SALADS

All gluten free. Vegan optional, We use only 100% Greek Virgin Olive Oil

GLUTEN FREE **CLASSIC GREEK** ...19.95| 24.95
Green peppers, tomatoes, cucumbers, onions, feta, oregano. Red wine vinegar & GREEK virgin olive oil

VEGAN GLUTEN FREE **ARTICHOKE SALATA** ...18.95
Marinated artichoke hearts, mixed greens, Kalamata olives

GLUTEN FREE **BEET SALATA** ...23.95
Roasted whole beets & garlic cloves, mixed greens, red onion & Macedonian feta

GLUTEN FREE **THEO'S SALAD** ...24.95
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** ...29.95
Salmon, baby shrimp & squid mixed with lemon & dill on mixed greens, Taramasalata (seasonal)

ADD LOVE (4 oz)

Chicken | Beef ...9.50| 10.50

SOUPS

GLUTEN FREE **AVGOLEMONO** ...11.95
Chicken, lemon, rice & egg

GLUTEN FREE **FASOULATHA** ...11.50 (seasonal ask server)
Greek Minestrone style bean soup made with finely diced carrots, onions & celery

DIPS & BREAD

Dips come with one Pita or go GF sub Rice Cakes or Sliced Cucumber

GLUTEN FREE **TARAMASALATA** ...15.50
Zesty Fish roe dip, lemon juice & olive oil

VEGAN GLUTEN FREE **HOUMOUS** ...14.50
Chickpeas, tahini, lemon juice, mint & fresh garlic

VEGAN **TAPANADE & FLATBREAD** ...12.50
Sundried tomatoes, olives, olive oil

GLUTEN FREE **TZATZIKI** ...15.50
Cucumber dip, garlic, dill & yogurt

GLUTEN FREE **TRI-DIP** ...19.95
Can't decide? Try three! Taramasalata, Houmous & Tzatziki.

VEGAN GLUTEN FREE **BEET ROOT HOUMOUS** ...14.95
Our famous dip with fresh whipped beets with a cumin Moroccan twist served with pita chips

GLUTEN FREE **TIRO-KAFTERO** ...14.50
Whipped feta & Greek yogurt, with spicy roasted pepper

GLUTEN FREE **HOUMOUS COMBO** ...14.75
Can't decide? Try two!
½ regular ½ Beet

MEZETHES (Orekteka) ...23.95
GLUTEN FREE A nibbler's paradise. Houmous, Taramasalata, Dolmada, Seafood Salata, feta cheese & Kalamata olives & Tapenade Dip

WARM PITA 2 EXTRA ...6.25

APPETIZERS

HOT PLATTER FOR 2 ...52.95
Calamari, Chicken Livers, Spanokotiropita, Dolmathes, Tiropita & Kotopita

SPANAKOTIROPITA ...17.50
Phyllo pastry, spinach, sautéed onions, fresh dill & feta cheese

GLUTEN FREE **CHICKEN LIVERS** ...19.50
Marinated in oregano, black pepper & white wine`

Keftedes (4 meatballs) ...21.95
Minced beef & lamb, seasoned with Greek spices garlic, mint on a bed of Tzatziki

GLUTEN FREE **DOLMATHES (4)** ...19.50
Hot stuffed grape leaves filled with rice & ground beef, fresh herbs & topped with a creamy avgolemono sauce

TIROPITA ...15.25
Phyllo pastry, feta & parmesan cheese

PHYLLO APPY SAMPLER Try both pitas. Spanakotiropita & Tiropita ...14.50

BAKED FETA IN PHYLLO ...19.95
Greek Feta Cheese wrapped with Phyllo pastry baked & topped with Honey

CALAMARI ...23.95
Deep fried squid, red onion, lemon & Tzatziki

GLUTEN FREE **UVETSI** ...24.95
Choice of tiger prawns, chicken or beef, baked in a savory tomato, feta cheese, red wine & cinnamon sauce

GLUTEN FREE **GARITHES ME SKORTHO** ...23.95
Black Tiger prawns sauteed in white wine, lemon, garlic butter & chili flakes

GLUTEN FREE **OLIVES AND CHEESE** ...18.95
(for 2) Warm marinated artichoke hearts, olives, feta, sundried tomato & balsamic reduction

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

VEGAN GLUTEN FREE **VEGAN DOLMATHAKIA** ...16.25
Grape leaves stuffed with rice, currants, mint, dill, cinnamon & onions. Served with houmous

SAGANAKI ...23.95
Kefalograviera cheese. Baked & finished with a squeeze of lemon. Flamed with brandy -Tell your server if you're alcohol free (GF Available) Sheep's Milk (low in lactose)

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

May 2026

LAMB All Gluten Free

LAMB SOUVLAKI ...32.95
Lamb Sirloin (7.5 oz) marinated in garlic, lemon juice, Greek oregano & olive oil. Skewered with green pepper and grilled to taste

RACK OF LAMB ...MP
New Zealand rack of lamb crusted with saganaki cheese, dijon & finished with oregano

LAMB SHOULDER OREGANO ...48.95
A Theo's specialty. Slowly braised with oregano branches, garlic, lemon, Okanagan wine & dijon mustard

Chops, Rack & Shoulder = Halal

Lamb Chops ...MP
New Zealand Chops lightly spiced and broiled to perfection served with Tzatziki

MEAT & PASTA

MEDITERRANEAN RIBS ...38.95
Pork back ribs with an olive oil Mediterranean dry rub, garlic & oregano (full racks)

Ribs - half rack ...23.95

BARBECUE SPARE RIBS ...38.95
Charbroiled pork back ribs with barbecue sauce

ROSEMARY CHICKEN ...34.95
Half a chicken, oven roasted in a mild paprika, lemon juice & tomato rosemary sauce

SEAFOOD FETTUCCINE ...35.95
Prawns and bites of salmon sauteed with wine, garlic in a three cheese and cream sauce

GRECO BAKED LASAGNA ...30.95
Minced beef and lamb bolognaise layered with noodles, topped with mozzarella with garlic pita

NEW YORK STEAK ...46.95
9oz Certified Angus New York Cut Steak with rosemary compound butter
Add prawns ...10.95

MOUSSAKA ...35.95
Layers of roasted eggplant, potatoes, zucchini & ground beef spiced with cinnamon & herbs. Topped with bechamel

BEEF SOUVLAKI ...32.95
Beef NY Strip (7.5 oz) marinated in oregano, garlic, olive oil & lemon juice. Skewered with onion & grilled to taste

CHICKEN PASTA UVETSI ...31.95
Braised chicken in a savory roma tomato sauce with herbs and spices over fettuccine

CHICKEN SOUVLAKI ...30.95
Breast of chicken marinated in oregano, garlic olive oil & lemon juice skewered with onion & green peppers (7.5 oz)

LAGOS STIFADO (RABBIT) ...46.95
Locally sourced organic rabbit prepared in a traditional Greek style. Braised in Okanagan wine, brandy, tomato & baby onions. Rosemary, bay leaves, cloves & cinnamon

SEAFOOD

Oysters Rockefeller ...37.95
Pacific Coast oysters (6) blanched & baked in the half shell, topped with a rich Gruyere Cheese & Spinach Sauce au gratin

PRAWN GARLIC SAUTEE ...38.95
Black Tiger prawns sautéed with green pepper, garlic, onion,white wine, garlic butter & chili flakes

SALMOS STO PHYLLO ...40.95
Wild salmon fillet feta cheese, tomatoes, green peppers & onion baked in phyllo pastry with Tzatziki

CALAMARI DINNER ...34.95
Traditional deepfried squid. Topped with onions, served with Tzatziki & lemon

DID YOU KNOW?

YOU CAN BRING YOUR OWN WINE !

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Corkage includes use of our crystal glasses
... $35.00 per 750 bottle
FEATURE CRAZY CORKAGE NIGHTS
... $1.00 per bottle Tues and Weds
Tuesday Souvlaki Nights 15% off

VEGETARIAN

VEGAN MOUSSAKA ...32.95
Layers of roasted eggplant, potatoes, zucchini & lentils spiced with cinnamon & herbs. Topped with an almond whipped cauliflower bechamel

`COLD MEZE PLATE ...35.95
Yigantes, Vegetarian Dolmathes, artichoke hearts, Fava & Houmous, ċucumber slices, vegan pita bread

OUR FAMOUS PLATTERS

THEO'S PLATTER FOR 2-3
Greek Salad followed by a platter of beef souvlaki, dolmathes, moussaka, spanakotiropita & chops
...99.95

SEAFOOD PLATTER FOR 2 -3
Greek Saladfollowed by baked oysters, calamari, tiger prawns & salmon in phyllo
...104.95

VEGAN PLATTER FOR 2 ...79.95
Mixed green salata followed by vegan moussaka, yigantes, vegan dolmathes, fava, houmous & vegan pita

All entrees and platters served with lemon potato, rice & butter glazed carrots

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

May 2026
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