

Appetizers

Tzatziki and Whole Grain Pita

Fresh yogurt blended with fresh cucumbers, fresh garlic, extra-virgin olive oil and vinegar 6.95

Hummus and Whole Grain Pita

Pureed chick peas with extra-virgin olive oil, fresh lemon and garlic 6.95

Tzatziki, Humus and Pita

9.95

Grilled Calamari

11.95

Spinach Pie

5.95

Cheese Pie

5.95

Dolmades

6.95

Side of Kalamata Olives

6.95

Side of Grilled Vegetables

9.95

Entrées

Served with Greek salad (choice of romaine, baby spinach or spring mix leaves), rice, potatoes, and tzatziki sauce.Substitute rice & potatoes with fries or grilled vegetables.

Grilled Chicken Breast Plate

15.95

Chicken Souvlaki Plate

15.95

Pork Souvlaki Plate

15.95

Chicken Gyro Plate

15.95

Chicken Shawarma Plate

15.95

Roast Pork Plate

15.95

Pulled Pork Plate

15.95

Lamb Gyro Plate

15.95

Beef Gyro Plate

15.95

Meat Variety

(Lamb, Chicken, Beef & Pork) 15.95

Spinach Pie Plate

14.95

Cheese Pie Plate

14.95

Roast Lamb Plate

16.95

Lamb Chop Plate

22.95

Lamb Souvlaki Plate

22.95

New York Steak

Cut from AAA Striploin 22.95

Grilled Salmon Steak

20.95

Grilled Vegetables Plate

with Chicken Breast 16.95

Grilled Vegetables Plate

with Chicken Souvlaki 16.95

Fried Calamari Plate

17.95

Grilled Calamari Plate

17.95

Salads

Greek Salad 9.95

add any meat or falafel for 5.00

Romaine hearts, tomatoes, cucumbers, peppers, feta cheese, Kalamata olives, red onions, topped with HEALTHY GREEK dressing.

HEALTHY GREEK Salad 9.95

add any meat or falafel for 5.00

Baby spinach, cherry tomatoes, cucumbers, peppers, red onions, carrots, feta cheese and Kalamata olives, topped with HEALTHY GREEK dressing.

HEALTHY CHOICE Salad 9.95

add any meat or falafel for 5.00

Spring mix, quinoa, zucchini, cherry tomatoes, chick peas, carrots and feta cheese, topped with lemon and ginger dressing.

Caesar Salad 8.95

Choice of Meats:

- Chicken Souvlaki
- Grilled Chicken Breast
- Pork Souvlaki
- Pulled Pork
- Beef Gyro
- Chicken Gyro
- Chicken Shawarma
- Lamb Gyro
- Tuna
- Falafel (4 peices)

The Healthy Vegetarian

Spinach or Cheese Pie

with Rice or Potatoes 11.95 | with Greek or Ceasar Salad 11.95 | with Fries 11.95

with Grilled Vegetables 12.95

Vegetarian Wrap

Served on whole grain pita garnished with zucchini, roasted red peppers, tomatoes, baby spinach and hummus or tzatziki

only wrap 7.95 | with Rice or Potatoes 11.95 | with Greek or Ceasar Salad 11.95

with Grilled Vegetables 12.95 | with Fries 11.95

Vegetarian Dinner

Greek salad, rice, potatoes, whole grain pita and tzatziki 11.95

Grilled Vegetarian Dinner

Zucchini, roasted red peppers, whole grain pita, tzatziki & hummus 13.95

Falafel

Falafel Wrap

Whole grain pita, hummus, tahina sauce, tomatoes, onions, baby spinach

only wrap 7.95 | with Greek or Ceasar Salad 11.95 | with Grilled Vegetables 12.95

with Rice or Potatoes 11.95 | with Fries 11.95

Falafel Plate (4 pieces)

Greek salad, rice, potatoes, hummus & tahina sauce 12.95

Side Orders

Whole Grain Pita 2.00

Chicken Souvlaki Stick 6.95

Pork Souvlaki Stick 5.95

Large Fries 4.95

Feta Fries Oregano, olive oil, lemon, and Healthy Greek dassing 5.95

Poutine 5.95

Side of Potatoes 4.95

Side of Tzatziki 5.50

Side of Hummus 5.50

Side of Rice 4.95

Baklava 3.95

The Healthy Burger

Healthy Burger

with Fries 11.95 | with Rice or Potatoes 11.95 | with Greek or Ceasar Salad 11.95
with Grilled Vegetables 12.95

Grilled Chicken Breast Burger

with Fries 11.95 | with Rice or Potatoes 11.95 | with Greek or Ceasar Salad 11.95
with Grilled Vegetables 12.95

Gyro Burger

with Fries 11.95 | with Rice or Potatoes 11.95 | with Greek or Ceasar Salad 11.95
with Grilled Vegetables 12.95

Veggie Burger

with Fries 11.95 | with Rice or Potatoes 11.95 | with Greek or Ceasar Salad 11.95
with Grilled Vegetables 12.95

Topping Selections:

- Lettuce
 - Tomatoes
 - Onions
 - Pickles
 - Relish
 - Hot Pepper Rings
- Mustard
 - Mayo
 - Ketchup
 - Swiss Cheese (add 1.00)
 - Feta Cheese (add 1.00)
 - Cheddar Cheese (add 1.00)

Beverages

Pop 2.25
(coke, diet coke, coke zero, canada
dry, spite, Dr.Pepper)
Orangina 4.00
S.P. Limonata 2.75

S.P. Aranciata 2.75
V8 / Nestea 2.50
Juices 4.00
(apple, orange, mango, cranberry)
Coffee (free refill) 1.99

Tea 1.99
Mineral Water 3.00
Bottled Water 1.99

We Thank You for Your Business!

“A great place for the health conscious!”



“The Healthy Difference”



THE HEALTHY GREEK™

Dining Menu

“The Healthy Difference”