## **DINNER FOR 4 MEALS**

ITEMS ONLY AVAILABLE TO-GO – PLEASE CALL IN ADVANCE CALORIES LISTED BY PER PERSON SERVING INCLUDES GREEK SALAD WITH DRESSING, ROASTED NEW POTATOES OR BASMATI RICE, AND CHOICE OF BAKED PITA CHIPS OR SOFT PITA

#### **GRILLED CHICKEN BREAST**

Seasoned and served with Taziki Sauce 29.99 (780 / 900 cal) (3)

CHARGRILLED LAMB\*\* Sliced grilled lamb 35.99 (1,050 / 1,170 cal) @

GRILLED BEEF\*\* Seasoned and chargrilled,and served with our homemade Horseradish Sauce 35.99 (1170 / 1290 cal) @

#### **GRILLED SHRIMP\*\***

Seasoned and grilled with lemon juice, butter, and just a touch of blackened seasoning **35.99** (800 / 940 cal) <sup>(2)</sup>

#### ADD FRESH GRILLED VEGETABLES Grilled zucchini, squash, roasted red peppers, red onions and asparagus 6.99 (40 cal) € ♥ ♥

#### Friday — Sunday

#### TAZIKI'S SIGNATURE PASTA

A bed of mixed lettuces with penne pasta and grilled chicken, tossed in Balsamic Vinaigrette, topped with tomatoes, feta, and fresh basil **9.49** (1,350 cal)

## DESSERTS

CHOCOLATE CHIP COOKIES Two fresh baked cookies 1.49 (400 cal) 🛇

> BAKLAVA\* From Hellas Bakery 2.75 (350 cal) �



## CATERING

#### **AND PICK-UP ORDERS:**

#### BEARDEN

865.444.0661 6100 Kingston Pike • Knoxville, TN 37919

#### POWELL

865.512.7019 6634 Clinton Highway • Knoxville, TN 37912

#### VISIT TAZIKIS.COM OR DOWNLOAD OUR APP



Inspiration for Taziki's Mediterranean Cafe started with founders Keith and Amy Richards' trip to Greece in 1997. The people, culture and, of course, the food, were the seeds of inspiration that grew into what Taziki's is today. From that experience, we believe that life is all about finding the deep, everlasting happiness, which the Greeks call Eudaimonia.



Knoxville 8.1

MENU DINE-IN & TO-GO

# TAZIKIS

A 2,000 calorie daily diet is used as the basis for general nutrition advice but calorie needs may vary.

## APPETIZERS

SERVED WITH BAKED PITA CHIPS, SOFT PITA OR GLUTEN FREE WITH VEGGIES

#### HUMMUS

Pureé of chickpeas, tahini, touch of cumin, and lemon juice with Pita 4.99 (690 / 830 cal) 🛛 🖓 with Veggies 7.49 (350 cal) <sup>G</sup> <sup>O</sup> <sup>O</sup>

#### **TAZIKI DIP**

Greek yogurt, cucumber, dill, and a hint of lemon define this refreshing classic with Pita 4.99 (500 / 620 cal) 🛛 with Veggies 7.49 (160 cal) <sup>G</sup>

#### SPICY PIMENTO CHEESE

Grated sharp cheddar, mayo, jalapeños, diced roasted red peppers, and a hint of Tabasco with Pita 5.49 (1,050 / 1,160 cal) 🛛 with Veggies **7.99** (700 cal) **G** 

#### WHIPPED FETA

Our scratch-made feta dip, topped with honey and fresh parsley with Pita 5.99 (980 / 1.120 cal) 🛛 with Veggies 8.49 (640 cal) <sup>G</sup>

## SOUP & SALADS

SALADS SERVED WITH A BAKED PITA CHIP

#### **ORIGINAL GREEK LEMON CHICKEN SOUP**

SOUP SERVED WITH SOFT PITA

SOUP 3.99 (300 cal) G

**SOUP & SALAD** 7.99 (580 – 690 cal) G

#### **GREEK SALAD**

Fresh mixed lettuces, tomatoes, cucumbers, roasted red peppers, red onions, feta, pepperoncini, kalamata olives and Greek dressing **7.99** (410 cal) **G V V** 

#### **MEDITERRANEAN SALAD\***

Fresh mixed lettuces with garbanzo beans, roasted red peppers, red onions, diced tomatoes, candied pecans, feta and Balsamic Vinaigrette 7.99 (630 cal) G 🛛 🔿

#### **COMPLETE YOUR SALAD**

**GRILLED CHICKEN** +2.00 (+110 cal) G

**GRILLED LAMB\*\*** +3.50 (+280 cal) G

**GRILLED SHRIMP\*\*** +4.00 (+140 cal) G

**GRILLED SALMON\*\*** +5.00 (+530 cal) G

## HAND-CRAFTED GYROS

SERVED WITH CHIPS (150 CAL) & CHOICE OF A HEALTHY SIDE

**GRILLED CHICKEN GYRO** Taziki Sauce, tomatoes, mixed

lettuce and grilled onions **8.99** (580 – 820 cal)

#### **GRILLED BEEF TENDER GYRO\*\***

Taziki Sauce, tomatoes, mixed lettuce and grilled onions 9.99 (670 – 910 cal)

**GRILLED CHICKEN BASIL-PESTO GYRO\*** Pesto Aioli, tomatoes and feta **8.99** (720 – 960 cal)

#### **GRILLED VEGGIE GYRO\***

Pesto Aioli, tomatoes, with grilled zucchini, squash, onion, roasted red peppers and feta 8.99 (790 – 1,030 cal) ♥

#### **GRILLED LAMB GYRO\*\***

Taziki Sauce, tomatoes, mixed lettuce and grilled onions 10.99 (710 - 950 cal)

### **SANDWICHES & MORE**

SERVED WITH CHIPS (150 CAL) & CHOICE OF A HEALTHY SIDE

#### **GRILLED CHICKEN ROLL-UP**

With tomato and feta in a griddled flour tortilla, served with fresh salsa 8.49 (680 – 920 cal)

#### **GRILLED CHICKEN**

With feta cheese and grilled onions on a kaiser bun **8.49** (590 – 830 cal)

#### **GRILLED BEEF\*\***

With grilled onions, melted Swiss, and horseradish sauce on a kaiser bun 8.99 (920 - 1,160 cal)

## **HEALTHY SIDES •**

FRESH-CUT FRUIT (50 cal) TOMATO-CUCUMBER SALAD (60 cal) ROASTED NEW POTATOES (170 cal) PASTA SALAD (280 cal) BASMATI RICE (290 cal)

#### Scratch-Made & Original ALL SAUCES & DRESSINGS ARE MADE IN-HOUSE DAILY!

Indicates items that can be prepared gluten-free, vegetarian, or vegan, upon request.

Gluten-Free 🛛 Vegetarian 🕜 Vegan

#### TAZIKI'S FAVORITES

## FFASTS

SERVED WITH GREEK SALAD, A BAKED PITA CHIP & YOUR CHOICE OF ROASTED NEW POTATOES OR BASMATI RICE

#### **GRILLED CHICKEN BREAST**

Served with Taziki Sauce 10.49 (660 / 770 cal) G

#### **GRILLED BEEF\*\***

Served with Horseradish Sauce 12.49 (980 / 1,090 cal) G

#### **CHARGRILLED LAMB\*\***

Sliced grilled lamb 12.99 (900 / 1,020 cal) G

#### **GRILLED SALMON\*\***

Seasoned chargrilled blackened salmon 13.99 (1,060 / 1,170 cal) G

#### **GRILLED SHRIMP\*\***

Seasoned and grilled with lemon juice, butter, and just a touch of blackened seasoning 12.49 (670 / 790 cal) G

#### **GRILLED VEGGIES**

Grilled zucchini, squash, onion, red peppers and asparagus served with Taziki Sauce 9.99 (700 / 820 cal) G 🛛 🖓

## FOR THE KIDS

ALL KID'S MEALS ARE SERVED WITH KID'S DRINK. INCLUDES FRESH-CUT FRUIT OR CHIPS (EXCEPT CHILD'S FEAST)

#### **SNEAKY TAZIKI**

Chicken, choice of cheese in griddled tortilla **4.50** (300 – 410 cal)

#### **GRILLED CHEESE**

American cheese on toasted buttermilk bread 4.99 (450 / 550 cal)

#### CHILD'S FEAST

Grilled chicken, basmati rice and fresh-cut fruit. (upcharge for substitutes) 4.99 (400 cal) G

## **BEVERAGES**

**FOUNTAIN DRINKS & TEA** 2.19 (0 - 270 cal) 20 oz, Free refills **FIJI WATER** 2.50 (0 cal)

SPARKLING WATER - 2.75 (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. 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 tazikis.com/nutrition.

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

## **GRILLED BEEF\*\***



+2.50 (+210 cal) G