



GLUTEN FREE DINNER MENU

APPETIZERS

GLUTEN FREE SAGANAKI 14	GLUTEN FREE SPREADS 15	SARDINES 16
3 pieces of charcoal grilled haloumi cheese	Choice of three: tzatziki (greek yogurt with cucumber), htpiti (red pepper), taramosalata (carp roe and potato) or melitzano salata (roasted eggplant). Also served individually.	Fresh Mediterranean sardines, deboned and grilled
OCTOPUS 19	GLUTEN FREE SHRIMP SAGANAKI 19	STUFFED GRAPE LEAVES 12
Mediterranean octopus charcoal grilled served over red and sweet onions with dill and capers	Shrimp with fresh tomato, feta and garlic	Valencia rice, pine nuts, currants, fennel and dill stuffed in grape vine leaves and served with tzatziki
BEET SALAD 12	GRILLED SHRIMP 19	GRILLED CALAMARI 13
Red and golden beets, potato skordalia and wilted greens	Premium quality fresh white shrimp simply grilled	Tender calamari charcoal grilled served with lemon and spicy tomato sauce
GLUTEN FREE MUSSELS 18	STUFFED CALAMARI 16	
New zealand mussels sautéed with ouzo, white wine, garlic, tomato and finished with feta cheese	Calamari stuffed with trio of Greek cheeses and grilled	

SALADS

HORIATIKI SALAD 15	GLUTEN FREE KALE SALATA 14	RAW BAR
"Country salad" with tomatoes, cucumbers, green peppers, red onions, feta and olives dressed with red wine vinaigrette	Baby kale, sliced apples, red onions, olives, feta cheese, cucumbers, cherry tomatoes, tossed with garlic lemon vinaigrette	SEASONAL OYSTERS
GLUTEN FREE ROMAINE 11	ARUGULA 14	6 pieces/12 pieces 16/32
Feta cheese, fresh dill, and creamy caper dill dressing	Cherry tomatoes, almonds, feta cheese and balsamic vinaigrette	SHRIMP COCKTAIL 19
		SEAFOOD PLATEAU sm 55/lg 110
		Shrimp, oysters, lobster, mussels, octopus, tuna
		LAVRAKI CEVICHE 15

ENTRÉES

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.

ISLAND SPECIALTIES

ORGANIC SALMON 27	FROM THE LAND
Served with horta	GLUTEN FREE ORGANIC CHICKEN 25
LAVRAKI 29	Roasted leg and breast served with grilled vegetables
Grilled Mediterranean sea bass served whole	GLUTEN FREE LAMB CHOPS 41
TSIPOURA 28	Lamb chops marinated for three days in olive oil, lemon and herbs served with grilled vegetables
Grilled Mediterranean royal dorado served whole	PRIME NY STRIP STEAK 46
GLUTEN FREE PLAKI 32	14oz prime NY strip charcoal grilled
Chilean sea bass baked in fish fume and tomato sauce with onions, peppers, potatoes, tomato and capers	GLUTEN FREE PAPOUTSAKIA 20
HALIBUT 30	Roasted eggplant over tomato sauce topped with shaved feta and vegetable souvlaki
Grilled halibut steak, red onions, tomatoes and peppers served with olive tapanade	
SWORDFISH STEAK 29	
Center loin swordfish grilled, served with quinoa sautéed with tomatoes, grape leaves, peas and olives	

SIDES

GRILLED VEGETABLES 10
Served with mint yogurt
QUINOA 10
Quinoa sautéed with peas, tomato and grape leaves
BRIAM
Baked vegetable stew
SPINACH RICE 9
Spinach, leeks, scallions, parsley and dill with rice
HORTA 9
Wild wilted swiss char and chicory with lemon and olive oil
GRILLED ASPARAGUS 10
With shaved feta cheese and pickled red onions
ROASTED POTATOES 8
Roasted potatoes with lemon and olive oil

🌿 Indicates Vegetarian Items.

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