



LUNCH MENU

Cold Appetizers - Orektica

Tzatziki - 5.95

Our customer's favourite dip of yogurt, chopped garlic and grated cucumber.

Melitzana - 5.45

Grilled eggplant blended with fresh herbs and cold pressed virgin olive oil.

Tarama - 5.75

Red caviar whipped with potato, lemon and extra virgin olive oil.

Hummus - 5.45

Popular Greek dip of puréed chick peas, Tahini, lemon and garlic.

Roast Peppers & Feta - 7.50

Marinated with garlic and olive oil topped with Feta.

Tirokafteri - 5.45

Feta, banana pepper, olive oil.

Feta & Olives - 6.95

Feta cheese, virgin olive oil, herbs and olives.

Grilled Pita - 2.50

Combination Platter of All of the Above - 15.50

Tzatziki, Melitzana, Tarama, Hummus, Roast Peppers & Feta.

Octopodi - 12.95

Fresh octopus marinated in olive oil, lemon, oregano and olives.

Hot Appetizers - Orektica

Dolmadakia - 8.95

A mixture of seasoned ground beef and rice rolled in grape leaves and topped with a savoury egg and lemon sauce.

Kalamari - 11.95

Tender Kalamari pan-fried, served with lemon & Tzatziki. A Penelope classic.

Loukaniko - 8.95

Greek sausage lightly seasoned with a hint of orange rind, grilled.

Spanakotiropita - 7.95

Filo pastry filled with garden fresh spinach, Feta cheese and herbs.

Combination Platter of All of the Above - 18.95

Saganaki - 11.95

Flaming Kefalotiri cheese with Ouzo and lemon - our House specialty.

Grilled Kalamari - 11.95

Marinated tender Kalamari, grilled and topped with extra virgin olive oil.

Grilled Octopodi - 13.95

Lightly seasoned and grilled, topped with olive oil and lemon.

Crab and Shrimp Cakes - 11.95

Crab and shrimp mixed with green onions, herbs and flat grilled, served with a spicy dipping sauce

Soups - Soupes

Avgolemono - 3.95

A traditional egg, lemon and rice soup prepared in a light chicken broth.

Fasolada - 3.95

A classic Greek soup, navy beans & vegetables in a tomato based broth.

Salads - Salates

Greek Salad with Chicken - 15.95

Our Greek salad topped with grilled chicken breast.

Greek Salad with Salmon - 16.95

Our Greek salad topped with grilled salmon.

Greek Salad - 10.95

Romaine lettuce, tomatoes, onions, Feta cheese, Kalamata olives & Penelope's dressing.

Caesar Salad - 10.95

Romaine lettuce and croutons dressed with Caesar salad dressing.

Caesar Salad with Chicken - 15.95

Our Caesar salad topped with grilled chicken breast.

Kalamari & Shrimp Salad - 15.95

Grilled Kalamari and shrimp served atop baby greens in a sherry vinaigrette.

Horiatiki - 12.95

Traditional village salad with tomatoes, cucumbers, onions, olives, green peppers, Feta cheese & Penelope's dressing.

Entrées - Gevmata

Roast Lamb (Arni Fournou) - 14.95

Tender shoulder of lamb, lightly seasoned with spices & rosemary.

Mousaka- 12.95

Alternate layers of eggplant, ground meat and potatoes, topped with béchamel sauce & baked. Served with vegetables and rice.

Lamb Chops - 15.95

Seasoned and grilled to your taste.

Pork Tenderloin (Psaronefri) - 16.95

Seasoned and grilled, simple but outstanding.

Certified Angus Striploin - 20.95

8oz steak lightly seasoned & grilled.

Chicken Souvlaki - 13.95

Tender pieces of chicken breast skewered with onion & green peppers, lightly seasoned

and grilled to perfection.

Beef Souvlaki - 14.95

Lean cubes of marinated beef loin skewered with green peppers & onions, grilled to your exact taste.

Pork Tenderloin Souvlaki - 15.95

Tender cubes of marinated pork, skewered with onions, green peppers & grilled to perfection.

Combo Souvlaki - 15.95

Combination of beef, pork & chicken skewered with onions & green peppers.

Dolmadakia - 11.95

Dolmadakia A mixture of seasoned ground beef and rice rolled in grape leaves and topped with a savoury egg and lemon sauce.

Chicken Breast (Kotopoulo) - 13.95

Marinated boneless chicken breast grilled until tender.

Athenian Chicken Schnitzel - 11.95

Lightly breaded & flat grilled, topped with a savoury egg and lemon sauce.

All above entrées served with salad, roast potatoes, rice and freshly baked bread. Start with a small Soup with any above entrée for just 2.95

Vegetable Dishes

Vegetarian Souvlaki - 10.95

Mushrooms, zucchini, eggplant, red peppers, onions, marinated and grilled. 10.95 Served with vegetables and rice.

Vegetarian Mousaka - 11.95

Alternate layers of grilled vegetables and potatoes, topped with a béchamel sauce and baked. Served with vegetables and rice.

Spanakotiropita - 10.95

Garden spinach, Feta and herbs wrapped in filo pastry. Served with salad, roast potatoes and rice.

Mediterranean Dip Platter - 10.95

A delicious combination of Hummus, Tzatziki, Melitzana, Feta and Olives.

Seafood - Thalassina

Catch of the day

With our commitment to quality and value we are pleased to offer a fresh catch of the day. Traditionally prepared with cold pressed olive oil, lemon and Oregano then broiled to perfection. Your server will inform you of today's selection and price.

Kalamari- 15.95

Tender Kalamari pan-fried and served with Tzatziki.

Atlantic Salmon - 15.95

Grilled salmon filet seasoned & topped with lemon & Oregano.

Seafood Souvlaki - 16.95

Tender shrimp & scallops skewered with red peppers, onions and grilled to perfection.

Rainbow Trout - 13.95

Wholefish lightly seasoned and grilled.

Penelope Grilled Shrimp - 14.95

Tender shrimp grilled and topped with fresh tomato sauce.

All Seafood entrées served with salad, roast potatoes, rice and freshly baked bread.

Seafood Giouvetsi - 16.95

Large scallops and shrimp baked in wine & tomato sauce, topped with Feta & Kefalotiri cheese. Served with vegetables, rice and potatoes.

Shrimp Santorini - 14.95

Tender shrimp sautéed in a sauce consisting of onions, tomatoes, green peppers & Ouzo. Served on a bed of rice with vegetables and potatoes on the side.

Start with a small Soup with any above entrée for just 2.95

Side Orders

Roasted Lemon Potatoes - 4.95

Rice Pilaf - 3.95

Vegetables - 4.95

Olives - 2.95

VEGETABLE PLATE - 9.95

Rice, potatoes & vegetables with Salad.

Beverages - Anapsiktika

Soft Drinks - 2.50

San Pellegrino Orange/Lemon - 3.00

Fruit Juices - 2.75

Milk - 2.00

Mineral Water - sm 2.25 lg 3.50

Carbonated Mineral Water - sm 2.99 lg 4.00

San Pellegrino Carbonated Mineral Water - sm 3.50 lg 5.50

Coffee - 2.50

Greek Coffee - 2.95

Espresso - 2.95

Cappuccino - 3.50

Café Au Lait - 4.95

Tea - 2.50

Camomile - 2.75

Ask your server about are freshly prepared daily specials.

Prices do not include Taxes. GST and PST are extra.

CATERING AND TAKE-OUT

20% DISCOUNT ON ALL CATERING AND TAKE-OUT. We will be pleased to accommodate your order with 30 minutes notice. Please allow 24 hours for large functions.

PRIVATE PARTIES

Penelope is available for private parties on Sundays. We will be happy to provide you with a special menu to personalize your event.

THEATRE NIGHT

Unfortunately, we are unable to provide individual cheques during our pre-theatre rush.

FREE PARKING

Free parking with dinner after 5:00 pm Monday to Friday. All day weekends.