



Lunch Menu

*Salads

Horiatiki 🌱🥗

Traditional Greek salad, cherry tomatoes, cucumber, onion, Kalamata olives, Greek feta cheese, bell peppers, red wine vinegar & EVOO

33.80

Earth Salad 🌱🥗

Kale, radish, pomegranate, celery, sauteed mushrooms, Greek feta, sunflower seeds, pine nuts with honey & balsamic dressing

32.80

Watermelon Salad 🌱🥗

Watermelon cubes, Greek feta cubes & fresh mint

23.80

Dakos Salad 🥗

Dakos rusks, diced tomato, Greek capers, Greek feta, oregano & EVOO

27.80

Mediterranean Summer Salad 🌱🥗

Buffalo burrata with cherry tomatoes, caper leaves & pomegranate balsamic sauce

32.80

Fresh Vegetable Salad 🌱🥗

Thinly-grated cabbage, carrot, broccoli & brussels sprouts

28.80

*Dips

Hummus 🌱🥗

Greek Tahini, organic chickpeas & EVOO

Dips @ 20.80 (ala-carte)

Enjoy a variety of dips

3 Dips platter (choose any 3 dips)

Comes with 1 Grilled Pita & 1 Crispy Pita

43.80

4 Dips platter (choose any 4 dips)

Comes with 1 Grilled Pita & 1 Crispy Pita

54.80

Taramasalata 🥗

White Cod roe & capers

Tzatziki 🌱🥗

Greek yogurt, cucumber, garlic & EVOO

Melizanosalata 🌱🥗

Smoked eggplant mixed with feta, herbs

Tirokafteri 🌱🥗

Spicy feta, mixed with herbs, chilli flakes & EVOO

Harissa 🌱🥗

Spicy tomato, Greek yogurt, walnuts & EVOO

Fava 🌱🥗

Organic yellow lentils, onion, oregano, lemon juice & EVOO

Pairs with:

Koulouri (2pcs)	PLAIN SESAME 🥗🌱🥗	7.80
Cucumber sticks	🌱🥗🌱🥗	
Carrot sticks	🌱🥗🌱🥗	8.80
Grilled pita (4pcs)	🥗🌱🥗	8.80
Crispy pita (4pcs)	🥗🌱🥗	5.80
Gluten free pita (2pcs)	🌱🥗🌱🥗	5.80
		7.80

*Appetizer

Spanakopita 🥗

Greek phyllo pastry filled with spinach, leeks & feta

22.80

Saganaki & Figs 🥗

Crispy kefalotiri cheese on skillet topped with house-made fig chutney

23.80

Feta Saganaki 🥗

Greek feta cheese wrapped with phyllo pastry topped with Greek thyme honey & sprinkled sesame

23.80

Talagani 🥗

Greek Halloumi cheese, drizzled with Greek Balsamic glaze

23.80

Dolmades 🌱🥗

Vine leaves filled with rice & herbs served with yogurt mint sauce

19.80

Imam Baldi 🌱🥗

Seedless sliced eggplant, rolled & roasted with onion & tomato-based sauce with side of feta

21.80

Fried Calamari

Calamari served with a side of lemon yogurt dressing

35.80

Lamb Meatballs

House-made grass-fed lamb meatballs with spicy harissa

18.80

Beef Keftedes

House-made grass-fed beef meatballs with tzatziki

18.80

Talagani Fries 🥗

Fried halloumi cheese with balsamic cream

22.80

Octopus Frites 🌱🥗

Thinly sliced octopus frites marinated in a house-made umami batter served with a side of house-made lemon yogurt sauce

31.80

*Mousaka

Vegetarian Mousaka 🥗

Traditional mousaka with tomato, giant bean, lentils, eggplant, potato & house-made bechamel sauce

34.80

Beef Mousaka 🥗

Oven-baked eggplant, potatoes, minced grass-fed beef ragu & house-made bechamel sauce

38.80

Lamb Mousaka 🥗



Oven-baked eggplant, potatoes, minced grass-fed lamb ragu & house-made bechamel sauce

38.80































Prices are subjected to GST, service charge & other prevailing government taxes











*Pizza

Margarita 	26.80
<i>House-made tomato sauce, mozzarella, organic oregano topped with fresh basil</i>	
Wise Guy	28.80
<i>House-made tomato sauce, mozzarella, capers, anchovies, organic oregano, garlic slices, topped with fresh basil</i>	
Vegetarian Pizza 	28.80
<i>Margarita base topped with grilled vegetables & olives</i>	
Beef or Chicken Pizza	35.80
<i>Margarita base topped with organic chicken or beef skewer & fresh arugula</i>	

*Vegetarian

Spanakorizo    	25.80
<i>Slowly cooked rice with spinach, herbs, lemon & EVOO</i>	
Mushroom Tigania   	28.80
<i>Sauteed mushroom with garlic oil, white wine & cream served over a crispy rice</i>	
Gemista  	34.80
<i>Stuffed vegetables with marinated herbed rice in a tomato base sauce served with a side of oven baked potatoes & Feta Cheese</i>	
Mac and Cheese 	18.80
<i>Classic mac & cheese made with house-made bechamel cream sauce & various artisanal cheese</i>	
Fries  	14.80
<i>Fries topped with organic oregano, sea salt & parsley</i>	
Grilled Veggies    	14.80
<i>Mix of grilled vegetables topped with red wine vinegar & EVOO</i>	
Sauteed Spinach  	13.80
<i>Sauteed spinach, garlic oil & EVOO</i>	
Olives    	12.80
<i>Mixture of kalamata, halkidi & throuba olives</i>	
Rice    	5.80
<i>Basmati rice topped with oregano, parsley & EVOO</i>	
Roasted Lemon Potatoes    	16.80




*Pasta

Napolitana 	24.80
<i>From the Napoli region, spaghetti pasta, house-made tomato sauce with fresh basil</i>	
Ragu Di Carne 	28.80
<i>From the Emilia - Romagna region, slow-cooked grass-fed shredded beef in a tomato wine-infused sauce with spaghetti pasta</i>	
Pesto 	24.80
<i>From the Liguria region, basil, pine nuts, garlic, pecorino cheese, lemon, salt, pepper, linguini, EVOO</i>	
Arriabiata    	24.80
<i>From the Lazio region, penne pasta, house-made spicy tomato sauce, kalamata olives, chilli garlic, wine, salt, pepper, EVOO</i>	
Scilliana 	26.80
<i>From the Sicilian island, penne pasta, anchovies, capers, cherry tomatoes, house-made spicy tomato base, EVOO</i>	

*Chicken


Kotopoulos Kalamaki  	32.80
<i>Grilled organic chicken skewer, sliced cucumber, tzatziki, garnished with green sauce & paprika powder, pita</i>	
Kotopoulos Yiro	31.80
<i>Grilled organic chicken breast wrapped in pita, tomatoes, onion & tzatziki, with a side of fries</i>	
Chicken Tigania  	35.80
<i>Organic chicken breast marinated with Mediterranean herbs served with crispy rice</i>	
Kotopoulos Fournos  	45.80
<i>Free-range cornish hen, roasted potatoes, lemon & parsley</i>	
Grilled Chicken Fillet with Rice 	35.80
<i>Organic chicken fillet served with a side of aromatic rice & grilled vegetables</i>	

*Lamb ALL OUR LAMB ARE GRASS-FED AND FROM NEW ZEALAND














Pidakia  	58.80
<i>Grass-fed lamb chops seasoned with sea salt, black pepper, EVOO, served with roasted potatoes & grilled vegetables, grilled to desired doneness</i>	
Kleftiko 	55.80
<i>Roasted and slow-cooked lamb shank served with lemon, potatoes & parsley</i>	

*Beef

[ALL OUR BEEF ARE GRASS-FED AND FROM NEW ZEALAND](#)

Beef Kalamaki	35.80
<i>Beef skewer, sliced cucumber, tzatziki, garnished with green sauce & paprika powder, pita</i>	
Beef Kritharaki  	32.80
<i>Orzo cooked in beef broth, enriched with a beef tomato stew topped with artisanal parmesan cheese</i>	
Souvlaki Me Pita	34.80
<i>Grilled beef skewer wrapped in Greek pita, fresh tomatoes, onion, paprika & tzatziki with a side of fries</i>	
Blu Cheese Burger	32.80
<i>Beef patty, cheese, fresh tomato & onion sauce, artisanal brioche bun served with a side of fries</i>	
Bifteki Stin Shara	1PC 19.50 2PC 34.50
<i>Beef patties, lemon, onion, roasted potatoes & tomato</i>	

*Seafood

Octopus Carpaccio   	58.80
<i>Thinly sliced octopus, topped with fresh lemon juice, EVOO, basil, lemon zest & chilli flakes</i>	
Fish Carpaccio  	58.80
<i>Thinly sliced raw Greek sea bass, topped with fresh lemon juice, EVOO, basil, lemon zest & chilli flakes</i>	
Octopus   	58.80
<i>Grilled Mediterranean octopus with fava sauce & EVOO</i>	
Calamari  	48.80
<i>Grilled calamari, lemon & EVOO, served on a skillet</i>	
Prawn Manestra	35.80
<i>Orzo cooked in a prawn broth, enriched with garlic, onions, EVOO & topped with grilled jumbo prawn</i>	
Mediterranean Fish 	Market Price
<i>Please ask for availability Choice of BAKED or GRILLED</i>	
Seafood Platter  	158.80
<i>Grilled octopus, grilled calamari & grilled prawns</i>	





Dinner Menu

All Green Extra Virgin Olive Oil produced on the Tsakiris Family Estate in Greece, is used exclusively in all Blu Kouzina restaurants. The fruits have been carefully harvested, handpicked, cold-pressed, and first-pressed with care to maintain their unique characteristics, benefits, and flavor.

Green Gold Extra Virgin Olive Oil is available at all Blu Kouzina outlets or at Blu Mart.



*Salads

Horiatiki 🌱🥗

Traditional Greek salad, cherry tomatoes, cucumber, onion, Kalamata olives, Greek feta cheese, bell peppers, red wine vinegar & EVOO

33.80

Dakos Salad 🥗

Dakos rusks, diced tomato, Greek capers, Greek feta, organic oregano & EVOO

27.80

Mediterranean Summer Salad 🥗🌱

Buffalo burrata with cherry tomatoes, caper leaves & pomegranate balsamic sauce

32.80

Grilled Vegetable Salad 🥗🌱🥗

Chef selection of grilled vegetables tossed with balsamic pomegranate sauce, red wine vinegar & EVOO

28.80

Fresh Vegetable Salad 🥗🌱🥗🌱

Thinly-grated cabbage, carrot, broccoli & brussels sprouts

28.80

Octopus Salad 🥗🌱🥗🌱

Slices of grilled octopus mixed with fresh greens

42.80

*Dips

Hummus 🌱🥗🥗🌱

Greek Tahini, organic chickpeas & EVOO

Taramasalata 🥗

White Cod roe & capers

Tzatziki 🥗🌱

Greek yogurt, cucumber, garlic & EVOO

Melizanosalata 🥗🌱

Smoked eggplant mixed with feta, herbs

Tirokafteri 🥗🌱

Spicy feta, mixed with herbs, chilli flakes & EVOO

Harissa 🥗🌱

Spicy tomato, Greek yogurt, walnuts & EVOO

Fava 🥗🥗🌱

Organic yellow lentils, onion, oregano, lemon juice & EVOO

Pairs with:

Koulouri (2pcs) 🥗🌱🌱 7.80
PLAIN SESAME

Cucumber sticks 🥗🥗🌱🌱 8.80

Carrot sticks 🥗🥗🌱🌱 8.80

Grilled pita (4pcs) 🥗🌱🌱 5.80

Crispy pita (4pcs) 🥗🌱🌱 5.80

Gluten free pita (2pcs) 🥗🥗🌱🌱 7.80

Prices are subjected to GST, service charge & other prevailing government taxes



*Appetizer

Spanakopita 🥗

Greek phyllo pastry filled with spinach, leeks & feta, topped with fresh dill

22.80

Saganaki & Figs 🥗

Crispy kefalotiri cheese on skillet topped with house-made fig chutney

23.80

Feta Saganaki 🥗

Greek feta cheese wrapped with phyllo pastry topped with Greek thyme honey and sprinkled sesame

23.80

Talagani 🥗

Greek Halloumi cheese, drizzled with Greek Balsamic glaze

23.80

Dolmades 🌱🥗

Vine leaves filled with rice and herbs served with yogurt mint sauce

19.80

Imam Baldi 🌱🥗🥗

Seedless sliced eggplant, rolled and roasted with onion & tomato-based sauce with side of feta

21.80

Fried Calamari

Calamari served with a side of lemon yogurt dressing

35.80

Lamb Meatballs

House-made grass-fed lamb meatballs with spicy harissa

18.80

Beef Keftedes

House-made grass-fed beef meatballs with tzatziki

18.80

Fried Artichokes 🥗🥗🌱

Fried Greek artichokes topped with balsamic cream & parsley

21.80

Talagani Fries 🥗

Fried halloumi cheese with balsamic cream

22.80

Octopus Frites 🥗

Thinly sliced octopus frites marinated in a house-made umami batter served with a side of house-made lemon yogurt sauce

31.80

Dips @ 20.80 (ala-carte)

Enjoy a variety of dips

3 Dips platter (choose any 3 dips)
Comes with 1 Grilled Pita & 1 Crispy Pita
43.80

4 Dips platter (choose any 4 dips)
Comes with 1 Grilled Pita & 1 Crispy Pita
54.80

*Mousaka

Vegetarian Mousaka 🌱

Traditional mousaka with tomato, giant bean, lentils, eggplant, potato & house-made bechamel sauce

Beef Mousaka 🍷

Oven-baked eggplant, potatoes, minced grass-fed beef ragu & house-made bechamel sauce

Lamb Mousaka 🍷

Oven-baked eggplant, potatoes, minced grass-fed lamb ragu & house-made bechamel sauce

*Vegetarian

Spanakorizo 🌱🌱🌱🌱

Slowly cooked rice with spinach, herbs, lemon & EVOO

Mushroom Tigania 🌱🍷

Sauteed mushroom with garlic oil, white wine and cream served over a crispy rice

Gemista 🌱🌱

Stuffed vegetables with marinated herbed rice in a tomato base sauce served with a side of oven baked potatoes & Feta Cheese

Mac and Cheese 🌱

Classic mac & cheese made with house-made bechamel cream sauce and various artisanal cheese

Fries 🌱🌱

Fries topped with organic oregano, parsley & sea salt

Grilled Veggies 🌱🌱🌱🌱

Mix of grilled vegetables topped with red wine vinegar & EVOO

Sauteed Spinach 🌱🌱

Sauteed spinach, garlic oil & EVOO

Olives 🌱🌱🌱🌱

Mixture of kalamata, halkidi & throuba olives

Rice 🌱🌱🌱🌱

Basmati rice topped with oregano, parsley & EVOO

Roasted Lemon Potatoes 🌱🌱🌱🌱

34.80

Napolitana 🌱

From the Napoli region, spaghetti pasta, house-made tomato sauce with fresh basil

38.80

Ragu Di Carne 🍷

From the Emilia - Romagna region, slow-cooked grass-fed beef in a tomato wine-infused sauce with cavatelli or spaghetti

38.80

Pesto 🌱

From the Liguria region, basil, pine nuts, garlic, pecorino cheese, lemon, salt, pepper, linguini, EVOO

Arriabiata 🌱🌱🍷

From the Lazio region, penne pasta, house-made spicy tomato sauce, kalamata olives, chilli garlic, wine, salt, pepper, EVOO

Scilliana 🌱

From the Sicilian island, penne pasta, anchovies, capers, cherry tomatoes, house-made spicy tomato base, EVOO

25.80

28.80

34.80

18.80

14.80

14.80

13.80

12.80

5.80

16.80

*Pasta

*Chicken

Grilled Chicken 🌱🌱

Free range cornish hen marinated with Mediterranean spices, served with roasted potatoes & grilled vegetables (30-45mins)

Chicken Tigania 🌱🍷

Organic chicken breast marinated with Mediterranean herbs served with crispy rice

Kotopoulo Forno 🌱🌱

Free-range cornish hen, roasted potatoes, lemon & parsley

Grilled Chicken Fillet with Rice 🌱🍷

Organic chicken fillet served with a side of aromatic rice & grilled vegetables

*Lamb

Paidakia 🌱🌱

Grass-fed lamb chops seasoned with sea salt, black pepper, EVOO, served with roasted potatoes & grilled vegetables, grilled to desired doneness

Kleftiko 🌱

Roasted and slow-cooked lamb shank served with lemon & potatoes

*Beef

ALL OUR BEEF ARE GRASS-FED AND FROM NEW ZEALAND

24.80

Meat Platter Small

1 small bifteki, 1 beef kalamaki, 1 organic chicken skewer & 2 lamb chops, served with fries & tzatziki dip

112.80

28.80

Meat Platter Medium

1 medium bifteki, 2 beef kalamaki, 2 organic chicken skewer & 4 lamb chops, served with fries & tzatziki dip

220.80

24.80

Beef Kritharaki 🌱🍷

Orzo cooked in beef broth, enriched with a beef tomato stew topped with artisanal parmesan cheese

32.80

24.80

Filet Mignon 🌱🌱

Cut from the tip of the tenderloin seasoned with sea salt, black pepper, EVOO, grilled to desired temperature, served with grilled vegetables & roasted potatoes

68.80

26.80

Ribeye Steak 🌱🌱

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

58.80

Sirloin Steak 🌱🌱🌱

Lean cut of beef seasoned with sea salt, black pepper, EVOO, grilled to desired temperature, served with grilled vegetables

55.80

45.80

*Seafood

35.80

Octopus Carpaccio 🌱🌱🍷

Thinly sliced octopus, topped with fresh lemon juice, EVOO, basil, lemon zest & chilli flakes

58.80

45.80

Fish Carpaccio 🌱🌱

Thinly sliced raw Greek sea bass, topped with fresh lemon juice, EVOO, basil, lemon zest & chilli flakes

58.80

35.80

Octopus 🌱🌱🍷

Grilled Mediterranean octopus with fava sauce & EVOO

58.80

Calamari 🌱🌱

Grilled calamari, lemon & EVOO, served on a skillet

48.80

Prawn Manestra

Orzo cooked in a prawn broth, enriched with garlic, onions, EVOO, and topped with grilled jumbo prawn

35.80

Mediterranean Fish 🌱

Please ask for availability
Choice of BAKED or GRILLED

Market Price

55.80

Seafood Platter 🌱🍷

Grilled octopus, grilled calamari & grilled prawns

158.80

Prices are subjected to GST, service charge & other prevailing government taxes

