

SALADS

	<i>Small</i>	<i>Med</i>
GREEK SALAD	59.00	98.00
<i>Feta, lettuce, cucumber, onion, olives, tomato, origanum and Greek salad dressing</i>		
TRADITIONAL GREEK SALAD	60.00	109.00
<i>Feta, cucumber, spring onion, olives, tomato, origanum and olive oil</i>		
GREEN SALAD	46.00	69.00
<i>Dill, onion, olive oil, chopped lettuce, cucumber and apple cider vinegar</i>		
HALOUMI SALAD		121.00
<i>Haloumi, lettuce, cucumber, onion, olives, tomato, origanum and Greek salad dressing</i>		
CALAMARI SALAD		145.00
<i>Falkland Calamari, lettuce, cucumber, onion, olives, tomato, origanum and Greek salad dressing</i>		
CHICKEN SALAD		119.00
<i>Chicken strips, lettuce, cucumber, onion, olives, tomato, origanum and Greek salad dressing</i>		
HORTA SALAD		58.00
<i>Boiled seasonal leafy greens with lemon & olive oil</i>		

DIPS

(Pitas charged separately)

TZATZIKI	54.00
<i>Cool yoghurt, cucumber, dill & garlic</i>	
MELITZANOSALATA	54.00
<i>Finely chopped brinjals in a garlic dressing</i>	
SKORTHALIA	48.00
<i>Garlic - potato & olive oil</i>	
HOUMOUS	79.00
<i>Chick peas blended with garlic tahina & lemon juice</i>	
TARAMOSALATA	58.00
<i>Fish-roe olive oil & lemon</i>	
TIROSALATA	58.00
<i>Feta & fresh chilli blend</i>	
PAREA-4-SEASON	128.00
<i>Any four of the above</i>	

VEGETARIAN MEZE

FALAFEL	79.00
<i>Chick pea deep - fried balls, served with houmous</i>	
DOLMATHES	64.00
<i>Grape leaves stuffed with rice & herbs complimented with tzatziki</i>	
HALOUMI	58.00
<i>Cypriot cheese. Deep fried or flame grilled</i>	
HTIPITI	56.00
<i>Feta cheese, grilled in foil with fresh tomatoes, peppers & spices</i>	
FETA CHEESE	49.00
<i>A slice of feta, topped with extra virgin olive oil & origanum</i>	
PIKANDIKO	42.00
<i>Shredded cabbage, carrots, peppers with olive oil & apple cider vinegar</i>	
PIPERIES FLORINA	50.00
<i>Pimiento red peppers soaked in olive oil, vinegar & garlic</i>	
BEANS	56.00
<i>Imported giant butter beans marinated in olive oil, parsley, onions & ground pepper</i>	
BABY MARROWS & BRINJALS	58.00
<i>Grilled in olive oil</i>	
"BPB"	69.00
<i>A selection of grilled brinjals, florina peppers & giant butter beans</i>	
BRINJAL SPECIAL	69.00
<i>Pan grilled brinjals with Pomodoro tomato, feta and onion</i>	
OLIVES	69.00
<i>Selection of imported kalamata, queen green, throumbes & jumbo black olives or mixed</i>	

PAREA VEGETARIAN PLATTERS *(Pitas charged separately)*

Vegetarian dips, falafel, dolmathes, haloumi, pikandiko, piperies, giant beans, baby marrow and brinjals

PLATTER for ONE	156.00
PLATTER for TWO	278.00
PLATTER for THREE	338.00

OTHER MEZE

SOUVLAKI CHICKEN	42.00 each
<i>Cubes of chicken on a skewer (Kebab)</i>	
SOUVLAKI PORK (100g)	45.00 each
<i>Cubes of pork on a skewer (Kebab)</i>	
SOUVLAKI BEEF (100g)	69.00 each
<i>Cubes of beef fillet on a skewer (Kebab)</i>	
BEEF YIRO MEAT	85.00
<i>Tantalising strips of schwarma meat topped with onions</i>	
CHICKEN YIRO MEAT	68.00
<i>Tantalising strips of schwarma chicken topped with onions</i>	
SOUDSOUKAKIA	75.00
<i>Grilled beef mince sausage on a skewer</i>	
CHICKEN LIVERS (250g)	68.00
<i>Plain grilled or mild peri-peri</i>	
LAMB CHOP	76.00 each
<i>Thick cut lamb chop</i>	
KEFTETHES	75.00
<i>Pan fried meatballs topped with onions</i>	
SHEFTALIA (2 pieces)	68.00
<i>Spicy pork mince sausage, a delicacy from Cyprus</i>	
CALAMARI grilled (Falkland)	89.00
<i>Grilled in an onion and dark garlic sauce, legs & all</i>	
CALAMARI fried (Falkland)	89.00
<i>Floured & deep fried, legs & all</i>	
CALAMARI YEMISTA (Falkland)	78.00
<i>Calamari tubes stuffed with feta, peppers & onions, grilled in a dark garlic sauce</i>	
PRAWNS (Sea frozen Argentinian)	
King Prawns	SQ
Queen Prawns	SQ
OYSTERS (Subject to availability)	SQ
<i>Medium Luderitz from Namibia (Cultivated)</i>	
GRILLED SARDINE	31.00 each
<i>Grilled the traditional Greek way</i>	
WHITEBAIT	58.00
<i>Tiny whole fish grilled with lemon and olive oil</i>	
SAGANAKI MUSSELS	82.00
<i>Out of shell mussels, sauteed in fresh tomato & feta with a chilli bite</i>	
PICKLED OCTOPUS	99.00
LOUKANIKO (2 pieces)	62.00
<i>Greek pork sausage flavoured with dried herbs smoked over aromatic woods.</i>	
SIDES	
STEAMED VEGGIES <i>Topped with olive oil</i>	39.00
ROAST POTATOES	35.00
MASHED POTATO	32.00
BASMATI RICE <i>Mixed with peppers, onions, carrots & peas</i>	29.00
FRESH CUT CHIPS	39.00
PITA BREAD	15.00

MAIN MEALS

SOUVLAKIA	
<i>Flame grilled cubes of meat on a stick</i>	122.00
<i>Chicken</i>	128.00
<i>Pork</i>	134.00
<i>Beef Fillet (200g)</i>	
LAMB CHOPS	240.00
<i>Three thick cut "flame" grilled succulent lamb cutlets</i>	
CHICKEN LIVERS (500g)	98.00
<i>Plain grilled or mild peri peri</i>	
KLEFTIKO	240.00
<i>"Stolen lamb" slow oven cooked</i>	
T-BONE	225.00
<i>T-Bones are tops too @ 500g</i>	
BABY CHICKEN ± 30 mins/45mins well done	155.00
<i>Traditional free range butterfly style, slow grilled,peri-peri or plain</i>	
SPARE RIBS (Pork)	
<i>Greek style Spare Ribs covered with our Parea basting and origanum, tender & juicy</i>	
<i>500g</i>	195.00
<i>1kg</i>	320.00
BEEF FILLET (250g)	177.00
<i>Prime cut Beef fillet coated with our Parea basting sauce</i>	

All Main Meals served with an option of fresh cut chips, Basmati rice, roast potato or boiled veggies

SOUP OF THE DAY (available in winter)	64.00
--	-------

KATSAROLEES

CABBAGE & LAMB STEW (20 mins)	240.00
<i>In a light Pomodoro tomato salsa with potatoes & carrots. (Subject to availability)</i>	
GREEN BEAN & LAMB STEW (20 mins)	240.00
<i>In a light Pomodoro tomato salsa with potatoes & carrots. (Subject to availability)</i>	

SEAFOOD

CALAMARI (grilled) (Falkland)	218.00
<i>Grilled in an onion & dark garlic sauce, legs & all</i>	
CALAMARI FRIED (Falkland)	218.00
<i>Floured & deep fried, legs & all</i>	
CALAMARI YEMISTA (Falkland)	218.00
<i>Calamari tubes stuffed with feta, peppers & onions, grilled in a dark garlic sauce</i>	
HAKE FILLET (Might contain bones at head)	136.00
<i>Flame grilled with lemon butter (± 25 mins)</i>	
SARDINES	138.00
<i>4 sardines, flame grilled the traditional island way</i>	
PRAWNS (Sea frozen Argentinian)	
<i>Lemon Butter & Parea seasoning</i>	
<i>6 King Prawns</i>	SQ
<i>6 Queen Prawns</i>	SQ

WHOLE OCEAN LINE FISH	SQ
<i>Parea's personal favourite grilled on an open flame</i>	
<i>± 35 minutes depending on size. Worth the wait!</i>	

All Main Meals served with an option of fresh cut chips, Basmati rice, roast potato or boiled veggies

IN PITA

BEEF SOUVLAKI "in pita"	95.00
<i>Cubes of beef fillet (100g) wrapped in pita with tomatoes, onions & tzatziki</i>	
BEEF & HALOUMI "in pita"	105.00
<i>Cubes of beef fillet (100g) wrapped in pita with tomatoes, onions, tzatziki & haloumi cheese</i>	
CHICKEN SOUVLAKI "in pita"	78.00
<i>Cubes of chicken(120g) souvlaki wrapped in pita with tomatoes, onions & tzatziki</i>	
PORK SOUVLAKI "in pita"	82.00
<i>Cubes of pork (100g) souvlaki wrapped in pita with tomatoes, onions & tzatziki</i>	
BEEF YIRO "in pita"	85.00
<i>Strips of A-grade beef wrapped in pita with tomatoes, onions & tzatziki</i>	
CHICKEN YIRO "in pita"	78.00
<i>Strips of chicken fillet wrapped in pita with tomatoes, onions & tzatziki</i>	
HALOUMI "in pita"	74.00
<i>Fried or grilled haloumi wrapped in pita with tomatoes, onions & tzatziki</i>	
FALAFEL "in pita"	78.00
<i>Fried falafel balls wrapped in pita with tomatoes, onions & houmous</i>	
CHICKEN & HALOUMI "in pita"	86.00
<i>Fried or grilled haloumi & chicken souvlaki cubes wrapped in pita with tomatoes, onions & tzatziki</i>	
FALAFEL & HALOUMI "in pita"	86.00
<i>Fried or grilled haloumi and falafel balls wrapped in pita with tomatoes, onions & houmous</i>	
CHICKEN LIVERS "in pita"	75.00
<i>Plain or peri peri chicken livers wrapped in pita with tomatoes & onions</i>	

All pitas are served warm and not hot due to hot and cold mix.

PAREA BURGERS (200gr pure beef)

PAREA BURGER (Beef, tomato, onion, tomato sauce)	89.00
TZATZIKI BURGER (Beef, tomato, onion, tzatziki sauce)	89.00
FETA BURGER (Beef, tomato, onion, feta sauce)	89.00
PERI-PERI BURGER (Beef, tomato, onion, mild peri-peri sauce)	89.00
FALAFEL BURGER (falafel patty, tomato, onion, lettuce & houmous)	85.00

All burgers are served either in a pita (Greek style) or bun & chips.

DESSERTS

HOME MADE BAKLAVA	66.00
<i>Phylo pastry, walnuts and honey</i>	
HOME MADE BAKLAVA & ICE CREAM	72.00
HOME MADE GALAKTOBOURIKO	48.00
<i>Phylo pastry filled with custard, drenched in honey syrup</i>	
HOME MADE RAVANI	46.00
<i>Semolina honey cake</i>	
RIZOGALO	52.00
<i>Rice pudding sprinkled with cinnamon, served hot or cold</i>	
GRILLED HALVA ± 15 minutes	79.00
<i>A fusion of lemon juice, slice of apple and a dash of cinnamon</i>	
HALVA & ICE CREAM	54.00
<i>Ice cream topped with shreds of halva</i>	
ICE CREAM & CHOC SAUCE	38.00
YIAYIA'S TRADITIONAL YOGHURT	58.00
<i>Home made triple thick yoghurt topped with honey and walnuts (No preservatives)</i>	
SUBMARINE	35.00
<i>Mastica which is made from the sap of the tree, served on a teaspoon in a glass of ice water. (Subject to availability)</i>	

MENU

PAREA

Restaurant · Grill · Meze Café

KALI OREKSI
"bon appetit"

A 10% service charge will be added to all tables of 6 or more
Half portions charged @ 75%

Regret No Cheques

Pets strictly permitted outside (except guide dogs)

No Exceptions!

Some dishes might contain traces of nuts and other allergens.
Please don't hesitate to ask.

✉ linden@parea.co.za