

TSINDOS

THE GREEK KITCHEN



SCAN ME



About our history...

Tsindos Greek restaurant is a family owned and run traditional Greek Restaurant in the heart of Melbourne.

Three generations in the family. Established in 1975 by Harry and Eleni Tsindos. Then run in 1984 onwards by Eleftheria and Fred Tsindos and is currently run by Harry Tsindos Jnr.

Tsindos has been serving traditional Greek food for decades. The authentic ambience of Tsindos makes it the perfect place to catch up with friends over a bottle of Greek wine.





Lunch Selection

Speak to our staff and let us feed you with the best selection of the day!



Boss Banquet

Gavrous
Tsindos Feta Saganaki
Mixed Olives
Grilled Calamari
Grilled Prawns
Greek Salad
White Bait
Chicken Souvlaki
Lamb Cutlet
Beef Keftehakia
Baked Potatoes Turlou
(vegetable medley)
Home-made
Loukoumades

min. 2 people

\$60 pp




Cold Appetisers

Appetiser Board (for 2 people)	25
To Start..	
Mixed dips, white anchovies, fetta cheese, dolmades, marinated calamari served with pita bread	
Traditional Home made dips	8
Melinzosalata (Eggplant based. House speciality!)	
Tzatziki (Yoghurt / Garlic/ Cucumber)	
Tarama (Caviar)	
Mix Dips	14
Pita Bread (v)	2.5
Traditional greek flat bread	
Crusty Bread (v)	Small 5 Large 8
Served with EVO Oil and Olive Tapenade	
Mixed Olives (v)	12
(Kalamata, Volos, Cypriot)	
Greek Fetta Cheese (v)	12
Your choice of fetta drizzled with EVO + vinegrette	
- Chelmos (Goat) Region Achnea Peloponnese	11
- Chelmos Barrel aged 6mths. (Sheep + Goat) Region Achnea Peloponnese	12
Gavrous Marinated	10
Marinated white anchovies in a vinegrette - great with Ouzo	
Artichokes Marinated	10
Dolmades	14
Vine leaves stuffed with Rice and Herbs	



Meze

Small Sharing Plates

Tsindos Fetta Special	22
Feta, Tomato, Onion, Olives and Jalapenos served in a Saganaki Pan. Served with Pita Bread. MASTERPIECE!	
Saganaki 	16
Pan fried Greek Kefalograviera cheese	
Zucchini keftedes 	16
Zucchini, Fetta and fresh herbs rolled into spheres, coated in bread crumbs and fried. 6pcs	
Koupes	14
Traditional fried Bulgur Wheat Pockets 2 pcs. Stuffed with Choice of - Pork -Mushrooms 	
Grilled Octopus	20
Grilled Octopus tentacles drizzled with Evo and lemon	
Santorini Sardines	20
Fried Sardines with a refreshing Santorini sauce. Every part is eatable	
Seafood Saganaki	24
Mixed seafood cooked in a Napoli and fetta sauce, served in a Saganaki Pan with rice	
Keftethakia	16
Fried Mini Beef meatballs	
Gyros Meze Plate	22
Chicken and Lamb (mixed only)	
White Bait	12
Grilled Sausage	12
Grilled Greek Sausage	

Soup of the day

See Specials Board





Traditional Homestyle Cooking

Mousakka 28

Layers of eggplant, beef mince and potato, topped with a bechamel sauce served with Greek Salad

Stuffed Veggies (Gemista) (v) 28

veggies stuffed with rice, baked potatoes, turlou and herbs baked in the oven

Casserole of the Day - See Specials Board

Combination 32

A combination of Moussaka, casserole of the day and Gemista, served with Rice, baked potatoes and Turlou

Salads

Horiatiki Greek Salad (v) 16

Tomatoes, Cucumber, Onion, Fetta, Capsicum + Olives with EVO Oil + Vinegar dressing topped with Greek Oregano

Beetroot Salad (v) 18

Beetroot, Fetta, Onion, Walnuts, Spinach dressed with EVO Oil and Vinegar

Gyro Salad 24

Greek Salad + Gyro

Horta 12

Boiled Greens with Evo and Lemon Juice

Sides

Side Salad (v) 8

Salad mix, tomato, cucumber, onion, olives and fetta

Baked Lemon Potatoes (v) 8

Baked to perfection

Cypriot Potatoes (v) 10

Baby Kipfler Potatoes smashed, boiled, fried and coated in EVO Oil and Coriander Seeds

Turlou (v) 10

Oven bakes medley of vegetables

Rice (v) 5

Chips (v) 10

topped with oregano tion

Kreatika

Psarika

Meats

Porterhouse Steak 42

Lamb Cutlets 40

Tender marinated Lamb Cutlets char-grilled with baked potatoes and Tzatziki. 4pcs

Gyros (mixed meat only) 33

Greek Salad + lamb and chicken shaved off the spit

Souvlaki Kalamaki

(Souvlaki on Skewer)

Souvlaki meat skewers served with Tzatziki, rice, baked potatoes and turlou

Choice of:

Chicken 32

From the Ocean

King Prawns 40

Grilled king prawns drizzled with garlic, served with Skordalia

Calamari

served with Skordalia

- Fried (Lightly floured and fried)
or

- Grilled and drizzled with olive oil and lemon

Grilled Whole Flounder 38

Grilled King George Whiting 38

Meat Platter

Sea Food Platter

Amazing mix of Chicken Skewer, Kefthethdia Cutlet, Greek Sausages and Lamb and Chicken Gyros

for 1 – 36

for 2 – 70

for 3 – 105

for 4 – 140

From our Ocean, mix of Sardines, grilled Prawn, fried Calamari and grilled fish fillet white bait.

for 1 – 38

for 2 – 74

for 3 – 110

for 4 – 148

All meat served with baked potatoes, turlou and rice

All seafood served with baked potatoes and salad



Glika - Desserts

Halva with Honey	14
Traditional Greek sweet made from tahini (pulped sesame seeds) with Chocolate, almonds and drizzled with Honey. Perfect with coffee or tea.	
Home-made Loukoumades	14
Greek Honey balls warmed and dusted with cinnamon. icing sugar and walnuts. Served with ice-cream	
Yaourti	14
Delicious Greek yogurt drizzled with Honey and sprinkled with crushed walnuts.	
Dessert Plate	28
Mix dessert for two persons	
Ekmek Kataifi (mini)	14
Cream Caramel	14