

# **OKLAHOMA** MENU **DINE-IN & TO-GO**

# **DAILY SPECIALS**

Served with baked pita chips (120 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 Taco • 9.49 (710 - 970 cal)

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

### FRIDAY-SUNDAY

Taziki's Signature Pasta • 10.49 (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 5.99 (690 / 830 cal) © © with Veggies 8.98 (350 cal) @ @ @

# **Spicy Pimento Cheese**

with Pita **6.49** (1,050 / 1,160 cal) • with Veggies 9.48 (700 cal) © •

### Taziki Dip

with Pita 6.49 (500 / 620 cal) • with Veggies 9.48 (160 cal) @ •

### Whipped Feta

with Pita 6.49 (980 / 1,120 cal) • with Veggies 9.48 (640 cal) © ♥



# SOUP & SALADS

## **Greek Lemon Chicken Soup**

Served with soft pita 4.49 (300 cal) @

Soup & Salad 9.49 (580 - 690 cal) @

**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 **8.99** (410 cal) © 👽 👽

**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 **8.99** (630 cal) **◎ ② ② ◎** 

**Caesar Salad** Fresh mixed lettuces with grated parmesan cheese, croutons, and Caesar dressing **8.99** (330 cal)  $\bigcirc$   $\bigcirc$ 

### Chicken Salad & Company

Scratch-made Chicken Salad paired with your choice of any two: Spicy Pimento Cheese, Pasta Salad, Tomato-Cucumber Salad or Fresh-Cut Fruit Served with 3 baked pita chips **11.49** (480 / 1,050 cal) **6** 

### **ADD TO ANY SALAD**

Herb-Roasted Pork

**+4.50** (+560 cal) **©** 

Grilled Beef\*\*

+4.00 (+210 cal) **(3)** 

Chicken Kebobs (2)

**+2.50** (+220 cal) **6** 

**Grilled Shrimp\*\*** 

**+3.50** (+140 cal) **(a)** 

Grilled Salmon\*\* +6.00 (+530 cal) @

Grilled Turkey +3.00 (+120 cal) 6

Grilled Lamb\*\*

+5.50 (+280 cal) 6

Chicken Salad

+1.50 (+300 cal) @

Grilled Tilapia\*\*
+3.00 (+300 cal) 6

# **FEASTS**

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

Grilled Chicken Breast 11.49 (660 / 770 cal) ©

Grilled Chicken Kebobs 11.99 (880 / 980 cal) © ©

Chargrilled Lamb\*\*

**15.49** (900 / 1,020 cal) **6** 

Grilled Salmon\*\*
16.49 (1,060 / 1,170 cal) (3)

**Grilled Shrimp\*\* 13.49** (670 / 790 cal) **(3)** 

Grilled Beef\*\*
13.99 (980 / 1,090 cal) ©

Herb-Roasted Pork Loin\*\*

14.49 (900 / 1,020 cal) @

**Grilled Veggies** 

Grilled zucchini, squash, onion, red peppers, and asparagus served with Taziki sauce 11.49 (700 / 820 cal) © 👽 👽

Grilled Tilapia\*\*
12.49 (850 / 960 cal) ©

# HAND-CRAFTED GYROS

Served with baked pita chips (120 cal) & choice of a homemade side

Grilled Chicken Taziki sauce, tomatoes, mixed lettuce, and grilled onions 9.99 (580 - 820 cal) @

**Grilled Chicken Basil-Pesto\*** Basil-pesto sauce, tomatoes, and feta 9.99 (720 - 960 cal)

**Grilled Beef\*\*** Taziki sauce, tomatoes, mixed lettuce, and grilled onions 10.49 (670 - 910 cal)

Grilled Lamb\*\* Taziki sauce, tomatoes, mixed lettuce, and grilled onions 10.99 (710 - 950 cal) @



Turkey Club\* Pesto aioli, tomatoes, mixed lettuce, hickory bacon, and melted Swiss cheese. **10.49** (1,140 – 1,380 cal)

Grilled Veggie\* Pesto aioli, tomatoes, grilled zucchini, squash, onion, roasted red peppers and feta 9.49 (790 - 1,030 cal) •

**Greek Salad** Tomatoes, cucumbers, roasted red peppers, red onions, mixed lettuce, feta, and Greek dressing 9.49 (770 - 1.010 cal) • Add grilled chicken +1.50 (80 cal)

# SANDWICHES & MORE

Served with baked pita chips (120 cal) & choice of a homemade side

**Grilled Chicken Roll-Up** With tomato and feta in a griddled flour tortilla, served with fresh salsa

9.49 (680 - 920 cal)

**Spicy Pimento Cheese** With mixed lettuce on toasted wheat bread

9.49 (1.010 - 1.250 cal) •

Chicken Salad Scratch-made chicken salad with mixed lettuce, and tomato on toasted wheat bread 9.99 (740 - 980 cal)

**Grilled Tilapia\*\*** Grilled and served with caper dill sauce, tomato, and mixed lettuce on a kaiser bun 9.49 (750 - 990 cal)



Grilled Beef\*\* With grilled onions, melted Swiss, and horseradish sauce on a kaiser bun **10.49** (920 - 1,160 cal) @

Grilled Chicken With feta cheese and grilled onions on a kaiser bun 9.49 (590 - 830 cal)

Tomato-Basil\* Basil pesto sauce, feta, tomatoes, and fresh basil on toasted wheat bread 8.99 (720 - 960 cal) •

Turkey And Egg\*\* Mayo, melted Swiss, and mixed lettuce on toasted wheat bread **10.49** (990 – 1,230 cal) Add bacon **+1.00** (210 cal)

# HOMEMADE SIDES

Fresh-Cut Fruit (50 cal) © © ©

Tomato-Cucumber Salad (60 cal) @ @ 0

Basmati Rice (290 cal) @ @

Pasta Salad (280 cal) •

Roasted Red Potatoes (170 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 - **44.99** • 6 - **67.99** (830 / 980 cal) **6** 

#### **Grilled Chicken Kebobs**

Served with Taziki sauce 4 - **46.99** • 6 - **70.99** (830 / 980 cal) **©** 

#### Chargrilled Lamb\*\*

Served with Taziki sauce 4 - **58.99** • 6 - **87.99** (930 / 1,080 cal) **©** 

### Grilled Salmon\*\*

4 - **64.99** • 6 - **97.99** (830 / 980 cal) **©** 

### **Grilled Shrimp\*\***

4 - 52.99 • 6 - 79.99

(800 / 950 cal) @

#### **Grilled Beef\*\***

Served with Horseradish sauce 4 - **54.99** • 6 - **82.99** (970 / 1,120 cal) **6** 

#### Herb-Roasted Pork Loin

Served with Tomato Chutney Aioli, and grilled asparagus 4 - **54.99** • 6 - **82.99** (1,310 / 1,460 cal) ⓐ

### **Add Fresh Grilled Vegetables**

Grilled zucchini, squash, red peppers, red onions, and asparagus 4 - 11.99 • 6 - 16.99 (80 cal) © 👽

# FOR THE KIDS

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

### Sneaky Taziki

Chicken, choice of cheese in griddled flour tortilla 4.99 (300 - 410 cal)

### **Turkey Melt**

Seasoned grilled turkey, and cheddar on griddled pita 5.49 (490 - 590 cal)

## **Grilled Cheese Pita**

American cheese on griddled pita 4.99 (450 / 550 cal) •

#### Child's Feast

Grilled chicken, basmati rice, and fresh-cut fruit. 8.49 (400 cal) @ @

# **DESSERTS**



### **Chocolate Chip Cookies** 2.09 (400 cal) •

Baklava 3.49 (0 - 350 cal) •

### Dark Chocolate Cake

with Richmond Icing 3.49 (420 cal) •

# **BEVERAGES**

Fountain Drinks & Tea 2.99 (0 - 270 cal) 20 oz

**Bottled Water 2.49** (0 cal) **SEE STORE FOR BEER & WINE OPTIONS** 

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

G Gluten-Free

Vegetarian

**Vegan** 

Taziki's Favorites

<sup>\*</sup> Allergen WARNING: Our Mediterranean salad, pesto, macadamia nut cookies & baklava contain nuts.

<sup>\*\*</sup> 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

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.