

**APPETIZERS**

- SOUP OF THE DAY 8**  
Chef's seasonal preparation
- OCTOPUS 19**  
Mediterranean octopus charcoal grilled served on top of fava puree
- BEETS\* 14**  
Red beets served with horta and a potatogarlic spread
- GLUTEN FREE MUSSELS 19**  
PEI mussels sautéed with ouzo, white wine, garlic, tomato sauce and a touch of feta cheese
- GLUTEN FREE SPREADS\* 15**  
Choice of three served with veggie sticks:  
•TZATZIKI Greek yogurt  
•HTIPITI Roasted red pepper  
•FAVA Yellow pea puree  
•TARAMA Carp Roe  
•MELITZANO Smoked eggplant
- GLUTEN FREE SHRIMP SAGANAKI 17**  
Shrimp with fresh tomato, feta and garlic
- GRILLED SHRIMP 19**  
Premium quality wild white shrimp simply grilled
- SAUTEED CALAMARI 15**  
Fresh calamari sauteed with white wine, olive oil, garlic and tomato
- SARDINES 15**  
Fresh Mediterranean sardines, deboned and grilled
- DOLMADES\* 13**  
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 shallot vinaigrette
- GLUTEN FREE ROMAINE\* 13**  
Feta cheese, fresh dill, and creamy caper dill dressing
- CLASSIC GREEK\* 16**  
Tomato, cucumber, peppers, onions, olives and feta cheese with red wine vinaigrette
- ROKA\* 14**  
Arugula, marinated red and golden beets, almonds, manouri cheese, honey lime vinaigrette

**ENTREES**

**FROM THE SEA**

- SALMON 30**  
Grilled craft raised salmon served with spinach rice
- LAVRAKI 30**  
Grilled Mediterranean sea bass served whole with horta
- GLUTEN FREE CHILEAN SEA BASS PLAKI 39**  
Oven baked with onions, capers, peppers, potatoes, tomato and thyme
- GLUTEN FREE LOBSTER 38/lb**  
Fresh Maine lobster in the shell grilled with olive oil and lemon sauce served with grilled vegetables
- SWORDFISH KEBAB 32**  
Wild swordfish grilled with tomato, onion, and peppers

**RAW BAR**

*Oyster selection varies daily.  
Ask your server for today's selection.*

**OYSTERS**

**Half Dozen 18    Dozen 32**

Served on the half shell with cocktail and mignonette sauces

**JUMBO SHRIMP COCKTAIL 19**

Four premium wild white shrimp served with cocktail sauce

**ESTIA GRAND PLATEAU 60**

shrimp, oysters, lobster, mussels, and crab cocktail serves 2 - 4 people

**FROM THE LAND**

- GLUTEN FREE ORGANIC CHICKEN 29**  
Roasted leg and breast served with grilled vegetables
- GLUTEN FREE LAMB CHOPS 37**  
Three premium Australian lamb chops served with grilled vegetables and tzatziki  
Add an extra lamb chop 12
- NY BLACK ANGUS STEAK 38**  
14oz NY strip charcoal broiled served with grilled vegetables
- GLUTEN FREE PAPOUTSAKIA\* 20**  
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 9**  
Lemon and Greek oregano

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\*INDICATES VEGETARIAN ITEM