Coffee

ADD FLAVOR TO YOUR COFFEE
Caramel, White Chocolate, Raspberry | 1.00

LATTE	4.25
MACCHIATO	3.25
FRESH BREWED TEA	3.50
GREEK FRAPPE (COLD)	4.50
ICED COFFEE	4.00
CAPPUCCINO	4.00
ESPRESSO (double 1.00)	2.75
AMERICANO	4.25

Desserts & Pastries

MUFFINS Blueberry or Chocolate Chip	4.25
COOKIES	
Small Cookie	2.00
Large Cookie	3.00
CHEESECAKE	6.00
GLUTEN-FREE CHOCOLATE CAKE	6.00
KEY LIME PIE	6.00
TRIPLE CHOCOLATE CAKE	7.00

Homemade Greek Pies

SPINACH AND FETA PHYLLO PIE	6.00
CHICKEN PHYLLO PIE GROUND BEEF PHYLLO PIE	7.00

Smoothies

8.00 | ADD PROTEIN 3.00 | VEGAN PROTEIN 4.25

POWER KALE: Kale, Pinneapple, Banana, Almond Milk
APPLE PIE: Apple, Almond Milk, Lemon Juice, Brown Sugar, Cinnamon, Nutmeg
SKINNY AVOCADO: Blueberries, Avocado, Spinach, Banana, Skim Milk
VERY BERRY: Strawberries, Blueberries, Pineapple, Greek Yogurt, Water
PINA COLADA SMOOTHIE: Banana, Coco Water, Pineapple, Coco Milk
PINK PUNCH SMOOTHIE: Banana, Coco Milk, Mango, Raspberries, Pineapple
THE BLOOD CLEANSER: Beets, Green Apples, Kale, Water
GREEN FLUSH: Green Apples, Pears, Spinach, Ginger, Water
GREEN GODDESS: Banana, Almond Milk, Mango, Spinach
ORANGE GLOW: Banana, Orange Juice, Mango, Carrots
PBJ: Strawberry, Peanut Butter, Greek Yogurt, Almond milk
MORNING BERRY: Banana, Oat milk, Honey, Flax Seed, Berries
GAINZ BEAST: Milk, Oats, Banana, Blueberries, Peanut Butter, Protein Powder
CLEAN GREEN: Greek Yogurt, Mango, Banana, Kale, Chia Seeds

MAKE YOUR OWN SMOOTHIE: UP TO 4 INGREDIENTS

Spreads

HUMMUS Spread with pita bread or veggie sticks	6.50
TIROKAFTERI Spicy feta spread with pita bread or veggie sticks	6.50
TZATZIKI Spread with pita bread or veggie sticks	6.50
EGGPLANT Spread with pita bread or veggie sticks	6.50
MEDITERRANEAN COMBO Three spreads with pita bread or veggie sticks	14.00

Breakfast

EGGS ANY STYLE Scrambled, Omelet, Sunny side up with Toast (3 toppings of choice / white or wheat toast)	10.00
OMELET WRAP Choice of veggies, cheese, ham or turkey	9.50
OATMEAL Served with choice of walnut or raisins	6.00
GRANOLA Choice of Whole, Skim, Almond Milk, Oat Milk Soy milk, Greek Yogurt	6.00
TOAST Served with butter and choice of jelly (flavors)	4.00
FRENCH TOAST Topped with Banana and Blueberry	11.00
AVOCADO TOAST White or Wheat Toast, Cherry Tomatoes, Trilogy Hempseeds	9.00
CROISSANTS Choice of plain Chocolate	 3.25 4.00
BAGEL Choice of plain or everything With cream cheese OR choice of jelly	3.75

Kid's Menu

QUESADILLAS - CHEESE Ham, turkey, chicken, or veggies	7.00 8.00
CHICKEN FINGERS WITH FRIES (honey mustard // BBQ// ketchup)	9.00
FRENCH FRIES	5.00

Wraps & Sandwiches

CHICKEN WRAP Wheat wrap with romaine lettuce, tomatoes and sweet curry aioli	11.00
BLT WRAP Tomato basil wrap with lettuce, bacon, tomatoes, and spicy mayo	11.00
VEGGIE WRAP Spinach wrap with hummus, mixed greens, cucumbers, peppers, tomatoes, balsamic vinaigrette and Olive Oil	10.50
ELIA SIGNATURE SANDWICH White or Wheat toast with arugula, tomatoes, spicy feta spread and grilled chicken	11.00
3 BEEF SLIDERS One topped with spicy feta, one with caramelized onion & peppers, one with tzatziki	11.75
AVOCADO VEGGIE PANINI Avocado, roasted red peppers, pepper jack cheese, Elia dressing	11.25
MOJO PULLED CHICKEN SANDWICH White or Wheat toast with pulled mojo chicken, red onions, Greek yogurt with chunky cucumbers, fresh mint, and lemon juice	11.50
SOUVLAKI aka "GYRO" **Choice of Beef, Chicken, Falafel, or Meatballs** Choice of wheat or white pita, onions, tomatoes and tzatziki sauce Make it a combo add a side Greek Salad OR Chips and a drink	11.00 4.75
CAPRESE PROSCIUTTO SANDWICH Fresh sliced tomatoes, fresh mozzarella, sliced prosciutto, kale pesto, balsamic glaze	11.50

Salads & Greens

ELIA CHICKEN SALAD Arugula, shredded carrots, Kalamata olives, goat cheese and Elia signature dressing	12.00
LENTIL SALAD Lentils, celery, dried cranberries, cherry tomatoes, avocado and citrus orange dressing	11.00
QUINOA SALAD Quinoa, red and green bell peppers, chickpeas, cherry tomatoes and our Elia dressing	11.75
MEDITERRANEAN CHICKEN SALAD Spinach, Kalamata olives, red onions, blue cheese cherry tomatoes, olive oil & red vinegar dressing	11 .75
TRADITIONAL GREEK SALAD Tomatoes, red onions, green peppers, cucumbers, Kalamata olives, feta cheese and extra virgin olive oil	12.00
GRILLED CHICKEN SALAD Spinach, carrots, blue cheese, crispy noodles, Asian sesame vinaigrette	12.50
BEET SALAD Arugula, red onions, walnuts, goat cheese, olive oil, balsamic vinegar	11.25

Burgers

BEYOND BURGER Beyond patty, spicy mayo, roasted red peppers, sauteed mushrooms, side of fries	15.00
CLASSIC BURGER 6oz Beef patty, lettuce, tomato, red onion, side of fries	16.00
CHICKEN BURGER 6oz Mojo chicken, swiss cheese, lettuce, tomato, avocado, side of fries	17.00
THE GREEK 6oz Lamb & Beef blend, tzatziki, lettuce, tomato, spicy feta cheese, side of fries	17.00

Healthy Bowls

13.00

CHOICE OF
QUINOA • BASMATI RICE • BROWN RICE • LENTILS

CHOICE OF
CHICKEN • MOJO CHICKEN • STEAK • FALAFEL • MEATBALLS

FOR CHOICE OF VEGGIES AND SPREADS, PLEASE ASK OUR STAFF

Acai Bowls

add additional items $1.00 per item

BLENDED WITH 1 FRUIT • 3 TOPPINGS INCLUDED 12.00

STRAWBERRY • BLUEBERRY • BLACKBERRY • PINEAPPLE • BANANA
MANGO • GRANOLA • SHAVED COCONUT
ALMOND • WALNUT • CHOCOLATE CHIP • NUTELLA • HONEY