

# TSINDOS

THE GREEK KITCHEN

Established 1975



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.





# Kali Orexi!



## Old School Tsindos Banquet

Mixed Appetiser Board

Pitta

Saganaki

Grilled Octopus

Dolmades

Greek Sausages

Seafood Platter

Meat Platter

Baked Potatoes

Greek Salad

Home-made  
Loukoumades

min. 2 people

**\$65 pp**

# Cold Appetisers

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## Appetiser Board (for 2 people) 27

To Start..

Mixed dips, white anchovies, fetta cheese, dolmades, marinated calamari served with pitta bread

## Traditional Home made Dips 9

Melinzanosalata (Eggplant based. House speciality!)

Tzatziki (Yoghurt / Garlic/ Cucumber)

Tarama (Caviar)

## Mix Dips 15

### Pita Bread

2.5

Traditional greek flat bread

### Crusty Bread

Served with EVO Oil and Olive Tapenade

Small 5  
Large 8

### Mixed Olives

(Kalamata, Volos, Cypriot)

12

### Greek Fetta Cheese

Your choice of fetta drizzled with EVO + vinegrette

- Chelmos (Goat) Region Achnea Peloponnese

12

- Chelmos Barrel aged 6mnths. (Sheep + Goat)

13

Region Achnea Peloponnese

### Gavrous Marinated

Marinated white anchovies in a vinegrette - great with Ouzo

11

### Artichokes Marinated

11



# Meze

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## Small Sharing Plates

<b>Tsindos Fetta Special</b>	23
Feta, Tomato, Onion, Olives and Jalapenos served in a Saganaki Pan. Served with Pitta Bread. MASTERPIECE!	
<b>Saganaki</b> (v)	17
Pan fried Greek Kefalograviera Cheese	
<b>Zucchini kKeftedes</b> (v)	17
Zucchini, Fetta and fresh herbs rolled into spheres, coated in bread crumbs and fried. 6pcs	
<b>Koupes</b>	15
Traditional fried Bulgur Wheat Pockets 2 pcs. Stuffed with Choice of - Pork or - Mushrooms (v)	
<b>Grilled Octopus</b>	21
Grilled Octopus tentacles drizzled with Evo and lemon	
<b>Santorini Sardines</b>	21
Fried Sardines with a refreshing Santorini sauce. Every part is eatable	
<b>Seafood Saganaki</b>	25
Mixed seafood cooked in a Napoli and fetta sauce, served in a Saganaki Pan with rice	
<b>Keftethakia</b>	17
Fried Mini Beef Meatballs, served in a Tomato and Fetta Sauce	
<b>Gyros Meze Plate</b>	23
Chicken and Lamb (mixed only)	
<b>White Bait</b>	13
<b>Grilled Greek Sausage</b>	13
<b>Dolmades</b>	15
Vine leaves stuffed with Rice and Herbs	

## Soup of the day

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See Specials Board





# Traditional Homestyle Cooking

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## Moussaka 30

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

## Stuffed Veggies (Gemista) (v) 30

Veggies stuffed with Rice and mixed Vegetables, served with baked potatoes, tourlou and herbs baked in the oven

## Casserole of the Day - See Specials Board 32

## Combination 34

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

## 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 25

Greek Salad + Gyro

### Horta 12

Boiled Greens with Evo and Lemon Juice

## Sides

### Side Salad (v) 9

Salad mix, Tomato, Cucumber, Onion, Olives and Fetta

### Baked Lemon Potatoes (v) 9

Baked to perfection

### Cypriot Potatoes (v) 11

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

### Tourlou (v) 11

Oven bakes medley of vegetables

### Rice (v) 6

### Chips (v) 10

topped with Oregano

## Kreatika

## Psarika

### Meats

**Porterhouse Steak** 44

**Lamb Cutlets** 42

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

**Gyros (mixed meat only)** 37

Greek Salad + lamb and chicken shaved off the spit

**Souvlaki Kalamaki**

(Souvlaki on Skewer)

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

Choice of:

Chicken 34

Lamb Fillet 38

### From the Ocean

**King Prawns** 42

Grilled king prawns drizzled with garlic, served with Skordalia

**Calamari** 38

served with Skordalia

- Fried (Lightly floured and fried)  
or

- Grilled and drizzled with olive oil and lemon

**Grilled Whole Flounder** 40

**Grilled King George Whiting** 40

### Meat Platter

### Sea Food Platter

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

for 1 – 39

for 2 – 78

for 3 – 117

for 4 – 156

From our Ocean, mix of Sardines, grilled Prawn, fried Calamari and grilled Fish Fillet White Bait.

for 1 – 42

for 2 – 84

for 3 – 126

for 4 – 168

All Meat and Seafood served with Baked Potatoes, and Salad

## Glika - Desserts

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<b>Home-made Loukoumades</b> Greek Honey balls warmed and dusted with cinnamon. icing sugar and walnuts. Served with ice-cream	15
<b>Yaourti</b> Delicious Greek yogurt drizzled with Honey and sprinkled with crushed walnuts.	14
<b>Dessert Plate</b> Mix dessert for two persons	30
<b>Cream Caramel</b>	14
<b>Baklava</b> Layered pastry dessert made of filo pastry, filled with chopped nuts, and sweetened with syrup or honey.	15