

TavernaBlu™

CASUAL | SOCIAL | GREEK

tavernablu.com

858.509.3950

H SHARE PLATES

BAKED PITA BASKET/baked to order (pitas, chips, garlic aioli)	\$ 2
GARLIC PESTO HUMMUS / evoo, garbanzo dip	\$ 6
SPICY FETA SPREAD / imported feta, evoo, spices	\$ 6
TZATZIKI / evoo, yogurt, cucumber, dill	\$ 6
EGGPLANT & TOMATO / eggplant spread, tomato, spices	\$ 6
SPANIKOPITA ROLLS / spinach, feta, herbs, baked in phyllo	\$ 6
QUINOA FALAFEL + TABOULI / garbanzo, quinoa, herbed paties, tabouli	\$ 6
THREESOME DIP / spicy feta, eggplant & tomato, garlic pesto hummus	\$ 7
ROASTED BEETS & QUINOA / spicy feta, tzatziki	\$ 8
GREEK MEAT BALLS / ground beef, tomato sauce	\$ 8
GREEK MAC + CHEESE / béchamel, imported cheeses	\$ 8
FLAMING CHEESE / traditional or honey saganaki	\$ 9
GYRO FRIES / hand cut fries, au jus, topped with gyro meat	\$ 9
SHRIMP DIABLO / mildly spiced shrimp, crostini	\$ 10
CALAMARI / (breaded or grilled), lemon, chopped herbs	\$ 10
BLU MUSSELS / burgundy reduction, hint of spice, dipping toast	\$ 12
GEO TRIO/roasted beets & quinoa, greek meat balls, shrimp diablo crostini	\$ 19

H FLATBREADS

CHICKEN PESTO /grilled chicken, grilled onions, red peppers, mozzarella, feta	\$ 12
BBQ GYRO /strips of braised gyro, bbq sauce, grilled onions, roasted tomatoes	\$ 12
MARGHERITA / tomatoes, mozzarella, basil, truffle oil	\$ 12

SOUPS & SALADS

(BALSAMIC CITRONETTE OR CREAMY GREEK DRESSING)

SOUP - AVGOLEMONO /classic greek egg lemon, rice (cup/bowl)	\$ 4/6
SOUP - LENTIL /classic greek tomato, herbs and spices (cup/bowl)	\$ 4/6
SOUP - AVGOLEMONO WITH CHICKEN OR SHRIMP	\$ 6/8
SOUP - LENTIL WITH GYRO OR FALAFEL	\$ 6/8
COUNTRY GREEK /tomato, cucumber, olives, red onion, feta	\$ 11
ATHENIAN GREEK /spring mix, tomato, cucumber, olives, onion, feta	\$ 11
SPINACH & SPICY BEET /spinach, sautéed red onion, beets, spicy feta	\$ 11
KALE GREEK /organic baby kale, tomato, cucumber, olives, red onion, feta	\$ 11
QUINOA, KALE & TABOULI SALAD / citronette, truffled infused EVOO	\$ 11
CRETAN BREAD SALAD / country greek salad, toasted bread, balsamic	\$ 11

PASTAS

SPANAKO PENNE /spinach, feta, parmesan, light cream	\$ 11
GARLIC PESTO-CCINE /garlic, pesto, light cream	\$ 11
SPICY GARDEN PENNE /spicy feta, herbs, vegetables	\$ 11
TAVERNA FETTUCCINI/feta, garlic, béchamel sauce (gyro or chicken)	\$ 16
MUSSELS FETTUCCINI /mussels, burgundy reduction, dipping toast	\$ 17

TAVERNA PLATES

(SELECT 2 SIDES)

GREEK TACOS /3 corn tortillas,(chicken/ gyros/ mahi mahi) greek mix	\$ 15
FALAFEL PLATE / homemade, garbanzo, tri color quinoa, herbs & spices	\$ 15
GYRO OMELETTE / strips of braised gyro, red sauce, 3 eggs	\$ 15
VEGETARIAN COMBO / falafel, hummus, spanikopita, dolmas	\$ 16
GYRO PLATE /strips of delicious braised gyro (beef & lamb mixture)	\$ 16
MOUSSAKA /eggplant, seasoned ground beef, kokkinisto, béchamel	\$ 16
CALAMARI PLATE / marinated strips of calamari steak (breaded or grilled)	\$ 17
CHICKEN KA-BOB PLATE /2 large skewers of moist char-grilled chicken breast	\$ 17
CRISPY SKIN CHICKEN / marinated chicken breast, grilled lemon + citronette	\$ 18
COMBO PLATE /one large skewer (chicken or lamb +1) and our braised gyro	\$ 18
LEMON CHICKEN / free range half chicken, marinated, roasted, grilled	\$ 20
LAMB SIRLOIN KA-BOB PLATE /2 mouth watering marinated lamb skewers	\$ 20
SLOW BRAISED LAMB SHANK / tender, delicious red wine reduction	\$ 21
SALMON LEMONATO / grilled crispy skin salmon in a delicious lemon caper sauce	\$ 22
MAHI-MAHI /herbed, grilled, delicious citronette sauce	\$ 23

H SAMPLER PLATTERS

(SELECT 3 SIDES + PITA BREAD & CHIPS)

VEGETARIAN / falafel, spanikopita, dolmas, grilled veggies	\$ 28
SEAFOOD / tiger shrimp, calamari, mahi mahi, salmon	\$ 28
MEAT COMBO / sliced gyro, lamb ka - bob, chicken ka - bob/crispy chicken	\$ 28
GREEK TACOS / six tacos (2 gyros, 2 chicken, 2 mahi mahi)	\$ 28

SIDES

TAVERNA RICE /baked Greek style, tomato broth	\$ 5.0
GRILLED VEGGIES / freshly cut & grilled	\$ 5.0
DOLMAS /homemade, vegetarian stuffed grape leaves	\$ 5.0
TABOULI /diced parsley, onion, lemon juice, garlic, tomato	\$ 5.0
FETA FRIES /hand cut, truffle oil, feta, spices	\$ 5.0
ATHENIAN SALAD /traditional greek salad mixed with lettuce	\$ 5.0
PESTO COUSCOUS /israeli couscous, homemade pesto	\$ 6.0
TAVERNA SUCCOTASH / sautéed vegetables, corn, kale, garbanzo, citronette	\$ 6.0
BARLEY VEGGIE RISOTTO /barley, grilled veggies, parmesan, garlic, EVOO	\$ 6.0
KALE & FETA / sautéed superfood, imported feta, savou sauce (citronette)	\$ 6.0

KIDS PLATES

SERVED WITH FRIES OR RICE & PITA OR CHIPS

COUNTRY CHICKEN FINGERS	\$ 6
GRILLED LEMON CHICKEN FINGERS	\$ 6
KIDS GYROS	\$ 6
KIDS HUMMUS & TABOULI	\$ 6
KIDS GREEK TACO (CHICKEN or GYRO)	\$ 6
GRILLED CHEESE PITA	\$ 6

ADD TO YOUR PASTAS OR SALADS

chicken, gyro, falafel, sautéed veggies	+ \$ 4
calamari, garlic tiger shrimp	+ \$ 5
salmon, mahi mahi, grilled lamb	+ \$ 6



NEW ITEMS



HAPPY HOUR ITEMS

\$2 off, daily from 4:30pm to 6:00pm