




HOT APPETIZERS

AVGOLEMONO	8
Traditional egg and lemon chicken soup with rice	
ESTIA CHIPS 	16
Zucchini and eggplant lightly fried served with tzatziki	
CALAMARI	15
Choice of pan fried with spicy marinara OR sautéed tossed in tomato sauce with white wine, olive oil, garlic	
MUSSELS	18
PEI mussels sautéed with ouzo, white wine, marinara, fried pita sticks and a touch of feta	
GREEK MEATBALLS	15
Lamb meatballs stuffed with feta cheese in marinara	

SALADS

ROMAINE 	13
Baby green romaine, creamy caper dill dressing, feta & kefalograviera cheeses and oregano croutons	
ROKA 	14
Arugula, marinated red and golden beets, almonds, manouri cheese, honey lime vinaigrette	
CLASSIC GREEK 	16
Tomato, cucumber, peppers, onions, olives and feta cheese with red wine vinaigrette	

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	30/lb	KARAVIDES	49/lb
Grilled Mediterranean sea bass served with spinach rice		"Langoustines" a Mediterranean delicacy with sweet and succulent flavor	
DOVER SOLE	48/lb	JUMBO AFRICAN PRAWNS	49/lb
Fresh Dover sole from Holland, lightly floured and pan sautéed		Butterflied and grilled	

FROM THE LAND

LAMB CHOPS	37
Three premium Australian lamb chops served with fried potatoes and tzatziki. Add an extra lamb chop \$12	
NY BLACK ANGUS STEAK	38
14oz NY strip, charcoal broiled served with grilled vegetables	
MOUSSAKA	21
Greek casserole layered with seasoned ground beef, sliced eggplant and potatoes, topped with béchamel	
ORGANIC CHICKEN	29
Roasted leg and breast served over caramelized onion and yogurt orzo with a lemon chicken thyme jus	
PAPOUTSAKIA 	20
Roasted eggplant over tomato sauce topped with shaved feta and vegetable souvlaki	
PASTA ALA GRECCA 	20
Rigatoni tossed with fresh spinach and tomato sauce topped with grated feta cheese. Add chicken \$6 Add shrimp \$9	
LAMB SHANK	32
Slow cooked lamb shank served on the bone with tomatoes, orzo, and feta cheese	

FROM THE SEA

CHILEAN SEA BASS PLAKI	39
Oven baked with marinara, onions, capers, peppers, carrots, tomatoes, potatoes and thyme	
SWORDFISH KEBAB	32
Wild swordfish grilled with tomato, onion and peppers	
SALMON	30
Grilled craft raised salmon served with spinach rice	
TUNA	34
Sesame seed crusted sushi grade tuna grilled rare served with sautéed spinach, roasted beets and almond skordalia	
LOBSTER LINGUINI	40
Fresh Maine lobster deshelled and served with linguini in marinara sauce topped with grated feta cheese	
SHRIMP ORZO	32
Wild caught Gulf shrimp, roasted tomato sauce, orzo, grated feta, fresh basil	
HALIBUT	34
Simply grilled with ladolemono, served with vegetable souvlaki and olive tapenade	

COLD APPETIZERS


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

****SPREADS AVAILABLE INDIVIDUALLY 6**

LIGHT FARE

CHICKEN SOUVLAKI	20
Charcoal grilled chicken skewers with peppers and onions, grilled pita, Greek fried potatoes and tzatziki	
CRAB CAKE BURGER	22
Colossal and jumbo lump crab cake on toasted brioche with lettuce, tomato, red onion, side of Dijon aioli, Greek fried potatoes	

SIDES

ROASTED POTATOES	9
Oven roasted yukons with lemon and Greek oregano	
GRILLED VEGETABLES 	10
Served with mint yogurt	
FRIED POTATOES 	8
Pan fried and topped with Greek oregano	
SPINACH RICE	9
Fresh spinach, leeks, and dill sautéed with white rice	
RED ORZO	9
Roasted tomato and feta	
WHITE ORZO	9
Caramelized onion, scallions and Greek yogurt	

 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.