

SALADS All gluten free. Vegan optional.



CLASSIC GREEK ...15.75 | 19.50

Green peppers, tomatoes, cucumbers, onions, feta, oregano. Red wine vinegar & GREEK virgin olive oil



ARTICHOKE SALATA ...15.75

Marinated artichoke hearts, mixed greens, Kalamata olives

SOUPS



AVGOLEMONO ...9.95

Chicken, lemon, rice & egg



BEEF SALATA ...18.95

Roasted whole beets & garlic cloves, mixed greens, red onion & Macedonian feta



THEO'S SALAD ...20.95

Mixed greens and spinach, cucumbers, tomatoes, olives, beets, Macedonian feta, with caramelized walnuts, Greek figs, and a dollop of Houmous with Pita chips



FASOULATHA ...9.95

Greek Minestrone style bean soup made with finely diced carrots, onions & celery

SEAFOOD SALATA ...24.95

Salmon, baby shrimp & squid mixed with lemon & dill on mixed greens, Taramasalata (seasonal)

ADD LOVE (4 oz)

Chicken | Beef ...8.50 | 9.50



DIPS & BREAD All dips come with one piece of Pita or go Gluten free sub Rice Cakes.



TARAMASALATA ...14.75

Fish roe dip, lemon juice & olive oil



TZATZIKI ...14.25

Cucumber dip, garlic, dill & yogurt



FAVA ...12.95

Split pea puree, cumin, onion, olive oil & lemon



HOUMOUS ...13.75

Chickpeas, tahini, lemon juice, mint & fresh garlic



TRI-DIP ...19.25

Can't decide? Try three! Taramasalata, Houmous & Tzatziki.



TAPANADE & FLATBREAD ...10.95
Sundried tomatoes, olives, olive oil



BEEF ROOT HOUMOUS ...14.50

Our famous dip with fresh whipped beets with a cumin Moroccan twist served with pita chips



MEZETHES ...19.95

A nibbler's paradise. Houmous, Taramasalata, Dolmada, marinated prawns, feta cheese & Kalamata olives

APPETIZERS

HOT PLATTER FOR 2 ...47.95

Calamari, Chicken Livers, Spanokotiropita, Dolmathes, Tiropita & Kotopita



CHICKEN LIVERS ...17.95

Marinated in oregano, black pepper & white wine`



WARM PITA 2 EXTRA ...5.25

DOLMATHES (4) ...17.95

Hot stuffed grape leaves filled with rice & ground beef, fresh herbs & topped with a creamy avgolemono sauce

SPANAKOTIROPITA ...14.50

Phyllo pastry, spinach, sautéed onions, fresh dill & feta cheese



KOTOPITA ...13.25

Phyllo pastry, chicken, Macedonian feta, artichokes, red peppers & bechamel

TIROPITA ...13.95

Phyllo pastry, feta & parmesan cheese

PHYLLO APPY SAMPLER Try all three pies. Spanakotiropita, Kotopita, Tiropita ...13.25



SAUTEE CALAMARI ...21.95

Tri-mix, chili flakes sautéed in an Okanagan wine & tomato sauce

CALAMARI ...21.95

Deep fried squid, red onion, lemon & Tzatziki



UVETSI ...23.50

Choice of tiger prawns, chicken or beef, baked in a savory tomato, feta cheese, red wine & cinnamon sauce



GARITHES ME SKORTHO ...20.50

Black Tiger prawns sautéed in white wine, lemon, garlic butter & chili flakes



OLIVES AND CHEESE ...17.50

Warm marinated artichoke hearts, olives, feta, sundried tomato & balsamic reduction



YIGANTES ...13.50

White beans, baked with tomatoes, onions, dill, red wine vinegar & maple syrup



VEGAN DOLMATHAKIA ...15.50

Grape leaves stuffed with rice, currants, mint, dill, cinnamon & onions. Served with houmous

SAGANAKI ...20.95

Kefalograviera cheese. Baked in the oven finished with a squeeze of lemon. Flamed with brandy - Tell your server if you're alcohol free (GF Available)

Prices subject to tax & change. 18 % Recommended Gratuity for groups 10 +

LAMB All Gluten Free

 **LAMB SOUVLAKI** ...28.95

Lamb sirloin (7.5 oz) marinated in garlic, lemon juice, Greek oregano & olive oil. Skewered with green pepper and grilled to taste


 **RACK OF LAMB** ...54.95

New Zealand rack of lamb crusted with Greek Viahotiri cheese, dijon & finished with oregano

 **LAMB SHOULDER OREGANO** ...42.95

A Theo's specialty. Slowly braised with oregano branches, garlic, lemon, Okanagan wine & dijon mustard

MEAT & PASTA

 **MEDITERRANEAN RIBS** ...34.95

Pork back ribs with an olive oil Mediterranean dry rub, garlic & oregano (full racks)

 **BARBECUE SPARE RIBS** ...34.95

Charbroiled pork back ribs with barbecue sauce

 **ROSEMARY CHICKEN** ...28.95

Half a chicken, oven roasted in a mild paprika, lemon juice & tomato rosemary sauce

SEAFOOD FETUCCINI ...31.95


Prawns and bites of salmon sauteed with wine, garlic in a three cheese and cream sauce

Many Gluten Free Options

 **NEW YORK STEAK** ...39.95

9oz Certified Angus New York Cut Steak Add prawns ...9.50

MOUSSAKA ...31.95

 Layers of roasted eggplant, potatoes, zucchini & ground beef spiced with cinnamon & herbs. Topped with bechamel

PASTICHIO ...29.50

A savory pasta casserole layered with a delicious bolognaise & béchamel sauce

 **Lamb Chops** ...53..95

New Zealand Chops lightly spiced and broiled to perfection served with Tzatziki

 **BEEF SOUVLAKI** ...28.95

Beef tenderloin (7.5 oz) marinated in oregano, garlic, olive oil & lemon juice. Skewered with onion & grilled to taste

 **CHICKEN SOUVLAKI** ...27.95

Breast of chicken marinated in oregano, garlic olive oil & lemon juice skewered with onion & green peppers (7.5 oz)

SEAFOOD

Oysters Rockefeller ...33.95

Pacific Coast oysters (6) blanched & baked in the half shell, topped with a rich Gruyere Cheese & Spinach Sauce au gratin

 **PRAWN GARLIC SAUTEE** ...34.95

Black Tiger prawns sautéed with tri-mix, white wine, garlic butter & chili flakes

 **LAGOS STIFADO (RABBIT)** ...42.95

Locally sourced organic rabbit prepared in a traditional Greek style. Braised in Okanagan wine, brandy, tomato & baby onions. Rosemary, bay leaves, cloves & cinnamon

SALMOS STO PHYLLO ...34.95

Wild salmon fillet feta cheese, tomatoes, green peppers & onion baked in phyllo pastry with Tzatziki

CALAMARI DINNER ...28.95

Traditional deepfried squid. Topped with onions, served with Tzatziki & lemon

DID YOU KNOW?

Ask your server if you wish to add prawns, chicken, beef, pita or flatbread to any order. You can customize your platters and substitute one item for another. Just ask, we are here to make you happy!

VEGETARIAN

 **VEGAN MOUSSAKA** ...31.95

Layers of roasted eggplant, potatoes, zucchini & lentils spiced with cinnamon & herbs. Topped with an almond whipped cauliflower bechamel

 **COLD MEZE PLATE** ...33.50

Yigantes, Vegetarian Dolmathes, artichoke hearts, Fava & Houmous, cucumber slices, vegan pita bread

PLATTERS

THEO'S PLATTER FOR 2

Horiatiki followed by a platter of beef souvlaki, dolmathes, moussaka, spanakotiropita & chops
...87.95

SEAFOOD PLATTER FOR 2

Horiatiki followed by baked oysters, calamari, tiger prawns & salmon in phyllo
...89.95

 **VEGAN PLATTER FOR 2** ...77.95

Mixed green salata followed by vegan moussaka, yigantes, vegan dolmathes, fava, houmous & vegan pita

All entrees and platters served with lemon potato, rice & butter glazed carrots

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April 2024