

LUNCH MENU

starters

SPANAKOPITA

Phyllo dough pouches with baby spinach, leeks, herbs, feta cheese, yogurt-feta mouse.

KAKAVIA

Balos seafood stew with fresh fish of the day. Mussels, shrimp, calamari, potato and fresh vegetables.

GRAPE LEAVES

Hand-rolled dolmades stuffed with quinoa, rice, apricots and herbs. Served with tahini-lemon sauce.

salads

Add Chicken, Salmon, Shrimp, Octopus or Calamari

GREEK VILLAGE SALAD

Tomato, Cretean cucumbers, sliced red onion, cubanelle pepper, kalamata olives, Arachova feta.

BALOS GREEN SALAD

Sweet corn, cherry tomato, over romaine and baby greens with Manouri cheese.

BALOS BEET SALAD

Roasted beets, tossed in a fresh Greek aromatic yogurt, with fresh fruit on a bed of greens.

MAVROMATIKI SALAD

Blackeyed peas, tricolor peppers, in a balsamic vinaigrette.

light fare

CHICKEN SOUVLAKI

Artisan pita, Greek salad and tzatziki

BALOS FISH SANDWICH

With fresh fish of the day, lettuce and Greek fries

GREEK LAMB BURGER

Brioche bun, Balos yogurt sauce and Greek fries.

ORZOTTO

Orzo pasta with spinach, sun-dried tomatoes, mushrooms, Greek olive oil and feta cheese.

SHRIMP SAGANAKI

Fresh shrimp, with fennel scallion tomato sauce, white wine, ouzo and fish stock, herbs and seasoned Greek feta.

CRAB CAKE SANDWICH

Greens, lettuce, tomato and Greek fries.

PASTICHIO

Beef ragu bucatini and Béchamel.

GRILL SWORDFISH SOUVLAKI

Fresh kebabs marinated in herbs grilled and served with steamed greens, lemon and Greek olive oil.

IMAM BALDI

Roasted eggplant, squash, potato, onion, tomato sauce topped with feta cheese and greek olive oil.

SPETSIOTA

Fresh fish of the day with fresh vegetables and herbs. desserts

desserts

HOMEMADE BUTTER CAKE

With sweet Greek yogurt, walnuts and honey

GALAKTOBOUREKO

Vanilla bean scented custard layered with filo

BAKLAVA

Walnut, almond and gelato.

PRIX FIXE LUNCH

Pick one from each \$20

appetizers

SPANAKOPITA

Phyllo dough pouches stuffed with baby spinach, leeks, herbs, feta cheese, yogurt-feta mouse.

GRAPE LEAVES

Hand-rolled dolmades stuffed with quinoa, rice, apricots and herbs. Served with Tahini-lomon sauce.

CHOICE OF SPREADS

Tzatziki, whipped spicy feta, sun-dried tomato hummus, eggplant tahini pureéd, skordalia or taramasalata.

main courses

BRANZINO

Delicate, white flesh with a mild, sweet flavor, served with lemon potato and vegetable.

MOUSAKA

Layered eggplant, potato and seasoned chopped sirloin, topped with béchamel sauce.

DORADO

Delicate white fish from the Mediterranean, served with lemon potato and vegetable.

FISH OF THE DAY

Chef's choice

dessert

GREEK YOGURT

With walnuts and honey

spreads

TZATZIKI

(yogurt, cucumber and garlic)

WHIPPED SPICY FETA

SUN-DRIED TOMATO HUMMUS

(pureéd chickpea and tahini)

EGGPLANT TAHINI PUREED

SKORDALIA

(whipped potato and garlic)

TARAMASALATA

(cod roe and potato)

EXECUTIVE CHEF – THEODORE DIMITRAKOPOULOS

*Please ask your server about gluten free or vegetarian options. Please notify your server of food allergies before ordering. Consuming raw or undercooked meat, poultry, shellfish or eggs increase the risk of foodborne illness.