



Eat Well. Live Well.

[www.AwareHouseChef.com](http://www.AwareHouseChef.com)

#### CONTACT

---

Hellenic Restaurant:  
631 477-0138  
[www.TheHellenic.com](http://www.TheHellenic.com)

## Lemon Garlic Dressing

8 oz. [Organic Greek Olive Oil](#)

½ tsp. [Minced Organic Garlic](#)

¼ tsp. [Organic Mustard](#)

½ Tsp. [Organic Oregano](#)

1/8 tsp. [Organic Fresh Ground Pepper](#)

1 tbsp. [Fine Celtic Sea Salt](#)

For preparation instruction, watch the video on YouTube:

Watch the video on YouTube:

[https://youtu.be/O\\_KtNkfQWoo](https://youtu.be/O_KtNkfQWoo)



# Spanish Sherry Vinaigrette

8 oz. [Organic Greek Olive Oil](#)

3 oz. [Spanish Sherry Vinaigrette](#)

½ tbsp. [Organic Oregano](#)

½ tbsp. [Organic Fresh Ground Pepper](#)

1 tbsp. [Fine Celtic Sea Salt](#)

For preparation instruction, watch the video on YouTube:

Watch the video on YouTube:

[https://youtu.be/O\\_KtNkfQWoo](https://youtu.be/O_KtNkfQWoo)



Eat Well. Live Well.

[www.AwareHouseChef.com](http://www.AwareHouseChef.com)

## CONTACT

Hellenic Restaurant:

631 477-0138

[www.TheHellenic.com](http://www.TheHellenic.com)



Eat Well. Live Well.

[www.AwareHouseChef.com](http://www.AwareHouseChef.com)

## CONTACT

---

Hellenic Restaurant:  
631 477-0138  
[www.TheHellenic.com](http://www.TheHellenic.com)

# Orange Ginger Lime Dressing

2 oz. Organic Lime Juice

4 oz. Organic Orange Juice

6 oz. [Avocado Oil](#)

2 tbsp. [Minced Pickled Ginger](#)

¼ tsp. Dry Mustard

1 tbsp. [Fine Celtic Sea Salt](#)

For preparation instruction, watch the video on YouTube:

Watch the video on YouTube:

[https://youtu.be/O\\_KtNkfQWoo](https://youtu.be/O_KtNkfQWoo)