



“We are what we repeatedly do. Excellence, then is not an act, but a habit” – Aristotle

And at Blu, this is exactly our approach to food. We refuse to utilize any microwaves, refined or processed products, and continuously challenge ourselves to find the best possible quality ingredients for our customers. All our food is cooked with our own cold pressed Extra Virgin Olive Oil (EVOO) from our cultivation in Greece.

Facts of Mediterranean Cuisine

- ◆ Increased longevity
- ◆ Prevents heart disease & strokes
- ◆ Helps reduce inflammation
- ◆ Helps keep:
 - ✓ Your heart healthy
 - ✓ Your brain sharp
 - ✓ Your skin looking fresh & young
- ◆ Reduces risk of:
 - ✓ Cancer
 - ✓ Alzheimer’s Disease
 - ✓ Developing Type 2 Diabetes
 - ✓ High blood pressure
 - ✓ High Cholesterol



Dairy Free



Vegetarian



Gluten Free

Please Order Responsibly – Wastage is A Shame

Prices shown in the menu are subjected to service charge (10%) and prevailing government taxes.

SALATES – SALADS

   Artichoke Salad Spinach, capers, pine nuts, dill & Spring onion, boiled eggs	18.8 16.8
  Horta Boiled spinach, lemon, EVOO	
  Fasolosalata Giant beans, chickpeas, white beans, dill spring onion, lemon & EVOO	full - 20.8 half 12.8
  Maroulosalata Thinly sliced lettuce, dill, spring onion, lemon & EVOO	full - 16.8 half 12.8
  Horiatiki Tomato, cucumber, onion, olives, feta cheese, vinegar & EVOO.	full - 22.8 half 13.8
Blu Salad Arugula, capers, anchovies, pine nuts, Skillet talagani cheese.	29.8
  Watermelon Salad Watermelon, feta, mint	16.8
  Cauliflower Salad Sautéed cauliflower, spinach, almonds, tahini dressing, chilli flakes	18.8

PITAS & DIPS

  Grilled Pita Oregano & sea salt/organic	3.9
  Crispy Pita Baked till crisp/organic.	3.9
   Hummus Organic tahini, chickpea, EVOO	15.9
   Fava Organic yellow lentils, onion, oregano	14.8
  Tirokafteri Spicy feta, infused with herbs, chili flakes	17.8
 Tzatziki 100% greek yogurt, cucumber, garlic, EVOO	15.8
 Taramasalata White cod roe, lemon, capers, EVOO	16.8
  Melitzanosalata Organic Smoked eggplant, feta, herbs	16.8
   Tria Fasolia White, black-eyed & chickpea beans, dill, spring onion, EVOO	14.8
  Harissa Spicy tomato, 100% greek yogurt & walnut	15.8

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OREKTIKA – MEZE

✂️🍷 Dolmades Vine leaves stuffed with rice & herbs/ organic	6pcs – 22.8	3pcs – 13.8
✂️🍷 Red & Green Peppers Stuffed with cheese, mint, EVOO	8pcs – 12.8	
✂️🍷 Artichokes Fried, topped with balsamic cream, sea salt, EVOO	12.8	
🍷 Lamb Meatballs With spicy harissa dip	4pcs – 14.8	
✂️🍷 Corn Cob Grilled, tossed with spicy mayo	12.8	
🍷 Fried Calamari Lemon yoghurt dressing	29.8	
🍷 Cured Fish Platter Selection of Cured & Smoked Fish	24.8	
✂️🍷 Egg Kapama Sunny side up cooked in tomato sauce	14.8	
✂️🍷 Egg Strapatsada Scrambled, spicy tomato	18.8	
🍷 Keftedes Beef meatballs, tzatziki	8 pc - 17.8	4 pc - 11.8
✂️🍷 Bougiourdi Red pepper stuffed with marinated spicy feta cheese	18.8	
🍷 Saganaki & Figs Kefalotiri psito cheese, fig sauce	19.8	
✂️🍷 Imam Baildi Eggplant with onion & tomato base sauce, side of feta cheese	2 pcs - 18.8	1 pc - 10.8
🍷 Feta Psiti Feta cheese, herbs, green olives, EVOO	18.8	
🍷 Spanakopita Phylo pastry filled with spinach, feta cheese & herbs	16.8	
✂️🍷 Talagani Sheep milk cheese, blu sauce	19.8	
🍷 Kolokithokeftedes Zucchini, herbs, feta cheese, bread crumbs	18.8	
🍷 Feta Saganaki Feta cheese, honey, sesame	19.8	
🍷 Yia Yia's Avga Organic Egg Boiled, seasalt, organic oregano, & EVOO	2 pcs - 5.8	

Meze Platter

*🍷 Red & Green pepper, Olives, Greek Pepperoni, Dolmades, Hummus, Grilled pita & Crispy pita. 48.8

*Add on Taramosalata & Cured Fish. 58++

XORTOFAGOI - VEGETARIAN

🍷 Olives Kalamata & halkidiki,,throuba	9.8
🍷 Cucumber Sticks	4.8
🍷 Carrot Sticks	4.8
🍷 Greek Green Pepperoni	6.8
🍷 French Fries Toss with organic sea salt & organic oregano	10.8
🍷 Grilled Vegetables Zucchini, eggplant, red & capsicum	10.8
✂️🍷 Vegetarian Platter Chef's Selection	30.8
🍷 Roasted Lemon Potatoes	12.8
🍷 Tiganopsomo Pita filled with feta cheese, pan seared	14.8
🍷 Talagani Wrap With pita, tomato & onion, blu sauce	22.8
✂️🍷 Gemista Stuffed vegetables, marinated rice, potatoes	28.8
🍷 Vegetarian Mousaka Oven-baked vegetables, tomato sauce, béchamel	28.8
🍷 Spanakorizo Spinach cooked with rice, herbs, lemon EVOO	18.8



STON FOURNO - OVEN COOKED (20mins)

🍷 Mousaka Oven-baked eggplant, potatoes, minced beef, béchamel	30.8
🍷 Pastitsio Greek macaroni, minced beef, béchamel	30.8

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KOTOPOULO - CHICKEN (15 – 20min)

 Kotopoulos Fournou Cornish hen, roasted potatoes, lemon, oregano, EVOO	26.8
 Kotopoulos Stifatho Cornish hen, onion stew, EVOO	26.8
Kotopoulos Yiro Natural grilled chicken wrapped in pita, tomatoes, onion, tzatziki, French fries	19.8
Kotopoulos Kalamaki Grilled chicken skewer, tomatoes, onion, pita	17.8
Grilled Chicken Cornish hen, roasted potato & grilled veg, (30-45min)	30.8




KREATIKA- BEEF & MEATS (15 – 20min)

Beef Kalamaki Beef skewer, fresh onion, sliced tomato, pita, tzatziki	20.8
Souvlaki Me Pita Grilled beef wrapped in pita, fresh tomatoes, onion, tzatziki, french fries	22.8
 Bifteki Stin Shara Beef patties, lemon, onion, roasted potatoes, tomato	2 pcs – 28.8 1 pc-6.8
Blu Cheese Burger Beef patty, talagani cheese, caramelized tomato & onion sauce, pita, French fries	26.8
 Filet Mignon Grilled, roast potatoes, vegetables	58.8
Meat Platter Small 2 Keftedes, 1 Kalamaki, 1 Bifteki, 2 Lamb chops	55.8
Meat Platter Medium 4 Keftedes, 2 Kalamaki, 2 Bifteki, 4 Lambchops	108.8
Meat Platter Large 8 Keftedes, 4 Kalamaki, 4 Bifteki, 8 Lambchops	210.8
 Grilled Meat Board Fillet Mignon (250g) Sirloin (250g) with fresh herbs	108.8







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ARNI - LAMB (15 – 20min)

 Paidakia 3 Grilled lamb chops, vegetables & potatoes	36.8
 Kleftiko Roasted lamb shank, lemon potatoes	48.8
 Kebab Lamb skewers, grilled veg, harrisa	3 pcs – 38.8 1 pc-14.8

THALLASINA - SEAFOOD (30 – 45 mins)

 Kalamari Grilled calamari, lemon, EVOO	29.8
 Xtapodi Grilled octopus with vinegar & EVOO	39.8
Not marinated with salt.	
 Sardeles Grilled sardines, lemon, EVOO	29.8
 Garides Grilled jumbo prawn, lemon, EVOO	1pc – 18.8 / 2 pcs – 33.8 / 3 pcs – 49.8
 Lavraki Sea bass 600 gm Baked or Grilled	68.8
 Tsipoura Sea bream 400gm Baked or Grilled	48.8

PSARIKA ANAMIKTA- SEAFOOD PLATTER (30 – 45min)

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

*Greek Fish 400g - \$115.8

*Greek Fish 1kg - \$169.8

All our Grind Beef are down in House, Grain Fed & Free-Range Beef are used.

All Beef, Lamb & Chicken are Halal Certified

Special for today please check to our staff

VISIT OUR RETAIL SECTION

Om Kurongsoong Soha



DESSERT MENU



Baklava - \$15.80 / \$6.80 per piece

Filo pastry filled with walnuts, topped with homemade syrup

Galaktoboureko - \$14.80

Filo Pastry filled with semolina cream filling, topped with homemade syrup

Bougatsa - \$13.80

Filo Pastry filled with semolina cream filling, serve hot, powdered with icing sugar & cinnamon

Milo me Meli - \$ 8.80

Freshly sliced apples, dusted with cinnamon & Greek thyme honey

Greek Yogurt - \$16.80

With homemade sweet fruits topping & walnuts

Rizogalo - \$13.80

Greek rice pudding with cinnamon & zests

Portokalopita - \$14.80

Traditional Greek orange cake

Ipovrichio - \$3.80

(Submarine) Mastic in iced cold water

Pagoto Häagen-Dazs - \$ 6.80

Häagen-Dazs Ice Cream

Chocolate, Vanilla, Macadamia Nuts, Strawberry

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