALAMAKI   | 35.80         | PAIDAKIA 🍷🍷   | 58.80 |
| Beef skewer, sliced cucumber, tzatziki, garnished with green sauce & paprika powder, pita                 |               | Grass-fed lamb chops seasoned with sea salt, black pepper, EVOO, served with roasted potatoes & grilled vegetables, grilled to desired doneness |       |
| BEEF KRITHARAKI 🍷🍷  | 32.80         | KLEFTIKO 🍷  | 55.80 |
| Orzo cooked in beef broth, enriched with a beef tomato stew topped with artisanal parmesan cheese         |               | Roasted and slow-cooked lamb shank served with lemon, potatoes & parsley  |       |
| SOUVLAKI ME PITA  | 34.80         |   |       |
| Grilled beef skewer wrapped in Greek pita, fresh tomatoes, onion, paprika & tzatziki with a side of fries |               |   |       |
| BLU CHEESEBURGER  | 32.80         |   |       |
| Beef patty, cheese, fresh tomato & onion sauce, artisanal brioche bun served with a side of fries         |               |   |       |
|   | 1PC 19.50 2PC |   |       |
| BIFTEKI STIN SHARA  | 34.50         |   |       |
| Beef patties, lemon, onion, roasted potatoes & tomato   |               |   |       |

## SEAFOOD

|  |       |   |              |
|--|-------|---|--------------|
| <b>OCTOPUS CARPACCIO</b> 🌱🌱🍷<br>Thinly sliced octopus, topped with fresh lemon juice, EVOO, basil, lemon zest & chilli flakes        | 58.80 | <b>PRAWN MANESTRA</b><br>Orzo cooked in a prawn broth, enriched with garlic, onions, EVOO & topped with grilled jumbo prawn | 35.80        |
| <b>FISH CARPACCIO</b> 🌱🌱<br>Thinly sliced raw Greek sea bass, topped with fresh lemon juice, EVOO, basil, lemon zest & chilli flakes | 58.50 | <b>MEDITERRANEAN FISH</b> 🌱<br>Please ask for availability Choice of BAKED or GRILLED                                       | Market Price |
| <b>OCTOPUS</b> 🌱🌱🍷<br>Grilled Mediterranean octopus with fava sauce & EVOO   | 58.50 | <b>SEAFOOD PLATTER</b> 🌱🍷<br>Grilled octopus, grilled calamari & grilled prawns   | 158.80       |
| <b>CALAMARI</b> 🌱🌱<br>Grilled calamari, lemon & EVOO, served on a skillet  | 48.50 |   |              |





DINNER MENU



Most of our ingredients are air-flown directly from Greece.

All our food is cooked with our own cold-pressed Extra Virgin Olive Oil (EVOO) from our cultivation in Greece. All our meats, pita, and cheeses are Halal certified.

## SALADS

|  |       |
|--|-------|
| HORIATIKI 🌱🥗   | 33.80 |
| Traditional Greek salad, cherry tomatoes, cucumber, onion, Kalamata olives, Greek feta cheese, bell peppers, red wine vinegar & EVOO |       |
| DAKOS SALAD 🥗  | 27.80 |
| Dakos rusks, diced tomato, Greek capers, Greek feta, oregano & EVOO  |       |
| MEDITERRANEAN SUMMER SALAD 🌱🥗  | 32.80 |
| Buffalo burrata with cherry tomatoes, caper leaves & pomegranate balsamic sauce  |       |
| GRILLED VEGETABLE SALAD 🌱🥗🥬  | 28.80 |
| Chef selection of grilled vegetables tossed with balsamic pomegranate sauce, red wine vinegar & EVOO                                 |       |
| FRESH VEGETABLE SALAD 🌱🥗🥬🥦   | 28.80 |
| Thinly-grated cabbage, carrot, broccoli & brussels sprout  |       |
| OCTOPUS SALAD 🌱🥗🍷  | 42.80 |
| Slices of grilled octopus mixed with fresh greens  |       |

## DIPS

|  |       |
|--|-------|
| 3 DIPS PLATTER – Choose any 3 dips (Included) 1 Grilled Pita & 1 Crispy Pita | 43.80 |
| 4 DIPS PLATTER – Choose any 4 dips (Included) 1 Grilled Pita & 1 Crispy Pita | 54.80 |
| HUMMUS 🌱🥗🥬🌱  | 20.80 |
| Greek Tahini, organic chickpeas & EVOO                                       |       |
| TARAMASALATA 🌱   | 20.80 |
| White Cod roe & capers   |       |
| TZATZIKI 🌱🥗  | 20.80 |
| Greek yogurt, cucumber, garlic & EVOO  |       |
| MELIZANOSALATA 🌱🥗  | 20.80 |
| Smoked eggplant mixed with feta, herbs                                       |       |
| TIROKAFTERI 🌱🥗   | 20.80 |
| Spicy feta, mixed with herbs, chilli flakes & EVOO                           |       |
| HARISSA 🌱🥗   | 20.80 |
| Spicy tomato, Greek yogurt, walnuts & EVOO                                   |       |
| FAVA 🌱🥗🥬   | 20.80 |
| Spicy tomato, Greek yogurt, walnuts & EVOO                                   |       |

## DIP PAIRINGS

|                     |      |                             |      |
|---------------------|------|-----------------------------|------|
| KOULOURI (2PCS) 🌱🥗🌱 | 7.80 | GRILLED PITA (4PCS) 🌱🥗🌱     | 5.80 |
| CUCUMBER STICKS 🌱🥗🌱 | 8.80 | CRISPY PITA (4PCS) 🌱🥗🌱      | 5.80 |
| CARROT STICKS 🌱🥗🌱   | 8.80 | GLUTEN FREE PITA (2PCS) 🌱🥗🌱 | 5.80 |

## APPETIZER

|   |       |  |       |
|---|-------|--|-------|
| SPANAKOPITA 🥗   | 22.80 | DOLMADES 🌱🥗  | 19.80 |
| Greek phyllo pastry filled with spinach, leeks & feta   |       | Vine leaves filled with rice & herbs served with yogurt mint sauce                           |       |
| SAGANAKI & FIGS 🥗   | 23.80 | IMAM BALDI 🌱🥗🍷   | 21.80 |
| Crispy kefalotiri cheese on skillet topped with house-made fig chutney                        |       | Seedless sliced eggplant, rolled & roasted with onion & tomato-based sauce with side of feta |       |
| FETA SAGANAKI 🥗   | 23.80 | FRIED CALAMARI   | 35.80 |
| Greek feta cheese wrapped with phyllo pastry topped with Greek thyme honey & sprinkled sesame |       | Calamari served with a side of emon yogurt dressing  |       |
| TALAGANI 🥗  | 23.80 | LAMB MEATBALLS   | 18.80 |
| Greek Halloumi cheese, drizzled with Greek Balsamic glaze                                     |       | House-made grass-fed lamb meatballs with spicy harissa                                       |       |

|   |       |   |       |
|---|-------|---|-------|
| BEEF KEFTEDES   | 18.80 | TALAGANI FRIES 🍷  | 22.80 |
| House-made grass-fed beef meatballs with tzatziki           |       | Fried halloumi cheese with balsamic cream   |       |
| FRIED ARTICHOKEs 🌱🍷   | 21.80 | OCTOPUS FRITES 🍷  | 31.80 |
| Fried Greek artichokes topped with balsamic cream & parsley |       | Thinly sliced octopus frites marinated in a house-made umami batter served with a side of house-made lemon yogurt sauce |       |

## MOUSAKA

|  |       |   |       |
|--|-------|---|-------|
| VEGETARIAN MOUSAKA 🌱   | 34.80 | LAMB MOUSAKA 🍷  | 38.80 |
| Traditional mousaka with tomato, giant bean, lentils, eggplant, potato & house-made bechamel sauce |       | Oven-baked eggplant, potatoes, minced grass-fed lamb ragu & house-made bechamel sauce |       |
| BEEF MOUSAKA 🍷   | 38.80 |   |       |
| Oven-baked eggplant, potatoes, minced grass-fed beef ragu & house-made bechamel sauce              |       |   |       |

## VEGETARIAN

|  |       |   |       |
|--|-------|---|-------|
| SPANAKORIZO 🌱🍷   | 25.80 | FRIES 🌱   | 14.80 |
| Slowly cooked rice with spinach, herbs, lemon & EVOO   |       | Fries topped with organic oregano, sea salt & parsley         |       |
| MUSHROOM TIGANIA 🌱🍷  | 28.80 | GRILLED VEGGIES 🌱🍷  | 14.80 |
| Sauteed mushroom with garlic oil, white wine & cream served over a crispy rice   |       | Mix of grilled vegetables topped with red wine vinegar & EVOO |       |
| GEMISTA 🌱  | 34.80 | SAUTEED SPINACH 🌱🍷  | 13.80 |
| Stuffed vegetables with marinated herbed rice in a tomato base sauce served with a side of oven baked potatoes & Feta Cheese |       | Sauteed spinach, garlic oil & EVOO                            |       |
| MAC AND CHEESE 🌱   | 18.80 | OLIVES 🌱🍷   | 12.80 |
| Classic mac & cheese made with house-made bechamel cream sauce & various artisanal cheese                                    |       | Mixture of kalamata, halkidi & throuba olives                 |       |
|  |       | RICE 🌱🍷   | 5.80  |
|  |       | Basmati rice topped with oregano, parsley & EVOO              |       |
|  |       | ROASTED LEMON POTATOES 🌱🍷                                     | 16.80 |



## PASTA

## KOTOPOULO | CHICKEN

All our Chicken is ORGANIC and FREE-RANGE

|   |       |   |       |
|---|-------|---|-------|
| <b>NAPOLITANA</b> 🍄   | 24.80 | <b>GRILLED CHICKEN</b> 🍷🍷   | 45.80 |
| From the Napoli region, spaghetti pasta, house-made tomato sauce with fresh basil   |       | Free range cornish hen marinated with Mediterranean spices, served with roasted potatoes & grilled vegetables (30-45mins) |       |
| <b>RAGU DI CARNE</b> 🍷  | 28.80 | <b>CHICKEN TIGANIA</b> 🍷🍷   | 35.80 |
| From the Emilia - Romagna region, slow-cooked grass-fed shredded beef in a tomato wine-infused sauce with spaghetti pasta   |       | Organic chicken breast marinated with Mediterranean herbs served with crispy rice   |       |
| <b>PESTO</b> 🍄  | 24.80 | <b>KOTOPOULO FOURNO</b> 🍷🍷  | 45.80 |
| From the Liguria region, basil, pine nuts, garlic, pecorino cheese, lemon, salt, pepper, linguini, EVOO                     |       | Free-range cornish hen, roasted potatoes, lemon & parsley   |       |
| <b>ARRIABIATA</b> 🍷🍷🍷🍷  | 24.80 | <b>GRILLED CHICKEN FILLET WITH RICE</b> 🍷🍷  | 35.80 |
| From the Lazio region, penne pasta, house-made spicy tomato sauce, kalamata olives, chilli garlic, wine, salt, pepper, EVOO |       | Organic chicken fillet served with a side of aromatic rice & grilled vegetables   |       |
| <b>SICILLIANA</b> 🍷   | 26.80 |   |       |
| From the Sicilian island, penne pasta, anchovies, capers, cherry tomatoes, house-made spicy tomato base, EVOO               |       |   |       |

## KREATIKA | BEEF

All our Beef is GRASS-FED and from NEW ZEALAND

|  |        |  |       |
|--|--------|--|-------|
| <b>MEAT PLATTER SMALL</b>  | 112.80 | <b>RIBEYE STEAK</b> 🍷🍷   | 58.80 |
| 1 small bifteki, 1 beef kalamaki, 1 organic chicken skewer & 2 lamb chops, served with fries & tzatziki dip  |        | Flavorful steak cut from the rib section of cow, seasoned with sea salt, black pepper, EVOO, grilled to desired temperature, served with grilled vegetables & roasted potatoes |       |
| <b>MEAT PLATTER MEDIUM</b>   | 220.80 | <b>SIRLOIN STEAK</b> 🍷🍷🍷   | 55.80 |
| 1 medium bifteki, 2 beef kalamaki, 2 organic chicken skewer & 4 lamb chops, served with fries & tzatziki dip   |        | Lean cut of beef seasoned with sea salt, black pepper, EVOO, grilled to desired temperature, served with grilled vegetables  |       |
| <b>BEEF KRITHARAKI</b> 🍷🍷  | 32.80  |  |       |
| Orzo cooked in beef broth, enriched with a beef tomato stew topped with artisanal parmesan cheese  |        |  |       |
| <b>FILET MIGNON</b> 🍷🍷   | 68.80  |  |       |
| Cut from the tip of the tenderloin seasoned with sea salt, black pepper, EVOO, grilled to desired temperature, served with grilled vegetables & roasted potatoes |        |  |       |

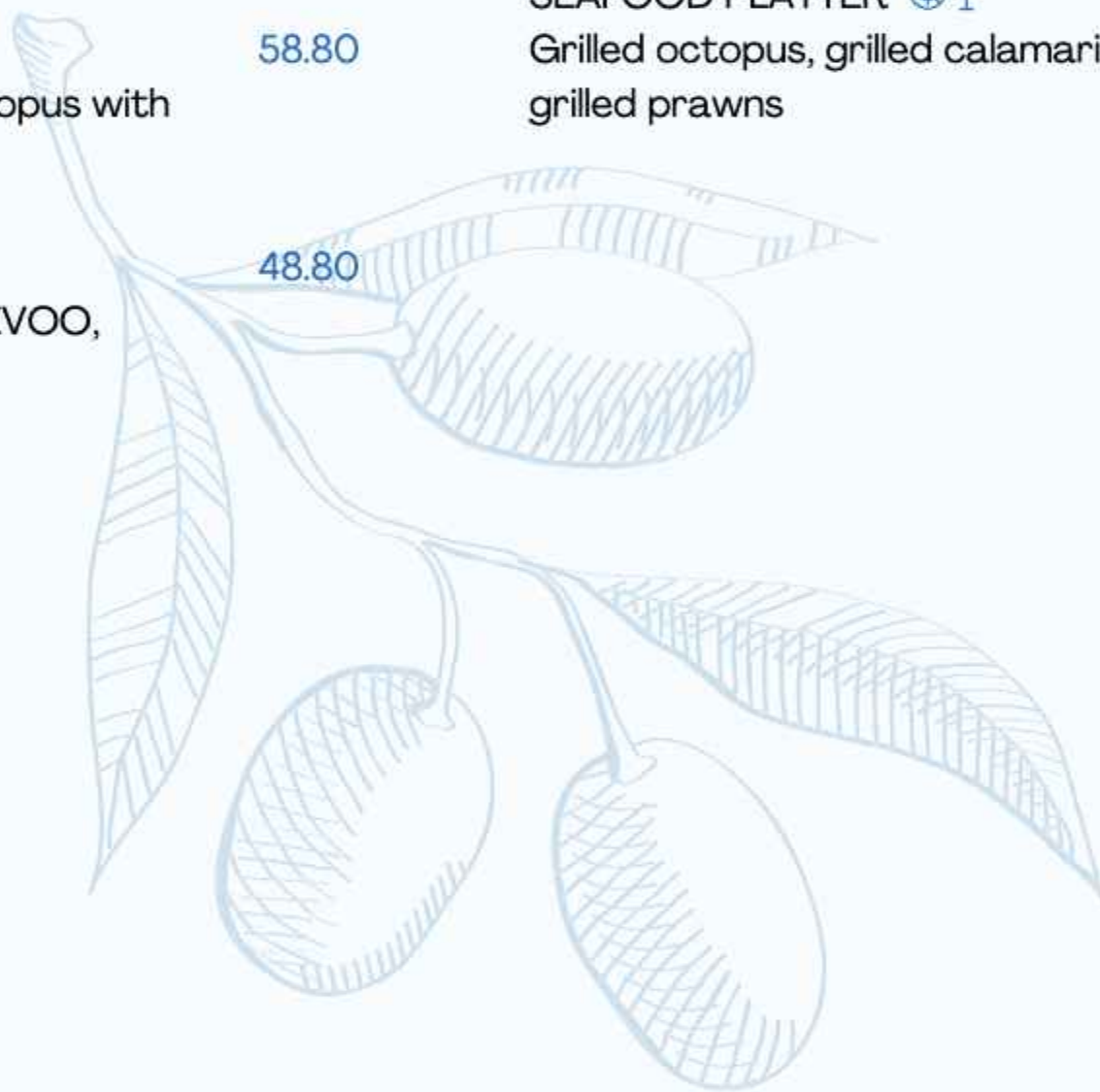
# ARNI | LAMB

All our Lamb is GRASS-FED and from NEW ZEALAND

|   |       |  |       |
|---|-------|--|-------|
| <b>PAIDAKIA</b> 🌿🇺🇰   | 58.80 | <b>KLEFTIKO</b> 🌿  | 58.80 |
| Grass-fed lamb chops seasoned with sea salt, black pepper, EVOO, served with roasted potatoes & grilled vegetables, grilled to desired doneness |       | Roasted and slow-cooked lamb shank served with lemon, potatoes & parsley |       |

## SEAFOOD

|  |       |  |              |
|--|-------|--|--------------|
| <b>OCTOPUS CARPACCIO</b> 🌿🇺🇰🍷  | 58.80 | <b>PRAWN MANESTRA</b>  | 35.50        |
| Thinly sliced octopus, topped with fresh lemon juice, EVOO, basil, lemon zest & chilli flakes            |       | Orzo cooked in a prawn broth, enriched with garlic, onions, EVOO & topped with grilled jumbo prawn |              |
| <b>FISH CARPACCIO</b> 🌿🇺🇰  | 58.80 | <b>MEDITERRANEAN FISH</b> 🌿  | Market Price |
| Thinly sliced raw Greek sea bass, topped with fresh lemon juice, EVOO, basil, lemon zest & chilli flakes |       | Please ask for availability Choice of BAKED or GRILLED   |              |
| <b>OCTOPUS</b> 🌿🇺🇰🍷  | 58.80 | <b>SEAFOOD PLATTER</b> 🌿🍷  | 158.80       |
| Grilled Mediterranean octopus with fava sauce & EVOO   |       | Grilled octopus, grilled calamari & grilled prawns   |              |
| <b>CALAMARI</b> 🌿🇺🇰  | 48.80 |  |              |
| Grilled calamari, lemon & EVOO, served on a skillet  |       |  |              |





Our menu offers authentic Greek dishes, embodying historic Greek gastronomy. Greek food has numerous health benefits and is known to have increased longevity of life, prevents heart disease and stroke. Some of the known benefits are as follows:  
reduced inflammation, helps keep your heart healthy, brain sharp, and skin looking fresh & young, helps reduce risk of cancer, Alzheimer's disease, developing Type 2 Diabetes, high blood pressure, and high cholesterol.