



THALASSA RESTAURANT

LUNCH MENU

Healthy Starter

- Romaine Salad GF** 12.95
Hearts of Romaine, dill, creamy feta cheese dressing
- Spanakopita** 10.95
Individual spinach pie crispy Filo feta cheese mix greens
- Avgolemono Soup GF** 12.95
GMO Free chicken soup, egg, lemon
- Octopus Salad GF** 19.95
Grilled tender octopus over giant elephant beans
- Organic Beet Salad GF** 12.95
Greek feta, fresh herbs, garlic, Almond mouse, red wine vinaigrette
- Black Quinoa Orzo Salad** 13.95
Tomato concase, fresh herbs, sweet potato Purée
- Pikilia- Assorted Greek Dip's** 12.95
Taramosalata, tzatziki,
Eggplant with grilled whole wheat pita

Light Fair

- Tuna Salad GF** 23.95
Grilled tuna salad, shredded fennel, fresh herbs, olive oil lemon vinaigrette
- Seafood Ravioli** 18.95
In a light saffron cream sauce
- Thalassa Fish Burger** 25.95
Branzino, salmon, fresh dill served with sweet potato fries, fresh tomato, lettuce, on toasted brioche bun
- Kotopoulo GF** 17.95
Free range chicken breast, grilled Halloumi cheese, Sweet potato fries
- Greek Beef Burger** 22.95
Grass fed beef stuffed with kasseri cheese, fresh herbs, Sweet potato fries, fresh tomato, lettuce on a brioche bun
- Lavraki Plaki GF** 19.95
Oven Baked Branzino, White wine herbed broth, tomato, Onion, potatoes
- Seafood Trio GF** 24.95
Grilled shrimp, salmon, tuna with grilled vegetables

Desserts

\$9.95

Yogurt Sundae -GF

Thick sheep's milk yogurt fresh fruit & Greek honey

Seasonal Fresh Fruit Plate

Smoothies

\$8.95

Greek Island dream

Greek yogurt, mint, strawberry, Banana

Green Vegetable

Spinach, Almond milk and kale

Healthy Berry

Strawberry, blackberry, Greek yogurt, fresh Orange juice

Lunch Prix Fixe

\$29.95

First Course

Spanakopita

Individual spinach pie, feta cheese, mixed greens

or

Romaine Salad

Feta cheese dressing

or

Avgolemono Soup

GMO Free chicken soup, egg, lemon

Main Course

Lavraki Plaki

White wine herbed broth, tomato, onion, potatoes

or

Grilled New York Strip Steak

Sweet potato fries & salad

or

Salmon

Lentils, beets, arugula, shelved fennel

Desserts

Yogurt Sundae

Spoon sweets & berries

or

Mastika Panna Cotta with poached pear

THALASSA'S SIGNATURE LUNCH BOX

\$19.95

~ Pan-Seared Chicken ~ Sweet Potato Fries
~ Romaine Salad ~ Greek Yogurt with Fresh Fruit

Private Parties

Our Wine Room & Gallery Loft (2nd Floor)
Are available for private events of up to 200 guests
For more info

www.thalassanyc.com 212-941-7661

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ΘΑΛΑΣΣΑ Thalassa=The Sea



THALASSA RESTAURANT

WINE SPECIALS

GLASS/\$9
BOTTLE/\$27

Chardonnay Nico Lazaridi *Lion D'Or Drama* 2016
Athiri Tsantali *Mono Mt. Athos* 2016

Xinomavro Blend Tsantali Rapsani Mt.Olympus 2013
Cabernet Sauvignon Nico Lazaridi *Lion d'Or Drama* 2014

~THALASSA~

Tribeca's favorite Thalassa Restaurant offers a menu of delicious Greek and Mediterranean dishes featuring fresh seafood and organic produce. The restaurant was awarded 3 stars by Forbes and has received a 24-rating by Zagat. Furthermore, Thalassa restaurant is the recipient of the Wine Spectator Award of Excellence for having the most extensive and exclusive Greek wine list in the city, along with an extensive wine cellar offering an international assortment (including selections from France and the US). With dining rooms accommodating from 50 to 200 guests, Thalassa is also the perfect location for private events, including weddings, corporate functions, business dinners and family celebrations.

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