

TUPELO MENU

DINE-IN & TO-GO

DAILY SPECIALS

Served with chips (150 cal) & choice of a homemade side (except Taziki's Signature Pasta)



MONDAY

Chicken Portobello Sandwich • 9.49 (800 - 1,040 cal)

Grilled chicken, roasted red peppers, Swiss cheese, and mushroom butter on a kaiser bun

TUESDAY

Roasted Pork Loin Sandwich • 9.49** (920 - 1,160 cal)

With Tomato Chutney Aioli, tomato and lettuce on a kaiser bun

WEDNESDAY

Spanakopita Roll-Up • 9.49 (720 - 960 cal)

Grilled chicken, blanched spinach, and feta in a griddled flour tortilla, served with fresh salsa

THURSDAY

Taziki's Shrimp Taco • 9.49 (710 - 970 cal)

Grilled shrimp with crunchy slaw, Spicy Herb Sauce, and diced tomatoes in a flour tortilla, topped with a lime

FRIDAY-SUNDAY

Taziki's Signature Pasta • 9.49 (1,350 cal) 

A bed of mixed lettuces with penne pasta and grilled chicken, tossed in Balsamic Vinaigrette, topped with tomatoes, feta, and fresh basil

APPETIZERS

Hummus 

with Pita **5.49** (690 / 830 cal)  


with Veggies **6.48** (350 cal)   

Spicy Pimento Cheese

with Pita **5.99** (1,050 / 1,160 cal) 


with Veggies **6.98** (700 cal)  

Taziki Dip

with Pita **5.49** (500 / 620 cal) 

with Veggies **6.48** (160 cal)  

Whipped Feta

with Pita **6.59** (980 / 1,120 cal) 

with Veggies **7.58** (640 cal)  



SOUP & SALADS

Greek Lemon Chicken Soup

Served with soft pita **4.99** (300 cal) **G**

Soup & Salad **9.49** (580 - 690 cal) **G**

Greek Salad Fresh mixed lettuces, tomatoes, cucumbers, roasted red peppers, red onions, feta, pepperoncini, kalamata olives and Greek dressing

Served with a baked pita chip **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

Served with a baked pita chip **7.99** (630 cal) **G V V G**

Caesar Salad Fresh mixed lettuces with grated parmesan cheese, croutons and Caesar dressing

7.99 (330 cal) **G V V**



ADD TO ANY SALAD

Grilled Chicken

+3.00 (+110 cal) **G**

Grilled Shrimp**

+5.00 (+140 cal) **G**

Herb-Roasted Pork**

+5.00 (+560 cal) **G**

Grilled Beef**

+5.00 (+210 cal) **G**

Grilled Salmon**

+7.00 (+530 cal) **G G**

Chicken Kebobs (2)

+3.50 (+220 cal) **G**

Grilled Lamb**

+7.00 (+280 cal) **G**

FEASTS

ALL FEASTS LISTED BELOW CAN
BE PURCHASED FOR TO-GO IN
FAMILY FEAST PORTIONS.



Served with Greek salad, a baked pita chip & your choice of roasted red potatoes or basmati rice

Grilled Chicken Breast

Served with Taziki sauce

10.99 (660 / 770 cal) **G**

Grilled Chicken Kebobs

Served with Taziki sauce

11.49 (880 / 980 cal) **G G**

Chargrilled Lamb**

Served with Taziki sauce

14.99 (900 / 1,020 cal) **G**

Grilled Salmon**

14.99 (1,060 / 1,170 cal) **G**

Grilled Shrimp**

12.99 (670 / 790 cal) **G G**

Grilled Beef**

Served with Horseradish sauce

12.99 (980 / 1,090 cal) **G**

Herb-Roasted Pork Loin**

Served with Tomato Chutney Aioli, and grilled asparagus

12.99 (900 / 1,020 cal) **G**

Grilled Veggies


Grilled zucchini, squash, onion, red peppers, and asparagus served with Taziki sauce

9.99 (700 / 820 cal) **G V V**

HAND-CRAFTED GYROS

Served with chips (150 cal) & choice of a homemade side

Grilled Chicken Taziki sauce, tomatoes, mixed lettuce and grilled onions


9.49 (580 - 820 cal) 

Grilled Chicken Basil-Pesto*

Basil-pesto sauce, tomatoes and feta

9.49 (720 - 960 cal)

Grilled Lamb** Taziki sauce, tomatoes, mixed lettuce and grilled onions


11.99 (710 - 950 cal) 

Grilled Beef** Taziki sauce, tomatoes, mixed lettuce and grilled onions


10.99 (670 - 910 cal)



Grilled Veggie* Pesto aioli, tomatoes, grilled zucchini, squash, onion, roasted red peppers and feta

8.99 (790 - 1,030 cal) 

Greek Salad Tomatoes, cucumbers, roasted red peppers, red onions, mixed lettuce, feta and Greek dressing

7.99 (770 - 1,010 cal) 


Add grilled chicken +2.50 (80 cal)

SANDWICHES & MORE

Served with chips (150 cal) & choice of a homemade side


Grilled Chicken Roll-Up

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


8.99 (680 - 920 cal) 

Spicy Pimento Cheese

With mixed lettuce on toasted wheat bread


7.99 (1,010 - 1,250 cal) 

Tomato-Basil* Basil pesto sauce, feta, tomatoes, and fresh basil on toasted wheat bread

7.99 (720 - 960 cal) 



Grilled Beef** With grilled onions, melted Swiss, and horseradish sauce on a kaiser bun

10.99 (920 - 1,160 cal) 

Grilled Chicken With feta cheese and grilled onions on a kaiser bun

8.99 (590 - 830 cal)

HOMEMADE SIDES

Fresh-Cut Fruit (50 cal)   

Tomato-Cucumber Salad (60 cal)  

Roasted Red Potatoes (170 cal)   

Pasta Salad (280 cal)  

Basmati Rice (290 cal)  





FAMILY FEASTS FOR 4 OR 6

ALL PROTEINS BELOW ALSO AVAILABLE AS INDIVIDUAL FEASTS
AVAILABLE FOR TO-GO ONLY - CALORIES LISTED BY PER PERSON SERVING

Served with Greek salad with dressing, roasted red potatoes or basmati rice, and choice of baked pita chips or soft pita (except Signature Pasta)

Grilled Chicken Breast

Served with Taziki sauce

4 - **35.99** • 6 - **50.99**

(830 / 980 cal)

Grilled Beef**

Served with Horseradish sauce

4 - **40.99** • 6 - **59.99**

(970 / 1,120 cal)

Grilled Chicken Kebobs

Served with Taziki sauce

4 - **38.99** • 6 - **46.99**

(830 / 980 cal)

Herb-Roasted Pork Loin**

Served with Tomato Chutney Aioli, and grilled asparagus

4 - **38.99** • 6 - **48.99**

(1,310 / 1,460 cal)

Chargrilled Lamb**

Served with Taziki sauce

4 - **50.99** • 6 - **77.99**

(930 / 1,080 cal)

Taziki's Signature Pasta

(Friday -Sunday only)

A bed of mixed lettuces with penne pasta and grilled chicken, tossed in balsamic vinaigrette, topped with tomatoes, feta, and fresh basil

Includes Hummus/pita for 6

Feeds 4-6 **49.99**

(1,130 / 1,280 cal)

Grilled Salmon**

4 - **51.99** • 6 - **73.99**

(830 / 980 cal)

Grilled Shrimp**

4 - **38.99** • 6 - **53.99**

(800 / 950 cal)

Add Fresh Grilled Vegetables

Grilled zucchini, squash, red peppers,
red onions, and asparagus

4 - **7.99** • 6 - **11.99** (80 cal)

FOR THE KIDS

All kid's (12 & Under) meals are served with a drink.
Includes fresh-cut fruit OR chips (except Child's Feast)



Sneaky Taziki

Chicken, choice of cheese in griddled flour tortilla



4.99 (300 - 410 cal)

Grilled Cheese

American cheese on a kaiser bun

4.99 (450 / 550 cal) 


Child's Feast

Grilled chicken, basmati rice and fresh-cut fruit. 5.49 (400 cal)  

DESSERTS



Baklava

2.99 (0 - 350 cal) 

Chocolate Chip Cookies

2.29 (400 cal) 

BEVERAGES

Fountain Drinks & Tea

2.29 (0 - 270 cal) 20 oz

Bottled Water

1.99 (0 cal)

[SEE STORE FOR BEER & WINE OPTIONS](#)

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

 Gluten-Free

 Vegetarian

 Vegan

 Taziki's Favorites

* Allergen WARNING: Our Mediterranean salad, pesto, macadamia nut cookies & 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.

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.