

THREE COURSE LUNCH SPECIAL \$39 MONDAY - FRIDAY 12:00 PM TO 3:00PM

FIRST COURSE (CHOICE OF ONE)

SOUPA EMERAS

LENTIL SOUP

OR

AVGOLEMONO SOUP
(CHICKEN LEMON SOUP)

SEA GRILL PIKILIA (ASSORTMENT OF SPREADS)

TARAMA, MELIZANOSALATA, TZATZIKI, SKORDALIA

GREEK SALAD

VINE-RIPENED TOMATOES, CUCUMBER, ONION, GREEN PEPPERS,
KALAMATA OLIVES AND FETA CHEESE

MAROULI SALAD

HEARTS OF BABY ROMAINE WITH RADICCHIO, SCALLIONS
DILL, RED WINE VINAIGRETTE AND CRUMBLED FETA CHEESE

DOLMATHAKIA

GRAPE LEAVES STUFFED WITH ARBORIO RICE AND A MEDLEY OF HERBS

GRILLED OCTOPUS

GRILLED SUSHI TENDER PORTUGUESE OCTOPUS

TUNA TARTAR

SUSHI GRADE TUNA WITH AVOCADO, CRÈME FRAICHE ACCOMPANIED BY SEAWEED SALAD

CALAMARI

CHARCOAL GRILED OR FRIED CALAMARI
SERVE WITH MARINARA SAUCE AND FRESH HERBS MAYO

GIGANTES

SAVORY BRAISED IMPORTED KASTORIAN GREEK GIANT BEANS

SECOND COURSE (CHOICE OF ONE)

DORADO ROYALE (SEA BREAM)

CLEAN FLAVOR, MEATY TEXTURE VERY MOIST AND INCREDIBLY DELICIOUS GRILLED SKIN
SERVED WITH LEMON POTATOES

BRANZINO (STRIPE BASS)

MILD, WHITE, SWEET AND DELICATE FLAKY FISH SERVED WITH LEMON POTATOES

AUSTRALIAN LAMB CHOPS

FRESHLY GRILLED WITH HERBS, GARLIC OLIVE OIL AND LEMON
SERVED WITH GREEK FRIES.

LINGUINI YUVETSI

GROUPER, SHRIMP, MUSSELS AND SQUID
IN A LIGHT GARLIC TOMATO SAUCE OVER LINGUNI PASTA.

CHICKEN STA KARVUNA

ORGANIC CHICKEN BREAST GRILLED WITH GARLIC, ROSEMARY, OLIVE OIL AND
LEMON SERVED WITH GREEK FRIES

BIG EYE TUNA

GRILLED TUNA WITH BABY BEETS AND ALMOND SKORDALIA

SCOTISH SALMON

GRILLED WITH LEMON, OLIVE OIL AND CAPERS SERVED WITH LEMON POTATOES

KEFTEDES

SAUTEED LAMB AND BEEF PATTIES WITH FRESH GARLIC, MINT AND PARSLEY
SERVED WITH BASMATI RICE AND TZATZIKI SIDE.

DESSERTS (CHOICE OF ONE)

BAKLAVA

LAYERED PHYLLO WITH ALMONDS, HONEY, WALNUTS

KARIDOPITA

WALNUT BASED CAKE WITH ICE CREAM.

GREEK YOGURT

SERVED WITH FRUIT PRESERVES, WALNUT AND HONEY

GALAKTOBUREKO

SEMOLINA CUSTARD WITH LAYERED PHYLLO CRUST

SEASONAL FRUIT PLATTER

SEA GRILL

RAW BAR

OYSTERS*	HALF DOZEN 20 / DOZEN 36
CHEF'S SELECTION	
SEAGRILL CEVICHE *	22
GROUPER OCTOPUS AND CALAMARI IN LIME JUICE, RED ONION AND CILANTRO	
CAVIAR*	120
KALUGA TSAR RESERVE (BLACK) 2OZ	
TASTING OF RAW FISH *	45
CHEF'S SELECTION OF OUTSTANDING FISH OF THE DAY WITH PARSLEY, LIME ZEST, CAPERS OLIVE OIL	
BIG EYE TUNA *	24
SASHIMI/FRESH CHILI SHALLOTS CILANTRO	
SCOTISH SALMON *	24
SASHIMI/FRESH CHILI SHALLOTS CILANTRO TARTAR/CREAM FRESH, AVOCADO, SHALOTS, CAPERS, SESAME OIL, SOY SAUCE	
TUNA TARTAR *	24
SUSHI GRADE TUNA, AVOCADO, CREAM FRESH, SEAWEED.	

SOUPS

LENTIL SOUP	13
AVG OLEMONO	13
LOBSTER BISQUE	16

SALADS

MAROULI	SMALL 17 / LARGE 25
HEARTS OF BABY ROMAINE WITH SCALLIONS AND DILL IN OLIVE AND RED WINE VINAIGRETTE AND FETA	
GREEK SALAD	SMALL 17 / LARGE 25
CLASSIC SALAD WITH VINE-RIPENED TOMATO, CUCUMBER, PEPPER, ONIONS, KALAMATA OLIVES AND FETA	
ROKA	19
AURUGULA, HALZENUTS, SUNDRIED TOMATO, FIG PRESERVED WITH BALSAMIC VINAIGRETTE AND GOAT CHEESE	
PANZARIA	16
MARINATED BABY BEETS ROSEMARY THYME GARLIC WITH SKORDALIA AN AURUGULA	

COLD APPETIZERS

SEA GRILL PIKILIA (ASSORTMENT OF SPREADS)	25
TARAMA, MELIZANOSALATA, TZATZIKI, SKORDALIA	
TARAMA	15
CARP ROE SPREAD	
MELIZANOSALATA	15
ROASTED BABY EGGPLANT SPREAD	
TZATZIKI	15
YOGURT, GARLIC, CUCUMBER	
SKORDALIA	15
GARLIC AND ALMOND SPREAD	
HTIPITI	15
SPICE FETA SPREAD	
SHRIMP COCKTAIL	26
U8 FOUR PIECES	

HOT APPETIZERS

GIGANTES	17
SAVORY BRAISED IMPORTED KASTORIAN GREEK GIANT BEANS	
SPANAKOPITA	19
BAKED PHYLLO STUFFED WITH FRESH SPINACH FETA AND LEEKS	
SAGANAKI	19
KEFALOTIRI CHEESE OVEN BAKED	
SARDELA	24
SARDINES PLANKTON FED AT EARLY AGE, WHILE AS ADULT BECOMES MORE DIVERSE.	
OUZO MUSSELS	19
MEDITERRANEAN MUSSELS PREPARED WITH OUZO WHITE WINE DILL AND GARLIC	
BABY BACKS RIBS	21
PORK OR LAMB CHAR-BROILED AND SEASONED WITH LEMON OREGANO AND OLIVE OIL	
SHRIMP	25
CHARCOAL GRILLED OCEAN GARDEN SHRIMP INFUSE SAFFRON	
OCTOPUS	27
GRILLED SUSHI-TENDER PORTUGUESE OCTOPUS IN OLIVE OIL	
KEFTEDES	20
SAUTEED LAMB AND BEEF MEATBALLS WITH MINT, PARSLEY AND GARLIC	
DOLMATHAKIA	18
GRAPE LEAVES STUFFED WITH ARBORIO RICE AND A MEDLEY OF HERBS	
CALAMARI	21
CRISPY FRIED OR SIMPLY GRILLED CALAMARI	
STUFFED CALAMARI	19
FRESH WHOLE CALAMARI STUFFED WITH THREE DIFFERENT GREEK CHEESES	
SHRIMP SAGANAKI	27
SAUTEED JUMBO SHRIMP IN A TOMATO AND FETA SAUCE	
FRIED ZUCCHINI AND EGGPLANT	18
THINLY SLICED CRISPY SERVED WITH TZATZIKI	
GRILLED PEPPERS	17
YELLOW AND RED PEPPERS GRILLED WITH CAPERS AND GARLIC	
CRAB CAKE	25
5 OZ OF 95% JUMBO LUMP CRABMEAT WITH SPICES	
CLAMS OREGANATO	HALF 15/DOZEN 27
MIDDLE NECK CLAMS BAKED WITH BREAD CRUMBS AND OREGANO	
OYSTERS ONASIS	6 PIECES 27
BAKED OYSTERS TOPPED WITH FETA SPINACH AND KEFALOTIRI CHEESE	
GRILLED WILD MUSHROOMS	19
MIXTURE OF GRILLED WILD MUSHROOMS WITH ROSEMARY	
GRILLED HALOUMI	19
GRILLED CHESSE WITH LEMON AND OLIVE OIL	

* CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, FISH,
SHELLFISH, OR EGGS MAY INCREASE
YOUR RISKS OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU
HAVE CERTAIN MEDICAL CONDITIONS.
18% GRATUITY WILL BE ADDED TO ALL PARTIES OF 6 OR MORE

WHOLE FISH FROM THE SEA

FRESHLY CAUGHT FISH ON DISPLAY GRILLED ON CHARCOAL

OUR CHEFS DE-BONE THE FISH
UNLESS OTHERWISE INSTRUCTED

RED SNAPPER	49
GULF OF MEXICO SNAPPER MOIST AND LEAN FISH WITH DISTINCTIVE SWEET FLAVOR	
POMPANO	49
"FLORIDA'S PRIDE" FIRM FLAVORFULL FISH WITH A TENDER TEXTURE. "SEASONAL AVAILABILITY"	
BRANZINO	49
MEDITERRANEAN STRIPE BASS WHITE FLAKY FISH MILD FLAVOR IMPORTED FROM GREECE	
BLACK SEA BASS	49
NORTH CAROLINA BLACK SEA BASS, WHITE FLAKY MOIST AND MILD "SEASONAL AVAILABILITY"	
BARBOUNI	49
RED MULLET OMNIVOROUS, MIDLEY SWEET FLAVOR	
FAGRI	49
RED PORGY (SILVERY-ROSE IN COLOR) OMNIVOROUS	
DORADO	49
GILTHEAD SEA BREAM OR DORADO CARNIVOUROUS, PREDOMINANTLEY FOUND IN THE IONIAN SEA	

WHOLE FISH

IN SEA SALT CRUST – PLEASE ADD \$15

TURBOT FOR THREE PEOPLE	180
SOLE FAMILY FROM SPAIN	
LAVRAKI FOR TWO PEOPLE	120
OMNIVOROUS MEDITERRANEAN BRANZINO	
RED SNAPPER FOR TWO PEOPLE	120
GULF OF MEXICO SNAPPER	
LOBSTER FOR TWO PEOPLE	MP
GRILLED MAINE LOBSTER WITH LEMON AND OLIVE OIL	

FISH FILLET & SHELLFISH

SERVED WITH LEMON POTATOES

GROUPEL LADOREGANO	52
LOCAL WILD PAN SEARED FILET SERVED IN OUR LEMON, OLIVE OIL AND OREGANO SAUCE	
SALMON LADOREGANO	44
FAROE ISLAND ORGANIC SALMON	
YELLOWFIN TUNA	44
GRILLED SUSHI QUALITY TUNA MARINATED IN GREEK SPICES	
GRILLED SHRIMP	45
CHARCOAL GRILLED OCEAN GARDEN SHRIMP OR FRIED	
GROUPEL PLAKI	52
GROUPEL FILET OVEN BAKED IN FISH BROTH, ONIONS AND TOMATOES	
U-10 SCALLOPS OREGANATO	48
PAN SAUTEED SCALLOPS, FINISHED IN THE OVEN WITH BREAD CRUMBS	
CHILEAN SEA BASS	54
PAN SEARED FILET	
SEAFOOD YOVETSU	52
GROUPEL, SHRIMP, MUSSELS AND CLAMS WITH ORZO IN ASEAFOOD BROTH	
SHRIMP SAGANAKI	49
SAUTEED JUMBO SHRIMP IN A TOMATO AND FETA SAUCE	
HEAD ON PRAWNS	49
TWO U-4 PRAWNS GRILLED WITH LEMON	
LINGUINI LOBSTER	49
1 ¼ LB FRESH MAINE LOBSTER OVER LINGUINI PASTA IN GARLIC WHITE WINE SAUCE	

FROM THE LAND

LAMB CHOPS	52
AUSTRALIAN FRESH LAMB CHOPS	
VEAL CHOPS	59
14 OZ MILK FED VEAL CHAR-BROILED TO YOUR TASTE	
STEAK	59
14 OZ BEEF USDA PRIME DRY AGED 4 TO 6 WEEKS	
FILLET MIGNON KE-BOB	49
WITH VEGETABLES SERVED OVER RICE	
CHICKEN LADOREGANO	41
ORGANIC 1/2 CHICKEN GRILLED ON THE CHARCOAL WITH OLIVE OIL AND LEMON	
CHICKEN KEB-BOB	41
MARINATED BREAST OF CHICKEN SERVED OVER RICE	
LAMB YUVETSI	49
LAMB SHANK PREPARED IN RED WINE SAUCE SERVED WITH ORZO	
BABY BACK RIBS (PORK OR LAMB)	37
FULL RACK OF BABY BACK RIBS, CHR-BROILED AND SEASINED WITH LEMON OREGANO AND OLIVE OIL	

PASTA

CAPELLINI POMODORO	24
ANGEL HAIR PASTA WITH FRESH TOMATOES	
FETTUCCHINI ALFREDO	27
FETTUCCHINI IN A CLASSIC ALFREDO CREAM SAUCE	
LASAGNA	30
HOMEMADE PASTA LAYERED WITH BÉCHAMEL IN OUR DELICATE BOLOGNESE SAUCE	
LINGUINE VONGOLE	31
FLAT THIN PASTA, FRESH CLAMS IN TOMATO SAUCE OR WHITE CLAM SAUCE	
LINGUINE NETTUNO	34
FLAT THIN PASTA SERVED IN AN ARRAY OF FRESH SEAFOOD, FISH IN TOMATO SAUCE	
PAPARDELLA LAMB RAGU	27
BOLOGNESE	
HOME MADE PAPARDELLA PASTA WITH OUR SIGNATURE RAGU SAUCE	

SIDES

BASMATI RICE	11
CILANTRO, ONION	
GRILLED ASPARAGUS	14
GRILLED ASPARAGUS OLIVE OIL AND WINE VINEGAR	
GREEK FRIES	13
SEA SALT OREGANO KEFALOTIRI CHEESE	
LEMON POTATOES	13
TRADITIONAL OVEN ROASTED POTATOES	
BROCCOLINI	15
SAUTEED IN OLIVE OIL AND GARLIC WITH FETA CHEESE	
GRILLED SEASONAL VEGETABLES	17
SERVED WITH BALSAMIC AND OLIVE OIL	
FINGERLING POTATOES GREEK STYLE	13
SLICE STEAM FINGERLING POTATOES FINISHED WITH LEMON OLIVE OIL SCALLIONS AND DILL	
ORZO	13
SHORT CUT RICE SHAPE PASTA WITH TOMATO OLIVE OIL AND PARSLEY	
HORTA	15
STEAM WILD GREENS	
SPINACH	14
SAUTEED FRESH SPINACH GARLIC AND OLIVE OIL	