

## Daily 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](http://TazikisCafe.com)

## Appetizers

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

#### ☺ 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 — **5.99** (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). — **29.99** (320 Cal)

#### GRILLED LAMB\*\*

Sliced and served with our rich, hearty **Skordalia Sauce** (90 Cal). — **32.99** (270 Cal)

#### FRESH GRILLED VEGETABLES

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

## CALL FOR CATERING NASHVILLE • 615.823.3941

WE DELIVER ORDERS OVER \$150 WITH 24 HOURS NOTICE

### FOR DIRECT CALLS & PICK-UP ORDERS:

**COOL SPRINGS** • 615.791.4465

**WEST END** • 615.724.2276

**GREEN HILLS** • 615.873.1027

**MT. JULIET** • 615.610.1815

**HERMITAGE** • 615.454.9684

**DOWNTOWN FRANKLIN** • 615.490.9585

**BRENTWOOD** • 615.645.4050

**THE GULCH** • 615.203.0346

TO FIND OTHER TAZIKI'S LOCATIONS  
VISIT [TAZIKISCAFE.COM](http://TAZIKISCAFE.COM)



Order  
**AHEAD**

(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 — 6.99 (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 — 4.50 (450 Cal)

#### 🍷 GRILLED CHEESE

American cheese on toasted buttermilk bread — 3.99 (440 Cal)

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

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## 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)

#### 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 — 6.99 (570 Cal)

#### 🍷 SPICY PIMENTO CHEESE

With mixed lettuce on toasted buttermilk bread — 7.19 (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)

## 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 — 12.29 (210 Cal)

#### GRILLED TILAPIA

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

## Desserts

#### 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



\*\* 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.