

APPETIZERS

- AVGOLEMONO** 7
Egg lemon soup with rice
- OCTOPUS** 19
Mediterranean octopus charcoal grilled served on top of fava puree
- BEETS*** 10
Red beets served with horta and a potatogarlic spread
- GLUTEN FREE MUSSELS** 18
New Zealand mussels sautéed with ouzo, white wine, garlic, and a touch of feta cheese
- GLUTEN FREE SPREADS*** 14
Tzatziki (Greek Yogurt), Htipiti (Red Pepper), Fava, Tarama (Carp Roe) and Melitzano (Eggplant) (choice of 3)
\$5 each
- GLUTEN FREE SHRIMP SAGANAKI** 16
Shrimp with fresh tomato, feta and garlic
- GRILLED SHRIMP** 19
Premium quality fresh white shrimp simply grilled
- STUFFED CALAMARI** 15
Calamari stuffed with trio of Greek cheeses and grilled
- SARDINES** 14
Fresh Mediterranean sardines, deboned and grilled
- DOLMADES*** 12
Valencia rice, pine nuts, currants, fennel and dill stuffed in grape vine leaves and served with tzatziki

SALADS

- GLUTEN FREE KALE*** 15
Sliced apples, red onion, olives, feta cheese, cucumbers, cherry tomatoes and dijon shallot vinaigrette
- GLUTEN FREE ROMAINE*** 12
Feta cheese, fresh dill, and creamy caper dill dressing
- CLASSIC GREEK*** 16
Tomato, cucumber, peppers, onions, olives and feta cheese with red wine vinaigrette
- ARUGULA*** 13
Cherry tomatoes, almonds, feta cheese and balsamic vinaigrette

ENTREES

FROM THE SEA

- ORGANIC SALMON** 28
Served with spinach rice
- LAVRAKI** 29/LB
Grilled Mediterranean sea bass served whole with horta
- TSIPOURA** 28/LB
Grilled Mediterranean royal dorado served whole with horta
- GLUTEN FREE CHILEAN SEA BASS PLAKI** 32
Oven baked with onions, capers, peppers, potatoes, tomato and thyme
- GLUTEN FREE LOBSTER** MP
Fresh Maine lobster in the shell grilled with olive oil and lemon sauce served with grilled vegetables
- SWORDFISH KEBAB** 29
Wild swordfish grilled with tomato, onion, and peppers

RAW BAR

- SEASONAL OYSTERS ON THE HALF SHELL**
HALF DOZEN 16
DOZEN 30

JUMBO SHRIMP COCKTAIL 18

ESTIA GRAND PLATEAU 50
2-4 people
shrimp, oysters, lobster, mussels and crab cocktail

FROM THE LAND

- GLUTEN FREE ORGANIC CHICKEN** 27
Roasted leg and breast served with grilled vegetables
- GLUTEN FREE LAMB CHOPS** 33
Three premium Australian lamb chops served with grilled vegetables and tzatziki
Add an extra lamb chop 10
- NY BLACK ANGUS STEAK** 38
14oz NY strip charcoal broiled served with grilled vegetables
- GLUTEN FREE PAPOUTSAKIA*** 18
Roasted eggplant over tomato sauce topped with shaved feta and vegetable souvlaki

Whole fish are charcoal grilled served with ladolemeno, oregano, and capers. Our chefs remove the middle bone unless otherwise instructed.
Some small bones may remain.

SIDES

- GRILLED VEGETABLES*** 10
Served with mint yogurt
- HORTA*** 9
Wild wilted greens
- SPINACH RICE** 9
Spinach with rice, leeks, & dill
- ROASTED POTATOES** 8
Lemon and Greek oregano