





APPETIZERS

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

SALADS

ROMAINE  Baby green romaine, creamy caper dill dressing, feta & kefalograviera cheeses and oregano croutons	12	CLASSIC GREEK  Tomato, cucumber, peppers, onions, olives and feta cheese with red wine vinaigrette	16		
ROKA  Arugula, marinated red and golden beets, almonds, manouri cheese, honey lime vinaigrette	13	KALE  Sliced apples, crispy chickpeas, red onion, olives, feta, cucumbers, cherry tomatoes, shallot vinaigrette	14		
				ADD TO ANY SALAD: CHICKEN \$6 SHRIMP \$9 SALMON \$9 TUNA \$9	

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 Grilled Mediterranean sea bass served with horta	29/lb	LOBSTER Fresh Maine lobster in shell grilled with olive oil and lemon sauce served with fried potatoes	36/lb
TSIPOURA Grilled Mediterranean royal dorado served with horta	28/lb	RECOMMENDED FOR TWO OR MORE	
DOVER SOLE Fresh Dover sole from Holland, lightly floured and pan sautéed	48/lb	FAGRI Firm and flavorful Mediterranean white snapper served with horta	38/lb
KARAVIDES "Langoustines" a Mediterranean delicacy with sweet and succulent flavor	49/lb	BLACK SEA BASS Baked in sea salt, served with parsley puree and grilled vegetables	38/lb
JUMBO AFRICAN PRAWNS Butterflied and grilled	48/lb		

RAW BAR

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

OYSTERS - half dozen/dozen Served on the half shell with cocktail and mignonette sauces	18/32
JUMBO SHRIMP COCKTAIL Four premium wild white shrimp served with cocktail sauce	19
ESTIA GRAND PLATEAU Shrimp, oysters, lobster, mussels, and crab cocktail (serves 2 - 4 people)	60

FROM THE LAND

LAMB CHOPS Three premium Australian lamb chops served with fried potatoes and tzatziki. Add an extra lamb chop \$12	37
MOUSSAKA Greek casserole layered with seasoned ground beef, sliced eggplant and potatoes, topped with béchamel	19
NY BLACK ANGUS STEAK 14oz NY strip charcoal broiled served with grilled vegetables	38
ORGANIC CHICKEN Roasted leg and breast served over caramelized onion and yogurt orzo with a lemon chicken thyme jus	27
PAPOUTSAKIA  Roasted eggplant over tomato sauce topped with shaved feta and vegetable souvlaki	19
PASTA ALA GRECCA  Rigatoni tossed with fresh spinach and tomato sauce topped with grated feta cheese. Add chicken \$6 Add shrimp \$9	18
LAMB SHANK Slow cooked lamb shank served on the bone with tomatoes, orzo, and feta cheese	32

FROM THE SEA

CHILEAN SEA BASS PLAKI Oven baked with marinara, onions, capers, peppers, carrots, tomatoes, potatoes and thyme	38
SWORDFISH KEBAB Wild swordfish grilled with tomato, onion and peppers	32
SALMON Grilled Skuna Bay craft raised salmon served with spinach rice	30
TUNA Sesame seed crusted yellowfin tuna grilled rare served with sautéed horta, roasted beets and almond skordalia	33
LOBSTER LINGUINI Fresh Maine lobster deshelled and served with linguini in marinara sauce topped with grated feta cheese	38
MIXED SEAFOOD ORZO Fresh mussels, shrimp & calamari sautéed with orzo pasta, tomato sauce and topped with feta cheese	30
HALIBUT Simply grilled with ladolemono, served with vegetable souvlaki and olive tapenade	34

PRIX FIXE MENU **35**

APPETIZER (Choose One) Soup of the day Sautéed Calamari Octopus +\$4 Romaine Salad  Classic Greek Salad  +\$3
ENTRÉE (Choose One) Lavraki with horta Organic Chicken Moussaka Pasta ala Grecca  Lamb Chops +\$10
DESSERT (Choose One) Karidopita Gelato or Sorbet Baklava +\$2

SIDES

HORTA  Wilted wild greens with lemon and olive oil	9	GRILLED VEGETABLES  Served with mint yogurt	10	SPINACH RICE Fresh spinach, leeks, and dill sautéed with white rice	9
ROASTED POTATOES Oven roasted yukons with lemon and Greek oregano	8	FRIED GREEK POTATOES  Pan fried and topped with Greek oregano	8	ORZO Sautéed with tomato sauce and feta cheese	9

 Indicates Vegetarian Items

Notice: The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness. Due to the handcrafted nature of our kitchen, there is risk of cross contamination with wheat, eggs, dairy, nuts and/or soy. Items have naturally occurring pits or seeds. No separate checks, please.