

APPETIZERS

SOUP OF THE DAY	7
Chef's seasonal preparation	
ESTIA CHIPS 🌿	16
Zucchini and eggplant lightly fried served with tzatziki	
CALAMARI	14
Choice of pan fried or grilled fresh calamari served with spicy marinara sauce and lemon	
MUSSELS	18
PEI mussels sauteed with ouzo, white wine, spicy marinara, garlic, fried pita sticks and a touch of feta	
MEDITERRANEAN SPREADS 🌿	14
Tzatziki (Greek Yogurt), Htipiti (Red Pepper), Fava, Tarama (Carp Roe), and Melitzano (Eggplant) (choice of three) \$5 each (individually)	
OCTOPUS	19
Mediterranean sushi grade octopus charcoal grilled served over fava puree with pickled red onion	
BEETS 🌿	12
Red beets served with horta and a potato garlic spread	
CRAB CAKE	19
Jumbo crabmeat served over Beluga lentils	
CHEESE SAGANAKI 🌿	13
Pan fried traditional kefalograviera cheese with lemon	
GRILLED SHRIMP	19
Premium quality fresh white shrimp simply grilled	
SARDINES	14
Fresh Mediterranean sardines, deboned and grilled	
DOLMADES 🌿	12
Valencia rice, pine nuts, currants, fennel and dill stuffed in grape vine leaves and served with tzatziki	
SPINACH PIE 🌿	12
Scallions, leeks, dill and feta cheese wrapped in handmade phyllo dough	
TUNA TARTARE	19
Sushi grade tuna served over avocado in a soy cucumber honey dressing with fried pita	
GREEK MEATBALLS	15
Lamb meatballs stuffed with feta cheese in marinara	
SHRIMP SAGANAKI	16
Shrimp sauteed with fresh tomato, feta and garlic	

SALADS

ROMAINE 🌿	12
Baby green romaine, creamy caper dill dressing, feta cheese and oregano croutons	
ARUGULA 🌿	13
Arugula, almonds, cherry tomato, feta cheese and balsamic vinaigrette	
CLASSIC GREEK 🌿	16
Tomato, cucumber, peppers, onions, olives and feta cheese with red wine vinaigrette	
KALE 🌿	14
Sliced apples, crispy chickpeas, red onion, olives, feta, cucumbers, cherry tomatoes, shallot vinaigrette	
TUNA SALAD	19
Sliced rare tuna served on mixed greens tossed with cucumbers, diced tomatoes, green apples, walnuts and feta with balsamic vinaigrette	
MEDITERRANEAN	16
Grilled vegetables, cherry tomatoes, romaine lettuce, olives, balsamic vinaigrette topped with fried calamari and feta	

ADD TO ANY SALAD:

CHICKEN \$6 SHRIMP \$9 SALMON \$9 TUNA \$9

SIDES

HORTA 🌿	9
Wilted wild greens with lemon and olive oil	
ROASTED POTATOES	8
Oven roasted yukons with lemon and Greek oregano	
GRILLED VEGETABLES 🌿	10
Served with mint yogurt	

BUSINESS LUNCH \$19.95

APPETIZER Choose One

SOUP OF THE DAY
ROMAINE 🌿
CLASSIC GREEK 🌿
MEDITERRANEAN SPREADS 🌿
OCTOPUS +\$5

ENTRÉE Choose One

FISH OF THE DAY
CHICKEN SOUVLAKI
BIFTEKI SOUVLAKI
PASTA ALA GRECCA 🌿

DESSERT Choose One

KARIDOPITA
FRESH FRUIT

WHOLE FISH SELECTIONS

Estia brings in only the freshest fish from Greece and around the world. Whole fish are charcoal grilled served with ladolemono, oregano, and capers. Our chefs remove the middle bone unless otherwise instructed. Some small bones may remain. We recommend one pound of fish per person. Fish are priced by the pound.

LAVRAKI	28/lb
Grilled Mediterranean sea bass served with horta	
FAGRI	38/lb
Firm and flavorful Mediterranean white snapper served with horta	
DOVER SOLE	48/lb
Fresh Dover Sole from Holland, lightly floured and pan sautéed	
KARAVIDES	49/lb
Langoustines, a Mediterranean delicacy with a sweet and succulent flavor	
TSIPOURA	27/lb
Grilled Mediterranean royal dorado served with horta	
JUMBO AFRICAN PRAWNS	48/lb
Butterflied and grilled head on prawns	
BLACK SEA BASS	38/lb
Baked in sea salt, served with parsley puree and grilled vegetables	
LOBSTER	36/lb
Fresh Maine lobster in shell grilled with olive oil and lemon sauce served with fried potatoes	

RAW BAR

OYSTERS

Half Dozen 18 Dozen 32

Served on the half shell with cocktail and mignonette sauces

JUMBO SHRIMP COCKTAIL 19

Four premium white shrimp served with cocktail sauce

TUNA SASHIMI 19

Topped with Kalamata olives

SALMON SASHIMI 19

Topped with diced cucumbers and radishes

ESTIA GRAND PLATEAU 60

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

FRIED GREEK POTATOES 🌿	8
Pan fried and topped with Greek oregano	
SPINACH RICE	9
Fresh spinach, leeks, and dill sauteed with white rice	
ORZO	9
Sauteed with tomato sauce and feta cheese	

\$5 BRUNCH DRINKS

BLOODY MARY, MIMOSA, SCREWDRIVER OR GLASS OF CHAMPAGNE

LIGHT FARE

AVGA SPANAKIA 🌿	14
A three egg omelet with spinach, feta and tomato, served in a cast iron skillet with potatoes and pita	
GREEK TOAST 🌿	12
Our special version of French toast made with Tsourekis and served with maple syrup and fresh berries	
BIFTEKI SOUVLAKI	15
Ground beef and lamb skewered and grilled, served with Greek fries, tzatziki and mixed greens	
ESTIA BURGER	15
Ground sirloin topped with Gruyere cheese and caramelized onions on a brioche roll served with Greek fries	
CRAB CAKE BURGER	19
Maryland style crab cake served on a brioche roll with mustard aioli and Greek fries	
CHICKEN SOUVLAKI	14
Skewered chicken served with Greek fries, tzatziki and mixed greens	
FISH GYRO	16
Pan sauteed fish served on a pita with tzatziki and cabbage topped with a tomato relish and a side of Greek fries	
LAMB PITA	15
Braised lamb shank wrapped in a pita with caramelized onions, lettuce, tomato, and tzatziki, served with mixed greens and Greek fries	
FISH OF THE DAY	16
Chef's choice fish and side	

FROM THE LAND

LAMB CHOPS	35
Three premium Australian lamb chops served with fried potatoes and tzatziki	
Add an extra lamb chop \$11	
MOUSSAKA	19
Greek casserole layered with seasoned ground beef, sliced eggplant and potatoes, topped with bechamel	
NY BLACK ANGUS STEAK	38
14oz NY strip charcoal broiled served with grilled vegetables	
ORGANIC CHICKEN	27
Roasted leg and breast served over caramelized onion and yogurt orzo with a lemon chicken thyme jus	
PAPOUTSAKIA 🌿	19
Roasted eggplant over tomato sauce topped with shaved feta and vegetable souvlaki	
PASTA ALA GRECCA 🌿	18
Rigatoni tossed with fresh spinach and tomato sauce topped with grated feta cheese	
Add chicken \$6 Add shrimp \$9	

FROM THE SEA

CHILEAN SEA BASS PLAKI	36
Oven roasted with onions, capers, peppers, tomatoes, potatoes and thyme	
SWORDFISH KEBAB	30
Wild swordfish grilled with tomato, onion and peppers	
ORGANIC SALMON	29
Grilled salmon served with spinach rice	
TUNA	32
Sesame seed crusted Yellowfin tuna grilled rare served with sauteed horta, roasted beets and almond skordalia	
LOBSTER LINGUINI	38
Fresh Maine lobster deshelled and served with linguini in a spicy tomato sauce topped with grated feta cheese	
SHRIMP ORZO	29
Grilled shrimp skewered with zucchini and cherry tomato served with orzo pasta in tomato sauce with feta cheese	

🌿 Indicates Vegetarian Items.

Notice: The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness