



SAMPLE MENU

Breakfast

Tea, infusions, all types of coffee, fresh juices, smoothies, milk (different types), bread & toasts, croquet madame, Greek yogurt, cereals, fresh fruits, honey, local jams, tahini and other spreads, cheese and cold cuts, eggs all types, avocados, pancakes, crepes, croissant, pancakes, porridge, cakes.

Day 1

LUNCH

- Shrimps ceviche flavored with fresh mango
- Nicoise salad with the famous tuna from Alonissos island
- Whole Grouper baked in sea salt crust.

DINNER

- Grilled talagani cheese with homemade tomato chutney
- Rocket salad with cherry tomatoes, parmesan flakes & thyme honey vinaigrette sauce
- Goat mastelo from Sifnos island with potato puree.

Day 2

LUNCH

- Bugiourdi (Grilled feta cheese with spices & tomato)
- Green salad with gorgonzola, fruits, walnuts
- Kleftiko (Lamb with vegetables en papillote).

DINNER

- Athenian salad with grouper
- Steamed mussels with ouzo & Greek herbs
- Salmon sauté with spinach and cherry tomatoes.

Day 3

LUNCH

- Cucumber soup
- Yoghurt mint sauce with pitas
- Greek salad with fresh oregano & caper leaves
- Moussaka the traditional way.

DINNER

- Feta cheese wrapped in filo with thyme honey & sesame
- Row beetroot salad from Pontos
- Seabass with vegetables and herbs en papillote.

Day 4

LUNCH

- Mykonian mostra (rusk with kopanisti cheese, tomato & caper)
- Octopus braise in cabernet sauvignon with fava from Santorini on the side
- Flambé shrimps saganaki with ouzo and feta
- Fried red mullets
- Grilled Squid
- Almyra boiled greens.

DINNER

- Orange fennel salad
- Beef carpaccio with rocket & cherry tomatoes
- Rib eye steak with darphin potatoes and béarnaise sauce.



SAMPLE MENU

Day 5

LUNCH

• Tabbouleh salad with quinoa • Fried joulienne zucchini with tzatziki • "Gemista" stuffed tomatoes & peppers.

DINNER

• Spinach rocket salad with dried fruits
• Grilled peppers • Haloumi cheese marinated with mango, spring onion & mint • Chicken fillet with rosemary and lemon, served with baby potatoes.

Day 6

LUNCH

• Grilled vegetables with basil pesto • Cod doughnut with beetroot tartar & aioli sauce.

DINNER

• Smoked eggplant salad with crispy Arabic pies • Rocket salad with baby spinach, sundried tomatoes, sweet balsamic dressing & graviera flakes • Rooster pastitsada with traditional Greek pasta.

Day 7

LUNCH

• Prosciutto melon salad • Gaspacho soup • Tuna tagliata with sauce vierge • Gremolata couscous.

DINNER

• Mesclun salad with red grapefruit fillets, avocado & goat cheese • Shrimps sauté flavored with mastic from Hios island, served with asparagus & peas • Lobster linguini with fresh tomato sauce.

Desserts

- Blueberry panacotta
- Tiramisu
- Orange pie with mastic icecream
- Mousse lemon, chocolate
- Baklava
- Traditional sweet with milk & filo
- Chocolate pie
- Halvas (Semolina with Korinthous raisins & cinnamon)
- Cheese cake
- Lime tart with meringue
- Cretan traditional kaltsounia