

## 1 BUILD YOUR OWN



**Bowl** <sup>GF</sup>  
\$11.95 +

or

**Pita Bowl**  
\$12.95 +

## 3 PROTEINS

**Chicken Feta Spinach Meatballs**  
feta spinach lemon parsley +\$1

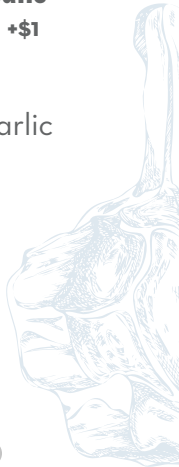
**Chicken** <sup>GF</sup>  
rosemary oregano lemon garlic

**Shrimp** <sup>GF</sup>  
olive oil dill garlic +\$2

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

**Vegetarian**

**Chicken Dill Salad** <sup>GF</sup>  
yogurt, mayo, herbs, chicken salad +\$1



## 5 DIPS & SPREADS

Hummus  
Beet Hummus\*  
Tzatziki  
Olive Pesto  
Crazy feta 🍷

<sup>GF</sup>

Choose Up to Two



## 2 BASES

**Greens** <sup>GF</sup>  
organic arugula  
crispy romaine  
super field greens

**Grains**  
brown rice <sup>GF</sup>  
turmeric basmati rice <sup>GF</sup>  
toasted orzo  
black lentils <sup>GF</sup>

Choose Up to Two



## 4 TOPPINGS

pickled onions <sup>GF</sup>  
chickpeas <sup>GF</sup>  
crumbled feta <sup>GF</sup>  
roasted red peppers <sup>GF</sup>  
cherry tomatoes <sup>GF</sup>  
bean corn parsley salad <sup>GF</sup>  
diced cucumbers <sup>GF</sup>  
mediterranean salsa <sup>GF</sup>  
beets <sup>GF</sup>  
black lentils <sup>GF</sup>  
olive medley <sup>GF</sup>  
grape leaves +\$1 <sup>GF</sup>  
red onions <sup>GF</sup>



Choose up to 8 toppings

## 6 DRESSINGS

yogurt dill  
lemon herb vinaigrette  
rosemary garlic balsamic  
greek goddess

<sup>GF</sup>



## SIGNATURE ITEMS

### Santorini Bowl <sup>GF</sup>

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 <sup>GF</sup>

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

### Sophia's Favorite Bowl

grilled chicken, 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 Bowl

crispy romaine, grilled chicken, grape tomatoes, diced cucumbers, feta, red onions, grape leave, lemon herb vinaigrette **\$13.95**

### The Classic Pita Sandwich (Gyro)

shaved lamb, tzatziki, tomatoes, red onions, romaine, olive oil & herbs **\$10.95**

### Chicken Pita Sandwich

tomato onion salsa, crispy romaine, feta, tzatziki, olive oil & herbs **\$10.95**

### Lamb Pita Sandwich

shaved lamb, arugula, mediterranean salsa, tzaziki, lemon, mint, olive oil & herbs **\$10.95**

### Shrimp Pita Sandwich

tzatziki, tomatoes, romain, pickled onions, olive oil & herbs **\$10.95**

### Chicken Salad Pita

chicken dill salad, tomatoes, red onion, crispy romaine, olive oil, herbs, lemon olive oil & herbs **\$10.95**

## SOUP & SIDES

### Vegetable Lentil Soup <sup>GF</sup>

small, large

### Avgolemono Soup <sup>GF</sup>

small, large

### Lemon Potato Wedges <sup>GF</sup>

### Greek Fries

feta oregano

### Spinach Pie

### Dip & Pita of your Choice

### Pita Bread

### Grape Leaves (4) <sup>GF</sup>

### Large Dip or Spread of Choice <sup>GF</sup>

## DESSERTS

\*Please call, baked daily

## DRINKS

### Tuvunu Greek Mountain Tea

### Souroti

greek sparkling mineral water

### Greek Red & White Wine (1.87ml)

### Mythos

greek imported beer

### Epsa Sparkling Lemonades

pink, lemon, orange flavors

Order online at [urbangreekct.com](http://urbangreekct.com)

or Visit Us

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

<sup>GF</sup> Gluten free item. \*Beet Hummus contain nuts  
Any allergies? Please let us know.

Interested in catering?

Please email [urbangreekct@gmail.com](mailto:urbangreekct@gmail.com)