



“We are what we repeatedly do. Excellence, then, is not an act, but a habit” – Aristotle

And at Blu, this is exactly our approach to food. We refuse to utilize any microwaves, refined or processed products, and continuously challenge ourselves to find the best possible quality ingredients for our customers. All our food is cooked with our own cold pressed Extra Virgin Olive Oil (EVOO) from our cultivation in Greece.

Facts of Mediterranean Cuisine

Increased longevity

Prevents heart disease & strokes

Helps reduce inflammation

Helps keep:

- ✓ Your heart healthy
- ✓ Your brain sharp
- ✓ Your skin looking fresh & young

Reduces risk of:

- ✓ Cancer
- ✓ Alzheimer’s Disease
- ✓ Developing Type 2 Diabetes
- ✓ High blood pressure
- ✓ High Cholesterol



Dairy Free



Vegetarian



Gluten Free

Please Order Responsibly – Wastage is a Shame

Prices shown in the menu are subjected to service charge (10%) and prevailing government taxes.

SALATES – SALADS

-  **Artichoke Salad** | *Baby spinach, arugula, capers, pine nuts, dill, spring onion, & Free range boiled eggs, & carob flavoured Dakos rusk* 18.8
-  **Earth Salad** | *Kale, Radish, Pomegranate, Celery, Sauteed Mushrooms, Feta, Sunflower Seed, Pine Nuts with Honey & Balsamic Dressing* 18.8
-  **Kipourou Salata** | *Lettuce, Dill, Spring Onion, Cherry tomatoes, Green & Red Cabbage, Cucumber, Green Pepper, Flaxseed with Lemon & EVOO* 17.8
-  **Horiatiki** | *Cherry Tomato, cucumber, onion, olives, feta cheese, vinegar & EVOO.* full - 22.8 half 13.8
- Blu Salad** | *Arugula, capers, anchovies, pine nuts, Skillet talagani cheese.* 29.8
-  **Watermelon Salad** | *Watermelon, feta, mint* 16.8
-  **White & Yellow Salad** | *Mesclun, Roasted Cauliflower & Pumpkin, Arugula, Parmesan, Almond, Mint, Spring Onion, Zaatar with Tahini Dressing* 22.8

SOUPA - SOUP

Soup of the day | Chef's Selection Cup – 6.8 / Bowl – 11.8

PITAS & DIPS

ALL OF OUR PITA BREAD IS FROM GREECE

-   **Grilled Pita** | *Oregano & sea salt/organic* 3.9
-   **Crispy Pita** | *Baked till crispy* 3.9
-   **Hummus** | *Greek Tahini, organic chickpea, EVOO* 15.9
-   **Fava** | *Organic yellow lentils, onion, oregano* 14.8
-   **Tirokafteri** | *Spicy feta, infused with herbs, chili flakes* 17.8
-   **Tzatziki** | *100% Greek yogurt, cucumber, garlic, EVOO* 15.8
-  **Taramasalata** | *White cod roe, lemon, capers, EVOO* 16.8
-   **Melitzanosalata** | *Smoked eggplant, feta, herbs* 16.8
-   **Tria Fasolia** | *Organic: White Bean, Black-Eyed Pea & Chickpea; dill & spring onion, EVOO* 14.8
-   **Harissa** | *Spicy tomato, 100% Greek yogurt & walnut* 15.8

DESSERT MENU

Baklava - \$15.80 / \$6.80 per piece

Filo pastry filled with walnuts, topped with homemade syrup

Galaktoboureko - \$14.80

Filo Pastry with semolina cream filling, topped with homemade syrup

Bougatsa - \$13.80

Filo Pastry with semolina cream filling, serve hot, powdered with icing sugar & cinnamon

Milo me Meli - \$ 8.80

Freshly sliced apples, dusted with cinnamon & Greek thyme honey

100%Greek Yogurt - \$16.80

With homemade sweet fruits topping & walnuts

Rizogalo - \$13.80

Greek rice pudding with cinnamon & citrus zest

Portokalopita - \$14.80

Traditional Greek orange cake

Ipovrichio - \$3.80

(Submarine) Mastic in iced cold water

Pagoto Häagen-Dazs - \$ 6.80

Häagen-Dazs Ice Cream

Chocolate, Vanilla, Macadamia Nuts, Strawberry

Hot Drinks

Tea Selection

Herbal Tea	\$6.80
Mountain Tea	\$6.80
Mint Tea	\$6.80
Camomile Tea	\$6.80
English Breakfast	\$6.80

Coffee Selection
















Greek Coffee	\$5.80
Greek Nescafe Frappe	\$5.80
Black Coffee	\$4.80
Espresso	\$4.80
Double Espresso	\$5.80
Macchiato	\$5.80
Double Macchiato	\$6.80
Cappuccino	\$6.80

Any physical or verbal abuse towards the Blu Kouzina staff will not be tolerated


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OREKTIKA – MEZE

 Dolmades <i>In House Made</i>	6pcs – 22.8 / 3pcs –13.8
<i>Vine leaves filled with rice & herbs</i>	
 Organic Red & Green Peppers <i>filled with cream</i>	8pcs –12.8
<i>cheese, mint, EVOO</i>	
 Artichokes <i>Fried, topped with balsamic cream</i>	12.8
Lamb Meatballs <i>In-house made meatballs</i>	4pcs –14.8
<i>with spicy harissa dip, lemon & yogurt dressing</i>	
 Corn Cob <i>Grilled, tossed with spicy mayo</i>	12.8
Fried Calamari <i>Lemon yoghurt dressing</i>	29.8
Cured Fish Platter <i>Selection of Cured & Smoked Fish</i>	24.8
 Egg Kapama <i>Sunny side up cooked in tomato sauce</i>	14.8
 Egg Strapatsada <i>Scrambled, spicy tomato</i>	18.8
Keftedes <i>In-house made beef meatballs,</i>	8pcs - 17.8 / 4pcs -11.8
<i>& tzatziki dip</i>	
 Polytiki Feta <i>Baked Tomatoes, Feta, Oregano,</i>	18.8
<i>Black pepper & Chilli</i>	
 Bougiourdi <i>Red pepper stuffed with marinated</i>	18.8
<i>spicy feta cheese</i>	
 Saganaki & Figs <i>Kefalotiri psito , topped with fig sauce</i>	19.8
 Imam Baildi <i>Seedless Eggplant sliced, rolled and roasted</i>	16.8
<i>with onion & tomato base sauce with a side of feta</i>	
 Feta Psiti <i>Feta cheese, herbs, green olives, EVOO</i>	18.8
 Spanakopita <i>Phylo pastry filled with spinach</i>	16.8
<i>leak, feta cheese & herbs</i>	
 Talagani <i>Greek Halloumi cheese, drizzled with blu sauce</i>	19.8
 Kolokithokeftedes <i>Zucchini, herbs, feta cheese</i>	18.8
Feta Saganaki <i>Feta cheese wrap with Phylo pastry</i>	19.8
<i>with Greek Thyme honey & sprinkled with sesame</i>	
 Yia Yia's Avga Free Range Eggs <i>Boiled, topped</i>	2pcs - 5.8
<i>with organic seas salt & oregano, & EVOO</i>	
Soutzoukakia <i>With Homemade Tomato Sauce</i>	Beef - 13.8 Lamb - 16.8

COLD MEZE PLATTER

-  **Meze Platter** | *Red & green pepper, olives, hummus* 48.8
Greek pepperoni, spinach ball, cucumber/ carrot stick, feta cheese, pita & crispy pita
- Fish Meze Platter** | *Red & green pepper, olives, taramosalata* 68.8
Greek pepperoni, pickled peppers, grilled pita, crispy pita, cucumber/ carrot stick, assortment of Greek cured fish and Rock Samphire

XORTOFAGOI – VEGETARIAN

-   **Olives** | *Kalamata halkidiki & throuba* 9.8
-   **Cucumber Sticks** 4.8
-   **Carrot Sticks** 4.8
-  **Greek Green Pepperoni** 6.8
-   **French Fries** | *Toss with organic sea salt & organic oregano* 10.8
-   **Vegetables of the day** 10.8
-  **Vegetarian Platter** | *Chef's Selection* 30.8
-   **Roasted Lemon Potatoes** 12.8
-  **Tiganopsomo** | *Pita filled with spicy feta cheese, pan seared* 14.8
-  **Talagani Wrap** | *Wrap with pita, tomato & onion, blu sauce* 22.8
-  **Gemista** | *Baked vegetables filled with marinated rice & potatoes* 28.8
-  **Vegetarian Mousaka** | *Oven-baked vegetables, homemade Greek Tomato base Sauce, béchamel* 28.8
-   **Spanakorizo** | *Spinach cooked with rice, herbs, lemon, EVOO* 18.8

STON FOURNO - OVEN COOKED (20mins)

- Mousaka** | *Oven-baked eggplant, potatoes, béchamel* 30.8
minced beef, homemade Greek Tomato base Sauce,
- Pastitsio** | *Greek macaroni, minced beef, béchamel* 30.8
Served with homemade Greek Tomato base Sauce



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KOTOPOULO - CHICKEN (15 - 20mins)

Kotopoulos Fournou <i>Free Range Cornish Hen, roasted potatoes, lemon, oregano, EVOO</i>	28.8
 Kotopoulos Stifatho <i>Free Range Cornish Hen, onion stew, EVOO</i>	28.8
Kotopoulos Yiro <i>Natural grilled Organic Chicken wrapped in pita, tomatoes, onion, tzatziki, French fries</i>	21.8
Kotopoulos Kalamaki <i>Grilled Organic chicken skewer, tomatoes, onion, pita</i>	19.8
 Grilled Chicken <i>Free Range Cornish Hen, roasted potato & grilled veg, (30-45min)</i>	32.8

KREATIKA- BEEF & MEATS (15 – 20min)

Beef Kalamaki <i>Beef skewer, fresh onion, sliced tomato, pita, tzatziki</i>	20.8
Souvlaki Me Pita <i>Grilled beef wrapped in pita, fresh tomatoes, onion, tzatziki, french fries</i>	22.8
 Bifteki Stin Shara <i>Beef patties, lemon, onion, roasted potatoes, tomato</i>	2pcs - 28.8 / 1pcs -16.8
Blu Cheese Burger <i>Beef patty, talagani cheese, caramelized tomato & onion sauce, pita, French fries</i>	26.8
 Filet Mignon <i>Grilled, roast potatoes, vegetables</i>	58.8
Meat Platter Small <i>2 Lamb Meatballs, 1 Beef Kalamaki, 1 Organic Chicken Skewer & 2 Lamb chops</i>	55.8
Meat Platter Medium <i>4 Lamb Meatballs, 2 Beef Kalamaki, 2 Organic Chicken Skewer & 4 Lambchops</i>	108.8
Meat Platter Large <i>8 Lamb Meatballs, 4 Beef Kalamaki, 4 Organic Chicken Skewer & 8 Lambchops</i>	210.8
Grilled Kebab Platter <i>S – 38.8 / M -74.8 / L – 150.8</i> <i>In House Ground Beef, Lamb, Chicken served with Harissa</i>	
Grilled Meat Board <i>Fillet Mignon (250g) Sirloin (250g) with fresh herbs</i>	108.8

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ARNI – LAMB (15 - 20mins)

🍴🍷 Paidakia 3 Grilled lamb chops, vegetables & potatoes	36.8
🍴🍷 Kleftiko Roasted lamb shank, lemon potatoes	48.8
🍴🍷 Kebab Lamb skewers, grilled veg, harrisa	3pcs - 38.8 / 1 pcs -14.8

THALLASINA - SEAFOOD (30 – 45 mins)

🍴🍷 Kalamari Grilled calamari, lemon, EVOO	29.8
🍴🍷 Xtapodi Grilled octopus with vinegar & EVOO	39.8
<i>Note :Not marinated with salt.</i>	
🍴🍷 Sardeles Grilled sardines, lemon, EVOO	29.8
🍴🍷 Garides Grilled jumbo prawn, lemon, EVOO	1pcs – 18.8 / 2pcs – 33.8 / 3pcs – 49.8
🍴🍷 Lavraki Sea bass 600gm Baked or Grilled	68.8
🍴🍷 Tsipoura Sea bream 400gm Baked or Grilled	48.8

PSARIKA ANAMIKTA- SEAFOOD PLATTER (30 – 45min)

Grilled Squid, 3 Jumbo Prawns, including an option of the following fish:

*Greek Fish 400g - \$115.8

*Greek Fish 1kg - \$169.8

***All of our Ground Beef is done in house & we only use
Grass-Fed & Free-Range Beef***

All of our Beef, Lamb & Chicken are Halal Certified

We are not liable for your choice of consumption of raw or undercooked meat or fish

Special for today please ask our staff

Please inform our staff of any food allergies or restrictions

[VISIT OUR RETAIL SECTION](#)

Om Kurongsoong Soha