

GLUTEN FREE DINNER MENU

APPETIZERS

SALADS

AVGOLEMONO 9

Traditional egg and lemon soup with rice

OCTOPUS 24

Mediterranean octopus charcoal grilled served on bed of fava puree with red onions, peppers, and capers

BEETS* 15

Red beets served with potato skordilia, topped with scallions, red onions, and Greek vinaigrette

MUSSELS 21

PEI mussels sautéed with ouzo, white wine, garlic, tomato sauce, and a touch of feta cheese

MEDITERRANEAN SPREADS* 19

Tzatziki (Greek yogurt), Htipiti (red pepper), Fava, and Melitzano (eggplant) (choice of 3)

SHRIMP SAGANAKI 20

Shrimp with fresh tomato, feta, and garlic

GRILLED SHRIMP 23

Premium quality wild white shrimp simply grilled

GRILLED CALAMARI 19

Fresh calamari grilled with lemon and olive oil

DOLMADES* 16

Valencia rice, pine nuts, currants, fennel, and dill stuffed in grape vine leaves and served with tzatziki

VISIT US AT ESTIATAVERNA.COM *INDICATES VEGETARIAN ITEM

ROMAINE* 16

Feta cheese, fresh dill, and creamy caper dill dressing

CLASSIC GREEK* 19

Tomato, cucumber, peppers, onions, olives, and feta cheese with red wine vinaigrette

ROKA*17

Arugula, marinated red & golden beets, almonds, manouri cheese, honey-lime vinaigrette

RAW BAR

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

OYSTERS

Half Dozen 19 Dozen 36

Served on the half shell with cocktail and mignonette sauces

JUMBO SHRIMP COCKTAIL 22

Four premium wild white shrimp served with cocktail sauce

ESTIA GRAND PLATEAU 76

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

ENTREES FROM THE SEA

FAROE ISLAND SALMON 34

Grilled craft raised salmon served with spinach rice

LAVRAKI 36

Grilled Mediterranean sea bass served whole with spinach rice

CHILEAN SEA BASS PLAKI 46

Oven baked with onions, capers, peppers, potatoes, tomato, and thyme

LOBSTER 46/lb

Fresh Maine lobster in the shell grilled with olive oil and lemon sauce served with grilled vegetables

SWORDFISH KEBAB 36

Wild swordfish grilled with tomato, onion, and peppers

FROMTHE LAND

ORGANIC CHICKEN 33

Roasted leg and breast served with grilled vegetables

LAMB CHOPS 43

Three premium Australian lamb chops served with grilled vegetables and tzatziki Add an extra lamb chop 15

FILET MIGNON 59

12oz charcoal broiled served with grilled vegetables

PAPOUTSAKIA* 22

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* 12
Served with mint yogurt

SPINACH RICE 10 Spinach with rice, leeks, & dill ROASTED POTATOES 11 Lemon and Greek oregano