





BLUE ZONE LUNCH SET MENU AVAILABLE MONDAY TO FRIDAY \$58++

PICK TWO MEZZE

HORIATIKI

Cherry tomatoes, tomato slices, cucumbers, onion, olives, bell peppers, feta cheese, vinegar & EVOO

KAKAVIA FISH SOUP

Traditional Greek fish soup made from onion, potato, tomato, Greek fish, lemon juice & EVOO

TZATZIKI

Greek yogurt, cucumber, garlic & EVOO garnished with green olive, served with mix of carob rusks, carrot sticks and cucumber sticks

HARISSA

Spiced tomato, Greek yogurt, walnuts, EVOO, garnished with chilli flakes, served with mix of carob rusks, carrot sticks and cucumber sticks

DOLMADES

Greek vine leaves filled with rice, herbs, and mint sauce

HORTA

Wild greens blanched and served with lemon juice and extra virgin olive

REVITHIA STEW

Slow-baked chickpea stew with onions, garlic, bay leaves, herbs and EVOO

TIROKAFTERI

Spicy feta with greek yogurt, served with mix of carob rusks, carrot sticks and cucumber sticks

HUMMUS

Greek tahini, organic chickpeas garnished with sesame seeds, smoked paprika, zaatar & EVOO, served with mix of carob rusks, carrot sticks and cucumber sticks

IMAM BAILDI

Seedless eggplant layered, roasted in a house-made onion & tomato sauce topped with crumbled feta

PICK ONE MAIN

SANTORINI FISH FILLET

Oven-baked fish fillet gently poached in parchment with tomatoes, olives, herbs, Greek wine, lemon juice, and extra virgin olive oil

GEMISTA

Vegetables stuffed with herbed rice cooked in a house-made tomato sauce and roasted potatoes

CHICKEN STEW

Oven cooked chicken thigh cooked in a house-made spiced tomato sauce, served with side of lemon potatoes

FASOLAKIA

Tender green beans slowly cooked in extra virgin olive oil with tomatoes, onions, and fragrant herbs

SPANAKORIZO

Slow-cooked rice with wild spinach, fresh herbs, and lemon juice, simmered in extra virgin olive oil

GIGANTES

Oven-baked giant beans in extra virgin olive oil with herbs, onions, and house-made tomato sauce

RIBEYE STEAK

Grass-fed NZ Angus ribeye steak served with side of lemon potatoes (200g)

PICK ONE DESSERT

FRUITS

Green Apple topped with cinnamon and Greek honey

GREEK YOGHURT

Traditional Greek yoghurt with a side of Greek sweet fruits and walnuts







Most of our ingredients are air-flown directly from Greece.

All our food is cooked with our own cold-pressed Extra Virgin Olive Oil (EVOO) from our cultivation in Greece. All our meats, pita, and cheeses are Halal certified. Our meats are grass-fed pasture raised and are from New Zealand.

SALATES & SOUPA DIPS & PITA

ARTICHOKE SALAD HALF 20.50 FULL 32 Baby spinach, arugula, capers, pine nuts, dill, spring onion, & free-range boiled eggs, carob flavoured dakos rusk and mint dressing EARTH SALAD HALF 20.50 FULL 32 Kale, radish, pomegranate, celery, sautéed mushrooms, feta, sunflower seeds, dill, spring onion, pine nuts with honey balsamic dressing	dips (Included) Grilled Pita 4 DIPS PLATTER – Choose any 4 dips (Included) Grilled Pita 2.50 GRILLED PITA ®	3.50 64.50
boiled eggs, carob flavoured dakos rusk and mint dressing EARTH SALAD ALAD HALF 20.50 FULL 32 Kale, radish, pomegranate, celery, sautéed mushrooms, feta, sunflower seeds, dill, spring onion, pine nuts with	4 DIPS PLATTER – Choose any 4 dips (Included) Grilled Pita 2.50 GRILLED PITA ®	4.50
Kale, radish, pomegranate, celery, sautéed mushrooms, feta, sunflower seeds, dill, spring onion, pine nuts with	GRILLED PITA ®V	
seeds, dill, spring onion, pine nuts with	Oregano & sea salt	5.50
Florieg balsarriic di essirig	GLUTEN-FREE PITA (18)	7.50
HORIATIKI HALF 20.50 FULL 32 Cherry tomatoes, tomato slices, cucumbers, onion, olives, bell peppers,	2.50 KOULOURI BREAD 2 PCS Traditional Greek Koulouri	7.50
feta cheese, vinegar & EVOO	FLORINA RED PEPPER DIP ® Roasted Tomato with grilled florina red	0.50
Watermelon topped with feta & mint	pepper, garnised with Greek yogurt & mint leaves.	0.50
CAULIFLOWER SALAD (**) Baked cauliflower, spinach, almonds, tahini dressing, dill, spring onion, zatar & chilli flakes	Greek tahini, organic chickpeas & EVOO garnished with sesame seed, zatar, paprika, spring onion & mint leaves	0.50
SOUP OF THE DAY	2.50 TZATZIKI 🕸 🍣 Greek yogurt, cucumber, garlic &	
Traditional Greek fish soup (fisherman	8.80 EVOO garnished with green olive 20 MELITZANOSALATA	0.50
soup), it made from onion, potato, tomato, EVOO, lemon juices & fish	Smoked eggplant mixed with feta &	0.50
Thursday, and the second secon	XXXXIII	0.50
	HARISSA (**) Spiced tomato, Greek yogurt, walnuts & EVOO garnished with chili flakes 20	0.50
	TIROKAFTERI (1) (1) Spicy feta with greek yogurt	











OREKTIKA-MEZE

>			
DOLMADES	33.50	SPANAKOPITA @ 3 PCS 22.50 4 PCS	29.50
Vine leaves filled with rice,		Phyllo pastry filled with spinach, leeks	
herbs, and mint sauce		& feta	
ARTICHOKES ***	21.50	IMAM BAILDI ®♀️Ÿ	21.50
Fried & topped with balsamic cream	Acceptable and	Seedless eggplant layared & roasted	CONTROL OF A
THOSE STOPPOS THE TOURS OF SALT		with a house-made onion & tomato	
CORN COB ()	20.50	sauce, side with smashed feta	
Grill & tossed with spicy mayo & parmes			
cheese		TALAGANI (%)	23.50
		Greek halloumi cheese, drizzled with	
CHICKEN MEATBALLS 4PC 17.50 8F	PC 25.50	balsamic cream sauce & Blu sauce	
Minced chicken serve with cumin yogurt			
sauce		TALAGANI FRIES 💝	22.50
		Fried halloumi cheese with	
KEFTEDES ₹ 4PC 18.50 8F	PC 26.50	balsamic cream	
In house made beef meatballs serve with	h		
Tzaziki dip		ALA POLITA @@V	22.80
		Artichokes, carrots, potatoes cooked	
FRIED CALAMARI	29.50	in olive oil, lemon, and fresh dill	
With a side of lemon yogurt dressing			
E		LAKERDA (B)	17.50
SAGANAKI & FIGS 💝	23.50	Cured fish served with tarama, pickles,	
Kefalotiri psito, topped with fig sauce		onion, tomato & fried pita	
FETA SAGANAKI 🦃	23.50	LAKERDA WITH GREEK SPEICAL	39.80
Greek feta wrapped with phyllo pastry	VIV	ALCOHOL (B)	
topped with Greek thyme honey &	// X	PAIR with 1 btl of Plomari Ouzo(200ml)	
sprinkled with sesame		OR 1 btl of Tsilili Tsipouro(200ml)	
MANOURI CHEESE ®	22.80		
Bright and creamy sheep & goat milk	The second second	WE PREPARED	
cheese from Greece. Grill and topping	ATTEN !	\ \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	
with honey, mint leave, walnut crust,	VEHIIL.		
caramelize onion and sprinkle with sea s	alt	I RELIEVE	
The state of the s		1 1/4	

25.80



SPINACH ARTICHOKE CHEESE DIP 🦃

cream, herbs, fried crispy pita

Artichokes, Spinach, melted parmesan,











STO FOURNO | OVEN COOKED

ARNI LAMB

All our Lamb is GRASS-FED and from NEW ZEALAND

BEEF MOUSAKA Y 36.50 Layered dish made with eggplant, potatoes, house-made beef ragu and

creamy béchamel

CHICKEN MOUSAKA Y 32.50 Layered dish made with eggplant, tomato, onion, garlic, Shredded Chicken and creamy béchamel

VEG PAPOUTSAKI 💝 Baked eggplant stuffed with grill veg and tomato paste & hummus. Top with fried potato & creamy bechamel

KLEFTIKO (18) 55.50 Slow cooked lamb shank with garlic, lemon, herbs, baked with potatoes

3 PCS 52.50 | 4 PCS 65.50 PAIDAKIA (1)(1) Grilled lamb chops served with vegetables and roasted potatoes

KOTOPOULO | CHICKEN

All our Chicken is ORGANIC and FREE-RANGE

KREATIKA BEEF

All our Beef is GRASS-FED and from NEW ZEALAND

BEEF KALAMAKI KOTOPOULO FOURNO (®) 43.50 35.50 Free-range chicken, roasted potatoes, Beef skewer served with onion, lemon & oregano tomatoes, pita & tzatziki KOTOPOULO STIFATHO (1) 43.50 SOUVLAKI ME PITA 37.50

Free-range chicken stew with onion Grilled beef wrapped in pita, fresh stew, herb, EVOO and garlic tomatoes, paprika, onion & tzatziki, served with a side of french fries 43.50 GRILLED CHICKEN (30 - 45 mins) (8)

34.50

34.50

BIFTEKI STIN SHARA 1PCS 19.50 | 2 PCS 34.50 Free-range chicken served with roasted potatoes & vegetables Beef patties, lemon, onion, tomato & roasted potatoes

32.50 KOTOPOULO KALAMAKI Grilled organic chicken skewer, served **BLU CHEESEBURGER** 32.50 with tzatziki, tomatoes, onion & pita Beef patty, cheese, caramelized onion, tomato, lettuce & bun served with a side

Grilled organic chicken wrapped in pita, RIBEYE (18) tomatoes, paprika, onion & tzatziki, 60.50 served with a side of french fries Grilled served with roasted potatoes and vegetables

> FILET MIGNON (8)(8) 66.50 Grilled served with roasted potatoes and vegetables

of french fries

KOTOPOULO YIRO











MIXED OLIVES ®♥ Kalamata, halkidiki & green pepperoni	12.50	PRAWN MANESTRA ® Y Orzo cooked in house-made prawn broth enriched with garlic, chilli flakes	35.50
CUCUMBER STICKS ®♥ With vinegar, sea salt, oregano & EVOO	8.50	& EVOO. Served with a whole prawn	
CARROT STICKS ®♥ With vinegar, sea salt, oregano & EVOO	8.50	KALAMARI SHARA (18)(18) Grilled calamari, lemon & EVOO	43.50
PICKLED GREEN CHILLI & GHERKINS ®V	8.50	XTAPODI ® 🗹 🕲 Grilled octopus with vinegar & EVOO	52.50
PICKLED VEGETABLES & GHERKINS ®V	8.50	GARIDES ® ® 1 PC 21.50 2 PCS 37.50 3 PCS	55.50
FRENCH FRIES (1967) Tossed with organic sea salt & organic	14.50	Grilled jumbo prawn, lemon & EVOO	00.00
oregano		FISH OF THE DAY 400G -1KG 55.50-	121.50
TALAGANI WRAP Grilled talagani wrapped in pita, tomatoes, onion, lettuce, kalamata & harrisa, served with a side of french	30.50	LAVRAKI (18) (18) Sea bass, baked or grilled, served with potato salad	
fries		TSIPOURA (18) Sea bream, baked or grilled,	
VEG SOUVLAKI 💝 Grilled veg wrapped in pita, tomatoes,	30.50	served with potato salad	
onion, green olive, smash feta & mint sauce, served with a side of french fries		Please ask your server for availability	
ROASTED LEMON POTATOES ®®♥	15.50		
VEGETABLES OF THE DAY ®®♥ Chef's Selection Grilled	15.50		
VIOS VEGETARIAN PLATTER (**) Chef's Selection side with bulgur bowl, tzatziki & tahini sauce	33.50		

Please do let us know if you have any dietary requirements, restrictions, or allergies. We will try our best to accommodate to your requests.













PLATTER

112.50

220.50

SEAFOOD PLATTER (1)(1)

400G -1KG | 14150 - 207.50 Greek fish (choice of Sea bass or Sea bream, baked or grilled), grilled squid, 3 jumbo prawns, served with potato salad

Please ask your server for availability

MEAT PLATTER SMALL

1 bifteki, 1 beef kalamaki, 1 organic chicken skewer & 2 lamb chops, served with side of french fries and tzatziki

MEAT PLATTER MEDIUM

1 bifteki, 2 beef kalamaki, 2 organic chicken skewers and 4 lamb chops, served with side of french fries and tzatziki

GRILLED MEAT BOARD (18)

Filet Mignon (250g), Ribeye (250g), and 3 Lamb chops with fresh herbs, served with fried lemon potato

166.50

18.50

14.50

GLYKA | DESSERT

GREEK DESSERT PLATTER

Assortment of baklava, kataifi, bougatsa and fresh fruits

31.50 For 2 For 4

53.50 75.50 For 6

GREEK KANAFEH

Kataifi & Kesari cheese

served hot with house-made syrup

BAKLAVA

Phyllo pastry filled with walnuts, pistachio topped with homemade syrup and cinnamon powder

GREEK KATAIFI ROLL

Rolled kataifi with house-made syrup and pistachio filling

BOUGATSA

Phyllo pastry filled with semolina cream filling, powdered with

icing sugar & cinnamon, served hot

100% GREEK YOGURT ®

With a side of Greek sweet fruit topping & walnuts

17.50

17.50

17.50















Our menu offers authentic Greek dishes, embodying historic Greek gastronomy. Greek food has numerous health benefits and is known to have increased longevity of life, prevents heart disease and stroke. Some of the known benefits are as follows: reduced inflammation, helps keep your heart healthy, brain sharp, and skin looking fresh & young, helps reduce risk of cancer, Alzheimer's disease, developing Type 2 Diabetes, high blood pressure, and high cholesterol.