

Fine Mediterranean Guisine

Take-Out Menu

508.879.8424

# SOUPS

AVGOLEMONO Chicken egg lemon soup FAKES Lentil soup FASOLATHA Navy bean soup

#### TRADITIONAL SALADS

# **GREEK SALAD**

Fresh salad greens, tomatoes, cucumbers, olives, onions, peppers, topped with Feta cheese

# **CEASAR SALAD**

Fresh romaine lettuce topped with croutons, Ceasar dressing & Parmesan cheese top with TUNA add
top with MARINATED GRILLED CHICKEN add
top with GRILLED SHRIMP add
top with GRILLED SALMON\* add

#### SPECIALLY SALADS

# **MESCLUN SALAD**

topped with GRILLED SHRIMP topped with GRILLED SALMON

# MEDITERRANEAN SALAD

The special Aegean marinated, grilled chicken breast served on a bed of romaine & mixed greens with lemon dressed chickpeas, cucumbers, sun-dried tomatoes & red onions, topped with our flavorful Feta cheese & a garlic vinaignette

#### XORIATIKI

Tomatoes, cucumbers, peppers, onions, olives, Feta cheese sprinkled with olive oil & oregano

# AEGEAN HARVEST CHICKEN SALAD

Our marinated, grilled chicken breast served atop mixed field greens & romaine lettuce, with tomato, red onion & cucumber. Finished with honey-maple glazed walnuts, dried cranberries, Gorgonzola cheese & raspberry vinaigrette dressing

The FDA advises that consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodbourne illness.

Before placing your order, please inform your server if a person in your party has a food allergy or dietary restrictions.

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family gathering or business meeting, our private dining rooms
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# Welcome to The Aegean Restaurant

Founded by Nicholas and Joula Ntasios in 1981, the Flegean Restaurant has been an extended family affair. The family owned and operated restaurant has succeeded thanks to dedication and constant attention to detail. Nick and Joula made their first Flegean Restaurant a true success story. Joday, The Flegean Restaurant still strives

for excellence in serving home-cooked Mediterranean cuisine.

# APPETIZERS

Lunch Dinner

Lunch Dinner

# CALAMARI

Fresh calamari lightly breaded & fried

#### SHRIMP COCKTAIL

Jumbo shrimp with cocktail sauce

#### SAGANAKI

Kaseri cheese sautéed

### SHRIMP SAGANAKI

Succulent shrimp sautéed with garlic, peppers, tomatoes, Feta cheese, olive oil & oregano

#### SHRIMP SCAMPI

Large shrimp, sautéed with fresh garlic & olive oil, topped with lemon sauce & a dash of white wine

#### **OYSTERS**

Chilled oysters served with cocktail sauce, horseradish & a wedge of lemon

#### MUSSELS

Fresh mussels sautéed in a white wine, garlic butter sauce

# **SEAFOOD CAKES**

Seafood cakes made with shrimp, crab & scallops served on a bed of mesclun greens & cherry tomatoes with a remoulade sauce on the side

# COLD SHELLFISH PLATTER

Shrimp cocktail & oysters on half shell served with cocktail sauce, horseradish & a wedge of lemon

#### GLUTEN FREE

# **HORTA**

HORTA

LAMB RIBS

SARDELES

PIKILIA

GRAPE LEAVES

SPINACH PIES

**AEGEAN PIKILIA** 

Steamed dandelion greens

Lightly marinated & broiled

Ground beef with rice rolled up into

Lightly floured & pan fried smelts

& CHEESE PIES (2 of each)

with spinach & Feta, respectively

Baked triangles of filo dough stuffed

Taramosalata (whipped fish row, potatoes

roasted eggplant, garlic & olive oil spread)

Htipiti (Feta cheese, roasted red pepper

& virgin olive oil spread), Melitzanosalata

(freshly roasted eggplant, garlic & olive oil

spread), Tzatziki (creamy yogurt-cucumber

homemade sausage), Lamb Ribs (lightly

marinated ribs), Keftedakia (homemade

meatballs), Kotopoulo Skaras (grilled chicken

seasoned with olive oil, oregano & lemon)

with garlic & virgin olive oil spread)

HORIATIKI PIKILIA

Loukaneko (broiled, spicy,

& olive oil spread), hummus (chick peas, olive oil,

garlic & lemon spread), Melizanosalata (freshly

grape leaves & baked, topped with lemon sauce

served with olive oil & lemon

Steamed dandelion greens served with olive oil & lemon

# **GREEK SALAD**

Fresh salad greens, tomatoes, cucumbers, olives, onions, peppers, topped with Feta cheese

# NEW YORK SIRLOIN 14 oz

**FILET MIGNON** 

# SHRIMP SAGANAKI

Succulent shrimp sautéed with garlic, peppers, tomatoes, Feta cheese, olive oil & oregano

#### SHRIMP COCKTAIL

Jumbo shrimp with cocktail sauce

#### **OYSTERS**

Chilled oysters served with cocktail sauce, horseradish & a wedge of lemon

#### **GRILLED TROUT**

Whole fillet of trout with a dash of olive oil & lemon

# BROILED FILET OF SALMON

#### SWORDFISH STEAK

Charcoal grilled & finished with a lemon & olive oil dressing

# LAMB LOIN CHOPS 14 oz Grilled to perfection

#### DAILY MEALS

Lunch Dinner Lunch Dinner

# SPAGHETTI WITH MARINARA CHICKE

Spaghetti topped with marinara sauce, and served with a house salad

#### SPAGHETTI WITH MEATBALLS

Spaghetti served with homemade meatballs, topped with marinara sauce and served with a house salad

### CHICKEN FINGERS

Lightly breaded strips of chicken, served with a house salad & choice of one: rice pilaf, roast potatoes, french fries, or vegetables

# CHICKEN OR VEAL CUTLET PARMESEAN

Choice of lightly seasoned & breaded chicken or veal, topped with mozzarella cheese & marinara sauce. Served with a house salad & choice of one: rice pilaf, roast potatoes, french fries, or vegetables

#### SANDWICHES

Your choice of white, wheat, pita or bulkie roll, with a house salad, or french fries.

### HAMBURGER

Fresh ground beef, served with lettuce, tomato, onion

### CHEESEBURGER

Fresh ground beef, served with lettuce, tomato, onion & American cheese

# BACON CHEESEBURGER

Fresh ground beef, served with lettuce, tomato, onion, crispy bacon & American cheese

# **AEGEAN BURGER**

Fresh ground beef, topped with melted Feta, crispy bacon & tzatziki sauce, served with lettuce, tomato, onion

# TUNA SALAD

All white tuna, chopped celery & light mayonnaise

# CHICKEN GYRO

Lightly seasoned chicken served with chopped lettuce, tomato, onions, and our tzatziki spread rolled up in pita bread

# TRADITIONAL GYRO

Lightly seasoned lamb and pork served with chopped lettuce, tomato, onions, and our tzatziki spread rolled up in pita bread

#### ENTRÉE

Served with a house salad & choice of one: rice pilaf, roast potatoes, french fries, or vegetables.

# SPINACH PIES

Filo triangles stuffed with spinach & Feta

#### PASTICHIO

Ground beef and baked macaroni, layered with béchamel sauce & light red gravy

#### MOUSAKA

Layered eggplant, seasoned ground beef, grated cheese & topped with béchamel sauce

# TRADITIONAL GYRO PLATE

Lightly seasoned lamb & pork served with traditional tzatziki spread on a bed of lettuce, onions & tomatoes

# CHICKEN GYRO PLATE

Lightly seasoned chicken served with traditional tzatziki spread on a bed of lettuce, onions & tomatoes

# STUFFED GRAPE LEAVES

Ground beef & rice stuffing rolled into grape leaves, topped with lemon sauce

# LAMB YOUVETSI

Braised lamb with orzo topped with grated cheese

# **BAKED SPRING LAMB**

Lightly seasoned lamb, topped with light red gravy

# ROAST SPRING LEG OF LAMB

Lightly seasoned leg of lamb, sliced & topped with light brown gravy

# HOUSE COMBINATION PLATTER

Generous portion of mousaka, pastichio, 2 grape leaves, spinach pie & 1 Greek sausage

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#### FNTRÉES

Served with a house salad & choice of one: rice pilaf, roast potatoes, french fries, or vegetables.

#### CHAR BROILED

Lunch Dinner

# LAMB RIBS

Lightly marinated & seasoned ribs broiled to perfection

Lunch Dinner

# LAMB LOIN CHOPS 14 oz

Grilled to perfection

#### RACK OF LAMB

Lightly marinated with garlic, pepper, oregano & olive oil

### **CHICKEN SOUVLAKI**

Marinated pieces of chicken skewered with garlic, pepper oregano & olive oil

### LAMB SOUVLAKI

Marinated pieces of lamb skewered with garlic, pepper oregano & olive oil

# BEEF SOUVLAKI

Marinated pieces of beef skewered with garlic, pepper oregano & olive oil

# **SEAFOOD**

FRIED SMELTS

**FILET MIGNON** 

CALVES LIVER

FRIED CALAMARI

**VEGETABLE KABOB** 

CHICKEN KABOB

LAMB KABOB

BEEF KABOB

Skewered peppers, onions, tomatoes

Marinated chicken skewered between

Marinated lamb skewered between

Marinated beef skewered between

**BROILED HALF CHICKEN** 

NEW YORK SIRLOIN 14 oz

Broiled liver topped with sautéed onions

peppers, onions, tomatoes & mushrooms

peppers, onions, tomatoes & mushrooms

peppers, onions, tomatoes & mushrooms

Lightly seasoned chicken broiled to perfection

mushrooms, broccoli & zucchini

# FILET OF SOLE

Served broiled or fried

#### FRIED IUMBO SHRIMP

BROILED FILET OF SALMON

# SEA SCALLOPS

Served broiled or fried

# FILET OF HADDOCK

Served broiled or fried

# SHRIMP WITH FETA

Succulent shrimp sautéed with garlic, pepper, tomatoes, olive oil, dashed with white wine & topped with melted Feta

# SHRIMP SCAMPI AEGEAN OVER PASTA OR RICE

Succulent shrimp sautéed with garlic, pepper & olive oil in a <u>lemon sauce</u> finished with a dash of white wine

### **SCALLOP KABOB**

Scallops skewered between peppers, onions, tomatoes & mushrooms

#### SHRIMP KABOB

Shrimp skewered between peppers, onions, tomatoes & mushrooms

# **AEGEAN SEAFOOD**

Broiled haddock, sole, salmon, scallops & stuffed shrimp

# **AEGEAN TILAPIA**

Broiled tilapia filet served with sautéed tomatoes, mushrooms, scallions, parsley, garlic, capers & white wine

# **AEGEAN SALMON**

Grilled salmon served over sautéed leeks & a white wine sauce

# **GRILLED TROUT**

Whole fillet of trout with a dash of olive oil & lemon

# SWORDFISH STEAK

Charcoal grilled & finished with a lemon & olive oil dressing

#### SEAFOOD CASSEROLE

Sautéed scallops, shrimp & lobster with scallions, diced tomatoes & olive oil topped with mozzarella cheese

# STUFFED SHRIMP OR STUFFED SOLE

Choice of grilled shrimp or sole, stuffed with crab meat, crushed crackers, pinch of onion, celery & pepper

# SEAFOOD PASTA MARINARA

Scallops, calamari, shrimp & mussels, sautéed with tomatoes, scallions, parsley, garlic, capers & white wine. Served over pasta with marinara sauce