LUNCHEON SALADS

GLUTEN FREE **HORIATIKI** ...15.95 | 20.50
Green peppers, tomatoes, cucumbers, onions, crumbled Feta cheese & oregano. Red wine vinegar & olive oil

GLUTEN FREE **ARTICHOKE SALATA** ...16.25
Marinated artichoke hearts, mixed greens, Kalamata olives

GLUTEN FREE **BEET SALATA** ...19.95
Roasted whole garlic cloves & beets, mixed greens, red onion & Macedonian feta

THEO'S SALAD ...21.95
Mixed greens and spinach, cucumbers, tomatoes, olives, beets, Macedonian feta, with caramelized walnuts, Greek figs, and a dollop, of Houmous with Pita chips

GLUTEN FREE **SEAFOOD SALATA** ...25.95
Salmon, baby shrimp & squid mixed with lemon & dill on mixed greens. Taramasalata (seasonal availability)

ADD LOVE
Chicken | Beef ...8.95 | 9.95

SOUPS

GLUTEN FREE **AVGOLEMONO** ...10.95 **FASOULATHA** *(seasonal)* ...10.95

DIPS & BREAD

All dips come with one piece of Pita. Gluten free sub Rice Cakes

GLUTEN FREE **TARAMASALATA** ...14.95
Carp roe dip, lemon juice & olive oil

GLUTEN FREE **TZATZIKI** ...14.50
Cucumber dip, garlic, dill & yogurt

GLUTEN FREE **BEET HOUMOUS** ...14.50
Houmous and fresh whipped beets with a cumin Moroccan twist

GLUTEN FREE **HOUMOUS** ...13.95
Chickpeas, tahini, lemon juice, mint & fresh garlic

GLUTEN FREE **TRI-DIP** ...19.50
Can't decide? Try three! Taramasalata, Houmous & Tzatziki

GLUTEN FREE **MEZETHES *(Orekteka)*** ...20.95
A nibbler's paradise. Houmous, Taramasalata, Dolmathes, Seafood Salata, feta cheese & Kalamata olives

TAPANADE & FLATBREAD ...11.95

WARM PITA 2 EXTRA ...5.95

Add side Greek Salad to any item ...8.95

APPETIZERS

HOT PLATTER FOR 2 ...49.95
Calamari, Chicken Livers, Dolmathes, Spanakotiropita, Tiropita & Kotopita

GLUTEN FREE **CHIICKEN LIVERS** ...18.95
Marinated in oregano, red onions, black pepper & white wine with Tzatziki

GLUTEN FREE **DOLMATHES AVGOLEMONO** ...18.95
Hot stuffed grape leaves (4) filled with rice and ground beef, fresh herbs & topped with a creamy avgolemono sauce

PHYLLO APPY SAMPLER ...13.75
Try all three pies. Spanakotiropita, Kotopita, Tiropita

CALAMARI ...22.95
Battered & deep fried squid, red onion & Tzatziki

GLUTEN FREE **UVETSI** ...23.95
Prawns, Beef or Chicken baked in a savory tomato, feta cheese, red wine & cinnamon sauce

GLUTEN FREE **VEGAN DOLMATHAKIA** ...15.95
Grape leaves stuffed with rice , currents, mint, dill, cinnamon & onions. Served with Houmous. Contains pine nuts

GLUTEN FREE **YIGANTES** ...13.95
White beans, baked with tomatoes, onions, dill, red wine vinegar & maple syrup

SAGANAKI ...21.95
Kefalograviera cheese. Baked in the oven finished with a squeeze of lemon. Flamed with brandy -Tell your server if you're alcohol free

MAINS

GLUTEN FREE **SOUVLAKIA - 6 oz**
LAMB | BEEF | CHICKEN ...24.95
Marinated in garlic, oregano & olive oil. Skewered and grilled. Served with rice, lemon potato & vegetables

GLUTEN FREE **THEO'S OMELETTE** ...20.95
Three egg omelet filled with feta cheese, spanakopita mix topped with uvetsi tomato sauce served with rice, lemon potato and vegetables

GLUTEN FREE **CHICKEN UVETSI PASTA** ...30.95
Braised chicken in a savory roma tomato sauce with herbs, spices over a bed of fettucine pasta
note: portion is generous

SPANAKOTIROPITA & GREEK SALAD ...25.95
The famous Greek spinach pie. A delicious blend of spinach, sauteed onions, dill & feta cheese.

SALMON STO PHYLLO ...25.95
Wild salmon fillet, feta cheese, tomatoes, green peppers & onion wrapped in phyllo pastry

CONSIDER SHARING !!

GLUTEN FREE **MOUSSAKA** ...33.95
Layers of roasted eggplant, potatoes, zucchini & ground beef spiced with cinnamon & herbs. Topped with béchamel sauce

Prices subject to tax & change. 18 % Recommended Gratuity for groups 10 +

June 6, 2025