

Subs & Sandwiches

All accompanied by a choice of Rice Pilaff, Vegetable Bean or Tabbouli garnish salad.

STONE BAKED SUBS Bread Made In House *GF by request
Toppings include House Vinaigrette, shredded lettuce, onions & tomatoes, & dills by request. \$12.95

AAA/AA TENDERLOIN STEAK WITH CHEESE Add pepperoni or peppers \$17.75

ROAST CHICKEN BREAST with mozzarella.

GRILLED CHEESES

THE CAPE SPECIAL *v

Apple, peppers and red onion with mozzarella and cheddar cheeses. \$11.50

THE KNOYDART

Cheddar, mozzarella, black forest ham and crisp bacon. \$11.95

SPECIALTY SANDWICHES

AAA/AA TENDERLOIN GRILLED STEAK PIECES

Topped with mozzarella, fresh tomato, lettuce & mustard mayonnaise \$12.50

BLACK FOREST HAM

Cheddar cheese, lettuce, red onion and a mustard mayonnaise. \$11.50

SUMAC ROASTED CHICKEN BREAST

Spinach, tomato and a garlic pesto sauce. \$11.75

MUFFULETTA

Thinly sliced dry cured salami, pepperoni and prosciutto with cheddar cheese, lettuce, tomato and tzatziki sauce (black olives by request). \$11.95

VEGETABLE MEDLEY *v

Topped with tabbouli and hummus \$11.95

Desserts

BAKLAVA WITH HONEY SYRUP \$6.95

RICOTTA CREAM CHEESECAKE

with fruit topping and fresh whipped cream *GF \$7.95

CHOCOLATE BROWNIE *GF & DF \$4.50

CHOCOLATE MOUSSE with whipped cream *GF \$5.50

CRANBERRY WALNUT BREAD PUDDING with caramel sauce \$5.95

COCONUT CREAM PIE with GF graham wafer crust \$5.95

Beverages

COLD REFRESHERS

Coke, Diet Coke, Sprite, Ginger Ale Can \$1.95 Bottle \$2.89

San Pelligrino ~ Aranciata (orange), Aranciata Rossa (blood orange),

Pompelmo (grapefruit) or Limonata (lemon) Sparkling \$2.99

Milk, Tomato, Apple and Orange Juice Child Size \$2.60 Regular \$3.50

Perrier \$3.50 Lemon Iced Tea \$3.25

HOT BEVERAGES

Our fresh ground coffee is 100% Arabica beans

Illy Espresso \$2.95 Illy Double \$3.95 Illy Americano \$2.95

Illy Cappuccino \$3.95 Illy Latté \$4.50 Mocha \$3.75

Monin Flavor shot, Salted Caramel and Vanilla 95¢

Chai Latte \$4.25 London Fog Latte \$4.25

Pot of Black Tea \$2.95 Earl Grey Tea, Green Tea, Herbal Teas \$2.95

In-house Exclusive or Decaf Coffee \$2.50 Single cup to go \$2.25

Hot Chocolate, Ghirardelli or steamed chocolate milk \$3.75 Cafe Au Lait \$4.50

Craft, draught and alcoholic beverages, see wine, beer and drinks menu.

We serve Our Breakfast Menu Monday to Friday 7 am
and Brunch Saturday and Sunday beginning at 9 am or earlier.
We would like to invite you to follow us on facebook for up to date details
as well as special promotions and events.

A word from Little Christo's

Years ago we adopted the wonderfully healthy Mediterranean diet. We go a step further sourcing the highest quality fresh packed tomatoes, fresh vegetables and herbs and use meats which contain no gluten or by products. Flavor and freshness are the standards we strive for. We serve only certified sustainably-fished wild Atlantic and North Atlantic cod, and haddock and Nova Scotia-caught and processed scallops, and lobster.

Our menu has been designed to make it easy and fun for all, including those challenged with dietary restrictions to eat out or take food home. Gluten free (GF), Dairy free (DF) and Vegetarian (V) meals, appetizers, & desserts are plentiful at Little Christo's.

We support local growers, distillers, brewers, musicians and the arts community. We have a sound system and live music several evenings a month. Check our facebook page for details.

We are a scratch kitchen - we are proud/pleased to create our breads, sauces and almost all of our offerings in house. We use olive oil as a primary ingredient in our breads, sauces and entrées. We do not use trans fats, and many of our offerings are healthier because they are baked in our state of the art stone conveyor oven rather than being deep fried. We now have a new line of nutritious, delicious frozen Carry-out meals for home use from Little Christoson the go.

Our Catering service, Upper Crust Catering, would love to assist you with your next event, at our place or yours. We tailor menus to suit your tastes and requirements. For short notice events including celebrations of life you can call 902 863 4658 any time, including weekends. For quotes email applicable information and your phone # to uppercrustcatering@littlechristos.com.

Our mission is to show you how delicious and healthy Mediterranean food and Pizzas can be. We are very grateful for the Community support we have received and are appreciative of the customers who have helped us earn a Trip Advisor Certificate of Excellence. These positive words from locals and the travelling public mean a great deal to us. Thank You.

Most Sincerely,

Raymond and Michael Hanley & Cheerleaders Joy, Andrew & Kristina

Email: operations@littlechristos.com

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Carry out and Delivery 902 86-PIZZA (902 867 4992)
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Mediterranean
Pizzeria, Eatery
& Catering Company

www.littlechristos.com

www.facebook.com/LittleChristos



Starters

GF bread substitution \$2, Pizza Crust Base for Zaatar \$3

BRUSCHETTA CROSTINIS & KALAMATA OLIVES *V GF bread option available
Toasted bread crostinis with a fresh tomato, onion, basil, parmesan and feta topping served with black kalamata olives. **\$10^{.50}**

FOUR BACON WRAPPED ATLANTIC SCALLOPS *GF DF

Drizzled with a maple balsamic reduction **\$12^{.95}**

FOUR PROSCIUTTO WRAPPED DATES *GF DF

Walnut stuffed, baked and drizzled with Vincotto **\$11^{.95}**

★ STACKED TOMATO CAPRI *GF V

Layers of fresh tomato, fresh Bocconcini mozzarella cheese and basil pesto, arugula and a balsamic maple reduction. Served with zaatar bread **\$12^{.95}**

CORN NACHOS FOR TWO *V GF

Baked with cheeses, peppers, onions and olives, served with sour cream and our homemade salsa. **\$14^{.95}**

FRESH BAKED ZAATAR BREAD

Small **\$4^{.95}** Medium **\$6^{.95}** Add goat cheese & Kalamata olives **\$2^{.99}** Small **\$3^{.99}** Medium

HUMMUS & ZAATAR BREAD APPETIZER PLATTER *V GF bread option available

A delicious chick pea and tahini spread flavoured with garlic, lemon and olive oil served with a Lebanese Zaatar flatbread. **\$12^{.95}**

BABA GANOUSH & ZAATAR BREAD APPETIZER PLATTER *V GF bread option available

A roasted eggplant garlic dip, sprinkled with chopped onions, olive oil and parsley, served with a Lebanese herb flatbread. **\$12^{.95}**

★ ARTICHOKE AND SPINACH BAKED CHEESE DIP *V GF bread option available

Our popular and zesty cheesy baked dip, served with toasted crostinis **\$13^{.50}**

FOUR KAFTA MEATBALLS

Lamb and beef ground with Mediterranean spices, served with 3 sauces, pomegranate yogurt, garlic sauce and tzatziki cucumber sauce **\$13^{.95}**

Salads

FATTOUSH *DF, V, GF by substituting GF base for Zaatar bread or omitting zaatar croutons

A Mediterranean blend of tomatoes, radishes, onions and cucumbers on lettuce seasoned with a herb toasted flat bread and lemon, olive oil and sumac dressing.

\$12^{.95} Side **\$8^{.95}**

TABBOULI *V & GF

Parsley minced with quinoa, fresh tomatoes, onions, cucumbers, mint, lemon, salt and olive oil.

\$12^{.95} Side **\$8^{.95}**

CAESAR *GF croutons by request

Crisp bacon and romaine lettuce, house made garlic croutons, and our traditional Caesar dressing prepared in house. **\$12^{.50}** Side **\$8^{.50}** Add chicken **\$5^{.00}**

SPINACH *GF & V without bacon

Fresh spinach, mushrooms, red onions and tomatoes topped with shredded mozzarella, toasted almonds, dried cranberries and served with a poppy seed dressing.

\$12^{.95} Side **\$8^{.95}** Add chicken **\$5^{.00}**

GREEK SALAD *V & GF

Feta cheese, olives, peppers, cucumber, onions, tomatoes and lettuce with its own Greek dressing.

\$13^{.95} Half **\$9^{.50}**

Chowder and Soup

★ OUR FAMOUS SWEET POTATO VEGETABLE SOUP

*GF V DF without yogurt garnish

A touch of ginger and citrus and a Greek yogurt garnish. Cup **\$5^{.95}** Bowl **\$8^{.50}**

★ SEAFOOD CHOWDER *GF

A delicious creamy blend of scallops, haddock, shrimp and lobster. Cup **\$7^{.95}** Bowl **\$13^{.95}**

Stone Baked Pizzas

ARTISAN PIZZAS

Thin, Traditional or Gluten-Free Crust - Sm. (add \$2.95), Med. (add \$3.95)

Small (Serves 1-2) **\$20^{.95}** Medium (Serves 2-3) **\$28^{.50}** Large (Serves 3-4) **\$35^{.95}**

THE MARGUERITA *V on thin or GF crust

Garlic oil and our fresh pack tomato sauce, with Bocconcini mozzarella cheese, fresh tomato and herb pesto.

★ GREEK SPINACH *V on thin or GF crust

Fresh spinach and mushrooms, red onions, walnuts, feta, red peppers and mozzarella on a garlic oil base.

THE VERONA

Black Forest ham, sweet green peppers, pineapple, prosciutto and mozzarella cheese.

EL PASO TACO

Taco seasoned ground beef, three cheeses, red onion, black olives, red and banana peppers topped with crushed corn chips and drizzled with sour cream. Hot peppers if you like.

MEDITERRANEAN MASTERPIECE

Roast chicken, fresh mushrooms, bruschetta topping, black olives and mozzarella.

★ PEAR AND CARAMELIZED SWEET ONION *V

On a garlic oil base with soft goat cheese, Bocconcini and a touch of fresh mozzarella, garnished with arugula and a maple balsamic drizzle.

SIGNATURE PIZZAS

Thin, Traditional or Gluten-Free Crust - Sm. (add \$2.95), Med. (add \$3.95)

CHRISTO'S COMBO

pepperoni, green peppers and fresh mushrooms

PERSONAL SMALL MEDIUM LARGE
Serves 1-2 Serves 2-3 Serves 3-4

\$11^{.50} **\$15^{.95}** **\$23^{.55}** **\$28^{.95}**

CHRISTO'S MEATLOVERS

pepperoni, salami, bacon, ground beef

\$12^{.50} **\$17^{.95}** **\$25^{.50}** **\$31^{.95}**

CHRISTO'S DELUXE

pepperoni, salami, bacon, ground beef, onions, peppers & mushrooms

\$14^{.50} **\$20^{.50}** **\$28^{.50}** **\$34^{.95}**

FOR THE INSPIRED PIZZA LOVER, BUILD YOUR OWN

Traditional and Thin Crusts *Gluten-Free in Small (add \$2.95) and Medium (add \$3.95)

PREMIUM TOPPINGS: dry cured pepperoni, dry cured genoa salami, fresh ground beef, bacon,

Italian sausage, green peppers, onions, mushrooms, pineapple, black olives, green olives

SPECIALITY TOPPINGS: prosciutto, Black Forest ham, feta, parmesan, red peppers,

hot peppers, spinach, red onion

PERSONAL SMALL MEDIUM LARGE
Serves 1-2 Serves 2-3 Serves 3-4

\$9^{.95} **\$12^{.95}** **\$17^{.50}** **\$21^{.50}**

CHEESE & SAUCE

\$1^{.25} **\$1^{.60}** **\$2^{.25}** **\$3^{.00}**

PREMIUM TOPPING

\$1^{.55} **\$1^{.95}** **\$2^{.60}** **\$3^{.50}**

SPECIALITY TOPPING

\$2^{.50} **\$3^{.50}** **\$3^{.95}** **\$4^{.95}**

EXTRA MOZZARELLA CHEESE

★ OUR AWARD-WINNING CHEESY GARLIC FINGERS

Small **\$12^{.50}**, Medium **\$14^{.95}**, Large **\$18^{.50}**

~ with sweet sauce or bacon or house made salsa S&M **\$1^{.50}** L **\$2^{.50}**

We hope you enjoy your visit, your drinks, and your meal. We look forward to seeing you again soon.

*Vegetarian and Gluten-Free selections indicated by V & GF **Please advise your waiter of dietary restrictions.

Mezze Plates with Zaatar Bread

To make GF substitute GF Zaatar

FALAFEL, TZATZIKI, BABA GANOUSH AND DOLMADES *GF V

Tzatziki, crispy vegetable, chick pea and fava bean patties with a special blend of spices, roasted eggplant purée dip and stuffed grape leaves. **\$14^{.95}**

SPANAKOPITA, DOLMADES, HUMMUS AND TABBOULI *V

Spinach and cheese filled phyllo pastry, rice stuffed grape leaves and a parsley quinoa salad with fresh tomatoes, onions, cucumbers, mint, lemon and olive oil. **\$14^{.95}**

LEBANESE KIBBI, TZATZIKI, DOLMADES AND TABBOULI

Lebanese stuffed meatball, rice stuffed grape leaves and a parsley salad. **\$15^{.50}**

HUMMUS, TABBOULI AND DOLMADES *GF V DF

A Delicious spread of chick peas and tahini, garlic, lemon and olive oil with Parsley salad and a Lebanese herb, sesame seeds and olive oil flatbread, and stuffed grape leaves. GF bread option available **\$13^{.95}**

KAFTA, TABBOULI AND BABA GANOUSH

Spiced ground lamb and beef, Tabbouli salad and Baba Ganoush **\$15^{.95}**

House Specialties

GF bread substitution for garlic bread 1:50, Zaatar bread substitution 2:50

LEBANESE PLATTER FOR TWO *V & GF by omitting Kibbi and adding GF Zaatar bread

Kibbi, falafel, dolmades, hummus, tabbouli, baba ghanoush, rice pilaf and zaatar bread and tzatziki. **\$31^{.95}**

(V) can substitute Spanakopita for Kibbi (GF) can have Kafta instead of Kibbi, Spanakopita can be added to the platter for **\$3^{.95}**

TURKISH BURGER *GF with GF bread

on a homemade bun, spiced beef and lamb with a pomegranate yogurt sauce, red onions and greens **\$14^{.95}** includes tabbouli or chickpea salad garnish.

THAT'S AMORÉ HAND-MADE RAVIOLI

Stuffed with a medley of mushrooms, chicken breast and cambozola cheese in a mushroom port cream sauce. **\$23^{.95}**

ITALIAN MARKET HAND-MADE RAVIOLI *V

A flavourful spinach, herb, mushroom and ricotta stuffed ravioli served with a delicate tomato basil sauce with parmesan. **\$21^{.95}**

LASAGNA BOLOGNESE *GF by request

Pasta layered with our delicious meat sauce, a three-cheese and parsley filling, smothered in mozzarella and baked to perfection. **\$17^{.95}**

CHICKEN CACCIATORE *GF by request

A popular Italian meal, boneless chicken breast pieces simmered in a flavourful white wine and tomato sauce with mushrooms, peppers and onions, served over pasta. **\$17^{.95}**

MEDITERRANEAN OVEN-BAKED SCALLOPS *GF

In a parsley garlic butter and white wine sauce accompanied by rice pilaf and sautéed vegetables. **\$21^{.95}**

TOMATO BASIL PESTO CRUSTED BAKED HADDOCK *GF

served with rice pilaf and sautéed vegetables. **\$19^{.95}**

PORTUGUESE SALT COD FISH CAKES *GF

with green tomato chow and vegetable bean salad **\$14^{.95}**