

MONIKA'S CAFE BAR

- est. 1996 -

APPETIZERS

FRIED CALAMARI lemon, spicy mayo & garlic aioli | 18

HOUSE - MADE GUACAMOLE (V) (GF) served with corn tortilla chips | 15

GRILLED HALLOUMI CHEESE with tomato, cucumber, tzatziki, black olives & pita bread | 14

MUSHROOM "CALAMARI" (V) oyster, cremini & portobello mushrooms, with lemon & spicy marinara sauce | 15

GRILLED OCTOPUS (GF) cherry tomatoes, arugula, caramelized onions, beets, olive oil & lemon | 22

SEXY MUSSELS white wine, tomato salsa & garlic & toasted ciabatta | 16

PLATES TO SHARE

HOT MEZE PLATE grilled halloumi, Greek sausage, falafel, tahini, tzatziki, tomato, cucumber, olives & pita bread | 22

GREEK CHEESE PLATE feta cheese, halloumi, kefalotiri and manouri with honey, grapes and apple | 20

LOADED NACHOS (GF) tortilla chips, 3-cheese blend, pinto beans, guacamole, salsa, grilled jalapenos, pico de gallo & sour cream | 16 *add chicken + 5 | add skirt steak + 8*

MIX DIP PLATE tzatziki, tahini (V), muhammara (V), red pepper hummus (V) & spicy cheese, carrots, celery, falafel & pita bread | 17 // *extra pita bread + 2 // single dip 6*

SMALL PLATES

HAND CUT FRIES or **SWEET POTATO FRIES (GF)** | 6 *add spicy mayo or garlic aioli | + 1*

MAC no CHEESE (V) macaroni, coconut milk, red peppers, cashews, broccoli, paprika & nutritional yeast | 14

FINGER POTATOES (GF) cheddar cheese, scallion, bacon & sour cream | 10

GOAT CHEESE FRITTERS (GF) with agave honey | 10

SOUP OF THE DAY Cup 5 | Bowl 7

SALADS

add protein: falafel (V) + 4 | chicken + 5 | skirt steak + 8 | wild salmon fillet + 9

SKIRT STEAK (GF) baby arugula, grapes, parmesan cheese & shallot vinaigrette | 19

GREEK (GF) lettuce, feta, cucumber, tomato, red onion, black olives & vinaigrette | 16

GOAT CHEESE & BEETS (GF) baby arugula, avocado, walnuts, & honey mustard vinaigrette | 15

COBB (GF) mixed greens, grilled chicken, feta cheese, bacon, tomato, avocado, cucumber & shallot mustard vinaigrette | 16

ORGANIC QUINOA (V) (GF) avocado, baby arugula, lime, roasted carrots, beets, cherry tomatoes & shallot vinaigrette | 14

SANDWICHES | WRAPS | BURGERS

add: american, cheddar, halloumi, feta, mozzarella, goat cheese, pepperjack, +1, bacon +2

*choice of side: mixed greens, hand-cut fries or sweet potato fries | **gluten-free bread:** brown rice wrap or tapioca roll +2*

CHICKEN & PORTOBELLO SANDWICH | baby arugula, black olive tapenade on ciabatta bread | 15

HALLOUMI SANDWICH | tomato, spinach, cucumber, caramelized onions, tahini on ciabatta bread | 16

CAPRESE SANDWICH | fresh mozzarella, tomato, cucumber, basil pesto on ciabatta bread | 14 *add bacon +2*

FALAFEL WRAP (V) | red pepper hummus, cucumber, tomatoes, onion & mixed greens | 15

CHICKEN WRAP | quinoa, avocado, tzatziki, greens, arugula, tomato, cucumber & red pepper hummus | 16

VEGGIE "BURGER" WRAP (V) | black bean & rice, sweet potato, peas, lettuce, tomato, caramelized onions & tahini | 15

BLACK ANGUS BEEF BURGER | lettuce, tomato & onion | 15

GREEK BURGER | seasoned lamb patty, feta, tzatziki, lettuce, tomato & onion | 16

TACOS

all served with homemade salsa verde & pico de gallo | gluten-free upon request

FISH | tilapia, red cabbage slaw & crema | 5

STEAK | skirt steak, lettuce & crema | 5

CHICKEN | grilled chicken breast, lettuce & crema | 5

CHICKEN JALAPEÑO CHORIZO | chicken jalapeño chorizo, lettuce & crema | 5

VEGAN (V) | spinach, zucchini, peppers, corn, mushroom, green peas, lettuce & avocado | 5

COMBO PLATE (any 3 tacos) | 14

QUESADILLAS

all served with homemade salsa verde & lettuce | gluten-free upon request

CHEESE | mozzarella, american, cheddar, mushroom & sour cream | 5

CHICKEN | american, cheddar & sour cream | 5

STEAK | pepper jack, onion, red pepper & sour cream | 5

VEGAN (V) | refried beans, oyster mushroom, zucchini, corn & tahini | 5

COMBO PLATE (any 3 quesadillas) | 14

ENTRÉES

available all day on weekdays & after 5pm on weekends

CAULI "FISH" AND CHIPS dipped in almond flour and cottage cheese, with leeks, olive oil, onion, zucchini and garlic, served with crisp chip potatoes and tzatziki sauce | 18

PAN-ROASTED WILD SALMON with lemon garlic sauce, served with quinoa-pilaf & cauliflower popcorn | 24

SKIRT STEAK (GF) with chipotle sauce, sauteed spinach & mashed potato | 25

CHICKEN CURRY served with rice, spices and vegetables | 16

EARTH BOWL (V) (GF) | organic quinoa, buckwheat, spinach, zucchini, bell pepper, mushrooms, chickpeas, sweet potatoes, carrots, red cabbage, avocado, pepitas & tahini | 18

add protein | falafel (V) + 4 | chicken + 5 | skirt steak + 8 | salmon fillet + 9

BRUNCH

available daily until 5pm

SPECIALTIES

choice of home fries or mixed greens | substitute egg whites +2

CYPRIT BREAKFAST (GF) | fried eggs, Greek sausage, grilled halloumi, black olives, tomato | 16

ENGLISH BREAKFAST | poached eggs on an English muffin, baked beans, bacon, grilled tomato | 16

MEDITERRANEAN BREAKFAST | scrambled eggs with tomato, scallions, olives, tahini, tzatziki & pita | 16

HUEVOS RANCHEROS (GF) | fried eggs, refried beans on corn tortillas with salsa & feta cheese | 16

EGGS SALMONE | poached eggs & smoked salmon on English muffin, with grilled tomato & asparagus | 19

AVO-CALI TOAST | eggs any style, avocado, bacon on ciabatta bread with hollandaise sauce & cayenne pepper | 16

BORRACHO - BURRITO (V) | roasted butternut squash, pinto & fava beans, coconut-lime rice, lettuce, pico de gallo, salsa & avocado | 15

CLASSICS

choice of home fries or mixed greens | substitute egg whites +2

SKIRT STEAK + EGGS (GF) | skirt steak & eggs any style | 19

BACON, EGG & CHEESE CROISSANT | fried eggs, cheddar cheese & bacon | 15

BREAKFAST BURRITO | chicken jalapeño chorizo, eggs, cheddar, peppers, onion, avocado & pico de gallo | 15

EGGS FLORENTINE | poached eggs, sautéed spinach on English muffin, with hollandaise sauce & cayenne pepper | 16

OMELETTES

choice of home fries or mixed greens | substitute egg whites +2

EGG WHITE (GF) | sauteed baby spinach & cherry tomatoes | 15

SMOKED SALMON (GF) | goat cheese, tarragon, fennel seeds, lemon zest | 17

MUSHROOM & FETA (GF) | tomato, basil, parsley, chives | 16

HERB & GOAT CHEESE (GF) | chives, parsley, oregano, rosemary, tarragon | 16

BACON & CHEDDAR (GF) | mushrooms, scallions, red peppers | 17

SWEETS

TSOUREKI FRENCH TOAST choice of: blueberry compote & ricotta cheese or Nutella & banana | 15

CROISSANT FRENCH TOAST Nutella stuffed croissant, topped with bananas, strawberries & coconut cream | 15

PANCAKES

served with homemade strawberry & lemon butter

choice of: plain | blueberry | banana & walnut | chocolate chip & strawberry | nutella & banana

RICOTTA-INFUSED PANCAKES | 13

ORGANIC SEVEN-GRAIN PANCAKES | 14

SIDES

bacon | greek sausage | chicken jalapeño chorizo | grilled halloumi | avocado | 5

Home fries | croissant | baked beans | refried beans (v) | 4

*please inform your server if you have any food allergies all our food is prepared in the same kitchen, so cross-contamination may exist
we reserve the right to charge a gratuity of 20% to parties of 6 or more*