



taziki's
MEDITERRANEAN CAFE

TULSA

DINE-IN & TO-GO MENU

DAILY FEATURES

Served with chips (160 cal) and choice of side (except Taziki's Signature Pasta)

MONDAY

Chicken Portobello Sandwich
9.49 (820/1,040 cal)

TUESDAY

Roasted Pork Loin Sandwich
9.49 (1,030/1,250 cal)

WEDNESDAY

Spanakopita Roll-Up
9.49 (600/820 cal)

THURSDAY

Taziki's Shrimp Taco**
9.99 (650/870 cal)

FRIDAY - SUNDAY SPECIAL

Taziki's Signature Pasta 10.99 (1,300 cal)

A bed of mixed lettuces with penne pasta and grilled chicken, tossed in Balsamic Vinaigrette, topped with tomatoes, feta, and fresh basil. Served with a baked pita



HOMEMADE DIPS

Served with baked or soft pita

TAZIKI DIP

with Pita  6.99 (660/740 cal)
with Veggies   10.48 (220 cal)

SPICY PIMENTO CHEESE

with Pita  6.99 (840/920 cal)
with Veggies   10.48 (400 cal)

HUMMUS

with Pita   5.99 (850/930 cal)
with Veggies   9.48 (410 cal)

SPICY HARISSA HUMMUS

with Pita   6.49 (850/930 cal)
with Veggies   9.98 (410 cal)

WHIPPED FETA with honey drizzle

with Pita  6.99 (1,050/1,130 cal)
with Veggies   10.48 (610 cal)

SALAD BOWLS

- Add Grilled Chicken (250 cal) +2.00, Chicken Kebobs (2) (280 cal) +3.00,
- Spicy Harissa Chicken (300 cal) +2.80, Grilled Salmon** (340 cal) +7.00,
- Grilled Shrimp (290 cal) +4.00, Grilled Beef*** (330 cal) +4.50,
- Grilled Lamb** (380 cal) +6.00, Herb-Roasted Pork (560 cal) +4.50

Greek Salad

8.99 (460 cal)

Fresh mixed lettuces, tomatoes, cucumbers, roasted red peppers, red onions, feta, pepperoncini, kalamata olives, and Greek dressing. Served with a baked pita chip

Mediterranean Salad*

8.99 (730 cal)

Fresh mixed lettuces, garbanzo beans, roasted red peppers, red onions, tomatoes, candied pecans, feta, and balsamic vinaigrette. Served with a baked pita chip

Caesar Salad

8.99 (420 cal)

Fresh mixed lettuces, grated parmesan cheese, croutons, and Caesar dressing

Chicken Salad & Co.

12.49 (510/1,070 cal)

Scratch-made chicken salad paired with your choice of any two: Spicy Pimento Cheese, Pasta Salad, Tomato-Cucumber Salad, or Fresh-Cut Fruit.
Served with 3 baked pita chips

Greek Lemon Chicken Soup

4.99 (290 cal)

Served with soft pita

KID'ZIKIS (12 & UNDER)

Served with fresh-cut fruit (50 cal) or soft pita (140 cal) (except Child's Feast)

Sneaky Taziki

4.99 (320 cal)

Chicken and cheddar cheese in a griddled tortilla

Grilled Cheese Pita

4.99 (450 cal)

Cheddar cheese in a griddled pita

Child's Feast

8.99 (360 cal)

Grilled chicken, basmati rice, and fresh-cut fruit

Turkey Melt

5.99 (480 cal)

Seasoned grilled turkey and cheddar in a griddled pita

BUILD YOUR OWN FEAST

- Served with one side, choice of salad, and a pita chip.



1

PICK A PROTEIN

Grilled Chicken 
with Taziki sauce

11.99 (420 cal)

 **Chicken Kebobs** 
with Taziki sauce

12.49 (450 cal)

Spicy Harissa Chicken
with Taziki sauce

12.79 (460 cal)

Grilled Beef** 
with Horseradish sauce

14.49 (660 cal)

Chargrilled Lamb** 
with Taziki sauce

15.99 (610 cal)

Herb-Roasted Pork Loin 
with Tomato Chutney Aioli and grilled asparagus

14.49 (1,030 cal)

Grilled Salmon** 

17.49 (640 cal)

Grilled Shrimp** 

13.99 (400 cal)

Grilled Veggies   
with Taziki sauce

11.99 (380 cal)

2

ADD A SALAD

Greek Salad    (110 cal)

Mediterranean Salad*    (200 cal)

Caesar Salad    (80 cal)
(no pita chip included)

3

CHOOSE A SIDE

Basmati Rice   (210 cal)

Roasted Red Potatoes    (190 cal)

PITAS, GYROS & MORE

- Served with baked pita chips (120 cal) and choice of
- Basmati Rice (210 cal), Tomato-Cucumber Salad (60 cal),
- Roasted Red Potatoes (190 cal), Fresh-Cut Fruit (50 cal),
- or Pasta Salad (270 cal).



GYROS

- | | |
|--|------------------------|
|  Grilled Chicken | 10.49 (520 cal) |
| Taziki sauce, tomatoes, mixed lettuce, and grilled onions | |
| Chicken Basil-Pesto* | 10.49 (630 cal) |
| Basil-pesto, tomatoes, and feta | |
| Spicy Harissa Chicken | 10.29 (560 cal) |
| Taziki sauce, tomatoes, mixed lettuce, and grilled onions | |
| Turkey Club* | 10.99 (880 cal) |
| Pesto Aioli, tomatoes, mixed lettuce, hickory bacon, and melted Swiss cheese | |
|  Grilled Beef** | 10.99 (590 cal) |
| Taziki sauce, tomatoes, mixed lettuce, and grilled onions | |
| Grilled Lamb** | 11.49 (560 cal) |
| Taziki sauce, tomatoes, mixed lettuce, and grilled onions | |
| Grilled Veggie*  | 9.99 (650 cal) |
| Pesto Aioli, tomatoes, grilled zucchini, squash, onions, roasted red peppers, and feta | |



SANDWICHES & MORE

Grilled Beef Sandwich** **10.49** (800 cal)
Grilled onions, melted Swiss, and Horseradish sauce on a kaiser bun

Chicken Salad Sandwich **9.99** (630 cal)
Scratch-made chicken salad with mixed lettuce and tomato on toasted wheat bread

Turkey & Egg** **10.49** (870 cal)
Mayo, melted Swiss, and mixed lettuce on toasted wheat bread

Spicy Pimento Cheese Sandwich **9.49** (910 cal)
Spicy pimento cheese and mixed lettuce on toasted buttermilk bread

Tomato-Basil Sandwich* **8.99** (500 cal)
Basil-pesto sauce, feta, tomatoes, and fresh basil on toasted wheat bread

Chutney Chicken Sandwich **10.99** (670 cal)
Grilled chicken, Tomato Chutney Aioli, lettuce, and tomatoes on a kaiser bun

Grilled Chicken Roll-Up **9.99** (720 cal)
Grilled chicken, tomatoes, and feta in a griddled tortilla, served with fresh salsa

Mediterranean Lamb Burger** **12.49** (810 cal)
Two griddle-cooked seasoned American lamb patties on a toasted kaiser bun with feta, sliced tomato, grilled onions and red peppers, and Taziki sauce



FAMILY FEASTS FOR 4 OR 6

Served with choice of Salad (250-350 cal) and choice of Basmati Rice (210 cal) or Roasted Red Potatoes (190 cal), and choice of baked (80 cal) or soft pita (110 cal).
Calories listed by per person serving.

Grilled Chicken

Served with Taziki sauce

4 - **46.99** • 6 - **69.99**
 (250 cal) **G**

Spicy Harissa Chicken

Served with Taziki sauce

4 - **42.99** • 6 - **55.99**
 (310 cal)

Grilled Chicken Kebobs

Served with Taziki sauce

4 - **48.99** • 6 - **72.99**
 (280 cal) **G**

Grilled Beef**

Served with Horseradish sauce

4 - **56.99** • 6 - **84.99**
 (340 cal) **G**

Grilled Lamb**

Served with Taziki sauce

4 - **62.99** • 6 - **89.99**
 (390 cal) **G**

Herb-Roasted Pork Loin**

Served with Tomato Chutney Aioli and
 and grilled asparagus

4 - **54.99** • 6 - **84.99**
 (560 cal) **G**

Grilled Salmon

4 - **67.99** • 6 - **99.99**
 (530 cal) **G**

Grilled Shrimp

4 - **54.99** • 6 - **81.99**
 (290 cal) **G**

Add Fresh Grilled Veggies
to any Family Feast

4 - **13.99** • 6 - **18.99**
 (80 cal) **G** **V** **V**



SWEETS

*Authentic Greek desserts proudly provided by

HELLAS
AUTHENTIC GREEK
BAKERY

Baklava* 	3.99 (350 cal)
Baklava Cheesecake* 	4.99 (440 cal)
Chocolate Chip Cookies 	2.49 (160-320 cal)
Dark Chocolate Cake 	3.99 (450 cal)

DRINKS

Proudly serving Coca-Cola products

Fountain Drinks & Tea	2.99 (0/300 cal)
Bottled Water	2.99 (0 cal)

Indicates items that can be prepared gluten-free, vegetarian, or vegan, upon request.

 Gluten-Free  Vegetarian  Vegan  Taziki's Favorites

FAMILY FEASTS ALSO AVAILABLE

VISIT TAZIKIS.COM

**CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

*ALLERGEN WARNING: OUR MEDITERRANEAN SALAD, PESTO & BAKLAVA CONTAIN NUTS.

A 2000 CALORIE DAILY DIET IS USED AS THE BASIS FOR GENERAL NUTRITION ADVICE BUT CALORIES MAY VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST AND AT TAZIKIS.COM/NUTRITION.