



## BREAKFAST

### BREAKFAST PANINIS

Eggs, avocado, feta cheese, chipotle spread  
Served with choice of breakfast potatoes or fruit

**BREAKFAST MEAT PANINI** \$12.05

Smoked bacon, Louisiana sausage, ham

**BREAKFAST VEGGIE PANINI** \$11.85

### BAGEL PANINIS

Eggs, cream cheese spread, tomato, red onions, avocado, bagel pressed panini style

Served with choice of breakfast potatoes or fruit

**HAM BAGEL PANINI** \$11.65

**TURKEY BAGEL PANINI** \$11.65

**MEAT BAGEL PANINI** \$11.65

**BACON BAGEL PANINI** \$11.65

### BREAKFAST WRAPS

Eggs, avocado, feta cheese, onions, tomato, sour cream in a spinach tortilla

Served with choice of breakfast potatoes or fruit

**BREAKFAST VEGGIE WRAP** \$10.95

Squash, zucchini, bell peppers, mushrooms, broccoli, asparagus

**BREAKFAST MEAT WRAP** \$11.95

Smoked bacon, Louisiana sausage, ham

### BREAKFAST CLASSICS

Served with breakfast potatoes, choice of bagel, English muffin, wheat, white, sourdough or rye bread

Substitute toast for french toast or pancakes for \$2.50

**HAM & EGGS** \$11.55

**BACON & EGGS** \$11.25

**LOUISIANA SAUSAGE & EGGS** \$11.45

**ITALIAN SAUSAGE & EGGS** \$11.45

**RIBEYE STEAK & EGGS** \$14.55

### PANCAKES & EGGS

**HAM & PANCAKES** \$11.35

**BACON & PANCAKES** \$10.95

**LOUISIANA SAUSAGE & PANCAKES** \$11.25

**ITALIAN SAUSAGE & PANCAKES** \$11.25

**RIBEYE STEAK & PANCAKES** \$14.35

### FRENCH TOAST & EGGS

**HAM & FRENCH TOAST** \$12.45

**BACON & FRENCH TOAST** \$12.05

**LOUISIANA SAUSAGE & FRENCH TOAST** \$12.35

**ITALIAN SAUSAGE & FRENCH TOAST** \$12.35

**RIBEYE STEAK & FRENCH TOAST** \$15.45

### OMELETTES

Served with breakfast potatoes, choice of bagel, English muffin, wheat, white, sourdough or rye bread  
Substitute toast for French toast or pancakes for \$2.50

**CLASSIC OMELET** \$12.05  
Bacon, sausage, ham, feta cheese

**GREEK VEGETARIAN OMELET** \$11.55  
Squash, zucchini, bell peppers, mushrooms, broccoli, asparagus, tomatoes, feta cheese, sliced Kalamata olives

**MONTERREY OMELET** \$12.85  
Bacon, mushrooms, sautéed red onions, avocado, sour cream, feta cheese, salsa

### OATMEAL

**PLAIN OATMEAL** \$5.45

**BROWN SUGAR OATMEAL** \$5.75

**CINNAMON & RAISINS OATMEAL** \$6.15

**BANANA BERRY OATMEAL** \$7.35

### GREEK YOGURT

**GREEK YOGURT PLAIN** \$4.75

**GREEK YOGURT NUTS & HONEY** \$5.85

**GREEK YOGURT FRUIT PARFAIT** \$7.65



### STARTERS

**APPETIZER PLATTER** \$8.95  
Onion rings, mozzarella, jalapeño poppers. Substitute 1 item for chicken tenders add 1.50

**MEDITERRANEAN PLATTER** \$11.25  
Tzatziki, horiatiki salad, humus, pita

**BRUSCHETA PLATTER** \$10.95  
Tomato basil, feta cheese over focaccia bread

**CLASSIC HUMMUS & PITA** \$6.95

**JALAPEÑO HUMMUS & PITA** \$6.95

**GREEK FETA FRIES** \$7.45

**MOZZARELLA STICKS** \$8.35

**JALAPEÑO POPPERS** \$9.15

**CHICKEN TENDERS** \$10.25

**BATTERED ONION RINGS** \$6.05

**NATURAL CUT FRIES** \$6.25

**SWEET POTATO FRIES** \$6.25



### ENTREES

**GRILLED TILAPIA** \$14.25  
Grilled tilapia, lemon dill vinaigrette, risotto, vegetables, pita bread

**SHRIMP RISOTTO** \$16.05  
Sautéed shrimp, lemon dill vinaigrette, risotto, vegetables, pita

**CHICKEN BREAST RISOTTO** \$15.05  
Grilled chicken breast filet, garlic mustard sauce, risotto, vegetables, pita bread

**SALMON PLATE** \$17.25  
Grilled fresh salmon fillet served with risotto, steamed veggies, pita bread, and a light drizzle of our cilantro lime vinaigrette

**SALMON & SHRIMP** \$18.35  
Grilled fresh salmon fillet, sautéed shrimp, cilantro lime vinaigrette, risotto, vegetables, focaccia bread

**SKIRT STEAK** \$16.05  
Marinated skirt steak, quinoa, vegetables, Greek pita bread

**8oz RIBEYE STEAK** \$17.15  
Loaded mashed potatoes, vegetables, focaccia bread



### SANDWICHES

Served with your choice of two sides

**RIBEYE STEAK SANDWICH** \$15.55  
Grilled ribeye steak, leafed lettuce, tomatoes, chipotle spread, grilled dorado roll

**CHICKEN BREAST** \$14.25  
Grilled chicken breast, leafed lettuce, tomatoes, Swiss cheese, sautéed red onions & mushrooms, garlic aioli, grilled dorado roll

**CIABATTA CHICKEN** \$13.45  
Grilled chicken breast, swiss cheese, baby greens, red onions, tomatoes, chipotle spread, ciabatta bread

**CIABATTA SALMON** \$16.05  
Grilled salmon fillet, baby greens, red onions, tomatoes, cilantro lime spread, ciabatta bread

**CLUB SANDWICH** \$13.25  
Grilled pita bread, roma tomatoes, red onions, tzatziki sauce made with Greek yogurt

### GREEK PITAS

Served with your choice of two sides

**CHICKEN BREAST PITA** \$12.05

**RIBEYE STEAK PITA** \$14.95

**SHRIMP PITA** \$15.35

**ITALIAN SAUSAGE PITA** \$12.05

### SIDES

Slight charge may apply

Salad, natural cut fries, fruit, hummus, sweet potatoes, veggies, Greek feta fries, risotto, onion rings, tzatziki, pita bread, mashed potatoes, soup



### PANINIS

Chipotle spread, feta cheese spread, avocado, tomatoes, panini sourdough bread

Served with your choice of two sides

**AVOCADO CHICKEN PANINI** \$12.05

**AVOCADO HAM PANINI** \$12.05

**AVOCADO TUNA PANINI** \$13.35

**AVOCADO TURKEY PANINI** \$12.05

**PASTRAMI FETA PANINI** \$13.55

Chipotle spread, feta cheese spread, pickles, dorado roll

**VEGETARIAN PANINI** \$12.05

Grilled broccoli, asparagus, mushrooms, zucchini, squash, red onions, bell peppers, chipotle spread, feta cheese, avocado, dorado roll pressed panini style

**FOCACCIA CHICKEN PANINI** \$12.65

Chicken breast, tomato, garlic aioli, basil pesto, swiss cheese in focaccia bread

### PHILLY PANINIS

Grilled bell peppers, grilled red onion, chipotle spread, feta cheese spread, panini dorado roll

Served with your choice of two sides

**PHILLY STEAK PANINI** \$13.65

**PHILLY CHICKEN PANINI** \$12.15



### PASTAS

#### ALFREDO PASTA

Alfredo sauce made to order with fresh garlic, fire roasted chopped sweet peppers, sun dried tomatoes, fresh grated parmesan and romano cheese over fettuccine pasta, served with asparagus, broccoli and grilled pita bread

**PASTA ALFREDO** \$12.75

**CHICKEN ALFREDO** \$15.35

**SHRIMP ALFREDO** \$16.45

**MUSHROOM ALFREDO** \$13.75

**ITALIAN SAUSAGE ALFREDO** \$15.35

**LOUISIANA SAUSAGE ALFREDO** \$15.35

**VEGETARIAN ALFREDO** \$15.05

**RIBEYE STEAK ALFREDO** \$18.35

#### GREEK SAGANAKI PASTAS

Homemade marinara sauce with melted feta cheese over fettuccine pasta, served with asparagus, broccoli and grilled pita bread

**PASTA SAGANAKI** \$12.75

**CHICKEN SAGANAKI** \$15.35

**SHRIMP SAGANAKI** \$16.45

**MUSHROOM SAGANAKI** \$15.35

**ITALIAN SAUSAGE SAGANAKI** \$13.75

**LOUISIANA SAUSAGE SAGANAKI** \$13.75

**VEGETARIAN SAGANAKI** \$15.05

**RIBEYE STEAK SAGANAKI** \$18.35

#### PESTO PENNE PASTA

House made basil pesto combined with our delicious alfredo sauce tossed with penne pasta and served with pita bread.

**PASTA PESTO** \$12.75

**CHICKEN PESTO** \$15.35

**SHRIMP PESTO** \$16.45

**MUSHROOM PESTO** \$15.35

**ITALIAN SAUSAGE PESTO** \$13.75

**LOUISIANA SAUSAGE PESTO** \$13.75

**VEGETARIAN PESTO** \$15.05

**RIBEYE STEAK PESTO** \$18.35

#### TOMATO BASIL PASTAS

Delicious chopped roma tomatoes, minced garlic, freshly chopped basil, supreme quality extra virgin olive oil and a slice of lemon over penne pasta

**CHICKEN TOMATO BASIL** \$16.05

**SALMON TOMATO BASIL** \$18.35

**SHRIMP TOMATO BASIL** \$17.55

**TILAPIA TOMATO BASIL** \$15.35

#### THE BOMB PASTA

**JAMBALAYA PASTA** \$18.55  
Sautéed Louisiana sausage, shrimp, bell peppers, mushrooms, onions and garlic, tossed with fettuccine pasta and creamy pink sauce

### THE ½ POUND BURGERS

Served your choice of two sides

**CLASSIC CHEESEBURGER** \$11.85  
Leafed lettuce, tomatoes, red onions, pickles, 1000 island spread

**AVOCADO BACON CHEESEBURGER** \$14.65  
Avocado, bacon, leafed lettuce, tomatoes, red onions, pickles, 1000 island spread

**MUSHROOM SWISS BURGER** \$12.95  
Sautéed mushrooms, sautéed red onions, swiss cheese, leafed lettuce, tomatoes, pickles, 1000 island spread

**JALAPEÑO CHEESEBURGER** \$12.45  
Battered jalapeños, baby greens, tomatoes, red onions, Swiss cheese, pickles, chipotle spread

**BBQ BACON CHEESEBURGER** \$13.55  
Smoked bacon, BBQ sauce, battered red onions, leafed lettuce, tomato, pickles, 1000 island spread

**VEGGIE BURGER** \$12.45  
Veggie pattie, sautéed mushrooms, grilled red onions, Swiss cheese, baby greens, tomatoes, pickles, 1000 island spread, wheat bun

**EGGPLANT BURGER** \$12.75  
Battered eggplant, mushrooms, feta cheese, baby greens, tomatoes, pickles, cilantro lime spread in wheat bun

**FETA BURGER** \$14.05  
Smoked bacon, feta cheese, baby greens, tomatoes, pickles, onions, tzatziki on wheat bun

### MELTS

Grilled onions, American cheese, grilled rye  
Served with your choice of two sides

**CLASSIC PATTIE MELT** \$11.85

**CHICKEN BREAST MELT** \$11.85

**TUNA MELT** \$12.65



## WINE & BEER

Wide variety of wines and beers

### HAPPY HOUR WINE WEDNESDAYS

½ OFF WINE BOTTLES  
FULL BAR

@ the Long Beach location  
featuring Blizzard cold  
24 craft tap beers



**Dine In  
Take-Out  
Catering**

**Breakfast Ends M-F 11:30am  
Sat-Sun 12:00pm**

**Downey**  
7877 Florence Ave,  
Downey, 90240  
**(562) 927-8700**

**Long Beach**  
4750 E. Los Coyotes  
Long Beach, 90815  
**(562) 498-3663**

**"KALAMATA OLIVES SERVED WITH PITS, JUST AS NATURE INTENDED"**



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**SALADS**

**GREEK STYLE SALAD**

Baby greens, romaine, spinach, spring mix, roma tomatoes, cucumbers, red onions, Greek peppers, Kalamata olives, feta cheese, grilled pita, Greek dressing  
made with supreme quality Greek extra virgin olive oil and balsamic vinegar

- GREEK SALAD \$9.05
- GREEK CHICKEN BREAST SALAD \$12.75
- GREEK RIBEYE STEAK SALAD \$17.25
- GREEK TILAPIA SALAD \$14.25
- GREEK ALBACORE TUNA SALAD \$12.75
- GREEK SALMON SALAD \$16.75
- GREEK SHRIMP SALAD \$16.45
- GREEK QUINOA SALAD (HOT OR COLD) \$13.95
- GREEK VEGGIE SALAD \$11.45

**MP STYLE SALAD**

Baby greens, romaine lettuce, spinach, spring mix, roma tomatoes, cucumbers, red onions, carrots, avocado, housemade focaccia bread. Served with your choice of cilantro lime vinaigrette or lemon dill vinaigrette

- MP SALAD \$10.15
- MP CHICKEN BREAST SALAD \$13.85
- MP RIBEYE STEAK SALAD \$18.35
- MP TILAPIA SALAD \$15.35
- MP ALBACORE TUNA SALAD \$13.85
- MP SALMON SALAD \$17.95
- MP SHRIMP SALAD \$17.55
- MP QUINOA SALAD (HOT OR COLD) \$15.05
- MP VEGGIE SALAD \$12.55

**ASIAN STYLE SALADS**

Shredded iceberg lettuce, carrots, fire roasted red peppers, chopped green onions, wontons, mandarins, roasted sesame, roasted peanuts, grilled pita bread, Asian dressing

- ASIAN SALAD \$9.05
- ASIAN CHICKEN BREAST SALAD \$12.75
- ASIAN RIBEYE STEAK SALAD \$17.25
- ASIAN TILAPIA SALAD \$14.25
- ASIAN ALBACORE TUNA SALAD \$12.75
- ASIAN SALMON SALAD \$16.75
- ASIAN SHRIMP SALAD \$16.45
- ASIAN QUINOA SALAD (HOT OR COLD) \$13.95
- ASIAN VEGGIE SALAD \$11.45

**WRAPS**

**GREEK STYLE WRAPS**

Baby greens, red onions, roma tomatoes, feta cheese, avocado, chipotle spread, in spinach wrap  
**Served with your choice of two sides**

- GREEK CHICKEN BREAST WRAP \$12.05
- GREEK RIBEYE STEAK WRAP \$14.95
- GREEK ALBACORE TUNA WRAP \$12.65
- GREEK ITALIAN SAUSAGE WRAP \$12.05
- GREEK LOUISIANA SAUSAGE WRAP \$12.05

- GREEK SALMON WRAP \$14.25

- GREEK SHRIMP WRAP \$15.35

- GREEK VEGGIE WRAP \$12.05

Grilled broccoli, asparagus, mushrooms, zucchini, squash, red onions, bell peppers

**MP STYLE WRAPS**

Baby greens, red onions, roma tomatoes, avocado, carrots, roasted sesame seeds, cilantro lime spread, spinach wrap  
**Served with your choice of two sides**

- MP CHICKEN BREAST WRAP \$12.05
- MP RIBEYE STEAK WRAP \$14.95
- MP ALBACORE TUNA WRAP \$12.65
- MP ITALIAN SAUSAGE WRAP \$12.05
- MP LOUISIANA SAUSAGE WRAP \$12.05
- MP SALMON WRAP \$14.55
- MP SHRIMP WRAP \$15.35
- MP VEGGIE WRAP \$12.05

Grilled broccoli, asparagus, mushrooms, zucchini, squash, red onions, bell peppers

**SOUPS OF THE DAY (\$6.55)**

**MONDAY**

CREAMY MUSHROOM SOUP OR CAJUN SOUP

**TUESDAY**

CHICKEN VEGETABLE SOUP OR ROASTED TOMATO SOUP

**WEDNESDAY**

BROCCOLI CHEDDAR SOUP OR LENTIL SOUP

**THURSDAY**

SPLIT PEA SOUP OR POTATO CHOWDER SOUP

**FRIDAY**

CLAM CHOWDER SOUP OR FRENCH ONION SOUP

**SATURDAY**

MINISTRONE SOUP OR CREAMY POBLANO SOUP

**SUNDAY**

TORTILLA SOUP OR CREAMY CHICKEN GUMBO SOUP



**DRINKS**

- HOT & ICED STEEPED TEAS \$2.95

Egyptian chamomile, spice chai, tropical green, organic peppermint, Earl Grey, English breakfast, hot cinnamon spice, Japanese sencha

- HOT & ICED BREWED COFFEE \$2.95

Café Americano, brewed coffee, brewed decaffeinated coffee

- TORANI ITALIAN SODAS \$3.55

Natural cane sugar raspberry, blackberry, strawberry, peach, lime, pineapple, mango, pomegranate, watermelon

- BREWED ICED TEA \$2.65

Mango, regular, passion fruit

- FOUNTAIN DRINKS \$2.95

Coca cola, diet coke, sprite, raspberry iced tea, light lemonade, Dr Pepper, vitamin water

- LEMONADES \$3.25

Strawberry, wild berry, peach, mango

- BOTTLED DRINKS \$3.35

Perrier, Dasani water, limonata, aranciata, blood orange rossa

- SMOOTHIES \$5.25

Strawberry, banana, wild berry, pina colada, mango, orange blast, banana split, Oreo cookies, strawberry & banana

- FRESH SQUEEZED ORANGE JUICE \$5.25

- MIMOSAS \$8.35

Fresh orange, cranberry or cran-orange

- FRUIT JUICES \$3.95

Apple juice, cranberry, grapefruit, cran-orange,