

1 BUILD YOUR OWN



Bowl GF
\$11.95

or

Pita Bowl
\$12.95

3 PROTEIN

Chicken Skewer GF
lemon oregano garlic

Chicken Meatballs
feta spinach lemon parsley

Chicken GF
rosemary oregano lemon garlic

Shrimp GF
olive oil dill garlic **+\$2**

Shaved Lamb
garlic mint spice **+\$2**

Vegetarian GF



2 BASE

Greens GF
organic arugula
crispy romaine
super field greens

Grains
brown rice GF
turmeric basmati rice GF
toasted orzo
lentils GF

Choose Up to Two

4 TOPPINGS

pickled onions GF
chickpeas GF
crumbled feta GF
roasted red peppers GF
cherry tomato onion salad GF
bean corn parsley salad GF
diced cucumbers GF
mediterranean salsa GF
beets GF
lentils GF
olive medley GF
grape leaves **+\$1** GF
spinach pie **+\$1** GF

Choose Unlimited Toppings



5 DIPS & SPREADS

Hummus
Beet Hummus*
Avocado Hummus
Tzatziki
Olive Pesto
Crazy feta

GF

Choose Up to Two

6 DRESSINGS

yogurt dill
lemon herb vinaigrette
rosemary garlic balsamic
greek goddess

GF



SIGNATURE ITEMS

Santorini Bowl

chicken, mixed greens, lentils,
tomato onion salsa, olive medley,
pickled onions, roasted peppers, cucumbers,
hummus \$12.95

Country Greek Bowl

lamb, toasted orzo, tomato onion salsa,
cucumber, beets, olive medley, feta,
red peppers, chickpeas, tzatziki \$13.95

Urban Greek Bowl

shrimp, brown rice, bean corn salsa,
olive pesto, beet hummus, romaine,
crazy feta, pickled onions, tomatos \$13.95

Sophia's Favorite Bowl

chicken skewer, chicken feta spinach
meatballs, arugula, toasted orzo,
pickled onions, tomato onion salad, beets,
cucumbers, feta, tzatziki, beet hummus,
topped with lemon herb vinaigrette \$14.95

The Classic Pita

shaved lamb, tzatziki, grape tomatoes,
red onions, romaine \$9.95

Chicken Pita Sandwich

tomato onion salsa, crispy romaine, feta,
tzatziki \$8.95

Lamb Pita Sandwich

shaved lamb, arugula, mediterranean salsa,
tzaziki, lemon, mint, olive oil \$9.95

Shrimp Pita Sandwich

tzatziki, tomatoes, romain, pickled onions,
herbs & olive oil \$9.95

BYO Pita Sandwich

pick your own protein, 3 toppings, 1 dip \$8.95 +

Order online at urbangreekct.com

702 Bridgeport Avenue 102a Shelton,
CT 06484 (203) 513-2340

 Gluten free item. *Beet Hummus contain nuts

Any allergies? Please let us know.

SOUP & SIDES

Vegetable Lentil Soup

small \$4.95 large \$8.95

Avgolemeono Soup

small \$4.95 large \$8.95

Lemon Potato Wedges \$4.95

Greek Fries

feta oregano \$4.95

Spinach Pie (2) \$3.95

Dip & Pita of your Choice \$4.95

Pita Bread \$.95

Grape Leaves (4) \$3.95

Large Dip or Spread of Choice \$6.95

DESSERTS

*Please call, baked daily

DRINKS

Tuvunu Greek Mountain Tea

Souroti

greek sparkling mineral water

Greek Lemonade Bottles (Epsa)

orange, lime, pink lemonade
& cherry

Greek Red & White Wine (1.87ml)

Mythos

greek imported beer

Interested in catering?

Please email urbangreekct@gmail.com