



GLUTEN FREE MENU

MEZEDES

AVGOLEMONO

Traditional egg & lemon chicken soup with rice

OCTOPODI

Charcoal grilled, fava purée, pickled red onion, Holland peppers, capers, extra virgin olive oil

SHRIMP SAGANAKI

Wild caught Gulf shrimp sautéed in a roasted tomato sauce with grated feta

DOLMADES

Valencia rice, pine nuts, currants, fennel, & dill wrapped in grape leaves; served with tzatziki

9 BEETS

Marinated red and golden beets, red onion, potato skordalia

25 MUSSELS

PEI mussels sautéed in a roasted tomato sauce with grated feta

20 GRILLED SHRIMP

Jumbo wild caught Gulf shrimp charcoal grilled with ladolemono, arugula, & cherry tomatoes

16 DUO TARTARE

Diced yellowfin tuna & avocado tossed in a soy dressing, & diced salmon, scallions, & shallots tossed in a lemon, Dijon, & olive oil dressing plated side by side finished with wasabi roe; served with sliced cucumbers

21

SPREADS PIKILIA

Choose three of the following served with raw vegetables

TZATZIKI Greek yogurt, cucumber, dill, garlic

HTIPITI Roasted red peppers, cayenne, feta

MELITZANOSALATA Smoked eggplant

SKORDALIA Potato and garlic

25

20

SALATES

CLASSIC GREEK

Vine ripened tomatoes, cucumbers, olives, green peppers, red onions, feta, red wine vinaigrette

20 ROMAINE

Chopped romaine hearts, grated feta and Kefalograviera cheeses, creamy caper dill dressing

17 ROKA

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

18

ADD TO ANY SALAD Grilled Chicken 9 Wild Caught Shrimp 12 Grilled Salmon 12 Yellowfin Tuna 13

WHOLE FISH SELECTIONS

Estia sources only the freshest fish from Greece & around the world. Whole fish are charcoal grilled with ladolemono, capers, & oregano; served family style. Our chefs' remove the middle bone; however, some small bones may remain. Fish are priced by the pound; weights may vary.

LAVRAKI

European sea bass, flaky, mild white fish served with horta

36/lb

JUMBO AFRICAN PRAWNS

Sweet and firm, butterflied & grilled in shell with ladolemono

55/lb

TSIPOURA

"Royal Dorado," firm, mild white fish served with horta

35/lb

LOBSTER

Fresh Maine lobster grilled in shell with ladolemono, served with Greek fried potatoes

Market Price

KARAVIDES

"Langoustines" A Mediterranean delicacy, sweet & succulent in flavor; served butterflied & grilled in shell with ladolemono

55/lb

RAW BAR

SEAFOOD TOWER 93

Fresh lobster, oysters, jumbo shrimp, mussels, & crab cocktail, traditional accoutrements

PLEASE, NO SUBSTITUTIONS

OYSTERS 20/39

Chef's daily selection served with cocktail & mignonette sauces

SHRIMP COCKTAIL 23

Four Jumbo shrimp, cocktail sauce, horseradish, & lemon

FROM THE LAND

M

LAMB CHOPS

Three charcoal grilled Australian lamb chops marinated in olive oil, fresh herbs, & lemon served with grilled vegetables

43

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ADD AN EXTRA LAMB CHOP

12

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PRIME NY STRIP STEAK

Prime NY strip steak grilled with fresh thyme & grilled vegetables

61

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PAPOUTSAKIA

Roasted eggplant, vegetable souvlaki, roasted tomato sauce, grated feta

25

S

ROASTED CHICKEN

Confit leg & breast over a caramelized onion & yogurt orzo, lemon thyme jus

35

FROM THE SEA

HALIBUT

Charcoal grilled with ladolemono, capers, vegetable souvlaki, & Kalamata olive tapenade

41

TUNA

Sesame seed encrusted tuna grilled rare, sautéed horta, marinated beets,

41

SALMON

Charcoal grilled Faroe Island salmon with capers, ladolemono, & spanakorizo

36

CHILEAN SEA BASS PLAKI

Oven baked in tomato sauce with onions, tomatoes, green peppers, carrots, potatoes, capers, & thyme

49

SIDES

ROASTED POTATOES

11

SPANAKORIZO

11

GRILLED VEGETABLES

13

HORTA

12