

BREAKFAST

SERVED 9AM - 4PM MON - FRI

EGGS AND OMELETTES - SERVED WITH CHOICE OF HAND CUT FRIES, HOME FRIES, OR SEASONAL FRUIT SALAD.

MEDITERRANEAN

EGG WHITE WRAP - 12

Sun-dried tomato pesto, spinach, fresh mozzarella.

BREAKFAST WRAP - 12

Scrambled eggs, smoked turkey, Swiss cheese, avocado.

TWO EGGS, BACON OR SAUSAGE, TOAST - 11

WAFFLE, EGGS, BACON OR SAUSAGE - 14

POWER OMELETTE - 14

Egg whites, turkey, Swiss cheese, spinach.

ATHENIAN OMELETTE - 13

Spinach, tomato, feta cheese.

WESTERN OMELETTE - 13

Bell peppers, onions, ham, American cheese.

SWEET BEGINNINGS

MAPLE FRENCH TOAST - 10

Maple syrup.

SIMPLE PANCAKE STACK - 9

Maple syrup.

NUTELLA FRENCH TOAST - 12

BLUEBERRY PANCAKES - 11

SIDES

HOME FRIES - 4

SAUSAGE - 3

HAND-CUT FRIES - 6

BACON - 3

FRUIT SALAD - 5

STARTERS

GREEK SPREADS -

9 each, 14 TRIO

Tzatziki, tirokafteri, hummus.

GUACAMOLE - 14

Greek spin on guac served with seasoned pita chips.

FALAFEL - 12

Chickpea and fava fritters, tabbouleh, hummus, tahini.

FRIED CALAMARI - 15

Classic favorite served with marinara sauce.

CRAB CAKE - 18

Pan seared lump crab meat served with tru house sauce.

SOUVLAKI - 12

Grilled chicken, steak, or pork marinated in extra virgin olive oil and spices, served with tzatziki.

GREEK RIGANI FRIES - 9

Hand cut fries, garlic oil, parmesan, oregano, feta cheese.

MUSSELS - 16

PEI steamed mussels, shallots, white wine, garlic, herbs.

SHRIMP SANTORINI - 16

A sizzling dish of shrimp cooked in a fresh tomato and feta cheese sauce.

LOUKANIKO - 14

Charcoal grilled Greek sausage.

GRILLED SHRIMP - 14

On toasted sourdough bread with avocado spread.

ROASTED CAULIFLOWER - 12

Parmesan crusted, oven roasted, and served with tahini sauce.

ZUCCHINI CROQUETTES - 12

Zucchini and cheese fritters served with yogurt cucumber sauce.

FRIED SAGANAKI - 12

Skillet seared kefalograviera cheese.

GRILLED HALLOUMI - 12

Cypriot goat and sheep cheese served with tomato cucumber relish.

BAKED FETA - 12

Feta wrapped in filo, thyme honey, pistachios.

HALLOUMI FRIES - 12

Breaded and fried sticks of halloumi cheese.

BURGERS SANDWICHES & WRAPS

SERVED W/HAND-CUT FRIES

TRU BURGER - 16

Sautéed onions, roasted red pepper, bacon, Swiss cheese, house sauce on a brioche bun.

CLASSIC CHEESEBURGER - 14

Lettuce, tomato, onion, and American cheese on brioche bun.

ROSTO HALLOUMI SANDWICH - 16

Slow cooked pork with grilled halloumi and pickled mustard sauce.

GRILLED COBB WRAP - 16

Chopped romaine lettuce, tomatoes, hard boiled eggs, avocado, smoked bacon, feta cheese, grilled chicken.

SOUVLAKI TRIO - 15

Three mini souvlaki sandwiches in pita with lettuce, tomato, tzatziki, paprika chicken steak, or pork.

FALAFEL WRAP - 14

Avocado hummus, tabbouleh, tahini sauce.

GRILLED CHICKEN WRAP - 14

Fresh mozzarella, baby arugula, roasted red peppers, sun-dried tomato aioli.

TURKEY CLUB - 15

Smoked turkey, Swiss cheese, bacon, romaine hearts, tomato avocado, chipotle mayo, toasted while wheat bread.

PULLED GREEK LAMB - 18

Slow Cooked lamb shoulder, graviera cheese, roasted red peppers, tzatziki.

SALADS

ADD. CHICKEN 5/ SKIRT STEAK 10/ SALMON 8/ SHRIMP 7

KALE BEET SALAD - 12

Red and golden beets, kale, romaine, walnuts, goat cheese, honey mustard dressing.

WATERMELON FETA SALAD - 14

Watermelon, feta cheese, mint, orange, baby arugula, balsamic reduction.

BABY ARUGULA AND BERRY SALAD - 13

Baby arugula, fresh strawberries, blueberries, avocado, candied walnuts, goat cheese, raspberry vinaigrette.

GRILLED SALMON AND LENTIL - 24

Baby arugula, grape tomatoes, shaved red onions, fingerling potatoes, crumbled goat cheese, lemon and olive oil dressing.

ROASTED VEGETABLES AND QUINOA - 14

Chickpeas, avocado, sweet potato, lemon and olive oil dressing.

GREEK SALAD - 13

Romaine lettuce, tomatoes, cucumbers, bell peppers, kalamata olives, feta cheese, extra virgin olive oil and red wine vinegar.

CAESAR - 12

Crispy romaine lettuce tossed with creamy caesar dressing, shredded parmesan cheese, seasoned croutons.

COBB - 16

Chopped romaine lettuce, tomatoes, hard boiled eggs, avocado, smoked bacon, feta cheese, grilled chicken, lemon and olive oil dressing.

ENTRÉE

MIXED GRILL - 29

Loukaniko, pork souvlaki, chicken souvlaki, steak souvlaki, grilled halloumi, tzatziki, hand cut fries.

PIZZA

TRU - 18

Mozzarella cheese, bacon, ham, bell peppers, onions, mushrooms.

MARGHERITA - 14

Fresh mozzarella, fresh basil.

SANTORINI - 16

Spinach, sliced tomatoes, feta, and olives, finished with oregano.