



PESCETARIAN 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

Raw chocolate chip banana muffins

Spinach 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

Freshly squeezed orange juice

SNACK

Marinated sardines with pita

Greek Halva with pistachio nuts

DINNER

Red snapper fillets stew in spicy red sauce

Lemony chickpea stew

Grilled haloumi cheese with pesto

"Agioritiki" eggplant salad

Beetroot salad with garlic and walnuts in balsamic sauce

Iceberg-carrot salad with mustard vinaigrette

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

“Bianco” white perch fillet with lemon and garlic sauce

Lemon and rosemary baked potatoes

Zucchini fritters with dip

Boiled green beans with balsamic sauce

Greek salad with carob rusks

Rocket and spinach salad with goats’ cheese

Dessert: Chocolate mosaic log with cranberries and hazelnuts



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 egg or tuna
Lefkadan olive oil cake

DINNER

Crispy fried cod in batter
Stuffed zucchini with rice and egg lemon cream
Crispy baked potatoes
“Skordalia” - garlic dip
Rocket and parmesan salad
Crunchy Asian cabbage salad
Dessert: Jelly pots with fresh fruit



DAY 4

BRUNCH

Fried eggs

Overnight matcha oats

Pancakes served with banana and carob syrup

Yoghurt pie with an orange flavour

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

Grilled sardines

Baked giant beans with vegetables

Grilled celeriac steaks

Shrimp salad with greens and chef's vinaigrette

Beetroot and yoghurt salad

Boiled wild greens with olive oil, lemon and garlic

Dessert: Greek lemon yoghurt mousse



DAY 5

BRUNCH

Scrambled eggs with spinach
Chia pudding with fruit 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

Seafood orzo with fennel, cherry tomato and ouzo
Lentil soup
Fava spread with capers
Feta cheese folded into phyllo pastry with honey and sesame
Cabbage, carrot and cranberry salad
Tomato fritters with dip

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

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

Shrimp saganaki baked with tomato, feta

Sweet potato and pumpkin puree

Trahana and cheese fritters

Taramosalata

Blackeye pea salad

Raw zucchini salad with almonds

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 smoothie

SNACK

Manouri cheese, tomato, Lefkas salami skewers
Energy balls

DINNER

Sea bream baked with tomato onions and herbs
Greek style oven potatoes
Classic Greek salad
Tzatziki
Green salad with pear, blue cheese and chef's vinaigrette
"Politiki" salad - cabbage and carrot with a tangy dressing
Dessert: Dark chocolate bites with dried fruit and nuts