

ΦΙΛΟΣ

KITCHEN • COFFEE BAR • DELI



BREAKFAST

MUESLI BOWL

muesli, greek yoghurt, seasonal fruit & nuts

R85

GREEK YOGHURT **NEW**

greek yoghurt double thick topped with mixed nuts & honey

R80

YOUR CHOICE OF TOAST: BROWN OR WHITE OR PITA BREAD

YOUR CHOICE OF EGGS: FRIED (SOFT / MEDIUM / HARD) OR SCRAMBLED

VEGETARIAN BREAKFAST

2 eggs, mushroom, grilled tomato, baked beans & avocado

R150

CLASSIC BREAKFAST

2 eggs, 2 rashers bacon, grilled halloumi & grilled tomato

R125

RISE & SHINE BREAKFAST

2 eggs, 2 rashers bacon, grilled tomato & chips

R75

FRENCH TOAST

2 slices bread soaked in beaten egg with honey & cinnamon

R60

FRENCH TOAST WITH BACON & CHEESE

2 slices bread soaked in beaten egg with honey, cinnamon, bacon & cheese

R95

VILLAGE BREAKFAST

1 egg, 1 toast, 2 rashers bacon, slice of grilled tomato & pork banger

R75

CYPRUS STYLE BREAKFAST **NEW**

2 scrambled eggs, mixed with potatoes & baby marrow, topped with spring onion & grated halloumi

R90

add loukaniko

R45

add jumbo cheese griller

R30

GRILLER BREAKFAST **NEW**

1 egg, 1 toast, 2 rashers bacon, slice of grilled tomato & jumbo cheese griller

R90

AVO ON TOAST

2 slices toast topped with 2 eggs, cream cheese, grilled tomato & avo **(seasonal)**

R80

HUNGER BREAKFAST

2 eggs, 3 rashers bacon, beef patty, pork banger with relish, grilled tomato & chips

R145

GREEK OMELETTE **NEW**

3 egg omelette with spinach, tomato, red onion, feta & olives

R115

OMELETTE WITH CHEESE & TOAST

3 egg omelette with cheese

R75

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 **NEW**

home-made pita bread with scrambled eggs, tomato, feta, bacon, mayo, spring onion & small chips

R90

TOASTIES ~ TRAMEZZINI

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

	TOASTIE	TRAMEZZINI (MOZZARELLA BASE)
cheese & tomato	R65	R85
hickory ham, cheese & tomato	R75	R95
bacon, egg & cheese	R75	R95
chicken mayo	R75	R95
tuna mayo	R75	R95
spinach, feta & mozzarella	R70	R90
grilled chicken strips, mozzarella & sweet chilli sauce	R85	R105
bacon, avocado, feta & mozzarella	R85	R105
salami, mozzarella & olives	R80	R105
grilled halloumi, tomato & mozzarella NEW	R80	R105
mince, cheddar & mozzarella NEW	R85	R110

STO PLAI - SIDES

halloumi fries served with sweet chilli	R60
chips seasoned with our own special chip spice	R35
zucchini fries	R35
spinach & butternut	R40
youvetsi with tomato NEW	R40
loaded bbq pulled pork, chips & jalapeno NEW	R85

SALADS

	SML R65	LRG R120
FIA0Σ HORIATIKI a typical greek salad made with tomato, cucumber, red onion, feta & olives seasoned with olive oil & origanum		
FIA0Σ CHICKPEA & HALLOUMI SALAD chickpeas, avocado, beetroot, rocket, brinjal, halloumi with a citrus dressing & pita	R80	R150
FIA0Σ CYPRUS SALAD cabbage, rocket, coriander, lemon & olive oil	R60	R110
FIA0Σ CHICKEN SALAD lettuce, tomato, cucumber, red onion, chicken, avocado, celery, peppers & parmesan shavings	R95	R170
FIA0Σ CALAMARI SALAD grilled calamari, red onion, peppers, cucumber, cabbage, fresh apple slices & topped with a creamy lemon mayo dressing	R100	R190

MEZEDAKIA ~ STARTERS

FRIED HALLOUMI

cyprriot goats cheese deep fried served with sweet chilli sauce

R75

SARDELA

3 grilled sardines topped with green peppers & onion

R75

BRINJAL STACK

deep fried brinjal topped with parmesan cheese & a dollop of skordalia

R55

FRIED CALAMARI

150g calamari topped with creamy lemon butter sauce

R80

CHICKEN LIVERS

chicken livers served with pita bread **(choice of lemon & herb, mild or hot peri)**

R75

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

R50

KEFTEDES

3 mamma's homemade meatballs served with tomato salsa

R60

TIROKEFTEDES **NEW**

3 mamma's homemade meatballs mixed with feta cheese

R65

TIROKROKETES **NEW**

3 cheese balls filled with 3 different types of cheese coated in bread crumbs

R60

FALAFELS

three deep fried chickpea balls served with a dollop of hummus

R55

MUSSELS

6 mussels served with garlic butter sauce & pita

R70

LOUKANIKO

2 pork greek sausages flavoured with spices & wine

R80

SHEFTALIA

3 traditional cyprriot pork sausages flavoured with spices & herbs

R60

KATAIFI PRAWNS **NEW**

4 queen prawns wrapped in kataifi strings served with a seafood sauce

R110

KOUPES **NEW**

2 traditional cyprriot street food. Torpedo shaped bulgat wheat shell stuffed with a savoury mince filling

R85

DIPS

all dips served with pita bread

TZATZIKI greek yoghurt, garlic, lemon juice & cucumber

R50

TARAMOSALATA a tangy cod roe blend with a gentle seafood flavour

R50

HUMMUS blended chickpeas, tahina, garlic & lemon juice

R50

OLIVE TAPENADE kalamata olive paste **NEW**

R60

MELIZANOSALATA roasted eggplant, garlic, herbs, lemon juice & olive oil **NEW**

R50

HTIPITI blended roasted red peppers, chilli, olive oil & feta

R60

SKORDALIA blended boiled potatoes, parsley & garlic

R50

EXTRA PITA BREAD 4 triangles brushed with olive oil & origanum

R24



SOUVLAKIA ~ WRAPS

SERVED WITH CHOICE OF SALAD OR CHIPS

ΦΙΛΟΣ SOUVLAKI

tomato, onion & tzatziki

MIX SOUVLAKI

tomato, onion, tzatziki & sheftalia

KAPSERO (HOT)

tomato, red onion & htipiti

ADD: EXTRA SKEWER

SPICY BEEF KOFTA

tomato, onion, tzatziki & mince skewer

ADD: EXTRA SPICY BEEF KOFTA SKEWER



R100



R100



R130



R135

R125

R125

R150

R155

R110

R110

R135

R140

R55

R55

R65

R75

R105

R55

FALAFEL

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

R105

CHICKPEA

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

R105

AEGEAN

tomato, red onion, fried calamari & taramosalata

R135

HALLOUMI WRAP

grilled halloumi, tomato, onion & tzatziki

R105

KEFTEDES WRAP **NEW**

3 meatballs, tomato, onion & tzatziki

R105

PRAWN WRAP **NEW**

3 prawns, avo, rocket, tomato, onion & sweet chilli mayo

R155

PULLED PORK WRAP **NEW**

bbq pulled pork, tomato & onions

R155

PSARIA ~ FISH

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

KINGKLIP & SKORDALIA

grilled baby kingklip on the bone served with skordalia

R235

CALAMARI

250g tender grilled or fried calamari tubes & heads

R165

HAKE

traditional floured 200g hake grilled or deep fried

R110

GRILLED SALMON **NEW**

250g grilled norwegian salmon, lemon, olive oil & origanum

R280

PRAWNS **NEW**

12 queen prawns, lemon & olive oil

R315

SOLE **NEW**

sole grilled to perfection in lemon butter

SQ

(depending on sizes of Sole)

BURGERS

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

				GREEK	
CHICKEN	R110	R110	R110	R115	R140
BEEF	R120	R120	R120	R125	R150
DOUBLE UP CHICKEN	R135	R135	R135	R140	R165
DOUBLE UP BEEF	R150	R150	R150	R155	R180

MAINS

SERVED WITH YOUR CHOICE OF CHIPS, SALAD OR SPINACH & BUTTERNUT

CHICKEN PREGO

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

R105

BEEF PREGO

150g / 200g rump steak served on a prego roll in a delicious prego sauce

R130

SKINNY LAMB CHOPS 250G

SKINNY LAMB CHOPS 500G

LAMB SHANK NEW

traditional slow cooked lamb shank in the oven



R170

R330

R280

ΦΙΑΟΣ MINI CHICKEN SOUVLA NEW

deboned chicken thighs on a skewer, chargrilled to perfection with a sweet & sour sauce

R145

ΦΙΑΟΣ MINI PORK SOUVLA NEW

500g sweet & sour pork skewer chargrilled to perfection

R180

PASTITSIO FULL (allow approx. 20min prep time)

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

R130

MOUSSAKA FULL (allow approx. 20min prep time)

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

R130

VEGETARIAN MOUSSAKA FULL (allow approx. 20min prep time)

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

R130

CHICKEN SCHNITZEL

two chicken breasts breaded & deep fried
served with cheese sauce

R140

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

R155

PORK KEBAB MEAL

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

R155

LAMB KEBAB MEAL

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

R190

BEEF KEBAB MEAL

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

R200

BEEF MINCE KOFTA KEBAB MEAL

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

R155

YOUVETSI CHICKEN **NEW**

orzo (pasta rice), olive oil, tomato & chicken cubes *(served without side)*

R90

YOUVETSI LAMB **NEW**

orzo (pasta rice), olive oil, tomato & lamb cubes *(served without side)*

R135

PASTA

CHOICE OF SPAGHETTI OR PENNE

NEAPOLITANA

filos spicy tomato salsa

R90

BOLOGNESE

classic bolognese sauce with beef mince, carrots & neapolitana

R110

CHICKEN & BROCCOLI

creamy white sauce with grilled chicken & broccoli

R120

TRINCHADO CHICKEN

creamy spicy prego sauce with chicken cubes & kalamata olives

R130

TRINCHADO BEEF

creamy spicy prego sauce with rump cubes & kalamata olives

R160

HAM ALFREDO **NEW**

creamy white sauce with hickory ham & mushrooms

R120

SPECIALITY PASTAS

SERVED WITH TAGLIATELLE

CHICKEN RIGANATO **NEW**

creamy lemon, origanum, chicken on a bed of tagliatelle

R120

CREAMY GARLIC MUSSELS **NEW**

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

R125

KATAIFI PRAWNS **NEW**

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

R175

SALMON **NEW**

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

R290

SEAFOOD PASTA **NEW**

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

R270

KEFTEDES (MEATBALL) **NEW**

three keftedes served on a bed of tagliatelle & neapolitana sauce

R115

NISTISIMO ~ VEGAN

FAKES - LENTILS

lentil soup dish with rice, chopped red onion & carrots

R95

FASOLATHA

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

R95

HORTA VRASTA

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

R95

REVITHIA - CHICKPEAS

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

R95

ORZO WITH TOMATO

pasta rice served with tomato

R95

FASOLAKI (V)

stew made with green beans, potatoes, carrots & fresh tomato

ADD: chicken cubes **R50** | lamb cubes **R60** | Pita **R24**

R95

ΦΙΑΘΣ COMBOS

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

PRAWN & CALAMARI COMBO

6 queen prawns & calamari

R250

PRAWN & MUSSEL COMBO

6 queen prawns & 6 creamy garlic mussels

R240

FISH & CALAMARI

200g hake & calamari

R205

FISH & PRAWNS

200g hake & 6 queen prawns

R250

SIRLOIN & PRAWNS

200g steak & 6 queen prawns

R260

KINGKLIP & CALAMARI **NEW**

dressed baby kingklip & calamari

R340

KINGKLIP & PRAWN **NEW**

dressed baby kingklip & 6 queen prawns

R390

SOLE & CALAMARI **NEW**

sole & calamari

SQ

(depending on sizes of Sole)

SOLE & PRAWN **NEW**

sole & 6 queen prawns

SQ

(depending on sizes of Sole)

SOLE & MUSSELS **NEW**

sole & 6 cream garlic mussels

SQ

(depending on sizes of Sole)

DESSERT

BAKLAVA mixed nuts wrapped in phyllo pastry & soaked in syrup	R60
GALAKTOBOUREKO phyllo pastry served warm, filled with custard & topped with syrup	R55
HALVA ICE CREAM delicious creamy vanilla ice cream topped with halva & turkish delight	R70
RIZOLGALO greek rice pudding with cinnamon	R60
GREEK EKMEK kataifi strings soaked in syrup topped with custard, cream & pistachio nuts	R60
AFFOGATO scoop of vanilla ice cream & shot of espresso	R60
KING GELATO from our gelato fridge	R35
BAKLAVA ICE CREAM NEW luscious fusion of homemade ice cream with phyllo pastry pieces, syrup & almond and pistachio nuts.	R70

GREEK BAKES WITH YOUR COFFEE

KOURABIEDES PLAIN - greek shortbread	R10
KOURABIEDES NUTS - greek shortbread with pecan nuts	R12
ELIOPITA - olive pastry	R15
HALLOUMOPITA - halloumi pastry	R15
FLAOUNA - variety cheese filled pastry	R55
KOLOKITHOPITA - savoury greek pastry filled with butternut, raisins & cinnamon	R25
TAXINOPITA - phyllo pastry filled with tahini	R45

KIDS MENU

KIDS BOLOGNESE yummy spaghetti bolognese	R55
KIDS NEAPOLITANA yummy spaghetti with neapolitana sauce	R55
KIDS CHICKEN STRIPS & CHIPS yummy chicken strips served with chips	R55
KIDS CALAMARI FRIED & CHIPS yummy calamari fried & chips	R75
KIDS HAKE BITES & CHIPS yummy hake bites & chips	R65
KIDS CHICKEN KEBAB MEAL yummy skewer of chicken with chips	R55
KIDS PORK KEBAB MEAL yummy skewer of pork with chips	R60



DRINKS

COOL DOWN

ICE TEAS

peach, lemon

R35

FREEZOS

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

R45

TIZERS

appletiser
red grapetiser

R40

JUICES 350ML

orange
cocktail
mango
cloudy apple
cranberry

R40

TRADITIONAL MILKSHAKES

NORMAL R45
DOUBLE TICK R55

chocolate
strawberry
lime
bubbligum
banana

FLAOS GOURMET MILKSHAKES

NORMAL R50
DOUBLE TICK R60

bar one
oreo milkshake
coffee milkshake
milky bar
salted caramel

STEELWORKS

kola tonic, soda water and bitters

R45

ROCK SHANDY

soda water, lemonade and bitters

R45

COLD DRINKS

soft drinks 300ml

R32



MIXERS 200ML

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

R25

TOMATO COCKTAIL

R30

BOTTLED WATER

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

R25
R30
R45
R55

GREEK BEVERAGES

FRAPPE

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

R35

GREEK COFFEE

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

R20





DRINKS

HOT STUFF

CHANGE REGULAR TO DECAF

R5

MILK ALTERNATIVES (ALMOND OR OATS MILK)

R15

SINGLE ESPRESSO

R20

DOUBLE ESPRESSO

R25

AMERICANO

R30

FLAT WHITE

R40

MACCHIATO

R25

CAFFE LATTE

R35

CAPPUCCINO NORMALE

R30

CAPPUCCINO CON PANNA

R35

CAPPUCCINO ROOIBOS

R35

CHAI LATTE

R35

CHAI LATTE WITH SINGLE ESPRESSO

R45

CAFÉ MOCHA - WHITE HOT CHOCOLATE OR HOT CHOCOLATE

R45

HOT CHOCOLATE

R35

WHITE HOT CHOCOLATE

R35

GOURMET HOT BEVERAGES

R50

milky bar

bar one

salted caramel

FLAVOURED LATTES

R45

caramel toffee

white chocolate

iced cappuccino

brazilian hazelnut

french vanilla chocolate

hazelnut chocolate

swiss chocolate

coffee

TEAS

5 roses

rooibos

camomile

mint

earl grey

R25

R25

R30

R30

R30

DON PEDRO

R45

amarula, frangelico, kahlua

IRISH DON PEDRO

R50

don pedro with jameson whiskey

IRISH COFFEE

R45

hot coffee with jameson whiskey 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
Halloumi Ravioli • Three Cheese Ravioli

FIΛΟΣ

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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

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