

Menu

STARTERS

Saganaki \$18

Greek sheep cheese, pan seared and flambéed table side, with lemon and pita

Spanakopita \$16

Spinach, feta cheese, sautéed onions and herbs wrapped in flaky filo pastry, oven baked.

Kalamari \$18

Hand cut, marinated squid lightly seasoned and finished with lemon, red onion and Tzatziki

Dolmades \$16

Grape leaves filled with rice and herbs, topped with mixed peppers and served with Tzatziki

Feta, Olives and Pita \$16

Kalamata olives, feta cheese and pita bread

Gigantes \$15

Giant butterbeans from Greece. Baked in a zesty tomato and vegetable herb infused sauce, diced red onions served with pita

Garides Saganaki \$18

Tiger prawns cooked in tomatoes, onion and feta. Served with pita bread

Garides Skordates \$18

Tiger prawns cooked in a white wine, garlic butter and lemon sauce. Served with pita

Trio Dip \$18

All three of our homemade dips served with pita

Hummus & Pita \$14

Tzatziki & Pita \$14

Kopanesti & Pita \$16

SALADS

Greek Salad

Tomatoes, cucumbers, mixed peppers, onions, kalamata olives, feta cheese and house Greek dressing
Small \$14 Large \$17

Caesar Salad

Romaine lettuce, parmesan cheese, caesar dressing and crutons

Small \$14 Large \$17

SIDES

Pita \$3

Dip \$3

Lemon roasted potatoes \$5

DESSERTS

Baclava \$11

New York Cheese Cake \$11

Chocolate Cake \$11

Katerina's Taverna

Menu

GREEK HOUSE SPECIALTIES

Moussaka \$33

Baked layers of potatoes, zucchini, eggplant, homemade meat sauce, fresh herbs, and vegetable sauce. Served with Greek salad and lemon roasted potatoes.

Roasted Lamb Shank \$35

Roasted low and slow in the oven until fork tender. Topped with lamb jus and served with Greek salad and lemon roasted potatoes.

Paidakia \$46

Charbroiled lamb chops cut from the rack. Seasoned with house spices, garlic butter and lemon. Served with rice pilaf, Greek salad and lemon roasted potatoes.

Pork Ribs \$36

Full rack of charbroiled pork ribs "Greek Style". Served with rice pilaf, Greek salad and lemon roasted potatoes.

Lamb Ribs \$37

Full rack of charbroiled lamb ribs "Greek Style". Served with rice pilaf, Greek salad, lemon roasted potatoes.

Greek Dinner for Two \$96

A Feast! Start with Kalamari and Greek salad, followed by Lamb chops, Moussaka, Chicken souvlaki, rice pilaf, lemon roasted potatoes and Tzatziki.

Kalamari Dinner \$29

Hand cut squid, flour dusted, house seasoned, topped with lemon and red onion. Served with Greek salad and lemon roasted potatoes.

Souvlaki Dinner

All our souvlaki dinners are served with two skewers of your choice, rice pilaf, Greek salad, lemon roasted potatoes and Tzatziki.

Chicken Breast \$32

Tiger Prawns \$35

Beef Tenderloin \$35

Lamb Sirloin \$35

HOUSE CREATIONS

Wild Sockeye Salmon

Oven baked salmon filled with our signature spanakopita filling of spinach, feta, sautéed onions and topped with garlic butter. Served with Greek salad and your choice of lemon roasted potatoes or rice pilaf.

\$36

Athenian Chicken

Tenderized chicken breast rolled and filled with our signature spanakopita filling, topped with a homemade tomato sauce. Served with Greek salad and your choice of rice pilaf or lemon roasted potatoes.

\$35

PASTA

Seafood Fettuccine \$32

Scallops, Tiger prawns, smoked salmon, shrimp sautéed in a homemade rose sauce.

Baked Lasagna or Spaghetti

Homemade meat sauce layered with tomato, parmesan, mozzarella and baked to golden brown.

\$28

Spaghetti Al Greco

Classic style spaghetti noodles topped with our homemade meat sauce and parmesan.

\$26

Katerina's Taverna

Menu

VEGETARIAN AND VEGAN

Spanakopita Dinner \$29

Two homemade spanakopita, Greek salad, lemon roasted potatoes and homemade Tzatziki

Meze Plate \$29

Dolmades, spanakopita, Greek salad, lemon roasted potatoes, pita and hummus.

Vegan Plate \$27

Dolmades, Greek salad, rice pilaf, lemon roasted potatoes, pita and hummus.

Vegetarian Lasagna \$26

Noodles layered with a homemade tomato sauce, spinach, feta and mozzarella. Baked until golden brown.

A LITTLE ABOUT US

Cathy and Niko opened their first restaurant, Katerina's Steak and Pizza house, in March of 1992 in Golden, British Columbia. They quickly fell in love with everything restaurants entail and so began their over 30 years in the industry. Katerina was often found messing around in the front on the restaurant writing stones on notepads and welcoming customers, not much has changed! After 10 years Cathy and Niko successfully moved into a new era in the downtown core of Golden and changed the name of their restaurant to Apostoles Restaurante, after their youngest son Paul, which had an incredible reign of 15+ years. Then they all relocated to Nanaimo. Katerina moved to the island in 2012 for her education and quickly met her husband and put her roots down having fallen in love with the ocean. Cathy and Niko followed behind in 2015 to semi retire and after quickly realizing they were not quite done with restaurants the opportunity to start new came across their "plate". So, we began at the beginning with reopening Katerina's in March of 2020. Even through the early days of Covid the community of Lantzville wrapped their arms around us and kept us afloat to bring us to today where we have become a very proud family ran restaurant in the heart of Lantzville. Cathy and Katerina can be found visiting around the front of house and Paul and Niko are the heart of the restaurant pushing out beautifully homemade Greek cuisine.

Katerina's Taverna