



Meals include Greek salad,		
rice and roasted potatoes		Cals
Chicken Souvlaki	14.49	850
Chicken Fillet	14.49	840
Pork Souvlaki	13.49	900
Gyros	14.49	1,070
Roast Chicken	12.99	1,140
Chicken Schnitzel	14.49	1,070
Spinach Cheese Pie	11.99	990
Cheese Pie	11.99	970
Roast Lamb	16.99	1,200
Grilled Lamb Chops	16.99	970
Moussaka	13.49	1,430
Grilled Vegetable Souvlaki	12.79	740
Shrimp Griller	14.99	700
Fried Calamari	14.99	1,010
Grilled Salmon Fillet	16.99	860
Rice Dolmades	11.74	840
Vegetable	11.49	630
Falafel	12.79	990

onions & tzatziki	WITH SALAD	Cals
Chicken Souvlaki	9.24/13.49	550/830
Chicken Fillet	9.24/13.49	540/820
Pork Souvlaki	8.74/12.99	600/890
Gyros	9.24/13.49	770/1,050
Falafel	7.74/11.99	680/970
Grilled Veg.Souvlaki	7.74/11.99	460/710

### **GREEK SALADS**

		Cais
Greek Salad	9.49/11.49	250/570
Chicken Fillet	12.49	780
Shrimp Griller	12.99	640
Fried Calamari	12.99	950
Grilled Salmon Fillet	14.99	800
<b>EXTRAS</b>		Cals
Chicken Souvlaki	5.24	220
Pork Souvlaki	4.99	270
Spinach Cheese Pie	4.74	360
Oven Baked Rice	5.49	580
Oven Roasted Potato	oes 5.49	200
Rice Dolmades (4 pc	s) 4.49	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 370

Baklava

3.99

## **PARTY TRAYS**

ITEM		<b>1/2 TRAY</b>	<b>FULL/TRAY</b>	Cals per serving	
		(12 SERVINGS)	(24 SERVINGS)		
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	5.24	220			
Chicken Fillet	5.24	210 A	Adults and youth (a	ages 13 and older) need an	
Pork Souvlaki stick	4.99	270 a	average of 2,000 calories a day, and children		
Spinach Cheese Pie	4.74	360 (a	(ages 4 to 12) need an average of 1,500 calories		
Grilled Salmon Fillet	10.24	230 a	a day. However, individual needs vary.		