



x Chef Panos Antonakas
&
his team

The elegant taste of the sea..

Simplicity is perfection

Three of the most luxurious catamarans sailing in the Greek seas provide the perfect holiday. Luxury combined with the simplicity of Greek gastronomy could not be missing from this trip. The Greek diet is based on the simplicity and nutritionality of its products. Refined raw material selections and elegant presentations contribute to the ultimate experience.

Description

Each catamaran has an experienced chef to meet your culinary requirements according to your nutritional requirements. Menu based on Greek gastronomy and Mediterranean influences will take your experience to another level. The menus are curated by Executive Chef Antonakas Panos.

The Chef

Chef Antonakas is a graduate of the Le Monde, Athens Greece, and George Brown College, Toronto Canada. During his studies at George Brown college he had the chance to study under Michelin star Chefs. Throughout his career he has acted as Executive Chef and Consultant in various restaurants and resorts. For the past 3 years he has been working as Executive Chef in the Nikki Beach Hotel & Spa ***** in Porto Heli and Santorini.



Panos Antonakas
Executive Chef

The Team



Themis Tzounakos
NH3 Chef



Miltos Koskinakis
NH2 Chef



Lazaros Samouridis
NH Chef



The Menu

Breakfast on Deck



Breakfast Corner & Greek Pies



Bread: Country bread, toasted bread (white or black), carob rusk, barley rusk, bread stick, brioche, gluten free bread.

Butter croissant , chocolate croissant, gluten free croissant.

Cakes
Greek Donuts
cookies

Greek Pies: Feta cheese pie, Spinach pie, leek pie...

Drinks & Cordial

Fresh Juices (orange, apple, pineapple, mix...)

Energy drinks (Melon spirulina, Orange sea buckthorn, avocado honey...)

Smoothies (banana cocoa, strawberry honey, avocado almonde aloe...)

Almond milk, chocolate almond milk, soy milk...

Detox water (Cucumber mint, strawberry peach, rosemary aloe...)

Champagne , Prosecco ...

Mineral water, Soda water...



Condiments

The background of the image shows two glass jars filled with yogurt, topped with granola, blueberries, and sliced strawberries. They are placed on a rustic wooden cutting board against a dark, textured wooden background.

Thyme Honey, homemade marmalades, tahini,
praline, peanut butter, butter, margarine

Greek cheeses (feta, anthotiro, Graviera...)

Cheeses (Rockford, cream cheese, cottage, brie...),

Cold Cuts (smoked salmon, turkey, bacon, smoked
eel...)

Cereals (oats, muesli, corn flakes, granola...),

Sun dry fruits (figs, raisins, plums, berries...)

Nuts (almond, walnuts, hazelnuts...)

Super food & seeds (pine, chia, linseed, sea buck
thorn, goji berry, sun seed...)

Vegetables (tomato, cucumber, peppers,
cauliflower, baby gem, broccoli ...)

Fruits (watermelon, melon, orange, apple, banana,
peach...)

Syrups (maple. Chocolate, cherry...), olives, extra
virgin olive oil

Hot Plates

Pancakes

Crepes

Sunny side eggs

Boiled eggs

Omelet

Frittata

Poached egg

French toast

Benedict



A photograph of a restaurant table setting. The table is covered with a light-colored, textured linen. In the foreground, a white napkin is folded into a triangular shape. To its right, there are two tall, clear glass goblets. Further back, a small potted succulent sits next to a glass jar containing a white napkin. The background shows more of the table and chairs, with warm, soft lighting creating a cozy atmosphere. The text "Lunch & Dinner" is overlaid in a white, cursive font in the center of the image.

Lunch & Dinner

Salads



Famous Greek Salad

Greek Dacos

Healthy & Wealthy Salad

Super food Salad

Figs & Mastelo Salad

Quinoa salad

Shrimp Salad

Greek Poke bowl

Crab Salad

Green salad

Fresh Local greens

Greek sashimi salad

Snacks

Black Angus Burger

Beef sliders

Greek salad burrito

Crab salad sandwich

Avocado & Shrimps burrito

Greek Mezze with pita bread

Greek cheese platter

Greek cold cut platter

Healthy Sandwich with tahini & Chicken

Canapés



Greek Famous Dishes

Beef filet Greek Moussaka

Greek Kakavia

Octopus with fava cream and greens

Stuffed calamari with anthotiro cheese and herbs

Deconstructed Gemista (Vegetarian)

Forest Mushroom fricassee with almond bechamel (Vegan)

King Shrimp Saganaki with gorgonzola



Pasta & Risotto

Cuttlefish Orzo with ink & Spinach

Pastitsio tagliatelle with bechamel cream

Lobster Linguini

Mushroom risotto with truffle

Greek mussel risotto

Crayfish lemon orzo with caviar

Roasted tomato spaghetti

King prawn's orzo with sundry tomato, prosciutto & bric



Fish & Seafood Plates

Roasted seabass with parsnip puree

Tuna steak with almond pure & vinsanto wine sauce

Butter lemon grilled Lobster with sweet potatoes

Stuffed seabream with greens and Champagne sauce

Roasted Black Cod With garlic cream & lemon sauce

Poached mussels with ginger, garlic & Assyrtiko wine

Crayfish with celery root pure & Metaxas sauce

Oysters on ice

King Crabs with corn puree & tomato confit



BBQ

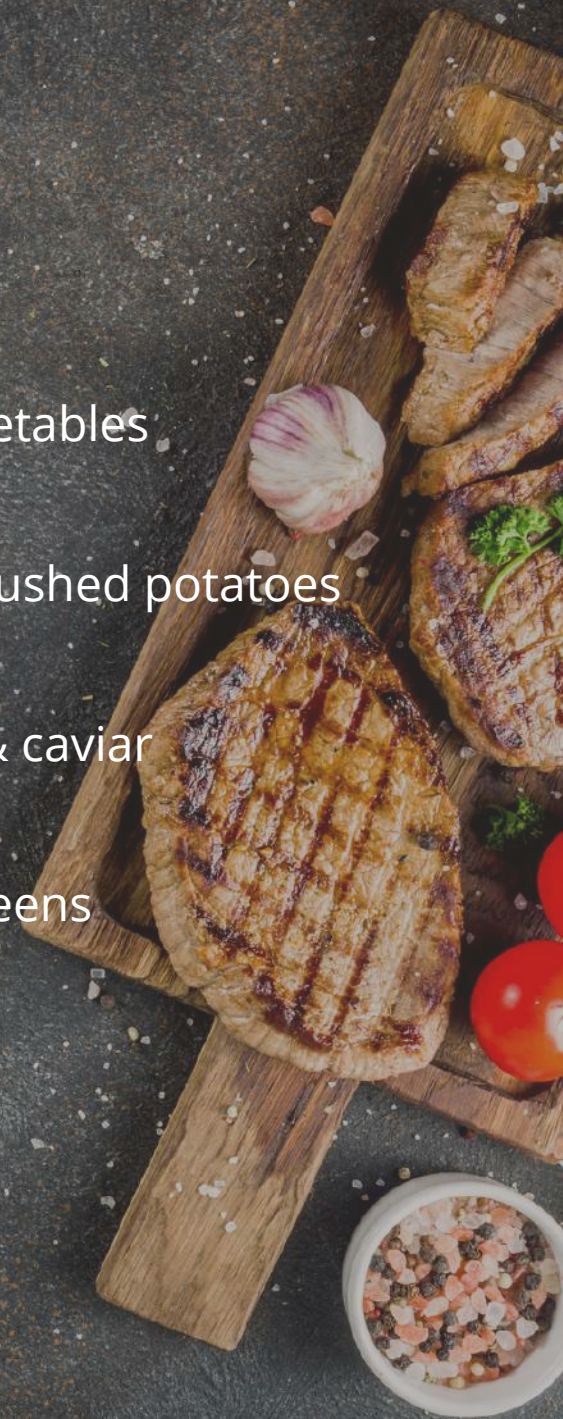
Catch of the day with steamed vegetables

Beef Prime cuts with grilled vegetables & mashed potatoes

Grilled lobster with roasted corns & caviar

Surf & Turf with vegetables & greens

King prawn's souvlaki





Desserts

Baklava

Greek galaktobourekos rolls

Dakos cheesecake with tomato marmalade

Yogurt mousse with grape sauce

Chocolate mousse with berries

Extras

Maki roll

Inside out roll

Sashimi

Nigiri



Comments

The menu is basic and will always be adapted according to the customer's preferences. It is based on Greek gastronomy with Mediterranean influences. The techniques are adapted to the kitchen area of the yachts. Any diet can be adapted to customers' requirements. Special attention will be paid to customers with allergies and health problems. There will be a special menu for children under the age of fourteen if requested. staff are required to follow all hygiene rules on the basis of health regulations as well as those relating to covid-19.