



***Greek Taverna and Cafe
Rock House, 35 Pier Street, Aberystwyth
Tel: 01970-630572***

MIENU

***All our dishes are homemade, cooked in Greek
olive oil of family produce***

[For food allergies please ask the waiters for assistance]

DIPS / SPREADS

All dips / spreads served with home made bread

PLIGOURI v - £ 3.90

Bulgur wheat marinated with tomatoes, green peppers, spring onions, parsley and olive oil

ESME v - £ 4.30

Finely chopped tomatoes, chillies, onions marinated with garlic, herbs and olive oil

MELITZANOSALATA v - £ 4.60

Oven baked aubergines pureed and marinated with garlic, herbs and olive oil

HOUMOUS v - £ 4.40

A well known dip made with chick peas, tahini, garlic, olive oil and lemon juice

TZATZIKI v - £ 4.30

A refreshing dip made with Greek yogurt, garlic, shredded cucumber and mint

TARAMOSALATA - £ 4.60

A delicate cod roe dip with lemon juice, garlic and olive oil

MIXED SPREADS PLATTER

Selection of dips; pligouri, esme, melitzanosalata, houmous, tzatziki and taramosalata

Platter of 4 dips of your choice - £9.70 / Platter of all 6 dips- £ 14.40

EXTRA BREAD v – 2pcs per portion

***1 portion £1.25, 2 portions £2.35, 3 portions £3.45,
4 portions £4.35, 5 portions £5.15***

COLD MEZE / STARTERS

SARMADES v - £ 5.80

Vine leaves stuffed with rice, pine kernels, sultanas and fresh mixed herbs and garlic yoghurt

AVOCADO PRAWNS COCKTAIL - £ 4.90

Served with prawn cocktail sauce

TYROKAFTERI v - £ 3.70

Mashed feta cheese and grilled red chilly peppers

HOT MEZE / STARTERS

SOUP OF THE DAY - *served with bread*- £ 4.20

KEFTEDES - £ 5.40

Greek style beef and lamb meat balls with herbs and tomato sauce

SAGANAKI v - £ 5.10

Imported Greek cheese sautéed in olive oil (halloumi)

GIGANTES v - £ 4.30

Butter beans in tomato sauce and herbs

SAUTÉED COURGETTES v - £ 4.40

Served with Greek yogurt and garlic sauce

MIXED FRIED VEGETABLES v - £ 8.30

Courgettes, aubergines, potatoes, tomatoes and peppers served with yogurt and garlic sauce

GARLIC MUSHROOMS v - £ 4.60

Pan fried mushrooms sautéed in white wine, single cream garlic and butter

SARDELES - £ 6.10

Grilled sardines

FALAFEL v - £ 4.60

Fried and spiced chickpea croquettes

HOUMOUS KAVURMA - £ 5.90

Houmous with diced lamb and pine kernels sauté

TYROPITAKIA v - £ 4.90

Deep fried filo pastry filled with feta cheese and spring onions

LOUNTZA WITH HALLOUMI- £ 7.55

Grilled smoked fillet of pork served with grilled halloumi cheese

GARLIC KING PRAWNS - £ 6.15

Grilled king prawns served with garlic butter sauce

KALAMARI - £ 5.80

Deep fried squid pieces

WHITE BAIT - £ 5.70

Simply deep fried

>We regret that we cannot accept card payments at the moment. Apologies for the inconvenience.

MAIN COURSES

All the non-(v) dishes are made with meat from local farms

MOUSAKA - £ 12.85

Layers of roast potatoes, minced meat and aubergines topped with béchamel sauce; served with pilav rice and garnish

VEGETERIAN MOUSAKA v - £ 12.20

Layers of roast potatoes, aubergines, courgettes, mushrooms and peppers topped with béchamel sauce; served with pilav rice and garnish

KLEFTIKO - £ 13.80

Baked lamb with onions and tomatoes; served with pilav rice and roast potatoes

YEMISTA v - £ 11.90

Oven baked green peppers stuffed with rice, pine kernels, sultanas and fresh mixed herbs; served with roast potatoes, garlic yoghurt and garnish

BRIAM v - £ 11.60

Courgettes, aubergines and potatoes oven baked with tomato, herbs and cinnamon; served with pilav rice

CHICKEN with OUZO - £ 13.20

Chicken breast cooked in ouzo, mushrooms and single cream; served with pilav rice

BEEF STIFADO - £ 13.80

Beef Casserole marinated with onions, tomatoes and red wine; served with pilav rice

VEGETERIAN PASTA v - £ 11.20

Penne pasta cooked with mushrooms, onions, peppers, courgettes, chilli, herbs and tomato sauce

GIGANTES v - £11.20

Butter beans in tomato sauce and herbs; served with pilav rice

FISH & SEAFOOD

GARLIC KING PRAWNS - £ 13.10

King Prawns cooked with garlic, white wine and butter; served with rice

SEA BASS

Daily market price, please ask the waiter!

Oven baked; served with roast potatoes and garnish

KALAMARI- £ 12.70

Simply deep fried; served with roast potatoes and garnish

SALMON - £ 13.50

Oven baked salmon marinated with garlic and oregano; served with roast potatoes, garnish

SWORDFISH- £ 14.80

Pan baked in white wine, with garlic mushrooms

>We regret that we cannot accept card payments at the moment. Apologies for the inconvenience.

GRILL SECTION

Served with pilav rice, garnish and roast potatoes.

SOUVLAKI - £ 12.30

Pieces of pork meat charcoal grilled with oregano.

LAMB CHOPS - £ 14.40

BIFTEKIA - £ 12.70

Traditional Greek style burgers

SHEFTALIA - £ 12.60

Homemade Greek-style pork sausages,
served with pilav rice, garnish and tzatziki

GRILLED CHICKEN BREAST - £ 12.70

MIXED GRILL - £ 17.80

Souvlaki, lamb chops, bifteki, grilled chicken

SIRLOIN STEAK - £ 15.20

FILLET STEAK - £ 16.10

SALADS

GREEK SALAD v - £ 6.90

Tomato, cucumber, green pepper, onion, olives and feta cheese served with olive oil dressing

POTATO SALAD v - £ 5.40

Boiled potatoes, spring onions and boiled eggs dressed with olive oil and vinegar

BEETROOT SALAD v - £ 4.20

Sliced, boiled beetroot dressed with garlic, vinegar and olive oil

GREEN SALAD v - £ 5.50

Avocado, lettuce, spring onions, cucumber dressed with vinegar and olive oil

TOMATO & ONION SALAD v - £ 4.20

Tomatoes and red onions dressed with vinegar, olive oil, oregano and sumac

SIDE ORDERS

FETA CHEESE v - £ 3.10

OLIVES v - £ 3.40

CHIPS v - £ 2.10

ROAST POTATOES v - £ 2.40

RICE v - £ 1.90

YOGHURT v - £ 3.10

GARLIC BREAD v - £ 2.60

EXTRA BREAD v – 2pcs per portion

1 portion **£1.25**, 2 portions **£2.35**, 3 portions **£3.45**,

4 portions **£4.35**, 5 portions **£5.15**

>We regret that we cannot accept card payments at the moment. Apologies for the inconvenience.

HOME MADE DESSERTS

KADAYFI v - £4.50

Shredded filo pastry with nuts and syrup.

YOGURT v - £4.30

Greek style yogurt with honey and walnuts.

BAKLAVA v - £4.30

Sweet pastry made of chopped nuts layered with filo pastry, sweetened with syrup.

ICE CREAM - £3.35

Available flavours: Chocolate, Vanilla, Strawberry

CAKES - £3.65

Please check with the waiters.

TAKE AWAY and HOME DELIVERY Menu available

>We regret that we cannot accept card payments at the moment. Apologies for the inconvenience.

BEERS & CIDERS

Myhtos	330ml	£ 2.90
Stealla Artois	330ml	£ 2.90
Corono	330ml	£ 3.20
Stealla Artois Cider	568ml	£ 4.15
Magners Cider	568ml	£ 4.15

SPIRITS

Ouzo [traditional aperitif]

25ml	£ 2.80
50ml	£ 4.30
Carafe 200ml	£ 11.35

Port 50ml **£ 3.50**

Jack Daniels

25ml	£ 2.80
50ml	£ 4.30

Bells

25ml	£ 2.60
50ml	£ 4.10

Jameson

25ml	£ 2.60
50ml	£ 4.10

Bacardi

25ml	£ 2.60
50ml	£ 4.10

Smirnoff		
	25ml	£ 2.60
	50ml	£ 4.10
Gordon's Gin		
	25ml	£ 2.60
	50ml	£ 4.10
Courvoisier		
	25ml	£ 2.80
	50ml	£ 4.30
Metaxa Five Stars		
	25ml	£ 2.80
	50ml	£ 4.30
Martini Dry		
	25ml	£ 2.40
	50ml	£ 3.60
Baileys		
	25ml	£ 2.40
	50ml	£ 3.60
Tia Maria		
	25ml	£ 2.40
	50ml	£ 3.60
Amaretto Disaronno		
	25ml	£ 2.40
	50ml	£ 3.60
Archers		
	25ml	£ 2.40
	50ml	£ 3.60
Malibu		
	25ml	£ 2.40
	50ml	£ 3.60

(Dash: +50p)

COFFEES

[Fair Trade Arabic and African blend]

Black / White Coffee Small*	£ 1.75
Black / White Coffee Large*	£ 2.05
Cappuccino Small*	£ 2.10
Cappuccino Large*	£ 2.45
Latté*	£ 2.45
Espresso Single*	£ 1.60
Espresso Double*	£ 1.90
Greek Coffee Single	£ 1.90
Greek Coffee Double	£ 2.65
Liqueur Coffee*	£ 4.10
[Irish, Tia Maria, Brandy, Baileys, Amaretto]	
Nescafe Frappé	£ 1.80
Instant Coffee Small	£ 1.55
Instant Coffee Large	£ 1.85

* Decaffeinated option available

TEAS

Pot of Tea	£ 1.70
Pot of Green Tea	£ 1.90
Pot of Earl Grey Tea	£ 1.90
Pot of Herbal Tea	£ 1.90
[Camomile, Peppermint]	
Pot of Decaffeinated Tea	£ 1.90

HOT CHOCOLATE

S: £ 2.05

L: £ 2.45

[Ask for marshmallows and / or cream if preferred]

MILKSHAKES

Chocolate, Banana, Strawberry	£ 1.90
Glass of milk	£ 1.00

SOFT DRINKS

Still / Sparkling Water —330ml	£ 1.80
Still / Sparkling Water—750ml	£ 2.95
Coca Cola regular / diet—330ml	£ 1.85
Lemonade—330ml	£ 1.85
Fanta Orange—330ml	£ 1.85
Fruit Juice [Orange, Apple, Pineapple]	£ 1.90
Pint of cold drinks	£ 2.90
J2O	£ 2.30
[Apple-Mango, Orange-Passionfruit]	
Soda Water 200ml	£ 1.55
Streamline Tonic Water 200ml	£ 1.55

>We regret that we cannot accept card payments at the moment.
Apologies for the inconvenience.