



At Blu, our approach to food is pure. We refuse to utilize any microwaves, refined or processed products, and continuously challenge ourselves to find the best possible quality ingredients for our customers.

Facts of Mediterranean Cuisine

- Increases longevity
- Reduces risk of cancer
- Reduces risk of Alzheimer's
- Helps keep your heart healthy
- Helps keep your brain sharp
- Helps reduce inflammation
- Prevents heart disease & strokes
- Reduces risk of developing type 2 diabetes
- Reduces risk for high blood pressure
& raised cholesterol
- Keeps your skin looking fresh & young



To Bring Home

	Extra Virgin Olive Oil	
	380 ml	27.8
	800 ml	46.8
	5 lt	149.8
	Feta	12.8
	200 gm	
	Talagani	23.8
	440 gm	
	Yogurt	18.8
	500 gm	
	Pita Bread 10 cm	10.8
	10 pieces	
	Pita Bread 18 cm	21.8
	20 pieces	

& of course our Dips

Consuming raw or under grilled meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Please let us know if you are allergic to any specific foods. We have a large menu and produce everything from scratch. We are unable to list every ingredient in our dishes listed in our menu or from our special board. Prices are subject to 10% service charge and 7% GST



Starters



Dairy Free



Vegetarian



Gluten Free

Please Order Responsibly – Wastage is A Shame

Salads

	Horta Boiled spinach, EVOO, lemon	16.8	
	3 Bean Giant beans, chickpeas, white beans, dill, spring onion, EVOO, lemon	20.8	
	Maroulosalata Thinly sliced lettuce, dill, spring onion, EVOO, lemon	full portion 16.8	half 10.8
	Dakos Cretan wheat rusks, EVOO, chopped tomato, feta cheese, capers	22.8	
	Horiatiki Tomato, cucumber, onion, olives, feta cheese EVOO, vinegar	full portion 22.8	half 13.8
	Blu Salad Arugula, capers, anchovies, pine nuts, skillet talagani cheese	29.8	

Cold Meze

	Hummus Tahini, chickpea, EVOO	15.8	
	Fava Yellow lentils, onion, oregano	14.8	
	Tzatziki Yogurt, cucumber, garlic, EVOO	15.8	
	Tarama White cod roe caviar, lemon, EVOO	16.8	
	Melitzanosalata Smoked eggplant, feta, herbs, EVOO	16.8	
	Tria Fasolia White beans, black-eyed beans, chickpea, dill, spring onion, EVOO	14.8	
	Dolmades Vine leaves stuffed with rice & herbs, side of tzatziki sauce	6pc 20.8	3pc 13.8

Hot Meze





	Keftedes Beef meatballs, tzatziki	8pc 17.8	4pc 11.8
	Bougiourdi Red pepper stuffed with marinated spicy feta cheese	17.8	
	Saganaki & Figs Kefalotiri psito cheese, fig sauce	19.8	
	Imam Baildi Eggplant, onion & tomato base sauce, side of feta cheese	2 pc 18.8	1pc 10.8
	Feta Psiti Feta cheese, herbs, green olives, EVOO	18.8	
	Spanakopita Phylo pastry filled with spinach, feta cheese and herbs	16.8	
	Talagani Sheep milk cheese, Blu Sauce	18.8	
	Kolikithokeftedes Zucchini, herbs, feta cheese, bread crumbs	18.8	
	Feta Saganaki Feta cheese, honey, sesame	19.8	

Other Vegetarian Options

	Grilled Vegetables	10.8		Olives	9.8
	Roasted Potatoes	10.8		Kalamata & Halkidiki Olives	
	Tiganopsomo	12.8		Cucumber	4.8
	Pita bread filled with feta cheese pan seared			Cucumber sticks topped with vinegar & sea salt	
	Talagani Psito	22.8		French Fries	10.8
	Talagani cheese with cut tomato & onion wrapped in pita bread served with side of fries			Pita Bread	3.9

Entre















Chicken

-   **Roast Lemon Chicken** | Natural full Cornish hen, oven roast potatoes, lemon, oregano, EVOO 25.8
- Kotopoulos Yiro** | Natural grilled chicken, wrapped in pita bread, tomatoes, onion, tzatziki, french fries 19.8
-   **Chicken Skewer** | Grilled chicken skewer, tomatoes, onion, pita bread 15.8

Meats







-   **Kalamaki Souvlaki** | Beef skewer, fresh onion, sliced tomato, pita bread, tzatziki 18.8
- Souvlaki Me Pita** | Grilled beef wrapped in pita bread, fresh tomatoes, onion, tzatziki, french fries 22.8
-  **Bifteki Stin Shara** | 2 Beef patties, lemon, onion, roast potatoes, tomato 22.8
- Blu Cheese Burger** | Beef patty, talagani cheese, caramelized tomato and onion sauce, pita bread, French fries 26.8
-   **Lamb Chops** | 3 Grilled lamb chops, vegetables, roast potatoes 32.8
-   **Lamb Shank** | Roasted lamb shank, lemon potatoes 48.8
-   **Filet Mignon** | Grilled filet, roast potatoes, grilled vegetables 58.8
-  **Meat Platter For 1** | 2 Keftedes, 1 Kalamaki, 1 Bifteki, 2 Lamb chops 50.8
-  **Meat Platter For 2** | 4 Keftedes, 2 Kalamaki, 2 Bifteki, 4 Lambchops 98.8
-  **Meat Platter for 4** | 8 Keftedes, 4 Kalamaki, 4 Bifteki, 8 Lambchops 193.8
-   **Grilled Meat Board** | Fillet Mignon (250g) Sirloin (250g) with fresh herbs 98.8

Fish

-   **Kalamari Shara** | Grilled Calamari, lemon, EVOO 29.8
-   **Xtapodi Shara** | Grilled octopus, vinegar, EVOO 39.8
-   **Sardines Shara** | Grilled sardines, lemon, EVOO 29.8
-   **Garides** | Grilled jumbo prawn, lemon, EVOO (1-3 per order) 18.8 each
-   **Sea Bass** | 600 g 68.8
-   **Sea Bass** | 1kg 98.8
-   **Sea Bream** | 400 g 48.8

Catch of the Week | MP

Oven Cooked & Grilled Items

- Mousaka** | Oven-baked eggplant, potatoes, minced beef, béchamel sauce 29.8
- Pastitsio** | Greek macaroni, minced beef, béchamel sauce 28.8
-   **Gemista** | Stuffed vegetables, marinated rice, baked potatoes 25.8
-  **Vegetarian Mousaka** | Oven-baked vegetables, tomato sauce, béchamel sauce 27.8
-  **Grilled Vegetarian Platter** | Pumpkin, eggplant, cauliflower, broccoli, cherry tomato, zucchini & eggplant fries 30.8
-   **Spanakorizo** | Rice cooked with spinach, herbs, lemon, EVOO 16.8