

Lunch Specials

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

Monday

CHICKEN PORTOBELLO SANDWICH
Grilled chicken, red peppers, swiss cheese,
and mushroom butter on a kaiser bun — **8.99**

Tuesday

ROASTED PORK LOIN SANDWICH
With tomato chutney aioli, tomato
and lettuce on a kaiser bun — **8.99**

Wednesday

SPANAKOPITA ROLL-UP
Grilled chicken, fresh spinach, and feta in a griddled
flour tortilla, served with fresh salsa — **8.99**

Thursday

TAZIKI'S TACO
Grilled tilapia with crunchy slaw, spicy herb sauce, and diced
tomatoes in a flour tortilla, topped with a lime — **8.99**

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**

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.

Appetizers

HUMMUS TRIAS*

Our signature hummus served three ways:
Original Recipe • Basil Pesto • Rustic Tomato
served with soft or baked pita chips — **8.49**

HUMMUS

Pureé of chick peas, tahini, touch of cumin, and lemon
juice, served with soft or baked pita chips — **5.09**

HUMMUS SERVED GLUTEN-FREE

Served with carrots, celery, squash,
and sliced tomatoes — **5.99**

TAZIKI DIP

Cucumber, dill, and a hint of lemon
define this refreshing classic, served
with soft or baked pita chips — **5.69**

SPICY PIMENTO CHEESE

Grated sharp cheddar, mayo, diced red
peppers, and a hint of Tabasco, served
with soft or baked pita chips — **5.69**

DOLMADES

Hand-rolled grape leaves (3), stuffed with seasoned
rice, grilled onions, and Taziki's special herbs — **5.69**

MEZEDES PLATTER

Hummus and Taziki dips served
with Dolmades and pita — **9.99**

Fresh Take-Home Dinner for 4

PLEASE CALL IN ADVANCE

INCLUDES OUR CLASSIC GREEK SALAD, BASMATI RICE OR
ROASTED NEW POTATOES AND PITA CHIPS.

GRILLED CHICKEN BREAST

Seasoned and grilled, and served with
our signature Taziki sauce. — **34.99**

BEEF TENDER

Seasoned and chargrilled, and served with our
homemade horseradish sauce. — **45.99**

HERB-ROASTED PORK LOIN

Rubbed in our signature blend of herbs
and seasonings, grilled and served with our
famous tomato chutney aioli. — **39.99**

GRILLED LAMB**

Sliced and served with our rich,
hearty skordalia sauce. — **46.99**

FRESH GRILLED VEGETABLES

Add to any dinner for 4 on request. — **8.99**

FOR DIRECT CALLS & PICK-UP ORDERS:

71ST AND YALE • 918.986.8291
4929 E. 71st Street • Tulsa, OK 74136

CHERRY STREET • 918.986.8288
1551 East 15th St., Suite 102 • Tulsa, OK 74012

COMING SOON: APRIL 2018
1389 E. 15th Street, Suite #132 • Edmond, OK 73013

CALL FOR CATERING
TULSA CATERING LINE
918.699.9579

WE DELIVER FOR ORDERS OF \$100 OR MORE

TO FIND OTHER TAZIKI'S LOCATIONS
VISIT TAZIKISCAFE.COM



TAZIKI'S
MEDITERRANEAN CAFE



Soups & Salads

CHOOSE YOUR SALAD DRESSING:

CAESAR DRESSING, GREEK SALAD DRESSING
or BALSAMIC VINAIGRETTE

HOMEMADE GREEK LEMON CHICKEN SOUP

SOUP — 3.99

SOUP & SALAD — 7.99

🍷 GREEK SALAD

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

🍷 MEDITERRANEAN SALAD*

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

TAZIKI'S CAESAR SALAD

Mixed lettuces with grated parmesan cheese and croutons — 7.29

..... WITH GRILLED MEATS

CHICKEN — 8.99

TURKEY BREAST — 9.99

BEEF TENDER** — 11.99

LAMB** — 12.49

HOMEMADE CHICKEN SALAD — 8.99

..... WITH SEAFOOD

TILAPIA — 10.49

SHRIMP — 11.49

SALMON** — 13.99

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 — 9.99

🍷 GRILLED VEGGIE PLATE

Grilled zucchini, squash, red peppers, red onions, asparagus, and tomatoes, served on a bed of basmati rice with a garden salad — 9.99

🍷 DOLMADES PLATE

Grilled hand-rolled grape leaves, stuffed with seasoned rice, served with Greek salad, Taziki sauce and pita — 9.69
— add fresh grilled veggies — 2.49



Fresh-Grilled Gyros

SERVED WITH CHIPS AND CHOICE OF A HEALTHY SIDE: FRESH-CUT FRUIT, TOMATO-CUCUMBER SALAD, PASTA SALAD, ROASTED NEW POTATOES, OR BASMATI RICE

GRILLED CHICKEN GYRO

Taziki sauce, tomatoes, mixed lettuce, and grilled onions — 8.99

GRILLED CHICKEN BASIL-PESTO GYRO*

Homemade basil-pesto, tomatoes, and feta — 8.99

🍷 GREEK SALAD GYRO

Tomatoes, cucumbers, roasted red peppers, red onions, mixed lettuce, feta, and Greek dressing — 7.29
— with grilled chicken — 9.29

GRILLED BEEF TENDER GYRO**

Taziki sauce, tomatoes, mixed lettuce, and grilled onions — 9.49

GRILLED LAMB GYRO**

Taziki sauce, tomatoes, mixed lettuce, and grilled onions — 9.89

LAMB & SKORDALIA GYRO

Skordalia, roasted red peppers, and grilled onions — 9.89

🍷 GRILLED VEGGIE GYRO*

Pesto aioli, tomatoes, zucchini, squash, grilled red peppers, grilled onion, and feta — 8.99

Children 12 & Under

ALL KIDS MEALS ARE SERVED
WITH FRESH FRUIT OR CHIPS

SNEAKY TAZIKI

Create your own chicken roll-up — 4.99

CHILD'S FEAST

Grilled chicken and basmati rice — 4.99

MEDITERRANEAN TURKEY MELT

Grilled turkey and cheddar on griddled pita — 4.99

🍷 GRILLED CHEESE

American cheese on toasted buttermilk bread — 4.99

Mediterranean Deli

GRILLED CHICKEN ROLL-UP

With tomato and feta in a griddled flour tortilla, served with fresh salsa — 8.49

GRILLED CHICKEN

Served with feta cheese and grilled onions on a kaiser bun — 8.49

TURKEY CLUB CIABATTA*

Hickory bacon, swiss cheese, pesto aioli, tomatoes, and mixed lettuce on fresh ciabatta — 9.29

THE TURKEY AND EGG**

Mayo, swiss, and mixed lettuce on toasted buttermilk bread — 9.29
— add bacon — 50¢

GRILLED TILAPIA WITH CAPER-DILL SAUCE

Grilled and served with tomato and lettuce on a kaiser bun — 8.99

BEEF TENDER**

Grilled onions, melted swiss, and horseradish on a kaiser bun — 8.99

🍷 TOMATO-BASIL*

Feta, tomatoes, basil, and basil-pesto, griddled on wheat bread — 7.99

🍷 SPICY PIMENTO CHEESE

With mixed lettuce on toasted buttermilk bread — 7.99

HOMEMADE CHICKEN SALAD

With mixed lettuce and tomato on toasted wheat bread — 8.49

Healthy Sides

FRESH-CUT FRUIT
TOMATO-CUCUMBER SALAD
PASTA SALAD
ROASTED NEW POTATOES
BASMATI RICE

Taziki's Feasts

SERVED WITH GREEK SALAD AND YOUR CHOICE OF
ROASTED NEW POTATOES OR BASMATI RICE

..... GRILLED MEATS

GRILLED CHICKEN BREAST

Served with our Taziki sauce — 9.99

GRILLED BEEF TENDER**

Served with a side of our homemade horseradish sauce — 12.99

CHARGRILLED LAMB**

Served with our homemade skordalia sauce — 13.49

HERB-ROASTED PORK LOIN

Served with our famous tomato chutney aioli with a side of grilled asparagus — 12.99

..... SEAFOOD

GRILLED SALMON**

Atlantic Salmon, seasoned and chargrilled to perfection — 14.99

GRILLED SHRIMP

Seasoned and grilled with lemon juice, butter, and just a touch of blackened seasoning — 12.29

GRILLED TILAPIA

Served with our original caper-dill sauce — 11.49

Desserts

DARK CHOCOLATE CAKE

With Richmond icing. Made from scratch. — 2.99

BAKLAVA*

From Hellas Bakery — 2.69

CHOCOLATE CHIP COOKIES

Two fresh baked cookies — 1.69

Beverages

SOFT DRINKS & ICED TEA — 1.99

(free refills)

FUJI BOTTLED WATER — 1.99

SEE STORE FOR BEER & WINE OPTIONS



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

** 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.