

ΦΙΛΟΣ

KITCHEN • COFFEE BAR • DELI



BREAKFAST

MUESLI BOWL muesli, greek yoghurt, seasonal fruit & nuts	R80
GREEK YOGHURT <small>NEW</small> greek yoghurt double thick topped with mixed nuts & honey	R80
GREEK YOGHURT, HALVA & PISTACHIO NUTS <small>NEW</small> greek yoghurt double thick mixed with halva topped with pistachio nuts	R90

YOUR CHOICE OF TOAST: BROWN OR WHITE OR RYE OR PITA BREAD
YOUR CHOICE OF EGGS: FRIED (SOFT / MEDIUM / HARD) OR SCRAMBLED

VEGETARIAN BREAKFAST 2 eggs, mushroom, grilled tomato, baked beans & avocado	R120
CLASSIC BREAKFAST 2 eggs, 2 rashers bacon, grilled halloumi & grilled tomato	R90
RISE & SHINE BREAKFAST 2 eggs, 2 rashers bacon, grilled tomato & chips	R50
FRENCH TOAST 2 slices bread soaked in beaten egg with honey & cinnamon	R45
FRENCH TOAST WITH BACON & CHEESE 2 slices bread soaked in beaten egg with honey, cinnamon, bacon & cheese	R80
VILLAGE BREAKFAST 1 egg, 1 toast, 2 rashers bacon, slice of grilled tomato & pork banger	R55
CYPRUS STYLE BREAKFAST <small>NEW</small> 2 scrambled eggs, mixed with potatoes & baby marrow, topped with spring onion & grated halloumi add loukaniko add jumbo cheese griller	R75 R45 R30
GRILLER BREAKFAST <small>NEW</small> 1 egg, 1 toast, 2 rashers bacon, slice of grilled tomato & jumbo cheese griller	R65
AVO ON TOAST 2 slices toast topped with 2 eggs, cream cheese, grilled tomato & avo (seasonal)	R70
HUNGER BREAKFAST 2 eggs, 3 rashers bacon, beef patty, pork banger with relish, grilled tomato & chips	R120

GREEK OMELETTE <small>NEW</small> 3 egg omelette with spinach, tomato, red onion, feta & olives	R85
OMELETTE WITH CHEESE & TOAST 3 egg omelette with cheese	R60

Fillings Extra:

Tomato, onion, green peppers, rocket	R12	Mushrooms, avocado (seasonal)	R25
Bacon, chicken, ham, halloumi, feta	R25	Mince, cheese griller, pork banger	R25

BREAKFAST WRAP <small>NEW</small> home-made pita bread with scrambled eggs, tomato, feta, bacon, mayo, spring onion & small chips	R65
---	------------

TOASTIES - TRAMEZZINI

SERVED WITH CHIPS OR A SIDE SALAD
(MOZZARELLA BASE ON ALL TRAMEZZINI'S)

	TOASTIE	TRAMEZZINI (MOZZARELLA BASE)
cheese & tomato	R50	R65
hickory ham, cheese & tomato	R60	R75
bacon, egg & cheese	R55	R70
chicken mayo	R60	R75
tuna mayo	R60	R75
spinach, feta & mozzarella NEW	R50	R65
grilled chicken strips, mozzarella & sweet chilli sauce	R70	R85
bacon, avocado, feta & mozzarella	R70	R85
salami, mozzarella & olives NEW	R60	R75
grilled halloumi, tomato & mozzarella NEW	R60	R75

STO PLAI - SIDES

halloumi fries	R50
chips seasoned with our own special chip spice	R30
zucchini fries	R30
spinach & butternut NEW	R35
youvetsi with tomato NEW	R35

SALADS

	SML R50	LRG R90
ΦΙΛΟΣ HORIATIKI a typical greek salad made with tomato, cucumber, red onion, feta & olives seasoned with olive oil & origanum		
ΦΙΛΟΣ CHICKPEA & HALLOUMI SALAD chickpeas, avocado, beetroot, rocket, brinjal, halloumi with a citrus dressing & pita	R60	R110
ΦΙΛΟΣ CYPRUS SALAD cabbage, rocket, coriander, lemon & olive oil	R50	R90
ΦΙΛΟΣ CHICKEN SALAD lettuce, tomato, cucumber, red onion, chicken, avocado, celery, peppers & parmesan shavings	R75	R140
ΦΙΛΟΣ CALAMARI SALAD grilled calamari, red onion, peppers, cucumber, cabbage, fresh apple slices & topped with a creamy lemon mayo dressing	R80	R155
ΦΙΛΟΣ CRISPY BEEF SALAD beef fillet, carrots, lettuce, cucumber, spring onion, fresh coriander, drizzled with balsamic honey dressing	R115	R195



MEZEDAKIA - STARTERS

FRIED HALLOUMI cypriot goats cheese deep fried served with sweet chilli sauce	R65
SARDELA 3 grilled sardines topped with green peppers & onion	R65
BRINJAL STACK deep fried brinjal topped with parmesan cheese & a dollop of skordalia	R45
FRIED CALAMARI 150g calamari topped with creamy lemon butter sauce	R69
CHICKEN LIVERS chicken livers served with pita bread (choice of lemon & herb, mild or hot peri)	R60
TIROPITA 3 crispy phyllo pastry triangles filled with cheese & mint	R45
SPANAKOPITA 3 crispy phyllo pastry triangles filled with spinach & feta	R45
DOLMADES 3 rolled wine leaves filled with rice topped drizzled with olive oil & black pepper served with a dollop of greek yoghurt	R45
ORZO orzo (pasta rice) with olive oil, tomato served with a dollop of greek yoghurt	R35
KEFTEDES 3 mamma's homemade meatballs served with tomato salsa	R55
TIROKEFTEDES <small>NEW</small> 3 mamma's homemade meatballs mixed with feta cheese	R60
TIROKROKETES <small>NEW</small> 3 cheese balls filled with 3 different types of cheese coated in bread crumbs	R55
FALAFELS three deep fried chickpea balls served with a dollop of hummus	R40
MUSSELS <small>NEW</small> 6 mussels served with garlic butter sauce & pita	R70
LOUKANIKO 2 pork greek sausages flavoured with spices & wine	R75
SHEFTALIA 3 traditional cypriot pork sausages flavoured with spices & herbs	R55
KATAIFI PRAWNS <small>NEW</small> 4 queen prawns wrapped in kataifi strings served with a seafood sauce	R105

DIPS

all dips served with pita bread



TZATZIKI greek yoghurt, garlic, lemon juice & cucumber	R45
TARAMOSALATA a tangy cod roe blend with a gentle seafood flavour	R45
HUMMUS blended chickpeas, tahina, garlic & lemon juice	R45
OLIVE TAPENADE kalamata olive paste <small>NEW</small>	R55
MELIZANOSALATA roasted eggplant, garlic, herbs, lemon juice & olive oil <small>NEW</small>	R45
HTIPITI blended roasted red peppers, chilli, olive oil & feta	R55
SKORDALIA blended boiled potatoes, parsley & garlic	R45
CHILLI TOMATO ONION JAM DIP chilli, tomato, onion blended & sweetened <small>NEW</small>	R45
EXTRA PITA BREAD 4 triangles brushed with olive oil & origanum	R15

SOUVLAKIA - WRAPS

SERVED WITH CHOICE OF SALAD OR CHIPS

ΦΙΛΟΣ SOUVLAKI

tomato, onion & tzatziki



R85



R85



R110



R115

MIX SOUVLAKI

tomato, onion, tzatziki & sheftalia

R100

R100

R120

R125

KAPSERO (HOT)

tomato, red onion & htipiti

ADD: EXTRA SKEWER

R90

R90

R115

R120

SPICY BEEF KOFTA NEW

tomato, onion, tzatziki & mince skewer

ADD: EXTRA SPICY BEEF KOFTA SKEWER

R45

R45

R55

R60

R85

R45

FALAFEL

tomato, red onion, hummus, halloumi, rocket & coriander

R85

CHICKPEA

hummus, mayo, tomato, red onion, rocket, parsley & halloumi

R85

AEGEAN

tomato, red onion, fried calamari & taramosalata

R110

HALLOUMI WRAP

grilled halloumi, tomato, onion & tzatziki

R85

KEFTEDES WRAP NEW

3 meatballs, tomato, onion & tzatziki

R80

PSARIA - FISH

SERVED WITH CREAMY LEMON BUTTER SAUCE & A CHOICE OF CHIPS OR SIDE SALAD OR SPINACH & BUTTERNUT OR ORZO

KINGKLIP & SKORDALIA

grilled kingklip served with skordalia

R195

CALAMARI

250g tender grilled or fried calamari tubes & heads

R145

HAKE

traditional floured 200g hake grilled or deep fried

R85

GRILLED SALMON NEW

250g grilled salmon, lemon, olive oil & origanum

R250

PRAWNS NEW

12 queen prawns, lemon & olive oil

R280



BURGERS

SERVED WITH LETTUCE, DILL CUCUMBER, TOMATO RELISH & ONION
WITH YOUR CHOICE OF FRIES OR SALAD

				GREEK	
CHICKEN	R90	R90	R85	R90	R120
BEEF	R100	R100	R95	R100	R130
DOUBLE UP CHICKEN	R115	R115	R110	R120	R145
DOUBLE UP BEEF	R130	R130	R125	R130	R160



MAINS

CHICKEN PREGO

150g chicken served on a prego roll in a delicious prego sauce

R70

BEEF PREGO

150g steak served on a prego roll in a delicious prego sauce

R95

SKINNY LAMB CHOPS 250G

perfectly flame grilled lamb chops

R145

SKINNY LAMB CHOPS 500G

perfectly flame grilled lamb chops

R270

FLAME GRILLED CHICKEN PIECES NEW

3pc chicken legs, lemon & origanum

R75

FLAME GRILLED CHICKEN PIECES NEW

6pc chicken legs, lemon & origanum

R150

PASTITSIO FULL

layers of macaroni, mince beef, bechamel sauce topped with cheese, baked in the oven & served with cyprus salad

R110

MOUSSAKA FULL

layers of brinjal, potatoes, baby marrow, mince beef, bechamel sauce & cheese, oven baked & served with cyprus salad

R110

VEGETARIAN MOUSSAKA FULL

layers of brinjal, potatoes, baby marrow topped with neapolitana sauce & cheese, oven baked & served with cyprus salad

R110

CHICKEN SCHNITZEL

two chicken breasts breaded & deep fried served with cheese sauce

R115



MEALS

SERVED WITH CHIPS OR HORIATIKI SALAD OR SPINACH & BUTTERNUT OR ORZO

CHICKEN KEBAB MEAL

2 skewers chicken served with pita bread, choice of side & choice of dip

R135

PORK KEBAB MEAL

2 skewers pork served with pita bread, choice of side & choice of dip

R135

LAMB KEBAB MEAL

2 skewers lamb served with pita bread, choice of side & choice of dip

R170

BEEF KEBAB MEAL

2 skewers beef served with pita bread, choice of side & choice of dip

R180

BEEF MINCE KOFTA KEBAB MEAL NEW

2 skewers beef spicy mince kofta with pita bread, choice of side & choice of dip

R135

YOUVETSI CHICKEN NEW

orzo (pasta rice), olive oil, tomato & chicken cubes

R75

YOUVETSI LAMB NEW

orzo (pasta rice), olive oil, tomato & lamb cubes

R115

PASTA

CHOICE OF SPAGHETTI OR PENNE

NEAPOLITANA

filos spicy tomato salsa

R75

BOLOGNESE

classic bolognese sauce with beef mince, carrots & neapolitana

R90

CHICKEN & BROCCOLI

creamy white sauce with grilled chicken & broccoli

R95

TRINCHADO CHICKEN

creamy spicy prego sauce with chicken cubes & kalamata olives

R100

TRINCHADO BEEF

creamy spicy prego sauce with rump cubes & kalamata olives

R120

HAM ALFREDO NEW

creamy white sauce with hickory ham & mushrooms

R95

SPECIALITY PASTAS

SERVED WITH TAGLIATELLE

CHICKEN RIGANATO NEW

creamy lemon, origanum, chicken on a bed of tagliatelle

R90

CREAMY GARLIC MUSSELS NEW

mussels in a creamy garlic sauce & parsley on a bed on tagliatelle

R95

KATAIFI PRAWNS NEW

6 prawns wrapped in kataifi on a bed of creamy tagliatelle with a garlic zucchini sauce

R145

SALMON NEW

250g salmon served a bed of tagliatelle topped with peas & creamy dill sauce

R255

SEAFOOD PASTA NEW

3 prawns, 6 mussels, calamari served on a bed of tagliatelle with a creamy garlic sauce

R235

KEFTEDES (MEATBALL) NEW

three keftedes served on a bed of tagliatelle & neapolitana sauce

R90

NISTISIMO - VEGAN

FAKES - LENTILS

lentil soup dish with rice, chopped red onion & carrots

R80

FASOLATHA

giant butter beans prepared with neapolitana sauce, potatoes, carrots, celery & red onion

R80

HORTA VRASTA

boiled chard & baby spinach prepared with lemon juice & olive oil

R80

REVITHIA - CHICKPEAS

prepared with carrots, celery, potatoes, red onion, lemon juice, olive oil, herbs & added spinach

R80

ORZO WITH TOMATO

pasta rice served with tomato

R80

FIAOZ COMBOS

SERVED WITH CHIPS, SIDE SALAD, SPINACH AND BUTTERNUT OR ORZO

PRAWN & CALAMARI COMBO

6 queen prawns & calamari

R225

PRAWN & MUSSEL COMBO

6 queen prawns & 6 creamy garlic mussels

R215

FISH & CALAMARI

200g hake & calamari

R185

FISH & PRAWNS

200g hake & 6 queen prawns

R195

CHICKEN & PRAWNS

2pc chicken drumsticks & 6 queen prawns

R195

SIRLOIN & PRAWNS

200g steak & 6 queen prawns

R225

SIRLOIN & CHICKEN

200g steak & 2 chicken drumsticks

R150

KINGKLIP & CALAMARI NEW

dressed baby kingklip & calamari

R305

KINGKLIP & PRAWN NEW

dressed baby kingklip & 6 prawns

R370

DESSERT

LOUKOUMADES PLAIN

greek doughnuts with honey, cinnamon & mixed nuts

R65

BAKLAVA

mixed nuts wrapped in phyllo pastry & soaked in syrup

R55

GALAKTOBOUREKO

phyllo pastry served warm, filled with custard & topped with syrup

R45

HALVA ICE CREAM

delicious creamy vanilla ice cream topped with halva & turkish delight

R50

RIZOLGALO

greek rice pudding with cinnamon

R50

GREEK EKMEK

kataifi strings soaked in syrup topped with custard, cream & pistachio nuts

R55

AFFOGATO

scoop of vanilla ice cream & shot of espresso

R60

KING GELATO

from our gelato fridge

R35

GREEK BAKES WITH YOUR COFFEE

KOURABIEDES PLAIN - greek shortbread

R10

KOURABIEDES NUTS - greek shortbread with pecan nuts

R12

ELIOPITA - olive pastry

R12

HALLOUMOPITA - halloumi pastry

R12

FLAOUNA - variety cheese filled pastry

R45

KOLOKITHOPITA - savoury greek pastry filled with butternut, raisins & cinnamon

R15

TAXINOPITA - phyllo pastry filled with tahini

R20

KIDS MENU

KIDS BOLOGNESE

yummy spaghetti bolognese

R45

KIDS NEAPOLITANA

yummy spaghetti with neapolitana sauce

R40

KIDS CHICKEN STRIPS & CHIPS

yummy chicken strips served with chips

R45

KIDS CALAMARI FRIED & CHIPS

yummy calamari fried & chips

R60

KIDS HAKE BITES & CHIPS

yummy hake bites & chips

R50

KIDS CHICKEN KEBAB MEAL

yummy skewer of chicken with chips

R45

KIDS PORK KEBAB MEAL

yummy skewer of pork with chips

R45



DRINKS



COOL DOWN

ICE TEAS

peach, lemon

R30

FREEZOS

caramel toffee
white chocolate
iced cappuccino
brazilian hazelnut
french vanilla chocolate
hazelnut chocolate
swiss chocolate
coffee
strawberry
passion fruit
mixed berry
pina colada

R40

TIZERS

appletiser
red grapetiser

R35

JUICES 350ML

orange
cocktail
mango
cloudy apple
cranberry

R35

TRADITIONAL MILKSHAKES

NORMAL R30
DOUBLE TICK R40

chocolate
strawberry
lime
bubblegum
banana

ΦΙΑΛΟΣ GOURMET MILKSHAKES

NORMAL R40
DOUBLE TICK R50

bar one
oreo milkshake
coffee milkshake
milky bar
salted caramel

STEELWORKS

kola tonic, soda water and bitters

R35

ROCK SHANDY

soda water, lemonade and bitters

R35

COLD DRINKS

soft drinks 300ml

R25

MIXERS 200ML

soda water, lemonade, dry lemon,
ginger ale
blue or pink tonic, tonic water

R20

TOMATO COCKTAIL

R25

BOTTLED WATER

500ml still
500ml sparkling
1lt still
1lt sparkling

R20

R25

R40

R50

GREEK BEVERAGES

FRAPPE

greek iced coffee served plain,
medium or sweet
with or without milk

R30

GREEK COFFEE

freshly brewed in a
small copper pot
served plain, medium
or sweet

R18



DRINKS

HOT STUFF

CHANGE REGULAR TO DECAF

R5

MILK ALTERNATIVES (ALMOND OR OATS MILK)

R10

SINGLE ESPRESSO

R20

DOUBLE ESPRESSO

R25

AMERICANO

R25

FLAT WHITE

R35

MACCHIATO

R22

CAFFE LATTE

R30

CAPPUCCINO NORMALE

R30

CAPPUCCINO CON PANNA

R35

CAPPUCCINO ROOIBOS

R30

CHAI LATTE

R30

CHAI LATTE WITH SINGLE ESPRESSO

R40

CAFÉ MOCHA - WHITE HOT CHOCOLATE OR HOT CHOCOLATE

R40

HOT CHOCOLATE

R30

WHITE HOT CHOCOLATE

R30

GOURMET HOT BEVERAGES

R40

milky bar

bar one

salted caramel

FLAVOURED LATTES

R40

caramel toffee

white chocolate

iced cappuccino

brazilian hazelnut

french vanilla chocolate

hazelnut chocolate

swiss chocolate

coffee

TEAS

5 roses

rooibos

camomile

mint

earl grey

R20

R20

R25

R25

R25

DON PEDRO

R40

amarula, frangelico, kahlua

IRISH DON PEDRO

R40

don pedro with jameson whiskey

IRISH COFFEE

R40

hot coffee with jameson whiskey topped with pouring cream

LIQUEUR COFFEE

R35

hot coffee with amarula, frangelico, kahlua topped with pouring cream



**PLEASE ENQUIRE ABOUT OUR
FROZEN MEALS:**

Chicken Strips • Greek Sausage (*Loukaniko*)
Cypriot Sausage (*Sheftalia*) • Greek Meatballs (*Keftedes*)
Greek Mac & Cheese With Mince (*Pasticchio*) • Mousaka
Vegetarian Mousaka • Chicken Lasagne • Beef Lasagne
Greek Spinach Feta Pies (*Spanakopita*) • Greek Cheese Pies (*Tiropita*)
Halloumi Pastry (*Halloumopites*) • Olive Pastry (*Eliopites*)
Falafels • Cottage Pie • Chicken Pie • Chicken Broccoli Bake

FIΛΟΣ

KITCHEN • COFFEE BAR • DELI



FILOS BROOKLYN

37 Lynnwood Road, Brooklyn
T: +27(0)12 346 2382

FILOS EXPRESS - GARSFONTEIN

221 Garsfontein Road, Summit Place, Building 4
T: +27(0)84 366 6799

WE ALSO CATER FOR EVENTS:

Christmas parties 🌿 Product launches 🌿 Networking events
Private parties 🌿 Birthdays 🌿 Kiddies parties 🌿 Conferences
Workshops 🌿 Receptions 🌿 Performances

- Platters for all functions are available on request.

FOR MORE INFO OR FRANCHISE OPPORTUNITIES CALL US ON

084 366 6799

send us an e-mail: info@filos.co.za

FOLLOW US:



FIΛΟΣ
Frozen Foods

www.filos.co.za