

Carmens

Starters

Pita Starter

Grilled Greek pita bread served with hummus, tzatziki and kalamata olives. 6.

Prawn Sizzle

Prawns sautéed in white wine, butter and garlic.

Served with toasted garlic bread. 13.

Chicken Tenders

Seasoned, breaded and flash fried chicken breast strips.

Served with honey mustard dip. 10.

Zucchini Wedges

Zucchini wedges, lightly breaded and flash fried.

Served with a creamy pesto dip. 7.

Calamari Starter

Flash fried seasoned and flour dusted squid served with tzatziki sauce. 13.

Soup Cup 4. Bowl 8.

Italian Wedding

A hearty soup with house made pork meatballs, vegetables and pasta pearls.

Fresh Tomato Basil

An Italian tomato puree finished with cream and fresh basil.

Salads

Classic Caesar

A classic mix of crisp romaine lettuce, shaved parmesan cheese, and croutons with our Caesar dressing. (SM) 7. (LG) 9.

Spring Greens

Fresh mixed greens, cherry tomatoes and diced cucumber.

Served with a light white wine vinaigrette. (SM) 6. (LG) 9.

Spinach

A bed of fresh spinach topped with lightly sautéed mushrooms, hard cooked egg, artichoke hearts, cherry tomatoes and crumbled bacon. Canadian maple syrup balsamic dressing.

(SM) 8. (LG) 12.

Greek

A colorful combination of tomatoes, cucumbers, purple onions, green and red peppers, feta cheese and kalamata olives on a bed of mixed greens.. (SM) 7. (LG) 11.

Pasta

Served with garlic toast

Fettuccine Alfredo

A rich butter, cream and parmesan sauce.

16. ½ order 13.

Spaghetti Bolognese

A classic rich Italian beef tomato sauce.

17. ½ order 14.

Spaghetti Marinara

A rich tomato sauce with garlic, herbs and onions.

14. ½ order 11.

Prawn and Scallop Fettuccine

Prawns and scallops with prosciutto in a light lemon cream sauce. 19. ½ order 16.

Cheese Tortellini

Bite size pasta stuffed with a blend of cheeses. Served with chicken, garden peas and prosciutto in a rich cream sauce.

21. ½ order 18.

Extra Garlic Toast 2.

Add: Chicken or Prawn Skewer or Salmon Fillet 4.

Brown rice pasta is available on request

All food subject to taxes

Entreés

Served with your choice of rice pilaf or house potatoes and vegetables.

Substitute rice or house potato and vegetables for Fettuccini Alfredo. 2.

Stuffed Chicken Breast

Chicken breast stuffed with a spinach, feta, cream cheese and lemon zest filling. Served with tzatziki sauce. 22.

Fire Grilled BC Salmon

Wild Sockeye fillet grilled and topped with a creamy lemon-dill sauce. 23.

Chicken Parmigiana

A tender seasoned and panko breaded chicken cutlet, pan-fried and baked under a light tomato sauce and mozzarella-parmesan cheese blend. 25.

New York Steak

New York Strip Loin grilled to order
6 oz 18. 8oz. 24.

Add: Prawn Skewer 4. each

Mushrooms: garlic butter sautéed 4.

Dessert

Chocolate Torte 7.

Bowl of Vanilla Ice Cream 3.

New York Style Cheese cake 7.

Greek Specialties

Served with Greek salad, house potatoes or rice, pita bread tzatziki and hummus

Souvlakis

Prawn Marinated and grilled skewer 18.

Chicken Marinated and grilled skewer 20.

Calamari Dinner

Flash fried seasoned and flour dusted squid. 21.

Greek Style Ribs

Pork back ribs seasoned and grilled with our special blend of Greek spices and fresh lemon. 23.

Mediterranean Lamb Chops

Grilled lamb chops topped with a fresh basil pesto. 24.

Spanakopita

Puff pastry stuffed with spinach, feta cheese and onion. 18.



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