

Mezze - Small Plates For Sharing

Troy Platter \$12.95 Hummus, Tzatziki, Baba Ganoush, Taramosalata, served with pita (2)	Gyro Mezze \$9.95 Slices of Yamas gyro meat served with pita & Tzatziki
Paidakia 3 pcs \$14.95/5 pcs \$19.95 Grilled lamb chops marinated in olive oil, lemon & spices, served over fries or rice pilaf, & tzatziki	Loukaniko \$5.95 Pork sausage infused with orange rind & clove served with Tzatziki

VEGETARIAN MEZZE

Opa! Fries v \$4.95 Fried in olive oil, smothered in Dodoni feta, served with Tzatziki	Hummus v \$5.95 Chickpeas, tahini, olive oil, garlic & lemon juice, served with pita
Dolmas v \$6.95 Handmade rice-filled grape leaves (3), pine nuts, currants, parsley, onions & spices	Baba Ganoush v \$6.95 Roasted eggplant, garlic, tahini, cream & spices served with pita
Falafel v \$7.95 Chickpeas, parsley, garlic & spices fried in olive oil (5), served with Hummus	Tzatziki v \$5.95 Greek yogurt dip, cucumber, garlic, & vinegar served with pita
Zucchini Fritters v \$6.95 Fresh zucchini, feta, herbs & potato fried to perfection (5)	Gigantes v \$2.95 Greek giant lima beans cooked in tomato sauce, served warmed
Cheese & Olive Plate v \$8.95 Dodoni feta, Kefalotyri, served with assorted Greek olives	Veggie Mezze Sampler v \$10.95 Dolmas (2), Zucchini Fritters (3), Falafel (1), Hummus & Tzatziki served with pita

SEAFOOD MEZZE

Octopus \$12.95 Fresh tender bites marinated in our signature herb blend (served cold)	Taramosalata \$5.95 Fish roe spread served with pita
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Welcome, 'Yamas' a word of Greek origin (Γεια μας) means 'to our Health' and is often said like 'Cheers' around dining tables in Greece and around the world. The Vision for Yamas began around a dinner table of friends, drinking good Greek wine and talking about the joy of eating the way we grew up as children in Greece and eat now only in our Greek-American homes. Enjoying a great tasting meal that is cooked with heart healthy olive oil, using naturally grown vegetables and produce, and prepared simply using the healthiest ingredients has been part of Greek culture for thousands of years.

The Mission of Yamas is to bring you a taste of Greek life, and a healthy way of living.

Tony and Kelly Alexis



CAFENEIO

Sweets

Baklava \$5.95 Baked fresh daily	Greek Yogurt \$4.95 Served with honey & walnuts
Galaktoboureko \$4.95 Custard with Phyllo and syrup	Baklava a la mode \$6.95 Baked fresh daily & served with vanilla ice cream
Rice Pudding \$4.95 Homemade topped with cinnamon	Saragli \$5.95 Rolled baklava



Cafe

American Coffee \$2.00	American Coffee (Decaf) \$2.00
Greek Coffee \$2.95	Greek Frappe (Regular) \$2.75
Greek Frappe (Decaf) \$2.75	

Frappes: Blended coffee iced - we can serve it black or with milk, sweet condensed milk, sugar or sugar substitute - just let us know.



Beverages

Fountain Soda (free refills) \$2.25	Canned Soda \$1.50 Coke, Sprite, Diet Coke, Ginger-ale
Honest Tea \$2.75	Bottled Water \$1.25
Orangina (16 oz.) \$3.95	Perrier \$2.75
Iced Tea \$2.25	Vitamin Water \$2.75
Horizon Milk Box \$1.95	HonestKids - Juice Pouch \$1.95

Ask For Our Catering Menu

Call us to cater your next office party or private event. We can provide delicious and healthy food for up to 250 people.

yamasgrill.com



- LUNCH MENU -

Celebrating the Mediterranean Diet
Healthy Food & Drinks – Naturally!

Yamas (Γεια μας)
Greek, 'to our Health,' i.e. 'Cheers'

301.312.8384

ORDER ONLINE

Take-Out | Free Delivery | Catering

yamasgrill.com

Ask us what's cooking today!

DAILY LUNCH & DINNER SPECIALS

Featuring Daily Specials including: Yemista (stuffed Vegetables), Lamb Youvetsi (baked lamb with orzo), Lamb Keftedes, Vegetarian Mousaka, Fresh Fish Dishes, & many more.

4806 Rugby Ave, Bethesda, MD 20814

M-Th: 11am-10pm | F-Sa: 11am-11pm | Su: 12pm-10pm

YAMAS TAVERNA
BEER • WINE • FULL BAR

HOUSE WINE
FULL KILO HALF KILO

Happy Ora
Monday - Friday 4:30-6:30 PM

Burgers

All burgers are fresh-ground and grass fed.
Served with lettuce, tomato, onion & pickle.



Yamas Burger \$9.95
Fresh ground lamb topped with Dodoni feta and Tzatziki

Hamburger \$5.95
Fresh ground beef burger with sun-dried tomato spread

Veggie Burger v \$5.95
Handmade veggie blend topped with Hummus

Extra Burger Toppings - \$.60 each
Feta, American Cheese, Cheddar Cheese, Sautéed Onions, Sautéed Mushrooms

Fries served with burgers only in house

Fresh Salads



Horiatiki - Village Salad
Sm \$7.95 / Lg \$9.95
Campari tomatoes, cucumber, onion, Kalamata olives, pepperoncinis, Dodoni feta, oregano with red wine vinegar & olive oil

Yamas House Salad
Sm \$3.95 / Lg \$6.95
Organic spring mix, romaine, Campari tomatoes, cucumber, purple onion, pepperoncinis, Kalamata olives **(Make it Greek! Add feta \$2)**

Dressing Choices: Yamas House, Balsamic Vinaigrette, Oil & Vinegar

Additional Salad Toppings

Chicken - \$2.95
Pork Souvlaki - \$3.25
Gyro - \$3.95
Falafel - \$2.95
Anchovies - \$2.95
Dolmas - \$3.25

Homemade Soups

Avgolemono \$4.95
Lemony chicken & orzo soup

Soup of the Day \$4.95
Lentil, Vegetable, or Bean

Greek Baked Chicken

Fresh, naturally-fed, Halal, antibiotic-free chicken marinated in lemon, oregano, olive oil & spices



PLATTERS	solo	1 side	2 sides
1/4 White Meat	\$4.95	\$6.95	\$8.95
1/4 Dark Meat	\$4.25	\$6.50	\$8.50
1/2 Chicken	\$7.95	\$9.95	\$13.95
Whole Chicken	\$12.95		

Choose 1 Dipping Sauce
Garlic - Tzatziki - Sun Dried Tomato - Olive Oil & Lemon - Spicy Sauce

Sides



Opa! Fries v \$4.95
Handcut Fries, fried in olive oil, smothered in Dodoni feta

Hand Cut Fries v \$3.95
Fried in olive oil, tossed with salt & oregano

Green Beans v \$3.95
Fresh green beans, tomato & onion

Roasted Potatoes v \$4.95
Greek style potatoes topped with lemon, garlic & oregano

Vegetable of the Day v \$3.95
Fresh roasted veggies of the day

Rice & Orzo Pilaf \$3.95
Blend of steamed Basmati rice & orzo

Gigantes v \$2.95
Greek giant lima beans cooked in tomato sauce, served warmed

Additional Pita Bread \$.75



Lunch Special

Add a healthy side item, soup or side house salad to any lunch item for only \$2.00

Build Your Own – Pitas, Wraps, Rice Bowls & Salad

1 Choose a starter



Yamas Pita
Classic Pita.
Choice of white or wheat pita served with one dairy and choice of three toppings. Regular lettuce, tomato, onion



Burrito Wrap
Warmed tomato & herb wheat tortilla wrap with rice & orzo blend, add filler, one dairy and choice of three toppings. Regular tomato sauce, lettuce, caramelized onion



Rice Bowl
Basmati rice & Orzo blend (sub. roasted veggies add 1.00), meat or veggie filler option, one dairy and choice of two toppings



Salad Bowl
Sprout/romaine mix, choice of filler and one dairy. Regular dried cranberries with three toppings. Served with Yamas house, V&O, or balsamic vinaigrette dressing

2 Choose a filler

Yamas Gyro \$8.95
No pressed meat here! Handmade daily at Yamas. Layers of beef & lamb broiled to perfection, recommended with Tzatziki

Falafel v \$6.95
Chickpeas, parsley, onion, spices fried in olive oil. Recommended with Hummus

Chicken Souvlaki \$6.95
Marinated in oregano, garlic, lemon, olive oil. Recommended with Tzatziki & Dodoni feta

Vegetarian v \$6.95
A vegetarian option of roasted veggies. Recommended with one dairy, sauteed portabella mushrooms and two toppings

Pork Souvlaki \$7.95
Marinated in oregano, garlic, lemon, olive oil. Recommended with Tzatziki & Dodoni feta

Additional Gyro \$3.95
Pork or Dolmas \$3.25
Chicken, Falafel, Veggies, Zucchini Fritters or Anchovies \$2.95

3 Choose 3 toppings (Additional Toppings - \$.60 each)

Deli Toppings v
Sautéed Portabella
Caramelized Onions
Greek Olives
Cucumber
Tomato, sliced
Lettuce, sliced

Purple Onion, sliced
Lima Beans
Baked Veggies,
oven roasted

Salsa
Shepherd Tomato Salad
Pickled Red Cabbage
Hummus
Tomato Sauce
Tahini

Dairy
Tzatziki Yogurt
Feta Cheese
Baba Ganoush - eggplant
Hot Sauce