

PANINIS

on pita or ciabatta // served with chips. substitute fries, greek pasta salad, stewed green beans, organic mixed greens (+\$1 for sub). greek fries (+\$3 for sub), greek salad (+\$3.99 for sub)

TUSCAN 12.95

Grilled all natural chicken breast, romaine, sun-dried tomatoes, red onion, provolone cheese, & our homemade pesto spread

GREEK 10

Roasted red peppers, tomatoes, feta, & kalamata olives

SWEET FINALES

homemade // call for selection

BAKLAVA

GALAKTOBOURIKO

Vanilla custard baked between sheets of phyllo dough with light honey syrup, topped with cinnamon and powdered sugar

RICE PUDDING *(family greek recipe)*

TERRA 12.95

Grilled all natural chicken breast, provolone cheese, roasted red pepper, organic spinach, & our homemade aioli

earth food life



TERRA

Café & Grille

your next food adventure starts here

721 King Street Wilmington, DE 19801

302.656.1211

TerraGrilleCafe.com

SALADS *with house-made dressings*

MEDITERRANEAN 12

Romaine, fresh and sun-dried tomatoes, red cabbage, feta, kalamata olives, white balsamic-rosemary vinaigrette & pita

CAESAR 10

Romaine, cucumber, romano cheese, homemade rustic croutons, & caesar vinaigrette

TERRA DELIGHT 14

Terra pasta salad w/ marinated mixture of tomatoes, red onion, assorted herbs, kalamata olives, & feta, atop a bed of greens with a greek vinaigrette, & pita

GREEK 12

Romaine, tomatoes, cucumbers, red onion, green peppers, feta, kalamata olives, pepperoncini, greek vinaigrette, & pita

HARVEST 12

Romaine and organic baby spinach, red bell pepper, dried cranberries, feta, almonds, & raspberry vinaigrette

GARDEN 11

Romaine and organic mixed greens, tomatoes, carrots, red onion, & choice of dressing

TOP YOUR SALAD :

GRILLED CHICKEN STRIPS - \$5.5, GRILLED BLACKENED CHICKEN STRIPS - \$6, GRILLED SHRIMP (*seasonal*) - \$6.5, GRILLED GYRO MEAT - \$7.5, GRILLED SALMON - \$7.5, FALAFEL - \$5, CHICKEN SALAD - \$6

SOUPS *fresh from scratch (served Oct-Apr.)*

Add a grilled pita \$1

SOUP of the DAY 6.5

TERRA CHILI 8

Ground black angus beef, beans, & assorted spices

AVGOLEMONO 7.5

Greek-style chicken & rice

HOUSEMADE SMALL PLATES :

STEWED GREEN BEANS - \$8, MICRO GREEN SALAD - \$6, HUMMAS DIP (with pita) - \$7.5, SPANAKOPITA - \$8, DOLMADES (vegetarian) - \$7, VEGGIE SAMPLER (hummus, tzatziki, dolmades, cucumber, & pita) - \$12, TERRA GREEK PASTA SALAD - \$6.5, SMALL GREEK SALAD - \$8

PITA SPECIALTIES

Served with choice of 1 side: terra pasta salad, stewed green beans, fries, greek fries sprinkled with feta & oregano (+\$1), organic spring mix, or greek salad (+\$1.5)

TRADITIONAL GYRO 15

Classic combination of beef & lamb in pita w/ romaine, tomato, onions, feta, & homemade tzatziki sauce

SOUVLAKI 14.95

Marinated grilled pork tenderloin in pita, & prepared like the gyro

CHICKEN GYRO 14

All natural marinated chicken breast strips, prepared like the gyro

HUMMUS PITA WRAP 13.95

House-made traditional hummus, tzatziki, romaine, tomatoes, cucumber, & feta in a grilled pita

BURGERS *on brioche bun*

served with fries

[8oz premium black angus beef, fresh, never frozen, & flame grilled.

CLASSIC 15

Lettuce, tomatoes, onions, & cheese

BLACK & BLUE 15.5

Blackened seasoning, gorgonzola cheese, romaine, tomato, & grilled onions

TERRA TURKEY 15

House-made, fresh, all natural turkey, assorted herbs, provolone cheese, romaine, tomato, onion, chipotle mayo, brioche bun

MEDITERRANEAN CHICKEN 14.95

Grilled all natural chicken breast strips, romaine, fresh & sun-dried tomatoes, feta, kalamata olives, & homemade white balsamic rosemary vinaigrette

CHICKEN LITE 13.5

All natural grilled chicken breast strips in grilled pita with lettuce, tomatoes, & house dressing

GREEK FALAFEL 13.95

House-made chickpea fritters (prepared like the traditional gyro)

SHRIMP GYRO 15

Marinated grilled shrimp, prepared like the gyro (seasonal)

CHICKEN *on ciabatta*

[all natural & flame grilled]

Served with choice of 1 side: terra pasta salad, stewed green beans, fries, greek fries (+\$1), organic spring mix, or greek salad (+\$1.5)

CLASSIC CHICKEN 13.5

Grilled chicken breast, romaine, tomato, & mayo

BLACKENED CHICKEN 14.5

Grilled blackened seasoned chicken breast, romaine, tomato, & chipotle spread

continued on back page...