

STARTERS



- Fresh Soup Of The Day**  £5.35
Ask your waiter for today's soup served with crusty bread.
- Fresh Calamari** £6.95
Fresh fried Calamari marinated in ouzo lightly dusted with flour served with ouzo mayonnaise
- Grilled Octopus & Fennel**  £6.95
A salad of Grilled Octopus, Fennel & baby mixed cress finished with extra virgin olive oil.
- Mezze For 2 To Share** (can be adapted for vegetarians) £13.25
An enticing platter to share calamari, lamb kofta, tzatziki, hummus, marinated Aubergines, Feta stuffed chilli peppers & grilled Halloumi
- Watermelon & Cretan Manouri Cheese.** V  £5.95
Watermelon with Cretan Manouri cheese marked on the grill, drizzled with extra virgin olive oil.
- Grilled Sardines**  £5.95
Simply Grilled sardines drizzled with olive oil & rosemary.
- Mushroom Crostini** V, N  £5.95
Toasted Ciabatta bread topped with wild mushrooms tossed in garlic, olive oil, pine nuts, rocket, parmesan shavings dressed with an olive tapenade.
- Olive Tree Scallops**  £7.95
Pan Fried Fresh King scallops with roasted tomatoes, chorizo & garlic in extra virgin olive oil.
- King Prawns Me Lemoni Ke Skortho**  £7.95
Succulent king prawns pan fried in a garlic, lemon & parsley marinade served with crusty bread.
- Halloumi & Aubergine Stack** V £6.25
Grilled Aubergines & Halloumi cheese stack served with a sundried tomato & garlic dressing, drizzled with extra virgin olive oil.

FROM THE GRILL & HOUSE SPECIALITIES



All our meat products are carefully selected to give you the best quality & flavour

Chicken Souvlaki

£13.25

Skewers of succulent marinated chicken fillet with onion & peppers cooked on the grill, topped with a cream & mushroom sauce served with sautéed potatoes.

Stuffed Pork Fillet Souvlaki (award winning free range pork from Ashlyns farm)

£17.95

Skewers of succulent marinated pork fillet tenderloin stuffed with Italian meats, grilled & served with hand cut chips.

Cote De Boeuf 16oz

£25.95

For the larger appetite, succulent rib eye matured for 21 days, bursting with flavour, cooked on the bone. Served with roasted flat mushroom, plum tomato & hand cut chips. Choose from Diane or peppercorn sauce served on the side.

Fillet Steak 9oz

£23.95

Prime fillet steak served with roasted flat mushroom, plum tomato & hand cut chips. Choose from Diane or peppercorn sauce served on the side.

Sirloin Steak 9oz

£17.95

Succulent 8oz prime sirloin steak served with flat mushroom, plum tomato & hand cut chips.

Choose from Diane or peppercorn sauce served on the side.

Grilled Lamb Cutlets(Paidakia)

£20.95

Tender lamb cutlets served with hand cut chips garnished with a yoghurt coriander dip & pita bread

Sykoti Tiganito Me Poure patatas.

£17.25

Pan fried calves liver in butter & sage served with mash potatoes

Stifado

£16.35

A traditional Greek beef casserole with shallots, tomato, garlic, red wine & herbs served with mash potato.

Kleftico Lamb

£16.95

Slow cooked lamb shank cooked the traditional way with herbs, garlic, wine served in a clay pot with potatoes cooked in the lambs juices with a yoghurt & coriander dip

Kotopoulo Moriatiko

£13.25

Oven baked chicken breast cooked in rosemary plum tomato white wine and olive sauce served on a bed of sautéed spinach & new potatoes.

HOUSE SPECIALITIES



- Vegeterian Mousaka** VN  £9.95
Layers of seasonal vegetables, aubergine, tomato, potato & pistachio nuts finished with béchamel sauce.
- Mousaka**  £11.95
Layers of minced meat, aubergine, potato, fresh herbs & pistachios topped with béchamel sauce.
- Makoronia me Thalasina**  £13.95
Spaghetti in white wine Pomodoro, chilli, scallops, mussels, prawns, garlic & fresh basil
- Domates & Pipheries Gemistes** VN  £9.95
Tomatoes and red or yellow peppers stuffed with rice , pistachios, garlic, herbs, & Greek feta.
- Risotto Sto Fournio** £15.95
A delicious Risotto of calamari, salmon, mussels & monk fish in a delicious white wine, tomato, Garlic coriander sauce, finished with grilled head-on Tiger Prawn.
- Butternut Squash & Sage Tortelli** V £12.95
Large Tortelloni filled with butternut squash & sage in a brandy, wine & cream sauce, Parmesan cheese topped with Sweet potato crisps
- FISH**
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- Mixed Seafood Souvlaki**  £16.95
Char grilled King prawn, salmon & scallop skewers drizzled with a garlic, herb & lemon jus served with lemon risotto.
- Sea bass With Jerusalem Artichoke**  £16.95
Grilled Sea bass served with Jerusalem artichoke, roasted peppers, aubergines, garlic, olives, courgettes & new potatoes.
- King Prawns With Lemon Risotto**  £19.95
King prawns marinated in white wine, garlic , lemon & chilli, served with a lemon risotto.
- Grilled Salmon**  £13.95
Fresh grilled fillet of Scottish Salmon served with mash potato, spinach leaves leaves and drizzled with a butter, chive , lemon & Greek honey jus.

SALADS



King Prawn and Mango

£17.95

A delicious salad of king prawns, mango, broad beans, pine nuts & mix leaves topped with crispy pancetta finished with extra virgin olive oil, lemon & honey dressing.

Warm Beef Salad.

£17.95

Pan fried medallions of fillet steak on a bed of grilled red onion, grilled sweet potato, spring onion red chard, rocket & spinach finished with a dressing of sweet chilli, ginger, extra virgin olive oil with a dash of lemon juice.

Greek Salad

£8.95

Traditional salad of tomato, red onion, green pepper, olives, cucumber, feta, finished with dried oregano, extra virgin olive oil & Corinthian aged red wine vinegar.

The Olive Tree Chicken Salad N

£9.95

Pan fried strips of chicken fillet tossed with mushrooms pine nuts & soya sauce served on a bed of mixed baby leaves.



SIDE ORDERS

Basket of Speciality Bread served with olive tapenade

£3.20

Marinated Olives

£3.20

Black and green olives marinated in lemon, chilli & rosemary

Spinach Pan fried with extra virgin olive oil & garlic.

£3.45

Hand Cut chunky chips

£2.95

Mash Potato

£2.95

New potatoes tossed in virgin olive oil & garlic

£2.95

Sautéed Potatoes

£2.95

Tomato and red onion salad

£3.25

Mixed leaf salad

£3.25

Mediterranean vegetables tossed in balsamic vinegar

£2.85

Selection of seasonal vegetables

£2.85

Sautéed Mushrooms in butter and garlic

£2.95

Tzatziki or Taramosalata or Hummus (served with pita bread)

£3.25

V = Vegetarian . N = Contains Nuts. Some of our dishes may contain traces of nuts.

The Olive Tree has been awarded a **Gold Essex Healthy Life 'Healthy Eating' Award** which is provided by Epping Forest District Council. Food hygiene and nutrition are both an essential part to achieving this award.

A Healthy meal at The Olive Tree.

Our menu has been carefully considered to offer the greatest choice of healthy and balanced meals wherever possible keeping fats, sugar and salt all to a minimum.



DESSERTS

Home made Galactobourico		£4.95
A delicious home made Greek dessert with Fillo pastry & a vanilla cream filling.		
Tiramisu		£4.95
A delicious home made dessert with sponge, Marsala wine, Tia Maria & espresso coffee then layered with mascarpone cream.		
Crème Brule		£4.95
Fruity Panna Cota		£4.95
A light creamy fruit dessert.		
Ice Cream		£4.95
A choice of Dairy Strawberry, Chocolate Chip, Dairy Vanilla, Dairy Pistachio, Black Current & Mango Sorbet.		
Crepe with Banana, Cream, Grand Marnier & Chocolate Sauce		£4.95
Organic Chocolate Cheese Cake		£4.95
Served with a ball of vanilla Ice cream		
Greek Yoghurt with honey & nuts	N 	£4.95
Seasonal Fresh Fruit Salad served with ice cream		
Elinico Trio (Trio Greek Dessert)	N	£4.95
Galactobourico, Kataifi & Baklava served with a ball of vanilla ice cream		
Fistici Risogalo (pistachio rice pudding).	served cold N 	£4.95
Cheese Board	A superb choice of cheeses served with biscuits & grapes	£6.95
Pudding Wine	Muscat de Beaumes de Venise Fenouilet (50cl) Rhone	
Pronounced floral, honeysuckle & musky ripe orange fruit aromas dominate the nose. The palate shows lovely balanced sweetness, ripe fresh muscat grapeiness, some floral notes & a tangy, ripe finish with lemon & orange acidity.		
£6.95 per glass	£26.95 per btl	

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 Healthy Eating Gold Award Option

Prices are inclusive of Vat. Service is at your discretion, however an
 Optional 10% will be added to the bill for parties of 6 or more.
 Don't Forget to ask about our special music events.

