



# TELIO TAVERNA

'JUST LIKE YIA YIA USED TO MAKE'



# APPETIZERS

## Zucchini Croquettes 15

Feta, kefalograviera cheese, fresh herbs, tzatziki sauce

## Halloumi 17

Grilled cypriot cheese, tomato, onion, cucumber relish, citrus vinaigrette

## Keftedakia 14

Greek aromatic meatballs in a tzatziki sauce

## Gigantes 13

Greek giant white beans baked in a rich tomato dill sauce

## Country Style Spinach Pie 11

Spinach pie, leeks, dill, and feta wrapped in crisp phyllo dough

## Fava Santorini 10

Yellow split pea puree, onions, capers, parsley, extra virgin olive oil, pita

## Dolmadakia 10

Stuffed grape leaves

## Saganaki 15

Melted Greek kefalograviera cheese

## Grilled Octopus 22

Fava, capers, onion

## Seafood Sampler 39

Grilled shrimp, octopus, calamari

## Telio Hummus 9

Chic peas, tahini, sesame paste blended with lemon and garlic, pita

## Steamed Mussels 15

White wine sauce

## Grilled Wild Jumbo Shrimp 19

Fresh thyme vinaigrette

## Grilled or Fried Calamari 15

Spicy marinara

## Shrimp Saganaki 24

Wild jumbo shrimp baked with tomato and feta cheese

## Loukanika Grilled Greek Sausage 16

Onions, cucumber, tomatoes, and light lemon sauce

## Crispy Zucchini Chips 14

Tzatziki sauce

## Greek Spreads Sampler 20

A portion of all four spreads

## Individual Spreads 9

All served with warm pita

◆ Taramosalata (Carp mousse)

◆ Melizanosalata (Eggplant salad)

◆ Tzatziki (Greek yogurt with garlic, cucumber and mint)

◆ Tyrokafteri (Red pepper and Dodoni™ feta cheese puree)

# SALADS

## Greek Salad 18

Lettuce, steak tomato, onion, green pepper, cucumber, olives, Dodoni™ feta cheese, grape leaves

## Horiatiki Traditional Greek Village Salad 18

Beefsteak tomato, onion, green pepper, cucumber, olives, capers, feta cheese, grape leaves, extra virgin olive oil

## Spinach, Beet, & Chickpea Salad 19

Feta cheese

## Telio Salad 20

Avocado, beefsteak tomato, onion, cucumber, olives, Dodoni™ feta cheese

## Mediterranean Quinoa 19

Chickpeas, peppers, cucumbers, beefsteak tomatoes, dill, scallions, capers, extra virgin olive oil, vinegar, Dodoni™ feta cheese

## Green Greek Salad 14

Dill, scallions, crumbled feta cheese, extra virgin olive oil

## Grilled Shrimp or Salmon Salad 29

Mixed green salad, avocado, tomato

## House Salad 15

Lettuce, steak tomato, onion, green pepper, cucumber

## Caesar Salad 13

## ☀️ TOP YOUR SALAD ☀️

## Grilled Chicken Breast Tenders 9

## Jumbo Shrimp 13

## Grilled Center Cut Salmon 12

# SOUPS

ORGANIC

## Organic Chicken Avgolemono 11

## Organic Lentil 8

## Organic Split Pea 8

# BURGERS

ALL SERVED WITH LETTUCE, TOMATO, PICKLE, & FRENCH FRIES  
BRIOCHE BUN, OR GLUTEN FREE +2

## Steak Burger 19

Ground beef patty [blend of chuck, brisket, sirloin] with your choice of cheese

## Salmon Burger 22

Chipotle mayo

## Lamb Burger 22

Tzatziki sauce

## Turkey Burger 20

Avocado and herb mayo

## Impossible™ Burger 22

## Telio Steak Burger 21

Ground beef patty [blend of chuck, brisket, sirloin] with mushrooms, hand cut bacon, swiss cheese

CHEESES: Swiss, Cheddar, Feta



## GREEK SPECIALTIES

### Moussaka 22

Salad, layers of potato, grilled eggplant, zucchini, ground beef topped with bechamel sauce

### Country Style Spinach Pie with Greek Salad 22 Chicken Paidakia 22

Charcoaled pieces of mediterranean style chicken, greek fries

### Chicken or Pork Kabob 25

Grilled chicken or pork kabob and grilled veggies with leek rice and tzatziki sauce

### Bifteki 22

Chopped kobe beef stuffed with kasseri cheese served with greek fries.

### Lamb Chops 39

Grilled lamb chops oregano vinaigrette and greek fries

### Lamb Yoiuvetsi 31

Slow braised lamb shank served with tomato orzo

### Ribeye Steak 39

Served with one side of your choice

### Imam Baylidi (V/GF) 23

Eggplant stuffed with braised tomato sauce, onion, garlic, mushroom served with lemon potatoes

### Papoutsaki Eggplant (GF) 23

Eggplant stuffed with ground beef, tomato sauce, feta cheese served with lemon potatoes

### Stuffed Cabbage 23

Ground beef, rice and herbs in a light egg lemon sauce, served with lemon potatoes

### Greek Sampler 39

Chicken kabob, lamb chops, lamb gyro, lovkanika, keftedakia, fries, pita, tzatziki sauce

### Chicken Oreganato 21

Half roasted chicken, lemon sauce, herbs, roasted lemon potatoes

## GYRO SANDWICH & PLATTERS

ALL PLATTERS ARE SERVED WITH SMALL GREEK SALAD, PITA, TZATZIKI SAUCE AND FRIES.

### Gyro 14/22

Tzatziki, lettuce, tomato, onion, on a pita

### Chicken Souvlaki 14/22

Tzatziki, lettuce, tomato, onion, on a pita

### Pork Souvlaki 14/22

Tzatziki, lettuce, tomato, onion, on a pita

### Combo 17/24

Gyro and Chicken, Tzatziki, lettuce, tomato, onion, on a pita

### Falafel with Hummus 14/22

Lettuce, tomato, cucumber, feta, onion, green pepper, tahini

## THALASSINA "FROM THE SEA"

### Tilapia Mediterranean 24

Braised veggie & tomato sauce over leek rice

### Flounder Filet 24

Broiled flounder topped with lemon vinaigrette sauce and leek rice

### Stuffed Flounder with Crab Meat 32

Served with greek rice

### Fresh Lavraki (Branzino) MP

Mediterranean stripped bass with a moist and silky mild texture

### Shrimp and Scallop Scampi 28

Sautéed in garlic & caper wine sauce, served over leek rice

### Maryland Crabcakes 26

Served with linguine or spaghetti, extra virgin olive oil, garlic

## RISOTTO

### Mushroom Risotto

CHOOSE:

Chicken 24 | Jumbo Shrimp 30

Lamb Chops 39 | Salmon 29

## PASTAS

CHOICE OF PASTA:

Angel Hair, or Linguine, or Penne or  
Gluten Free (+4)

### Salmon over Pasta 28

Norwegian salmon with basil garlic and oil

### Pasta Bolognese 20

Traditional italian style meat sauce

### Spinach Ravioli 20

Creamy pink sauce

### Seafood Pasta 29

Jumbo shrimp, scallops, mussels, calamari, spicy marinara

### Fresh Clam Linguini 24

Extra virgin olive oil, garlic sauce

## SIDES

### Patates Lemonates 8

roasted lemon potatoes

### Grilled Veggies 11

Leek Rice 8

### Greek Fries 10

Feta crumbles, greek oregano, kefalograviera cheese

### Broccoli Rabe 11

Sautéed Spinach 11

Sautéed Broccoli 11

French Fries 8



# COCKTAILS

## Skinny Fig Margarita

Mediterranean fig vodka, tequila, triple sec, fresh lime 13

## Espresso Martini

Espresso, kahlua, smirnoff vanilla, baileys 14

## Fig & Thyme

Mediterranean fig vodka, thyme, fresh lemon, topped with prosecco 13

## Green Goddess

Tequila, cucumber, jalapeno, pineapple 13

## Gin & Jasmine

Gin, triple sec, fresh lemon, jasmine 13

## Limoncello Lemon-drop

Lemonchello, tsipouro, fresh lemon, sugar rim 13

## Tsipouro Negroni

Tsipouro, campari, carpano antica 13

## Blue Paralia

Pisco, jamaican rum, mastiha, coconut, lime juice 13

## Fig Mojito

Mediterranean fig vodka, fresh lime, agave, fresh mint 13

## Sangria

House made sangria, brandy, white rum, triple sec, orange & pineapple juice 13

# ZERO PROOF COCKTAILS

## Watermelon Smash

Watermelon puree, fresh basil, lemon, honey, soda 7

## Strawberry Fields

Strawberry puree, fresh basil, lemon, honey, soda 7

## Cucumber Cooler

Cucumber, mint, lime soda 7

## Flavored Lemonade

Flavors: rose, lavender, strawberry, watermelon 7  
(add 5.00 for a shot of tequila, rum, vodka, or gin)

# BEERS

## BOTTLES & CANS

### Mythos

(4.7% ABV) Greece, mildly sweet, corny aroma offset by toasted grain 9

### Ithaca Apricot Wheat

(4.9% ABV) Ithaca, light refreshing american wheat ale & a touch of apricot 9

### Heineken

(5.3% ABV) Amsterdam, full-bodied premium lager 9

### Corona Light

(4% ABV) Mexico, pilsner style lager, light-moderate herbal flavor, crisp clean finish 9

### Voodoo Ranger

(9% ABV), New Belgium IPA, tropical aromas, juicy flavors, mosaic & amarillo hops, sublime finish 9.5

### Guinness Draught Stout

(4.2% ABV) Ireland dry stout, malty sweetness, and hoppy bitterness 9

### Topo Chico Margarita Hard Seltzer

(ABV 4.5%) Flavors: strawberry hibiscus, prickly pear, tropical pineapple, signature margarita 8 (GF)

### Modelo Can

(4.4%ABV), Mexico, rich, full flavored pilsner style lager, crisp & refreshing 9

### Corona Extra

(4.6% ABV) Mexico, the original pale ale 8

### Heineken Light

(3.3% ABV) Amsterdam, balanced flavor, malty notes, low bitterness 9

### Heineken Zero

(0.0% ABV) Amsterdam, refreshing fruity notes, soft malty body 9

## DRAFT BEER

### Stella Artois

Belgium, european pale lager 9

### Goose Island Ipa

Chicago, ipa with citrus aroma, bold hop finish 9

### Bud Light

St louis, missouri, light lager, blend of premium aroma hop varieties 8

### Blue Point Toasted Lager

Long island, ny, named for "toasted characteristics", flavor of malt and hops, smooth finish 9

# WINES

## RED WINE

**Pinot Noir**, Nicolas idiart, france, 12 glass/ 42 btl

**Malbec**, Inkarri, argentina, 13 glass/ 45 btl

**Cabernet**, Liberty school, paso robles, ca, 14 glass / 50 btl

**Layla Cabernet Sauvignon**, Chile, glass 12 / 42 btl

**Layla Merlot**, Chile, 12 glass / 42 btl

## ROSE

**Domaine De La Chaise**, France, 13 glass/ 46 btl

**Sparkling Rose**, Paul de coste, france, 13 glass /46 btl

**Le Petit Balthazar Rose**, Pays d'oc france, 13 glass / 45 btl

## WHITE WINE

**Pinot Grigio**, Benvolio, italy, 12 glass / 42 btl

**Wente Chardonnay**, California, 13 glass / 45 btl

**Sauvignon Blanc**, Selini, new zealand, 13 glass / 45 btl

**Dantello Pinot Grigio**, Italy, 12 glass / 42 btl

**Layla Sauvignon Blanc**, Chile, 12 glass / 42 btl

## SPARKLING WINE

**Paul De Coste**, Brut, 12 glass/ 45 btl

