

Blu Kouzina



FACTS OF MEDITERRANEAN CUISINE

- Increased longevity - Prevents heart disease & stroke - 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



SALATES & SOUPA

- ARTICHOKE SALAD** | baby spinach, arugula, capers, pine nuts, dill, spring onion, & free range boiled eggs, & carob flavoured dakos rusk \$18.8
- EARTH SALAD** | kale, radish, pomegranate, celery, sauteed mushrooms, feta, sunflower seed, pine nuts with honey & balsamic dressing \$18.8
- FASOLOSALATA** | ●●● HALF - \$12.8 / FULL - \$20.8
Seasonal organic beans, dill spring onion, lemon & EVOO
- DAKOS SALAD** | tomato, cucumber, onion, green olives, feta cheese, vinegar, dakos rusk & EVOO \$17.8
- HORIATIKI** | cherry tomato, ●●● HALF - \$13.8 / FULL - \$22.8
Cucumber, onion, olives, feta cheese, vinegar & EVOO
- BLU SALAD** | arugula, capers, anchovies, pine nuts, skillet talagani cheese \$29.8
- SANTORINI SALAD** | cherry tomato, arugula, onion, green olives, capers leave, goat feta, vinegar, anchovies & EVOO ●●● \$29.8
- WATERMELON SALAD** | watermelon, feta, mint ●●● \$16.8
- CAULIFLOWER SALAD** | sautéed cauliflower, spinach, almonds, tahini dressing, chilli flakes ●●● \$22.8
- HORTA** | boiled spinach, lemon, EVOO ●●● \$16.8
- SOUP OF THE DAY** | ●●● CUP - \$6.8 / BOWL - \$11.8
Chef's selection

PITAS & DIPS

- GRILLED PITA/ CRISPY PITA** | oregano & sea salt/organic ●●● \$3.9
- HUMMUS** | greek tahini, organic chickpea, EVOO ●●● \$15.9
- FAVA** | organic yellow lentils, onion, oregano ●●● \$14.8
- TIROKAFTERI** | spicy feta, infused with herbs, & chilli flakes ●●● \$17.8
- TZATZIKI** | greek yogurt, cucumber, garlic, EVOO ●●● \$15.8
- MELITZANOSALATA** | smoked eggplant mixed with feta & herbs ●●● \$16.9
- TRIA FASOLIA** | seasonal organic beans, dill spring onion, lemon & EVOO ●●● \$14.8
- TARAMASALATA** | white cod roe, lemon, capers, EVOO ●●● \$16.8
- HARISSA** | spicy tomato, greek yogurt & walnut ●●● \$15.8

OREKTIKA - MEZE

- DOLMADES** | vine leaves ●●● 3PCS - \$13.8 6PCS - \$22.8
filled with rice & herbs
- RED & GREEN PEPPERS** | filled with cream cheese, mint, EVOO ●●● \$8PCS - \$12.8
- ARTICHOKES** | fried, topped with balsamic cream ●●● \$12.8
- LAMB MEATBALLS** | in-house made meatballs with a side of spicy harissa dip, lemon & yogurt dressing 4PCS - \$14.8
- CORN COB** | grilled, tossed with spicy mayo ●●● \$12.8
- FRIED CALAMARI** | with a side of lemon yoghurt dressing \$29.8
- EGG KAPAMA** | sunny side up cooked in tomato sauce ●●● \$14.8
- EGG STRAPATSADA** | scrambled, spicy tomato ●●● \$18.8
- KEFTEDES** | in-house made beef meatballs & tzatziki dip 4PCS - \$11.8 | 8PCS - \$17.8
- POLYTIKI FETA** | baked tomatoes, feta, oregano, black pepper & chilli ●●● \$18.8
- BOUGOURDI** | red pepper filled with marinated spicy feta cheese ●●● \$18.8
- SAGANAKI & FIGS** | kefalotiri psito, topped with fig sauce ●●● \$19.8
- IMAM BAILDI** | seedless eggplant sliced, rolled & roasted with onion & tomato base sauce with a side of feta ●●● \$16.8
- FETA PSITI** | feta, herbs, green olives, EVOO ●●● \$18.8
- SPANAKOPITA** | phylo pastry filled with spinach, leeks, & feta ●●● \$16.8
- TALAGANI** | greek halloumi cheese, drizzled with blu sauce ●●● \$19.8
- KOLOKITHOKEFTEDES** | zucchini, herbs, feta ●●● \$18.8
- FETA SAGANAKI** | feta cheese wrap with phylo pastry topped with greek thyme honey & sprinkled sesame ●●● \$19.8
- YIA YIA'S AVGA EGGS** | boiled, topped, With organic seas salt & oregano, & EVOO ●●● 2PCS - \$5.8
- SOUTZOUKAKIA** | BEEF - \$13.8 | LAMB - \$16.8
With homemade tomato sauce
- COLD YOGURT MELITZANA MOUSAKA** | eggplant, homemade tomato paste & yogurt ●●● \$16.8
- TALAGANI FRIES** | fried greek halloumi cheese with a side of pomagranate balsamic cream ●●● \$18.8

KOTOPOULO - CHICKEN

- KOTOPOULO FOURNOU** | free range cornish hen, roasted potatoes, lemon, oregano, EVOO \$29.8
- KOTOPOULO STIFATHO** | free range cornish hen, onion stew, EVOO ●●● \$29.8
- GRILLED CHICKEN** | free range cornish hen, roasted potato & grilled veg, (30-45min) ●●● \$32.8
- KOTOPOULO KALAMAKI** | grilled organic chicken skewer, served with tomatoes, onion, pita \$22.8
- KOTOPOULO YIRO** | natural grilled organic chicken wrapped in pita, tomatoes, onion, tzatziki, french fries \$23.8

KREATIKA - BEEF & MEATS

We only use Grass-Fed & Free-Range Beef & Lamb

- 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** | ●●● 1PCS - \$16.8 | 2PCS - \$28.8
beef patties, lemon, onion, roasted potatoes, tomato
- BLU CHEESE BURGER** | beef patty, talagani cheese, caramelized tomato & onion sauce, pita, with a side of french fries \$26.8
- FILET MIGNON** | grilled, roast potatoes, vegetables ●●● \$58.8
- MEAT PLATTER SMALL** | 2 lamb meatballs, 1 beef kalamaki, 1 organic chicken skewer & 2 lamb chops \$55.8
- MEAT PLATTER MEDIUM** | 4 lamb meatballs, 2 beef kalamaki, 2 organic chicken skewer & 4 lambchops \$108.8
- MEAT PLATTER LARGE** | 8 lamb meatballs, 4 beef kalamaki, 4 organic chicken skewer & 8 lambchops \$210.8
- GRILLED MEAT BOARD** | fillet mignon (250g) sirloin (250g) with fresh herbs \$108.8

GRILLED KEBAB PLATTER

In House Ground Beef, Lamb, Chicken served with Harissa
 SMALL- \$38.8 MEDIUM- \$74.8 LARGE- \$150.8

THALLASINA - SEAFOOD

- KALAMARI** | grilled calamari, lemon, EVOO ●●● \$29.8
- XTAPODI** | grilled octopus with vinegar & EVOO ●●● \$39.8
- SARDELES** | grilled sardines, lemon, EVOO ●●● \$29.8
- GARIDES** | ●●● 1PCS - \$18.8 | 2PCS - \$33.8 | 3PCS - \$49.8
grilled jumbo prawn, lemon, EVOO
- LAVRAKI** | sea bass 600gm baked or grilled ●●● \$68.8
- TSIPOURA** | sea bream 400gm baked or grilled ●●● \$48.8

PSARIKA ANAMIKTA SEAFOOD PLATTER

Grilled Squid, 3 Jumbo Prawns, Including An Option Of The Following Fish:

*GREEK FISH 400G - \$115.80 | *GREEK FISH 1KG - \$169.80

ARNI - LAMB

- PAIDAKIA** | 3 grilled lamb chops, vegetables & potatoes ●●● \$36.8
- KLEFTIKO** | roasted lamb shank, lemon potatoes ●●● \$48.8
- KEBAB** | lamb skewers, Grilled veg, & a side of harrisa ●●● 1PCS - \$14.8 | 3PCS - \$38.8

Please order responsibly | Waste is a shame

OVEN COOKED

- MOUSAKA** | oven-baked eggplant, potatoes, minced beef, béchamel \$30.8
- PASTITSIO** | greek macaroni, minced beef, béchamel & homemade greek tomato base sauce \$30.8

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
- TIGANOPSOMO** | pan seared pita filled with feta cheese with a side of cherry tomatoes & olives ●●● \$14.8
- TALAGANI WRAP** | pita filled with grilled talagani, tomato & onion, blu sauce, & french fries ●●● \$22.8
- GEMISTA** | stuffed vegetables, marinated rice, potatoes ●●● \$28.8
- VEGETARIAN MOUSAKA** | oven-baked vegetables, tomato sauce, béchamel ●●● \$28.8
- ROASTED LEMON POTATOES** ●●● \$12.8
- VEGETARIAN PLATTER** | chef's selection ●●● \$30.8
- SPANAKORIZO** | spinach cooked with rice, herbs, lemon, EVOO ●●● \$18.8
- VEGETABLES OF THE DAY** ●●● \$10.8

DESSERTS

- BAKLAVA** | filo pastry filled with walnuts, topped with homemade syrup ●●● \$10
- GALAKTOBOUREKO** | filo pastry filled with semolina cream filling, topped with homemade syrup ●●● \$10
- BOUGATSA** | filo pastry filled with semolina cream filling, powdered with icing sugar & cinnamon, serve hot ●●● \$13
- MILO ME MELI** | freshly sliced apples, dusted with cinnamon & greek thyme honey ●●● \$10
- 100%GREEK YOGURT** | with a side of homemade sweet fruit toppings & walnuts ●●● \$10
- RIZOGALO** | greek rice pudding with cinnamon & zests ●●● \$13
- PORTOKALOPITA** | traditional greek orange cake ●●● \$10
- PAGOTO HÄAGEN-DAZS** | chocolate, vanilla, macadamia nuts, strawberry ●●● \$13

All our food is cooked with our own cold pressed Extra Virgin Olive Oil (EVOO) from our cultivation in Greece

All of our Beef, Lamb & Chicken are Halal Certified
 We are not liable for your choice of consumption of raw or under cooked meat or fish
 Please ask our staff for todays special.
 Please inform our staff of any food allergies or restrictions.