

A Distinct Mediterranean Flavor

All our dishes are prepared with organic extra virgin olive oil from our own family - owned Olive Grove Estate in Messinia, Greece

What is Olive Oil

Olive oil is obtained from the fruit of the olive tree, namely the olive. The oil is extracted from the flesh of the olive, unlike other oils, where the oil is obtained from the pip of the fruit.

According to all international standards, olive oil is classified into three main groups. Extra Virgin, Virgin and Olive Oil. The difference between the oil rests in the free fatty acidity of the oil, which is indicative of the care take in picking, processing and storing the oil. To be classified extra virgin the oil needs an acidity of below 0.8%; for virgin oil below 2.0% and for olive oil below 3.0%. The lower the acidity the better the quality of the oil. Good olive oil is also recognizable by its flavor and aroma. A fresh extra virgin olive oil would have a grassy, olive aroma that would remind you of freshly cut grass. A flavor that leaves a hint of bitterness in your mouth as you swallow and depending on the strength of the oil, the oil will vary in degree to being either grassy, peppery, fruity or simply delicate. The differences in intensity of taste will classify extra virgin olive oil as robust, medium or delicate.

Mezedes

Keftedes - \$17.80

Beef meatballs served with tzatziki sauce

Bougiourdi - \$17.80

Red peppers stuffed with spicy feta cheese

Saganaki with Figs - \$18.80

Kefalotiri Psito with fig sauce

Talagani - \$18.80

Sheep milk cheese from Messinia topped with Blu sauce

Melitzanosalata - \$15.80

Smoked eggplant mixed with herbs

Fava - \$13.80

Yellow lentils with fresh onion, oregano and extra virgin olive oil

Tzatziki - \$14.80

Yogurt mixed with cucumber, extra virgin olive oil and flavored with garlic

Taramosalata - \$15.80

White Cod Roe Dip

Feta Psiti - \$15.80

Sliced feta cheese grilled with oregano and extra virgin olive oil

Dolmades Gialatzi - \$20.80

Vine leaves stuffed with rice

Spanakopita - \$16.80

Phyo pastry filled with spinach, feta cheese and herbs

Kolokithokeftedes - \$15.80

Zucchini mixed with herbs, extra virgin olive oil and feta cheese

Patates Tiganites - \$9.80

Chips fried in extra virgin olive oil

Imam Baildi - \$18.80

Whole eggplant filled with a tomato based sauce

Pita - \$3.80

Grilled Pita topped with organic sea salt and Paprika

Soupa

Soupa of the day - \$11.80

Cup of Soup - \$6.80

Salata

Dakos Salata - \$20.80

Cretan wheat rusks soaked in extra virgin olive oil and topped with chopped vegetables and feta cheese

Horiatiki - \$21.80

Greek Salata, tomatoes, cucumber, onion, olives, feta cheese and green pepper, topped with extra virgin olive oil and vinegar

Maroulosalata - \$15.80

Thinly sliced lettuce tossed with dill, spring onion, extra virgin olive oil and lemon

Fasolosalata - \$19.80

Three types of beans mixed with dill, spring onion, extra virgin olive oil and lemon

Blu Salata - \$29.80

Rocket leaves mixed with capers, anchovies, pine nut and topped with Talagani cheese and Blu sauce

Horta - \$14.80

Cold vlita salata with lemon

Magirefta

Mousaka - \$27.80

Oven baked eggplant with potatoes, mincemeat and béchamel sauce

Pastitsio - \$27.80

Greek macaroni with mincemeat, topped with béchamel sauce

Spanakorizo - \$15.80

Spinach cooked with rice, herbs and extra virgin olive oil

Gemista - \$23.80

Stuffed vegetables with rice



Kreatika

Kalamaki Souvlaki - \$15.80

Beef kalamaki served with fresh onion, sliced tomato, in-house bread and lemon

Souvlaki me Pita - \$21.80

Beef kalamaki wrapped in pita bread, with fresh tomatoes, onion, tzatziki and red paprika. Served with Patates Tiganites. (Please eat it wrapped)

Paidakia stin Shara - \$29.80

3 Grilled lamb chops served with patates tiganites and vegetable of the day

Bifteki stin Shara - \$21.80

2 Beef patties grilled and served with lemon, onion, tomatoes and roast potatoes

Kreatika Anamikta

Meat Platter

For 2 pax - \$94.80

4 Keftedes, 2 Kalamaki, 2 Bifteki, 4 Lamb Chops

For 4 pax - \$186.80

8 Keftedes, 4 Kalamaki, 4 Bifteki, 8 Lamb Chops

For 6 pax - \$277.80

12 Keftedes, 6 Kalamaki, 6 Bifteki, 12 Lamb Chops

For 8 pax - \$366.80

16 Keftedes, 8 Kalamaki, 8 Bifteki, 16 Lamb Chops

Grilled Meat Board - \$89.80

Fillet and Sirloin on the grill served with fresh herbs



Psarika

Psari Stin Shara
Greek Grilled Fish

*Sea Bream 400g - \$45.80

*Sea Bass 1kg - \$95.80

Psarika Anamikta
Seafood Platter

Grilled Squid, 3 Jumbo Prawns, including an option of the following fish

*Sea Bream 400g - \$108.80

*Sea Bass 1kg - \$155.80

Jumbo Prawns

Grilled Jumbo Prawn(s) in extra virgin olive oil and lemon

For 1 prawn - \$17.80

For 2 prawns - \$32.80

For 3 prawns - \$48.80

Kalamari Shara - \$21.80

Grilled squid with lemon and extra virgin olive oil

*Xtapodi Shara - \$29.80

Grilled octopus with lemon and extra virgin olive oil

*Sardeles Shara - \$29.80

Grilled sardines with lemon and extra virgin olive oil

**(Fresh fish from Greece)*

Kotopoulo

Kotopoulo sto Fournome Patates - \$25.80

Full baby roast kotopoulo in the oven with potatoes, lemon, extra virgin olive oil and oregano

Kotopoulo Yiro - \$19.80

Roasted kotopoulo, shredded and rolled in a pita with tzatziki and red pepper

Chicken Breast - \$17.80

Grilled, marinated chicken breast in extra virgin organic olive oil and herbs served with patates tiganites and grilled vegetables



Glika

Baklava - \$15.80

Filo pastry filled with walnuts and topped with homemade syrup

Galaktoboureko - \$14.80

Filo pastry filled with a semolina cream filling and topped with homemade syrup

Bougatsa - \$13.80

Filo pastry filled with semolina cream filling, served hot and powdered with icing sugar and cinnamon.

Apple with Cinnamon & Greek Thyme Honey - \$8.80

Yogurt - \$16.80

Greek yogurt with homemade sweet fruit toppings
(type of sweet fruit depends on season)

Pagoto Häagen-Dazs - \$6.80

Häagen-Dazs Ice Cream
Chocolate, Vanilla or Macademia nuts

We do event catering, accept take away orders and provide delivery.
Contact us at **68750872** or email george@blukouzina.com.

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Elaiolado

Gigi - Delicate
380ml - \$27.80
800ml - \$46.80
5L - \$149.80

Ismini - Pepery
380ml - \$23.80
800ml - \$37.80
5L - \$122.80

Monastiri - Robust
380ml - \$27.80
800ml - \$46.80
5L - \$149.80

Lopesi - Medium
380ml - \$23.80
800ml - \$37.80
5L - \$122.80

Prigakia - Robust
380ml - \$19.80
800ml - \$33.80
5L - \$122.80

