






HOT APPETIZERS

SOUP OF THE DAY Chef's daily preparation	8
ESTIA CHIPS  Zucchini and eggplant lightly fried served with tzatziki	16
CALAMARI Choice of pan fried with spicy marinara OR sautéed with white wine, olive oil, garlic and tomato	15
MUSSELS PEI mussels sautéed with ouzo, white wine, marinara, fried pita sticks and a touch of feta	18
GREEK MEATBALLS Lamb meatballs stuffed with feta cheese in marinara	15
OCTOPUS Mediterranean sushi grade octopus charcoal grilled served over fava puree with pickled red onion	19

SALADS

ROMAINE  Baby green romaine, creamy caper dill dressing, feta & kefalograviera cheeses and oregano croutons	13
ROKA  Arugula, marinated red and golden beets, almonds, manouri cheese, honey lime vinaigrette	14

SHRIMP SAGANAKI Shrimp sautéed with fresh tomato, feta and garlic	17
SPINACH PIE  Scallions, leeks, dill and feta cheese wrapped in handmade phyllo dough	13
CRAB CAKE Colossal and jumbo lump crabmeat served over Beluga lentils with dijon aioli and marinated gigandes	19
CHEESE SAGANAKI  Pan fried traditional kefalograviera cheese with lemon	14
GRILLED SHRIMP Premium quality wild white shrimp simply grilled and garnished with shaved fennel and radicchio	19
SARDINES Fresh Mediterranean sardines, deboned and grilled	15

CLASSIC GREEK  Tomato, cucumber, peppers, onions, olives and feta cheese with red wine vinaigrette	16
KALE  Sliced apples, crispy chickpeas, red onion, olives, feta, cucumbers, cherry tomatoes, shallot dijon vinaigrette	15

COLD APPETIZERS

DOLMADES  Valencia rice, pine nuts, currants, fennel and dill stuffed in grape vine leaves and served with tzatziki	13
BEETS  Roasted beets served with horta and a potato garlic spread	14
TUNA TARTARE Sushi grade tuna served over avocado in a soy cucumber honey dressing with fried pita	19
MEDITERRANEAN SPREADS Choice of three served with grilled pita:	15
•TZATZIKI  Greek yogurt, cucumber, dill, garlic	
•HTIPITI  Roasted red peppers and feta	
•MELITZANO  Smoked eggplant	
•FAVA  Yellow pea puree, lemon, olive oil	
•TARAMA  Carp roe, cauliflower & potato puree	

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	30/lb
TSIPOURA Grilled Mediterranean royal dorado served with horta	29/lb
DOVER SOLE Fresh Dover sole from Holland, lightly floured and pan sautéed	48/lb
KARAVIDES "Langoustines" a Mediterranean delicacy with sweet and succulent flavor	49/lb
JUMBO AFRICAN PRAWNS Butterflied and grilled	49/lb

LOBSTER Fresh Maine lobster in shell grilled with olive oil and lemon sauce served with fried potatoes	38/lb
RECOMMENDED FOR TWO OR MORE	
FAGRI Firm and flavorful Mediterranean white snapper served with horta	38/lb
BLACK SEA BASS Baked in sea salt, served with parsley puree and grilled vegetables	39/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	21
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	29
PAPOUTSAKIA  Roasted eggplant over tomato sauce topped with shaved feta and vegetable souvlaki	20
PASTA ALA GRECCA  Rigatoni tossed with fresh spinach and tomato sauce topped with grated feta cheese. Add chicken \$6 Add shrimp \$9	20
LAMB SHANK Slow cooked lamb shank served on the bone with tomatoes, orzo, and feta cheese	32

SIDES

HORTA  Wilted wild greens with lemon and olive oil	9
ROASTED POTATOES Oven roasted yukons with lemon and Greek oregano	9

FROM THE SEA

CHILEAN SEA BASS PLAKI Oven baked with marinara, onions, capers, peppers, carrots, tomatoes, potatoes and thyme	39
SWORDFISH KEBAB Wild swordfish grilled with tomato, onion and peppers	32
SALMON Grilled craft raised salmon served with spinach rice	30
TUNA Sesame seed crusted sushi grade tuna grilled rare served with sautéed horta, roasted beets and almond skordalia	34
LOBSTER LINGUINI Fresh Maine lobster deshelled and served with linguini in marinara sauce topped with grated feta cheese	40
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

GRILLED VEGETABLES  Served with mint yogurt	10
FRIED POTATOES  Pan fried and topped with Greek oregano	8

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

 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.