Estia®

GLUTEN FREE MENU

MEZEDES

AVGOLEMONO 9
Traditional egg & lemon chicken soup with rice

OCTOPODI 25
Charcoal grilled, fava purée, pickled red onion, Holland peppers, capers, extra virgin olive oil

SHRIMP SAGANAKI 22
Wild caught Gulf shrimp sautéed in a roasted tomato sauce with grated feta

DOLMADES 16
Valencia rice, pine nuts, currants, fennel, & dill wrapped in grape leaves; served with tzatziki

BEETS 16
Marinated red and golden beets, red onion, potato skordalia

MUSSELS 22
PEI mussels sautéed in a roasted tomato sauce with grated feta

GRILLED SHRIMP 25
Jumbo wild caught Gulf shrimp charcoal grilled with ladolemono, arugula, & cherry tomatoes

DUO TARTARE 25
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

SPREADS PIKILIA 20
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*

SALATES

CLASSIC GREEK 20
Vine ripened tomatoes, cucumbers, olives, green peppers, red onions, feta, red wine vinaigrette

ROMAINE 17
Chopped romaine hearts, grated feta and Kefalograviera cheeses, creamy caper dill dressing

ROKA 18
Arugula, marinated red and golden beets, almonds, manouri cheese, honey lime vinaigrette

ADD TO ANY SALAD *Grilled Chicken* 9 *Wild Caught Shrimp* 12 *Grilled Salmon* 12 *Yellowfin Tuna* 14

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 37/lb
European sea bass, flaky, mild white fish served with horta

TSIPOURA 36/lb
"Royal Dorado," firm, mild white fish served with horta

KARAVIDES 55/lb
"Langoustines" A Mediterranean delicacy, sweet & succulent in flavor; served butterflied & grilled in shell with ladolemono

JUMBO AFRICAN PRAWNS 55/lb
Sweet and firm, butterflied & grilled in shell with ladolemono

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

RAW BAR

OYSTERS 20/39
Chef's daily selection served with cocktail & mignonette sauces

SHRIMP COCKTAIL 25
Four Jumbo shrimp, cocktail sauce, horseradish, & lemon

MAINS

FROM THE LAND

LAMB CHOPS 36 / 66
Two/Four charcoal grilled Australian lamb chops marinated in olive oil, fresh herbs, & lemon served with grilled vegetables

ADD AN EXTRA LAMB CHOP 18

PRIME NY STRIP STEAK 61
Prime NY strip steak grilled with fresh thyme & grilled vegetables

PAPOUTSAKIA 25
Roasted eggplant, vegetable souvlaki, roasted tomato sauce, grated feta

ROASTED CHICKEN 35
Confit leg & breast over a caramelized onion & yogurt orzo, lemon thyme jus

FROM THE SEA

HALIBUT 42
Charcoal grilled with ladolemono, capers, vegetable souvlaki, & Kalamata olive tapenade

TUNA 41
Sesame seed encrusted tuna grilled rare, sauteed horta, marinated beets,

SALMON 37
Charcoal grilled Faroe Island salmon with capers, ladolemono, & spanakorizo

CHILEAN SEA BASS PLAKI 49
Oven baked in tomato sauce with onions, tomatoes, green peppers, carrots, potatoes, capers, & thyme

SIDES

ROASTED POTATOES **12**

SPANAKORIZO **11**

GRILLED VEGETABLES **13**

HORTA **12**