



M E L T E M I
A U T H E N T I C G R E E K C U I S I N E

Ingredients / Portions / Allergen Info

Menu Items Ingredients / Description	Portions (per person)	Gluten Free	Gluten Free Optional	Vegetarian	Vegetarian Optional	Vegan	Vegan Optional	Contains Nuts	Contains Dairy	Contains Soy
ENTREES										
Gyro Meat Traditionally grilled (on a vertical rotisserie) Greek gyro meat (beef and lamb) marinated.	8oz									x
Sautéed Chicken Breast over Rice Young chicken breast (marinated with olive oil, garlic, balsamic, lemon and oregano), grilled.	8oz	x							x	
Greek Lasagna Layers of pasta with lean ground beef in a rich tomato sauce, topped with béchamel sauce	8oz								x	
Vegetarian Pasta Penne pasta with carrots, broccoli, peas, garlic, parsley and olive oil.	8oz			x						

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SIDES										
Sautéed Veggies Sauté mixed veggies (peas, carrots, broccoli, cauliflower) with feta cheese Greek olive oil and	5oz	x		x			x		x	
Brown Rice Brown rice, olive oil	5oz	x		x			x			
DESSERTS										
Baklava Baklava with walnuts and honey	Slice							x	x	
SPECIALTIES										
Spanakopita Country-style filo dough stuffed with fresh cut spinach, Greek feta cheese, dill, and extra virgin olive oil and garlic.	6-8 or 12-15			x					x	
Cheese Pie Greek feta cheese and other semi-soft barrel aged Greek cheeses (kefalotyri and kasseri), country-style filo dough and extra virgin olive oil.	6-8 or 12-15			x					x	