

Lunch Specials

SERVED WITH **CHIPS & CHOICE OF A HEALTHY SIDE**
(EXCEPT FRIDAY — SUNDAY, SIGNATURE PASTA)

Monday CHICKEN PORTOBELLO SANDWICH

Grilled chicken, red peppers, swiss cheese,
and mushroom butter on a kaiser bun
8.99 (800 – 1,040 cal) ●●

Tuesday ROASTED PORK LOIN SANDWICH

With Tomato Chutney Aioli, tomato
and lettuce on a kaiser bun
8.99 (920 – 1,160 cal) ●●

Wednesday SPANAKOPITA ROLL-UP

Grilled chicken, fresh spinach, and feta in a
griddled flour tortilla, served with fresh salsa
8.99 (720 – 960 cal) ●●●●

Thursday TAZIKI'S TACO

Grilled tilapia with crunchy slaw, Spicy Herb Sauce, and
diced tomatoes in a flour tortilla, topped with a lime
8.99 (730 – 970 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 (1,350 cal) ●●●

To-Go Meals **DINNER for 4**

PLEASE CALL IN ADVANCE
CALORIES LISTED BY PER PERSON SERVING

INCLUDES **GREEK SALAD WITH DRESSING, ROASTED NEW POTATOES**
OR **BASMATI RICE, AND CHOICE OF SOFT PITA OR BAKED PITA CHIPS**

GRILLED CHICKEN BREAST

Seasoned and served with our Signature Taziki Sauce
34.99 (780 / 900 cal) ●●●●

BEEF TENDER

Seasoned and chargrilled, and served with our
homemade Horseradish Sauce
45.99 (1,170 / 1290 cal) ●●●●

HERB-ROASTED PORK LOIN

Served with our famous Tomato Chutney Aioli
39.99 (1,600 / 1,720 cal) ●●●●

CHARGRILLED LAMB**

Sliced and served with our rich, homemade Skordalia Sauce
46.99 (1,050 / 1,170 cal) ●●●●●●

FRESH GRILLED VEGETABLES

Grilled zucchini, squash, red peppers, red onions and asparagus
8.99 (40 cal) ●●●●●●●●



Desserts

BAKLAVA*

From Hellas Bakery
2.69 (350 cal) ●

CHOCOLATE CHIP COOKIES

Two fresh baked cookies
1.69 (400 cal) ●

DARK CHOCOLATE CAKE

Scratch made, with Richmond icing
2.99 (470 cal) ●

Beverages

SOFT DRINKS & ICED TEA

1.99 (0 – 270 cal) — 20 oz, Free refills

BOTTLED WATER

1.99 (0 cal)

SEE STORE FOR BEER & WINE OPTIONS

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

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 74120

EDMOND • 405.285.9005

1389 E. 15th Street • Edmond, OK 73013



Call for Catering

TULSA CATERING LINE - 918.699.9579

EDMOND CATERING LINE - 405.482.6787

WE DELIVER FOR ORDERS OF \$100 OR MORE

**TO FIND OTHER TAZIKI'S LOCATIONS
VISIT TAZIKISCAFE.COM**

ORDER *healthy* ON THE GO MOBILE & ON-LINE

ASK ABOUT: TAKE-OUT • CURBSIDE • DELIVERY • CATERING • REWARDS



**DOWNLOAD
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Tulsa 7A

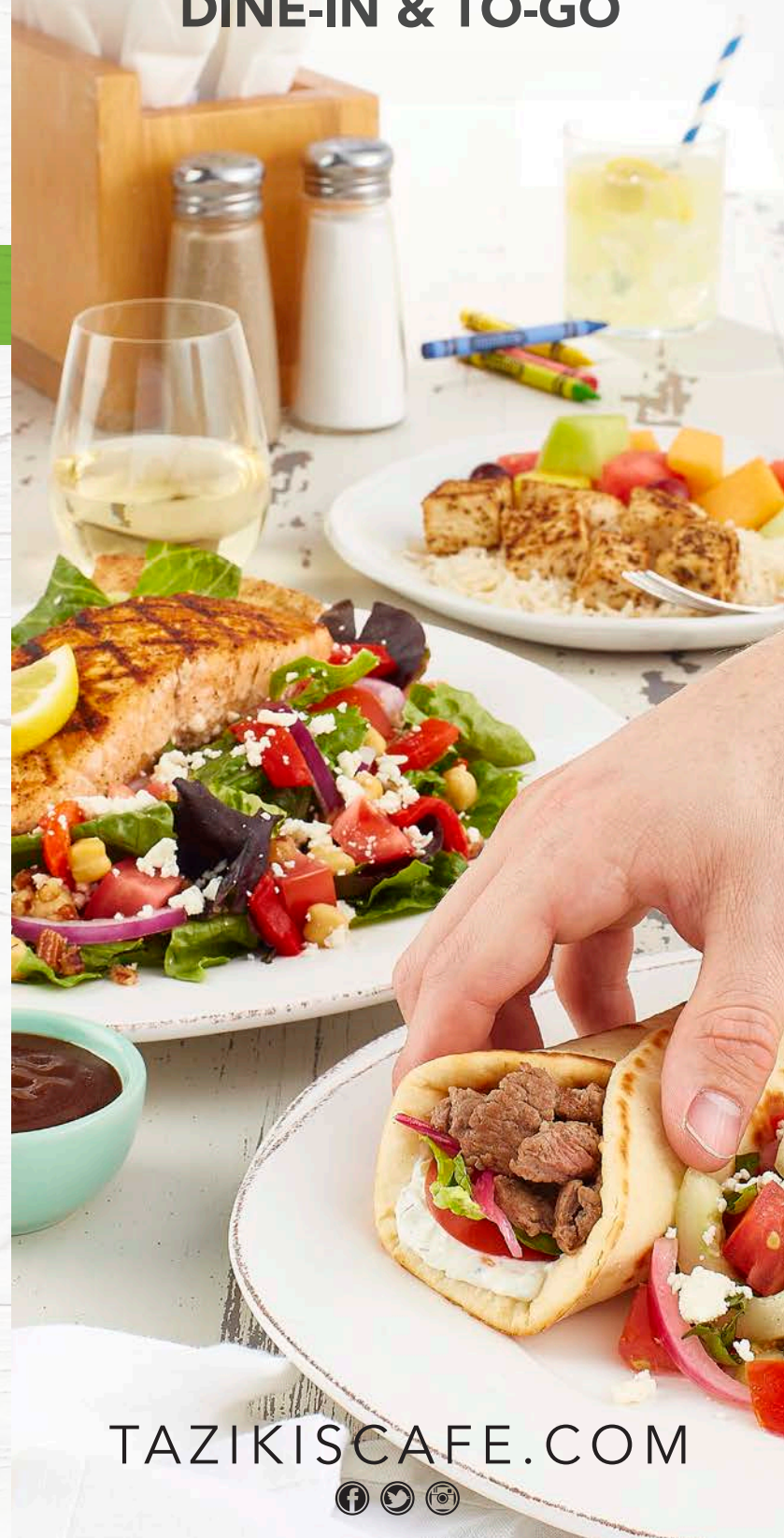


TAZIKI'S

MEDITERRANEAN CAFE

Menu

DINE-IN & TO-GO



TAZIKISCAFE.COM



PROGRAMS VARY BY LOCATION



Appetizers

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

TAZIKI DIP

Greek yogurt, cucumber, dill, and a hint of lemon define this refreshing classic
5.69 (500 / 620 cal) ● ● ●

MEZEDES PLATTER

Hummus and Taziki Dip served with Dolmades
9.99 (1,140 / 1,190 cal) ●

DOLMADES

Grilled hand-rolled grape leaves (3), stuffed with seasoned rice, grilled onions, and Taziki's special herbs
5.69 (540 cal) ● ●

HUMMUS

Pureé of chick peas, tahini, touch of cumin, and lemon juice
5.09 (690 / 810 cal) ● ● ● ● ●

HUMMUS SERVED GLUTEN-FREE

Served with carrots, celery, squash, and sliced cucumbers
5.99 (350 cal) ● ● ● ● ●

SPICY PIMENTO CHEESE

Grated sharp cheddar, mayo, diced red peppers, and a hint of Tabasco
5.69 (1,050 / 1,160 cal) ● ● ●

HUMMUS TRIAS*

Signature hummus served three ways:
Original • Basil Pesto • Rustic Tomato
8.49 (840 / 960 cal) ●



Mediterranean Deli

SERVED WITH **CHIPS & 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) ● ● ●

BEEF TENDER**

With grilled onions, melted swiss, and horseradish on a kaiser bun
8.99 (920 – 1,160 cal) ●

GRILLED TILAPIA WITH CAPER-DILL SAUCE

Grilled and served with tomato and lettuce on a kaiser bun
8.99 (750 – 990 cal) ●

TOMATO-BASIL*

Feta, tomatoes, fresh basil, and Basil-Pesto Sauce, griddled on wheat bread
7.99 (720 – 960 cal) ●

TURKEY CLUB CIABATTA*

Hickory bacon, swiss cheese, pesto aioli, tomatoes, and mixed lettuce on fresh ciabatta
9.29 (1,130 – 1,370 cal) ●

GRILLED CHICKEN

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

THE TURKEY AND EGG**

Mayo, swiss, and mixed lettuce on toasted buttermilk bread
9.29 (990 – 1,230 cal) ●
add bacon • **50¢** (+210 cal)

HOMEMADE CHICKEN SALAD

Chicken, celery, and grilled red onions on mixed lettuce and tomato on toasted wheat bread
8.49 (740 – 980 cal)

SPICY PIMENTO CHEESE

With mixed lettuce on toasted buttermilk bread
7.99 (1,010 – 1,250 cal) ●

Hand-Crafted Gyros

SERVED WITH **CHIPS & CHOICE OF A HEALTHY SIDE**

GRILLED CHICKEN GYRO

Taziki Sauce, tomatoes, mixed lettuce and grilled onions
8.99 (580 – 820 cal) ●

GRILLED CHICKEN BASIL-PESTO GYRO*

Homemade basil-pesto, tomatoes and feta
8.99 (720 – 960 cal) ● ● ●

GRILLED VEGGIE GYRO*

Pesto aioli, tomatoes, zucchini, squash, grilled red peppers, grilled onion and feta
8.99 (790 – 1,030 cal) ● ● ●



LAMB & SKORDALIA GYRO

Skordalia Sauce, roasted red peppers and grilled onions
9.89 (780 – 1,120 cal) ● ● ●

GRILLED BEEF TENDER GYRO**

Taziki Sauce, tomatoes, mixed lettuce and grilled onions
9.49 (670 – 910 cal) ● ● ●

GREEK SALAD GYRO

Tomatoes, cucumbers, roasted red peppers, red onions, mixed lettuce, feta and Greek dressing
7.29 (770 – 1,010 cal) ● ● ●
Add grilled chicken • **9.29** (+80 cal) ●

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Most Popular Item

GRILLED LAMB GYRO**

Taziki Sauce, tomatoes, mixed lettuce and grilled onions
9.89 (710 – 950 cal) ● ● ●

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Soups & Salads

HOMEMADE GREEK LEMON CHICKEN SOUP

SOUP
3.99 (300 cal) ●

SOUP & SALAD
7.99 (580 – 690 cal)

GREEK SALAD

Fresh mixed lettuces, tomatoes, cucumbers, roasted red peppers, red onions, feta, pepperoncini, kalamata olives and Greek dressing
7.29 (410 cal) ● ● ● ● ●

MEDITERRANEAN SALAD*

Fresh mixed lettuces with garbanzo beans, roasted red peppers, red onions, diced tomatoes, roasted pecans, feta and homemade Balsamic Vinaigrette
7.29 (630 cal) ● ● ● ● ●

TAZIKI'S CAESAR SALAD

Fresh mixed lettuces with grated parmesan cheese, croutons and Caesar dressing
7.29 (330 cal) ● ● ● ● ●

..... with **GRILLED MEATS**

CHICKEN
8.99 (110 cal) ● ● ●

TURKEY BREAST
9.99 (120 cal) ● ● ●

LAMB**
12.49 (280 cal) ● ● ● ● ●

BEEF TENDER**
11.99 (210 cal) ● ● ● ● ●

HOMEMADE CHICKEN SALAD
8.99 (240 cal) ● ● ●

..... with **SEAFOOD**

TILAPIA
10.49 (170 cal) ● ● ● ● ●

SHRIMP
11.49 (140 cal) ● ● ● ● ●

SALMON**
13.99 (530 cal) ● ● ● ● ●



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Favorite Salad & Protein

MEDITERRANEAN SALAD with SALMON**

13.99 (1,160 cal) ●

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CHICKEN SALAD & COMPANY

Homemade Chicken Salad paired with your choice of any 2:
Pimento Cheese, Pasta Salad, Tomato-Cucumber Salad or Fresh-Cut Fruit
9.99 (480 – 1,050 cal) ● ● ● ● ●

GRILLED VEGGIE PLATE

Grilled zucchini, squash, red peppers, red onions, asparagus, and tomatoes with Taziki Sauce, served on a bed of basmati rice, salad mix, and feta with Balsamic Vinaigrette
9.99 (830 cal) ● ● ● ● ●

DOLMADES PLATE

Grilled hand-rolled grape leaves (4), stuffed with seasoned rice, served with Greek salad, Taziki Sauce and pita chip
9.69 (950 cal) ● ● ● ● ●
— add fresh grilled veggies — **2.49** (280 Cal)



Taziki's Feasts

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

..... **GRILLED MEATS**

GRILLED CHICKEN BREAST

Served with our homemade Taziki Sauce
9.99 (660 / 770 cal) ● ● ●

CHARGILLED LAMB**

Served with our homemade Skordalia Sauce
13.49 (900 / 1,020 cal) ● ● ● ● ●

GRILLED BEEF TENDER**

Served with our homemade Horseradish Sauce
12.99 (980 / 1,090 cal) ● ● ● ● ●

HERB-ROASTED PORK LOIN

Served with our famous Tomato Chutney Aioli plated with grilled asparagus
12.99 (1,520 / 1,640 cal) ● ● ● ● ●

..... **SEAFOOD**

GRILLED SALMON**

Atlantic salmon, seasoned and chargilled to perfection
14.99 (1,060 / 1,170 cal) ● ● ● ● ●

GRILLED TILAPIA

Served with our original Caper-Dill Sauce
11.49 (850 / 960 cal) ● ● ● ● ●

GRILLED SHRIMP

Seasoned and grilled with lemon juice, butter, and just a touch of blackened seasoning
12.29 (670 / 790 cal) ● ● ● ● ●

For the Kids

ALL KIDS MEALS ARE SERVED WITH **FRESH FRUIT OR CHIPS**
(EXCEPT CHILD'S FEAST)

SNEAKY TAZIKI

Chicken, choice of cheese in grilled tortilla
4.99 (300 – 410 cal) ●

CHILD'S FEAST

Grilled chicken, basmati rice and fruit
4.99 (400 cal) ●

MEDITERRANEAN TURKEY MELT

Grilled turkey and cheddar on griddled pita
4.99 (490 / 590 cal) ●

GRILLED CHEESE

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

Healthy Sides

FRESH-CUT FRUIT (50 cal) ● **TOMATO-CUCUMBER SALAD** (60 cal) ●
POTATO CHIPS (150 cal) ● **ROASTED NEW POTATOES** (170 cal) ●
PASTA SALAD (280 cal) ● **BASMATI RICE** (290 cal) ●

Nutrition Guides

GUIDES TO HELP MAKE THE BEST CHOICES FOR YOURSELF
(EXCLUDES SIDES)

● < 25 grams of fat ● < 30 grams of carbs ● > 30 grams of protein

ASK HOW WE CAN ACCOMMODATE YOUR ALLERGY OR DIETARY NEEDS.

The markers below indicate items that can be prepared gluten-free, vegetarian, or vegan, upon request.

● Gluten-Free ● Vegetarian ● Vegan

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

* **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.