

## ENTRÉES

*Served with choice of two sides.*

### BRONZINO 27

### SALMON FILET 21

### SWORDFISH FILET 22

### SEAFOOD GRILL 29

Octopus, Shrimps, Calamari, Salmon.

### TRU MIXED GRILL 27

Lamb Chop, Pork Chop, Chicken Kebab, Skirt Steak, Halloumi cheese, Tzatziki sauce.

### BABY LAMB CHOPS 25

### RIB-EYE STEAK 25

### PORK CHOPS 19

### CHICKEN KEBAB 16

### CHICKEN CANNELLONI 17

Crepes filled with chicken, mushrooms, taragon sauce.

### CHICKEN ALFREDO 15

Creamy Alfredo sauce, grilled chicken.

### SEAFOOD PASTA 17

Salmon, Calamari, Shrimp, ouzo infused tomato sauce.

### SPINACH CANNELLONI 17

Crepes filled with creamy spinach.

### FALAFEL 15

## SIDES

### FRESH CUT FRIES 5

### MIXED VEGETABLE RICE 5

### OVEN ROASTED RED BLISS POTATOES 5

### SAUTÉED SPINACH 5

### GRILLED ASPARAGUS 6

### OVEN ROASTED VEGETABLES 7

## DESSERTS

### CRÊPES

#### I LOVE NUTELLA 7

#### VERY BERRYTELLA 9

Mixed berries, nutella.

#### NUTELLA ROYALE 9

Banana, strawberry, nutella.

#### MILO CRÊPE 9

Baked apples, walnuts, nutella.

#### CHOCOLATE HEAVEN 9

Brownies, nutella

### TRIPLE CHOCOLATE MOUSSE 6

### CHOCOLATE MUD CAKE 6

### GREEK STAINED YOGURT 9

Fresh fruits, walnuts, Greek honey.

### WAFFLE 10

Fresh fruits, nutella.

# FREE DELIVERY

TRUASTORIA.COM

MON-FRI  
12:00 - 12:00

SAT-SUN  
4:00 - 12:00

# Tru

ASTORIA

# DELIVERY MENU

WE ACCEPT  
ALL MAJOR  
CREDIT CARDS

35-19 DITMARS  
BLVD, ASTORIA,  
NY 11105

(646) 878-6000

## STARTERS

### SOUP OF THE DAY 5

### SPREADS TRIO 10

Tzatziki, Hummus, Tirokafteri.

### CREAMY SPINACH DIP 10

### GUACAMOLE 11

Crisp corn tortillas.

### SAGANAKI CHEESE 12

### GRILLED HALLOUMI CHEESE 10

### CHICKEN KEBAB 10

Yogurt cucumber sauce.

### MEATBALL 11

Cumin scented tomato sauce.

### TRU STEAK SKEWERS 12

Whisky cream sauce.

### GRILLED SHRIMPS 14

Avocado, roasted beets, Goat cheese.

### CRAB CAKE 12

Roasted peppers, chipotle sauce.

### FRIED CALAMARI 12

Marinara sauce.

### CALAMARI DIABLO 12

Lemon garlic mustard sauce.

### SALMON TARTARE 14

### SHRIMP COCKTAIL 14

### OCTOPUS 17

Grilled mediterranean octopus.

### ZUCCHINI CHIPS 10

Tzatziki sauce, marinara sauce.

### ZUCCHINI CROQUETTES 10

Yogurt cucumber sauce.

### GRILLED VEGETABLE STACK 10

### FALAFEL 10

Chickpea and fava fritters, hummus, tabbouleh.

### RAVIOLI 15

Spinach and cheese Ravioli, basil pesto sauce.

## BURGERS AND SANDWICHES

*Served with hand-cut fries*

### THE HOUSE BURGER 12

Sautéed onions, roasted red peppers, bacon, Swiss cheese, house sauce.

### CLASSIC CHEESEBURGER 10

American cheese.

### GRILLED CHICKEN SANDWICH 10

Fresh mozzarella, baby arugula, roasted red peppers, sun dried tomato mayonnaise.

### STEAK AND CHEESE SANDWICH 12

Skirt steak, sautéed peppers, onions, American cheese.

### CHICKEN, HALLOUMI AND TABBOULEH WRAP 12

Hummus.

## PIZZA

### TRU 15

Mozzarella cheese, bacon, ham, bell peppers, onions, mushrooms.

### MARGHERITA 12

Fresh Mozzarella, fresh basil.

### CLUB PIZZA 14

Grilled Chicken, smoked bacon, bell peppers, Mozzarella cheese.

## SALADS

### GREEK SALAD 10

Stuffed grape leaves, Kalamata olives, Feta cheese, romaine lettuce, cucumbers, red onions, tomatoes, bell peppers.

### CAESAR SALAD 10

Crispy Romaine lettuce tossed with creamy Caesar dressing, shredded Parmesan cheese, seasoned croutons.

### KALE SALAD 11

Kale, Romaine lettuce, dry cranberries, candied walnuts, sliced pears, honey mustard dressing.

### BUTTERNUT SQUASH SALAD 12

Baby Arugula, dried cranberries, walnuts, shaved parmesan, apple cider vinaigrette.

### BABY ARUGULA AND BERRIES 12

Baby arugula, fresh strawberries and blueberries, avocado, candied walnuts, Goat cheese, light raspberry vinaigrette.

### COBB SALAD 14

Chopped Romaine lettuce, tomatoes, hard boiled eggs, avocado, smoked bacon, Feta cheese, grilled chicken.

### GRILLED SKIRT STEAK AND PINEAPPLE SALAD 14

Mesclun greens, avocado, grilled pineapple, Goat cheese, Skirt steak, pineapple vinaigrette.

### SEAFOOD SALAD 18

Tomato, cucumber, roasted red peppers, red beets, grilled Shrimp, Calamari, Octopus, extra virgin olive oil vinaigrette.

### ADD.

CHICKEN 4 / SKIRT STEAK 6

SALMON 6 / SHRIMP 6 / OCTOPUS 8

## BOTTOMLESS BRUNCH WEEKENDS

9AM-4PM  
SATURDAY - SUNDAY  
2 HOURS UNLIMITED  
BRUNCH COCKTAILS \$15