

MIXED PROTEIN BRUNCH / SNACK / DINNER

SAMPLE MENU

A MESSAGE FROM THE HOUSE:

Our chefs are fantastic and aim to please, however please keep in mind that we are not a health and wellness farm. Our aim is to offer you the culinary experience of true Greek cuisine the country is so famous for. Our chefs showcase the very best of Greek and Mediterranean homestyle cooking by using local and organic produce wherever possible and the abundant choice of vegetables locally grown on the island and its surrounds.

This menu does include things like wheat and dairy and in the traditional Greek desserts, sugar. Being a small Greek island it is not always possible to find alternative ingredients. You will however be fed with love and be well nourished in true Greek style!

For those with allergies and intolerances we do not prepare individual dishes, but we do aim to have at least two dishes at a meal sitting that you can enjoy.

All meals are served buffet style for guests to help themselves. There is a drinks station which has infused water, regular water, tea and milks available throughout the day. Filter coffee and a freshly squeezed juice or smoothie is served at the brunch buffet only. Catering is charged per head / per day with a minimum of 10 guests and does not include alcohol or soft drinks.



DAY 1

BRUNCH

6' Boiled Eggs

Oats porridge with apples and cinnamon

Chocolate chip and banana muffins

Spinach pie

Tomato and cucumber platter

Greek cheese selection with Lefkados salami

Local olives

Greek yoghurt

Fresh fruit platter

Chef's granola and muesli

Toasting bread with homemade organic jams

Freshly squeezed orange juice

SNACK

Marinated sardines with pita

Greek Halva with pistachio nuts

DINNER

"Mpekri meze" - spicy pork bites in wine sauce

Beef patties baked in the oven, with dips

Crispy potatoes in the oven

Iceberg lettuce and carrot salad with mustard vinaigrette

Rocket and parmesan salad

Baked red peppers stuffed with feta cheese

Dessert: Baklava



DAY 2

BRUNCH

“Kagianas” - Greek recipe with eggs, tomato and feta cheese

Chocolate chia pudding

Puff pastry rolls with apple and nuts

“Galatopita” - milk pie

Tomato and cucumber platter

Greek cheese selection

Local olives

Greek yoghurt

Fresh fruit platter

Chef’s granola and muesli

Toasting bread with homemade organic jams

“Berry Good” berry smoothie with dates

SNACK

“Dolmadakia” – stuffed vine leaves and tzatziki

Melon platter

Homemade lemonade

DINNER

Shrimp saganaki baked with tomato, feta and fresh herbs

Chickpea and lemon stew

Thai style fish soup

Beetroot and potato salad

Rocket, spinach and red cabbage salad with goats’ cheese

Taramosalata

Dessert: Dark chocolate bites with dried fruit and nuts



DAY 3

BRUNCH

Greek style French toast

“Rizogalo” - chilled Greek rice pudding

Lemon drizzle cake

Zucchini Pie

Tomato and cucumber platter

Greek cheese selection

Local olives

Fresh fruit platter

Greek yoghurt

Chef’s granola and muesli

Toasting bread with homemade organic jams

Seasonal mixed fruit juice

SNACK

Tortilla wraps with tuna and egg

Lefkadan olive oil cake

DINNER

Moussaka

Lemony pea stew

Baked Cauliflower with tahini sauce

“Kolokithokeftedes” - Zucchini fritters with yoghurt dip

“Tabouleh” - bulgur salad

Crunchy Asian cabbage salad

Dessert: Jelly pots with fresh fruit



DAY 4

BRUNCH

Fried eggs with bacon

Overnight matcha oats pots

Pancakes served with banana and carob syrup

Cretan wild greens pie

Tomato and cucumber platter

Greek cheese selection

Local olives

Fresh fruit platter

Greek yoghurt

Chef's muesli and granola

Toasting bread with homemade organic jams

"Bundle of Energy" chocolate and hazelnut butter smoothie

SNACK

Hummus and stick vegetables served with Cretan rusks

Greek "pasteli" – sesame and honey bars

Chilled Greek mountain tea

DINNER

Sea bass fillet baked in the oven

Artichokes "a la polita"

Celeriac puree

Potato fritters with dips

Beetroot-yoghurt salad

Black-Eyed pea salad

Dessert: Greek lemon yoghurt mousse



DAY 5

BRUNCH

Scrambled eggs with spinach
Chia pudding with berry coulis
Sweet potato brownie
Mushroom Pie
Tomato and cucumber platter
Greek cheese variety
Local olives
Greek yoghurt
Fresh fruit platter
Chef's granola and muesli
Toasting bread with homemade organic jams
Seasonal mixed fruit juice

SNACK

Cabbage and shrimp salad
"Loukoumia" – Greek version of Turkish delight

DINNER

"Sutzukakia"- meatballs in red sauce
Butter rice with raisins and pine nuts
"Mutabal" - Middle Eastern smoky eggplant dip
Feta cheese folded in phyllo pastry with honey and sesame
"Politiki" salad - cabbage and carrot with a tangy dressing
Boiled fresh green beans with chef's vinaigrette

Dessert: Portokalopita"- orange pie



DAY 6

BRUNCH

“Strapatsada” – Greek style scrambled eggs with tomato and pepper

Oats porridge with pear, raisins and nuts

Peanut butter muffins

Cheese pie

Tomato and cucumber platter

Greek cheese variety with Lefkadan salami

Local olives

Greek yoghurt

Fresh fruit platter

Chef’s muesli and granola

Toasting bread with homemade organic jams

“Heart Chakra Health” spirulina and banana smoothie

SNACK

Greek style gazpacho with grissini sticks

Fruit salad

Cold hibiscus tea

DINNER

Chicken orzo baked in a tomato sauce

Potato puree

Stuffed mushroom with kefalotiri cheese and spinach

“Tirokafteri” - Spicy cheese and pepper dip

Mixed green salad with apples, walnuts and honey-mustard dressing

Orange- Finocchio salad

Dessert: Greek style cheesecake



DAY 7

BRUNCH

Baked omelette with zucchini, spring onion and herbs

Semolina porridge with vanilla cardamom and lemon zest

Banana bread with walnuts and cinnamon

Olive pie

Tomato and cucumber platter

Greek cheese variety

Local olives

Greek yoghurt

Fresh fruit platter

Chef's muesli and granola

Toasting bread with homemade organic jams

"Golden-Glow" turmeric and cardamom

SNACK

Manouri cheese, tomato, Lefkas salami skewers

Energy balls

DINNER

Cretan braised lamb shanks, slow cooked in white wine

Lemon and rosemary baked potatoes

"Agioritiki" - eggplant salad

Tzatziki

Greek salad with carob rusks

Rocket and spinach salad with goats' cheese

Dessert: Chocolate mosaic log with cranberries and hazelnuts