



Sample Menu
High Five



BREAKFAST

Salty pancake with mushrooms and heavy cream

Spinach muffins with feta and dill

Hash browns with apaki and melted graviera

Greek eggs Florentine with feta sauce

Croque madame with "sigklino" cold cut

Avocado toast with halloumi

APPETIZERS

Sea bass ceviche with chili kiwi snow

Greek tomato fritters with spearmint

Stir-fried Squid "spaghetti" with basil pesto and ouzo

Goat with green peas and herby yogurt crust in the oven

Smoked mussels with pineapple salad

Eggplant rolls with meatballs in tomato sauce





SALADS

Greek salad, cherry tomato variety, cucumber, peppers, olives, and feta

Traditional potato salad with fried capers and smoked eel

Shrimp and mango green salad with Parmesan

Quinoa spicy salad with pineapple, cucumber, and peppers

Purslane salad with watermelon, feta, and roasted sunflower seeds

Mixed greens with caramelized manouri cheese and apple

VEGGIE OPTIONS

Lasagna with summer vegetables, thyme, and white cheese bechamel

Lentils with ginger and lime

“Trachana” with mushrooms and thyme

"Gemista" stuffed veggies with rice and local herbs





FROM THE LAND

Moussaka with minced lamb

Lamb leg stuffed with cheese wrapped in vine leaves

Stir-fried chicken fillet in spicy apricot sauce with peppers
and onions

Slow-cooked beef cheeks in tomato and Syrah wine served
with eggplant cream

Crispy Pork belly in the oven, marinated in black garlic

Rooster cooked in Assyrtiko wine and grapes

FROM THE SEA

Sea bream with boiled seaweed and fish gravy sauce

Fried red mullets with "skordalia" garlic potato puree and white asparagus

Red grouper poached in aromatic mussels' broth served with green beans and pickled carrots

Sauteed amberjack with bearnaise sauce and celery root puree

Cuttlefish stew with black ink risotto

Octopus in red wine and Mediterranean spices served with fava beans





DESSERTS

Millefeuille with caramelized “fyllo” pastry and cream fresh

Chocolate soufflé with pistachio ice cream

Traditional walnut pie with vanilla ice cream

Panacota with passion fruit jam

Apple crumble with sweet yogurt mousse

Brownies with white chocolate cream and caramelized hazelnuts