

SPREADS WITH PITA

- TZATZIKI

11

The famous Greek pressed yogurt, garlic and cucumber spread.
- TARAMOSALATA

11

Traditional Greek cod roe spread.
- HUMMUS

11

Chickpeas, garlic, fresh lemon and tahini.
- MELITZANOSALATA

11

Roasted eggplant puréed with olive oil and fresh garlic.
- TIROKAFTERI

11

Spicy spread of grilled banana peppers and feta.
- SKORDALIA

11

Creamy garlic and potato spread.
- PATZARIA SKORDALIA (ROASTED BEETS)

11

Fresh garlic and red onions served with Skordalia.

TRILOGY OF SPREADS

20

A choice of three spreads.

Served with feta, olives, cucumbers and bulgur pilaf.

SALADS

- HORIATIKI (VILLAGE SALAD)

19

Tomatoes, cucumbers, red onions, sweet peppers, olives and feta cheese in an extra virgin olive oil lemon dressing.
- ELLINIKI (GREEK SALAD)

16

Romaine lettuce, onions, sweet peppers, cucumbers, tomatoes, Kalamata olives and feta cheese.  
Tossed in our signature extra virgin olive oil and lemon dressing.
- CAESAR SALAD

15

Crispy romaine lettuce tossed with our homemade dressing and topped with parmesan cheese, bacon strips and croutons.
- MARINATED BEET SALAD

16

Marinated baby beets with green beans, dill, garlic, and toasted walnuts in a balsamic vinaigrette dressing.
- BAKED GOAT CHEESE SALAD

18

Encrusted with pistachio, served over a tomato and portobello mushroom cap and mixed greens.
- HALLUMI ARUGULA SALAD

19

Romaine lettuce, arugula, cherry tomatoes, red onions, cucumbers, sweet peppers and Hallumi cheese in a honey balsamic vinaigrette dressing, served with crispy pita bread.

SOUP

- AVGOLEMONO

12

Traditional egg-lemon chicken soup, with dill and baby spinach.

PASTA

- CHICKEN PENNE

24

Sundried tomatoes, peppers and button mushrooms in a basil pesto cream sauce.
- SEAFOOD FETTUCCINI

28

Shrimps, sea scallops, calamari, cherry tomatoes, olives and artichoke hearts in a fresh herb tomato sauce.  
Also available in garlic olive oil or cream sauce.
- FETTUCCINE ALFREDO

22

Cream, nutmeg and parmesan cheese.
- VODKA SALMON FETTUCCINE

26

Fresh leeks, cherry tomatoes, garlic and dill in a rose sauce.

MEZES (APPETIZERS)

- JUMBO GRILLED SHRIMP

20

Marinated in a walnut-basil pesto sauce, served in a martini glass with half an orange and mixed greens.
- GARIDES SAGANAKI

23

Shrimp Sautéed in garlic Herb butter, with peppers and onions, in a feta cheese tomato sauce.
- MYDIA (MUSSELS)

20

P.E.I. mussels steamed with white wine garlic spinach and fresh herbs. Choice of tomato ouzo broth or cream sauce.
- FLOURED CALAMARI

23

Tender calamari lightly fried, served with lemon and tzatziki.
- GRILLED CALAMARI

23

Tossed in a lemon garlic butter and saffron reduction.  
Served with garlic spinach, sundried tomatoes and leeks.
- GRILLED OCTOPUS

29

Extra virgin olive oil, lemon and oregano.  
Served with garlic sautéed swiss char and cherry tomatoes.
- DOLMADES

16

Stuffed vine leaves with chopped beef and scented rice, topped with tomato sauce.
- CHICKEN LIVERS

16

Pan-seared with sautéed peppers, mushrooms, onions and herbs in a white wine, fresh garlic and lemon reduction.
- SAGANAKI

18

Kefalotyri cheese flambéed with ouzo table side.
- KEFTEDES ME SALTSA (MEAT BALLS IN TOMATO SAUCE)

15

Soula’s aromatic ground beef braised with our delicious tomato sauce.
- SPANAKOPITA

13

Freshly made phyllo pastry layered with spinach and feta cheese.
- HALLOUMI (CYPRUS)

18

Grilled Cypriot cheese with capers, olive tapenade, cherry tomatoes and cilantro vinaigrette.
- KOLOKITHOKEFTEDES (SANTORINI)

13

Zucchini croquettes with feta, kefalograviera cheese and fresh herbs.
- LOUKANIKO

12

Greek sausage with a hint of orange served with spinach and cherry tomatoes in a lemon sauce.
- SESAME BAKED FETA

14

Premium feta rolled in sesame seeds and baked.  
Served with cherry tomatoes and olive tapenade.
- GIGANTES

14

Giant lima beans slowly baked in tomato sauce.
- KOLOKITHAKIA TIGANITA

15

Golden fried zucchini sticks lightly battered, fried and sprinkled with parmesan cheese.
- MELITZANES TIGAITES

15

Silky sweet eggplant coated with batter and deep fried, form an amazing golden brown extra crispy crust.



FROM THE GRILL

- NEW YORK STRIPLOIN (BLACK ANGUS)39

Grilled grass-fed striploin topped with a balsamic red wine reduction, finished with Madagascar peppercorns. Served over garlic mashed potatoes and seasonal pan seared vegetables.
- FILET MINION (ANGUS SELECT)45

With a sour cherry balsamic red wine reduction. Served with grilled vegetables over garlic mashed potatoes.
- RIB EYE STEAK (ANGUS CLASSIC)45

One of the most tender and perfectly aged steaks, served over garlic mashed and seasonal pan seared vegetables.
- RACK OF LAMB42

Half rack of fresh Ontario Lamb, finished with a walnut basil oil dressing. Served over feta scalloped potatoes and garlic roasted carrots.
- ONTARIO PORK CHOP25

Fresh Ontario pork in a traditional Greek marinade of olive oil, lemon and oregano. Served with Greek salad, lemon roasted potatoes and garlic roasted carrots.
- CARIA LEMON ROASTED CHICKEN26

Herb encrusted organic chicken supreme. Served over feta scalloped potatoes, topped with home-made onion rings and grilled sweet pepper zucchini relish.

GREEK SPECIALTIES

- EXOHIKO-ROSEMARY CHICKEN OR LAMB PIE26

Slowly stewed with onions and mushrooms in a divine feta & rosemary sauce wrapped in phyllo pastry. Served with mixed greens, lemon roasted potatoes and tzatziki.
- MOUSSAKA28

Layers of ground beef, potato, zucchini and eggplant topped with béchamel and tomato sauce. Served with mixed greens in a balsamic vinaigrette.
- VEGETABLE MOUSSAKA28

Layers of zucchini, eggplant, spinach, sweet peppers and potatoes, topped with béchamel and tomato sauce. Served with mixed greens in a balsamic vinaigrette.
- BIFTEKI OLYMPOU27

Lean ground beef with traditional spices served with fries and mixed greens in a balsamic vinaigrette.
- SANTORINI CHICKEN26

Stuffed with spinach and feta cheese, with a white wine rosemary cream sauce. Served over garlic mashed, garlic roasted carrots and sauteed swiss char.
- ARNI YIOUVETSI (BRAISED LAMB SHANK)29

Slow cooked with Mediterranean herbs and savory vegetables. Served over monastiri orzo pasta in a tomato sauce.
- PAIDAKIA SKARAS (LAMB CHOPS)33

Fresh Ontario lamb in a traditional Greek marinade of olive oil lemon and oregano. Served with Greek salad and lemon roasted potatoes.

SOUVLAKI DINNERS

- All Dinners are served with tzatziki, Greek salad, rice and lemon roasted potatoes.
- CHICKEN SOUVLAKI28

Tender cuts of grilled chicken breast.
- AIOLI LAMB SOUVLAKI30

Grilled loin of lamb seasoned with herbs and spices.
- PORK SOUVLAKI28

Tender cuts of grilled pork.
- BEEF SOUVLAKI32

Beef tenderloin with red onions and sweet peppers.
- VEGETABLE SOUVLAKI25

Colorful vegetable skewer, basted with a lemon marinade.
- GYRO DINNER25

Rotisserie roasted blend of beef and lamb.
- CHICKEN GYRO DINNER25

Yogurt marinated chicken packed with flavor from warm spices.

FROM THE SEA

- ATLANTIC SALMON30

Finished with a white wine, lemon dill and garlic butter sauce. Served over garlic mashed, garlic roasted carrots and sautéed swiss char.
- TILAPIA FILLET25

Pan seared in a white wine, lemon dill cream sauce. Served over garlic mashed and seasonal vegetables.
- KAKAVIA27

A traditional Greek seafood dish of shrimp, mussels, salmon, calamari, scallops, onions and peppers in a tomato wine broth.
- GRILLED CALAMARI30

Tossed in a garlic lemon dill saffron sauce, with sundried tomatoes and leeks. Served with basmati rice, lemon roasted potatoes and Greek salad.
- RHODES SHRIMP28

Sautéed onions and feta in lemon dill cream sauce. Served with sautéed spinach over monastiri orzo pasta.
- ALASKAN BLACK COD FILLET39

Topped with baby shrimp, in a lemon dill white wine garlic butter sauce. Served over garlic mashed potatoes and grilled vegetables.
- ORANGE ROUGHY29

Pan seared in a lemon dill garlic butter with a fresh tomato onion salsa. Served over garlic mashed and seasonal pan seared vegetables.

CATCH OF THE DAYMP

Soula’s is now pleased to offer fresh catch of the day. Your server will inform you of today’s selection. Served as whole fish or filleted

PLATTERS

- MEZE TASTING PLATTER39

Tastings of tirokafteri, tzatziki, patzaria, dolmades, kolokithokeftedes, sesame baked feta and meat balls. Served with pita and olive tapenade.
- MIXED GRILL PLATTER95

Ontario pork chop, lemon roasted chicken breast, Greek sausage, Ontario lamb chops and grilled Biftekia. Served with basmati rice, lemon roasted potatoes and seasonal pan seared vegetables.

- MERMAID PLATTER99

Soula’s land and sea platter with grilled calamari, jumbo shrimp, mussels, Ontario lamb chops, and lemon roasted chicken breast. Served with basmati rice, lemon roasted potatoes and seasonal pan seared vegetables.
- NEPTUNE’S SEAFOOD PLATTER100

Grilled calamari, jumbo shrimp, mussels, salmon and a tilapia fillet. Served with basmati rice, lemon roasted potatoes and seasonal pan seared vegetables.