

## 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...*