

TSINDOS
THE GREEK KITCHEN

Established 1970



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 1970 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 Orex!



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

\$70 per person

Cold Appetisers

Appetiser Board (for 2 people) 28

To Start..

Mixed dips, white Anchovies, Fetta Cheese, Dolmades, Artichokes marinated Calamari served with Pitta Bread

Traditional Home made Dips

Melinzanosalata (Eggplant based. House speciality!) 10

Tzatziki (Yoghurt / Garlic/ Cucumber) 10

Tarama (Caviar) 10

Mix Dips 16

A mixture of the three above dips

Pita Bread 3.5

Traditional greek flat bread

Crusty Bread Small 6 Large 9

Served with EVO Oil and Olive Tapenade

Mixed Olives 13

(Kalamata, Volos, Cypriot)

Greek Fetta Cheese 14

Your choice of fetta drizzled with EVO + vinegrette

- Chelmos (Goat) Region Achnea Peloponnese 13

- Chelmos Barrel aged 6mnths. (Sheep + Goat) 14
Region Achnea Peloponnese

Gavrous Marinated 12




Marinated white anchovies in a vinegrette - great with Ouzo

Artichokes Marinated 12

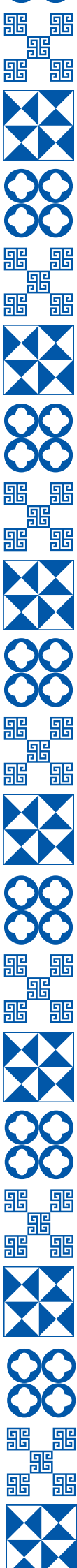


Meze

Small Sharing Plates

Tsindos Fetta Special	25
Feta, Tomato, Onion, Olives and Jalapenos served in a Saganaki Pan. Served with Pitta Bread. MASTERPIECE!	
Saganaki 	18
Pan fried Greek Kefalograviera Cheese	
Zucchini kKeftedes 	18
Zucchini, Fetta and fresh herbs rolled into spheres, coated in bread crumbs and fried. 6pcs	
Koupes	16
Traditional fried Bulgur Wheat Pockets 2 pcs. Stuffed with Choice of - Pork or - Mushrooms 	
Grilled Octopus	24
Grilled Octopus tentacles drizzled with Evo and lemon	
Santorini Sardines	23
Fried Sardines with a refreshing Santorini sauce. Every part is eatable	
Seafood Saganaki	28
Mixed seafood cooked in a Napoli and fetta sauce, served in a Saganaki Pan with rice	
Keftethakia	18
Mini Beef Meatballs, served in a Tomato and Fetta Sauce	
Gyros Meze Plate	24
Chicken and Lamb (mixed only), served with Tzatziki	
White Bait	15
Grilled Spicy Sausage	14
Dolmades	16
Vine leaves stuffed with Rice and Herbs	





Traditional Homestyle Cooking

Moussaka 32

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

Stuffed Veggies (Gemista) (v) 33

Veggies stuffed with Rice, Herbs and mixed Vegetables, served with baked Potatoes herbs baked in the oven

Lamb Kokkinisto - 38

Red sauce based Casserole that literally melts in your mouth. A true crowd pleaser

Combination 38

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

Salads

Horiatiki Greek Salad (v) 18

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

Beetroot Salad (v) 20

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

Gyro Salad 28

Greek Salad topped with Lamb and Chicken Gyro

Horta (Vlita)

14

Boiled Greens with Evo and Lemon Juice

Sides

Side Salad (v) 10

Lettuce, Tomato, Cucumber, Onion, Olives and Fetta

Baked Lemon Potatoes (v) 10

Baked to perfection

Cypriot Potatoes (v) 13

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

Tourlou (v) 12

Oven bakes medley of vegetables

Rice (v) 8

Chips (v) 11

topped with Oregano

Kreatika

Psarika

Meats

Lamb Cutlets 44
4 Tender marinated Lamb Cutlets
char-grilled served with Tzatziki

Gyros (mixed meat only) 40
Lamb and chicken
shaved off the spit

Souvlaki Kalamaki
(Souvlaki on Skewer)
2 Souvlaki meat skewers served with Tzatziki

Choice of:

Chicken	36
Lamb Fillet	40
Mixed	38

From the Ocean

King Prawns 45
Grilled king prawns drizzled with garlic,
served with Skordalia

Calamari 42
served with Skordalia

- Fried (Lightly floured and fried)
or

- Grilled and drizzled with olive oil and lemon

Grilled Whole Flounder 44

Grilled King George Whiting 46

All Meat and Seafood served with
Baked Potatoes, and Salad

Meat Platter

Sea Food Platter

Amazing mix of Chicken Skewer, Kefthethdia,
Lamb Loin, Greek Sausages and
Lamb and Chicken Gyros. Served with Tza-
tziki

for 1 – 42
for 2 – 84
for 3 – 126
for 4 – 168

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

for 1 – 45
for 2 – 90
for 3 – 135
for 4 – 180

All Meat and Seafood served with
Baked Potatoes, and Salad



Glika - Desserts

Home-made Loukoumades	16
Greek Honey balls warmed and dusted with cinnamon, icing sugar and walnuts. Served with ice-cream.	
Yaourti	15
Delicious Greek yogurt drizzled with Honey and sprinkled with crushed walnuts.	
Cream Caramel	15
Baklava	16
Layered pastry dessert made of filo pastry, filled with chopped nuts, and sweetened with honey syrup. Served with Ice-Cream.	

Soft Drinks

Epsa — Lemon / Cherry / Blood Orange / Orange	5.50
Coca Cola	5.50
Diet Coke	5.50
Lemon, Lime and Bitters	5.50
Orange Juice	5.50
Apple Juice	5.50
Cranberry Juice	5.50
Greek Sparkling Mineral Water	250ml 5.50 750ml 10.00

Tea / Coffee \$4.00

Beer

Mythos (Greece)	12.00
Leon (Cyprus)	12.00
Vergina Blue (Lager) (Greece)	12.00
Cascade Light (Tasmania)	10.00
Fix (Greece)	12.00

Cider

Sumersby Apple	12.00
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Spirits (ask waiter)

Ouzo	200ml Bottle 50.00
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Tea/Coffee

Tea / Coffee	5.00
Greek Coffee	5.00
- Sketo (no sugar)	
- Metrio (medium sweet)	
- Gliko (sweet)	

Ports, Brandy + Liqueurs

Commandaria (Cyprus)	9.00
Liqueurs - Ask waiter	10.00
Metaxa Seven Star Brandy	14.00
Courvoisier Cognac	15.00



Greek Whites

Retsina Malamatina **Glass 10.00**
500ml **25.00**

Traditional Greek Dry white wine. Bright yellow– gold, with a typical rich aroma imparted by the resin of Halkidiki pines; typical rich taste, soft, cool with a spicy aftertaste; dry, with an elegant retsina 'bite'.

Makedonikos White
(Tsantali) **Glass 11.00**
Dry White Wine 750ml **44.00**

Greek Rosé

Makedonikos Rosé **Glass 11.00**
Dry White Rosé 750ml **44.00**

Greek Reds

Makedonikos (Tsantali) **Glass 11.00**
Light Dry Red 750ml **44.00**

Rapsani Grand Reserve 750ml **88.00**

Sparkling

Gisa Arc Blanc de Blanc **Glass 13.00**
Adelaide Hills 750ml **52.00**

Naonis Prosecco **Glass 13.00**
Veneto - Italy 750ml **52.00**

Australian Whites

Amesbury Estate Moscato **Glass 12.00**
South Eastern Australia 750ml **48.00**

Heidenreich Old School Chardonnay (unwooded) **Glass 13.00**
750ml **52.00**
Barossa Valley - S.A.

Argento Pinot Grigio **Glass 14.00**
Adelaide Hills - S.A. 750ml **56.00**

Tohu Sauvignon Blanc **Glass 14.00**
Malborough - N.Z. 750ml **56.00**

Asher Sauvignon Blanc **Glass 12.00**
Malborough - N.Z. 750ml **48.00**

Australian Reds

Hare Raising Pinot Noir **Glass 13.00**
Yarra Valley - VIC 750ml **52.00**

Tokar Shiraz Pinot **Glass 14.00**
Yarra Valley - VIC 750ml **56.00**

Rileys "The Engineer Merlot" **Glass 14.00**
750ml **56.00**
Eden Valley - S.A.

Heidereich Old School Shiraz **Glass 14.00**
750ml **56.00**
Barossa Valley - S.A.

Patritti Lot 3 Shiraz 750ml **88.00**
Maclaren Vale - S.A.

Asher Shiraz **Glass 13.00**
Heathcote 750ml **52.00**

Hickinbotham of Dromana **Glass 13.00**
Cabernet Sauvignon 750ml **52.00**