



MEALS

Meals include Greek salad, rice and roasted potatoes

		Cals
Chicken Souvlaki	13.99	850
Chicken Fillet	13.99	840
Pork Souvlaki	12.49	900
Gyros	13.99	1,070
Roast Chicken	12.24	1,140
Chicken Schnitzel	13.99	1,070
Spinach Cheese Pie	11.49	990
Cheese Pie	11.49	970
Roast Lamb	16.49	1,200
Grilled Lamb Chops	16.49	970
Moussaka	12.99	1,430
Grilled Vegetable Souvlaki	12.29	740
Shrimp Griller	14.49	700
Fried Calamari	14.49	1,010
Grilled Salmon Fillet	16.49	860
Rice Dolmades	11.25	840
Vegetable	10.99	630
Falafel	12.29	990

PITAS

Topped with tomatoes, onions & tzatziki

	WITH SALAD	Cals
Chicken Souvlaki	8.99/13.49	550/830
Chicken Fillet	8.99/13.49	540/820
Pork Souvlaki	7.99/12.49	600/890
Gyros	8.99/13.49	770/1,050
Falafel	7.49/11.99	680/970
Grilled Veg.Souvlaki	7.49/11.99	460/710

GREEK SALADS

		Cals
Greek Salad	8.99/10.99	250/570
Chicken Fillet	13.99	780
Shrimp Griller	14.49	640
Fried Calamari	14.49	950
Grilled Salmon Fillet	16.49	800

EXTRAS

		Cals
Chicken Souvlaki	4.99	220
Pork Souvlaki	4.74	270
Spinach Cheese Pie	4.49	360
Oven Baked Rice	4.99	580
Oven Roasted Potatoes	4.99	200
Rice Dolmades (4 pcs)	4.24	150
Pita Bread	1.99	230
Tzatziki	1.25	70
Feta Cheese	1.25	130

BEVERAGES

		Cals
Can Pop	1.99	0-160
Bottle Pop	2.99	0-220
Large Juices	3.15	200-230
Small Ice Tea	2.15	0-110
Large Ice Tea	3.15	0-160
Ioli Spring Water	2.99	0
Souroti Natural Mineral Water	3.35	0
Vitamin Water	3.39	0-130
Small Milk	2.15	130-150
Large Milk	3.15	260-300

DESSERT

		Cals per piece
Baklava	3.99	370

PARTY TRAYS

ITEM	1/2 TRAY (12 SERVINGS)	FULL/TRAY (24 SERVINGS)	Cals per serving
Greek Salad	\$60	\$85	250
Oven Baked Rice	\$50	\$75	580
Oven Roasted Potatoes	\$50	\$75	200
Moussaka	\$75	\$115	800

SOLD BY THE PIECE

		Cals
Chicken Souvlaki stick	4.99	220
Chicken Fillet	4.99	210
Pork Souvlaki stick	4.74	270
Spinach Cheese Pie	4.49	360
Grilled Salmon Fillet	9.99	230

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.