

Lunch Specials

SERVED WITH **CHIPS** (160 CAL) AND CHOICE OF A HEALTHY SIDE: **FRESH-CUT FRUIT** (50 CAL), **TOMATO-CUCUMBER SALAD** (70 CAL), **PASTA SALAD** (220 CAL), **ROASTED NEW POTATOES** (220 CAL), OR **BASMATI RICE** (240 CAL)
(EXCEPT FRIDAY — SUNDAY SIGNATURE PASTA SPECIAL)

Monday

CHICKEN PORTOBELLO SANDWICH

Grilled chicken, red peppers, swiss cheese, and mushroom butter on a kaiser bun — **8.69** (740 Cal)

Tuesday

ROASTED PORK LOIN SANDWICH

With tomato chutney aioli, tomato and lettuce on a kaiser bun — **8.69** (790 Cal)

Wednesday

SPANAKOPITA ROLL-UP

Grilled chicken, fresh spinach, and feta in a griddled flour tortilla, served with fresh salsa — **8.69** (520 Cal)

Thursday

TAZIKI'S TACO

Grilled tilapia with crunchy slaw, spicy herb sauce, and diced tomatoes in a flour tortilla, topped with a lime — **8.69** (620 Cal)

Friday - Sunday

TAZIKI'S SIGNATURE PASTA

A bed of mixed lettuces with penne pasta and grilled chicken, tossed in our homemade balsamic vinaigrette, topped with tomatoes, feta, and fresh basil — **8.99** (1,280 Cal)

WHERE GREAT FOOD BRINGS
US Together

We care about the health of our family and yours; that's why we take pride in using simple, wholesome ingredients and making everything from scratch. Inspired by a Mediterranean Diet, we focus on fresh produce and using herbs & spices to flavor food. Our goal is to help you make choices that fit your healthy lifestyle.



Look for this symbol for **VEGETARIAN OPTIONS**

LOOKING FOR GLUTEN FREE OPTIONS?

Ask how we can accommodate your allergy or dietary needs.

A 2,000 calorie daily diet is used as the basis for general nutrition advice but calorie needs may vary. Additional nutrition information available upon request and at TazikisCafe.com

Appetizers

SERVED WITH **SOFT** (440 CAL) OR **BAKED PITA CHIPS** (490 CAL)
(EXCEPT HUMMUS SERVED GLUTEN-FREE)

🌱 HUMMUS TRIAS*

Our signature hummus served three ways: Original Recipe • Basil Pesto • Rustic Tomato — **6.99** (500 Cal)

🌱 HUMMUS

Pureé of chick peas, tahini, touch of cumin, and lemon juice, — **4.99** (270 Cal)

🌱 HUMMUS SERVED GLUTEN-FREE

Served with carrots, celery, squash, and sliced tomatoes — **5.79** (360 Cal)

🌱 TAZIKI DIP

Cucumber, dill, and a hint of lemon define this refreshing classic — **4.99** (130 Cal)

🌱 SPICY PIMENTO CHEESE

Grated sharp cheddar, mayo, diced red peppers, and a hint of Tabasco — **5.29** (600 Cal)

Fresh Take-Home Dinner for 4

PLEASE CALL IN ADVANCE

INCLUDES **CLASSIC GREEK SALAD** (70 CAL), **GREEK DRESSING** (300 CAL) **BASMATI RICE** (220 CAL) OR **ROASTED NEW POTATOES** (170 CAL) AND **BAKED PITA CHIPS** (80 CAL).
(CALORIES LISTED BY PER PERSON SERVING.)

GRILLED CHICKEN BREAST

Seasoned and grilled, and served with our **Signature Taziki Sauce** (40 Cal). — **26.99** (250 Cal)

WHOLE BAKED CHICKEN

Slow roasted whole chicken stuffed with fresh rosemary and lemon.
Made to order. Please call in advance.. — **27.99** (920 Cal)

HERB-ROASTED PORK LOIN

Rubbed in our signature blend of herbs and seasonings, grilled and served with our famous **Tomato Chutney Aioli** (320 Cal). — **28.99** (320 Cal)

GRILLED LAMB**

Sliced and served with our rich, hearty **Skordalia Sauce** (90 Cal). — **31.99** (270 Cal)

FRESH GRILLED VEGETABLES

Add to any Dinner for 4 on request. — **5.00** (70 Cal)

CALL FOR CATERING

BIRMINGHAM • 205.380.4344

WE DELIVER FOR GROUPS OF 10 OR MORE

FOR DIRECT CALLS & PICK-UP ORDERS:

ALABASTER • 205.216.3465

UAB MEDICAL CENTER • 205.731.9001

MOUNTAIN BROOK PLAZA • 205.870.0455

COLONNADE • 205.968.6622

LEE BRANCH • 205.980.6063

LIBERTY CENTRE • 205.956.1300

CHACE LAKE • 205.682.6999

TRUSSVILLE • 205.623.3177

TO FIND OTHER TAZIKI'S LOCATIONS
VISIT TAZIKISCAFE.COM



(where available)



TAZIKI'S

MEDITERRANEAN CAFE



Soups & Salads

CHOOSE YOUR SALAD DRESSING:

CAESAR DRESSING (120 Cal), GREEK SALAD DRESSING (230 Cal) or BALSAMIC VINAIGRETTE (270 Cal)

HOMEMADE GREEK LEMON CHICKEN SOUP

SOUP — 3.99 (420 Cal)

SOUP & SALAD — 7.99 (490 Cal)

🍷 GREEK SALAD

A fresh mix of lettuces, tomatoes, cucumbers, roasted red peppers, red onions, feta, pepperoncini and kalamata olives — 7.29 (110 Cal)

🍷 MEDITERRANEAN SALAD*

Mixed lettuces with garbanzo beans, roasted red peppers, red onions, diced tomatoes, roasted pecans and feta — 7.29 (320 Cal)

TAZIKI'S CAESAR SALAD

Mixed lettuces with grated parmesan cheese and croutons — 7.29 (180 Cal)

..... WITH GRILLED MEATS

CHICKEN — 9.99 (250 Cal)

TURKEY BREAST — 9.99 (250 Cal)

BEEF TENDER** — 10.79 (270 Cal)

LAMB** — 11.19 (270 Cal)

HOMEMADE CHICKEN SALAD — 9.19 (300 Cal)

..... WITH SEAFOOD

TILAPIA — 10.49 (240 Cal)

SHRIMP — 12.19 (210 Cal)

SALMON** — 12.99 (500 Cal)

CHICKEN SALAD & COMPANY

Our fresh, homemade chicken salad paired with your choice of any 2: Pimento Cheese, Pasta Salad, Tomato and Cucumber Salad or Fresh-Cut Fruit — 9.19 (630-1,130 Cal)

🍷 GRILLED VEGGIE PLATE

Grilled zucchini, squash, red peppers, red onions, asparagus, and tomatoes, served on a bed of basmati rice with a garden salad — 8.99 (560 Cal)



Fresh-Grilled Gyros

SERVED WITH CHIPS (160 CAL) AND CHOICE OF A HEALTHY SIDE: FRESH-CUT FRUIT (50 CAL), TOMATO-CUCUMBER SALAD (70 CAL), PASTA SALAD (220 CAL), ROASTED NEW POTATOES (220 CAL), OR BASMATI RICE (240 CAL)

GRILLED CHICKEN GYRO

Taziki sauce, tomatoes, mixed lettuce, and grilled onions — 7.99 (440 Cal)

GRILLED CHICKEN BASIL-PESTO GYRO*

Homemade basil-pesto, tomatoes, and feta — 7.99 (610 Cal)

🍷 GREEK SALAD GYRO

Tomatoes, cucumbers, roasted red peppers, red onions, mixed lettuce, feta, and Greek dressing — 5.99 (520 Cal) — with grilled chicken — 8.99 (720 Cal)

GRILLED BEEF TENDER GYRO**

Taziki sauce, tomatoes, mixed lettuce, and grilled onions — 9.09 (510 Cal)

GRILLED LAMB GYRO**

Taziki sauce, tomatoes, mixed lettuce, and grilled onions — 9.99 (490 Cal)

LAMB & SKORDALIA GYRO

Skordalia, roasted red peppers, and grilled onions — 9.99 (500 Cal)

🍷 GRILLED VEGGIE GYRO*

Pesto aioli, tomatoes, zucchini, squash, grilled red peppers, grilled onion, and feta — 7.99 (680 Cal)

Children 12 & Under

ALL KIDS MEALS ARE SERVED WITH FRESH FRUIT (50 CAL) OR CHIPS (160 CAL)

SNEAKY TAZIKI

Create your own chicken roll-up — 3.99 (230-280 Cal)

CHILD'S FEAST

Grilled chicken and basmati rice — 4.50 (350 Cal)

MEDITERRANEAN TURKEY MELT

Grilled turkey and cheddar on griddled pita — 4.25 (450 Cal)

🍷 GRILLED CHEESE

American cheese on toasted buttermilk bread — 3.89 (440 Cal)

* ALLERGEN WARNING: OUR MEDITERRANEAN SALAD, PESTO, & BAKLAVA CONTAIN NUTS.

A 2,000 calorie daily diet is used as the basis for general nutrition advice but calorie needs may vary. Additional nutrition information available upon request and at Tazikiscafe.com

Mediterranean Deli

GRILLED CHICKEN ROLL-UP

With tomato and feta in a griddled flour tortilla, served with fresh salsa — 7.99 (520 Cal)

GRILLED CHICKEN

Served with feta cheese and grilled onions on a kaiser bun — 7.99 (500 Cal)

TURKEY CLUB CIABATTA*

Hickory bacon, swiss cheese, pesto aioli, tomatoes, and mixed lettuce on fresh ciabatta — 8.99 (950 Cal)

THE TURKEY AND EGG**

Mayo, swiss, and mixed lettuce on toasted buttermilk bread — 7.99 (910 Cal) — add bacon — 50¢ (130 Cal)

GRILLED TILAPIA WITH CAPER-DILL SAUCE

Grilled and served with tomato and lettuce on a kaiser bun — 8.99 (640 Cal)

BEEF TENDER**

Grilled onions, melted swiss, and horseradish on a kaiser bun — 9.09 (760 Cal)

🍷 TOMATO-BASIL*

Feta, tomatoes, basil, and basil-pesto, griddled on wheat bread — 6.79 (570 Cal)

🍷 SPICY PIMENTO CHEESE

With mixed lettuce on toasted buttermilk bread — 6.99 (920 Cal)

HOMEMADE CHICKEN SALAD

With mixed lettuce and tomato on toasted wheat bread — 7.99 (590 Cal)

Healthy Sides

FRESH-CUT FRUIT (50 Cal)

TOMATO-CUCUMBER SALAD (70 Cal)

PASTA SALAD (220 Cal)

ROASTED NEW POTATOES (220 Cal)

BASMATI RICE (240 Cal)

** NOTICE: CONSUMING RAW OR UNDER COOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS, ESPECIALLY IF YOU HAVE A MEDICAL CONDITION.

Taziki's Feasts

SERVED WITH GREEK SALAD (340 CAL) AND YOUR CHOICE OF ROASTED NEW POTATOES (220 CAL) OR BASMATI RICE (240 CAL)

..... GRILLED MEATS

GRILLED CHICKEN BREAST

Served with our Taziki Sauce (30 Cal) — 9.99 (250 Cal)

GRILLED BEEF TENDER**

Served with a side of our homemade Horseradish Sauce (210 Cal) — 11.99 (270 Cal)

CHARGRILLED LAMB**

Served with our homemade Skordalia Sauce (90 Cal) — 12.69 (270 Cal)

HERB-ROASTED PORK LOIN

Served with our famous Tomato Chutney Aioli (240 Cal) with a side of grilled asparagus — 10.99 (320 Cal)

..... SEAFOOD

GRILLED SALMON**

Atlantic Salmon, seasoned and chargrilled to perfection — 13.99 (500 Cal)

GRILLED SHRIMP

Seasoned and grilled with lemon juice, butter, and just a touch of blackened seasoning — 12.19 (210 Cal)

GRILLED TILAPIA

Served with our original Caper-Dill Sauce (150 Cal) — 11.49 (240 Cal)

Desserts

DARK CHOCOLATE CAKE

With Richmond icing. Made from scratch — 2.75 (480 Cal)

BAKLAVA*

From Hellas Bakery — 2.75 (350 Cal)

CHOCOLATE CHIP COOKIES

Two fresh baked cookies — 1.99 (400 Cal)

Beverages

SOFT DRINKS & ICED TEA — 2.19 (0-270 Cal)
20 OZ, free refills

BOTTLED WATER — .99 (0 Cal)

SEE STORE FOR BEER & WINE OPTIONS

