



VEGAN 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 fresh 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

Chickpea, onion, mushroom and pepper omelette

Oats porridge with apple and cinnamon

Foraged wild greens pie

Raw chocolate chip and banana muffins

Tomato and cucumber platter

Vegan cheese

Local olives

Vegan yoghurt

Fresh fruit platter

Chef's muesli and granola

Toasting bread with homemade organic jams

Freshly squeezed orange juice

SNACK

Chilled avocado soup with toasted pita slices

Greek Halva with pistachio nuts

DINNER

Mushroom "stifado" slow cooked with onions and spices

Crispy potatoes in the oven

Iceberg lettuce and carrot salad with mustard vinaigrette

Rocket and tomato salad

Baked red peppers with balsamic sauce

Fava spread with caramelized onions

Dessert: Baklava



DAY 2

BRUNCH

“Kagianas” - Greek recipe for eggs but using with tofu and tomato

Chocolate chia pudding

Puff pastry rolls with apple and nuts

“Galatopita” - Milk pie using plant milk

Tomato and cucumber platter

Vegan cheese and local olives

Vegan yoghurt

Fresh fruit platter

Chef’s muesli and granola

Toasting bread with homemade organic jams

“Berry Good” berry smoothie with dates and kefir

SNACK

“Dolmadakia” – stuffed vine leaves and tzatziki

Melon platter

Homemade lemonade

DINNER

“Gemista” - stuffed tomatoes and peppers with rice

Baked giant beans in tomato sauce

Lemon and rosemary baked potatoes

Vegan tzatziki

Greek salad with carob rusks

Rocket and spinach salad with cranberries

Dessert: Chocolate mosaic log with cranberries and hazelnuts



DAY 3

BRUNCH

Greek style French toast with banana

"Rizogalo" - Greek chilled rice pudding with plant-based milk

Lemon drizzle cake

Eggplant pie

Tomato and cucumber platter

Vegan cheese and local olives

Fresh fruit platter

Vegan yoghurt

Chef's muesli and granola

Toasting bread with homemade organic jams

Seasonal mixed fruit juice

SNACK

Tortilla wraps with fried tofu and veggies

Lefkadan olive oil cake

DINNER

Moussaka

Lemony pea stew

Baked cauliflower with tahini sauce

Baked pumpkin with walnuts and pomegranate molasses

Tabouleh (bulgur salad)

Red cabbage salad with carrots and raisins

Dessert: Greek lemon yoghurt mousse



DAY 4

BRUNCH

Chickpea flour omelette muffins

Overnight matcha oats pots

Pancakes served with banana and carob syrup

Tahini pie

Tomato and cucumber platter

Vegan cheese and local olives

Fresh fruit platter

Vegan 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 Cretan rusks

Greek "pasteli" – sesame and honey bars

Chilled Greek mountain tea

DINNER

Mushroom "giouvetsi" orzo cooked in rich tomato sauce

Lentil meatballs with dips

Mixed Green Salad with chef's vinaigrette

Green fava bean spread

Beetroot- cherry tomato salad

Black-Eyed pea salad with sweet potato

Dessert: Semolina halva with cinnamon and dry nuts



DAY 5

BRUNCH

Tofu or tempeh scramble with spinach
Chia pudding with berry coulis
Sweet potato brownies
Sweet pumpkin pie
Tomato and cucumber platter
Vegan cheese and local olives
Vegan yoghurt
Fresh fruit platter
Chef's muesli and granola
Toasting bread with homemade organic jams
Seasonal mixed fruit juice

SNACK

Baby tomato and olive salad
"Loukoumia" – Greek version of Turkish delight

DINNER

"Sutzukakia" - lentil meatballs in red sauce
Chickpea stew with lemon flavour and herbs
Rice with raisins and pine nuts
Spicy vegan yoghurt dip
"Politiki" – salad with cabbage and carrot in a tangy dressing
Stir fried green beans with garlic

Dessert: "Portokalopita" - orange pie



DAY 6

BRUNCH

“Strapatsada” - Greek scrambled egg, using tofu with tomato and pepper

Oats porridge with pear, raisins and nuts

Peanut butter muffins

Vegan “bougatsa” - phyllo pastry with custard cream

Tomato and cucumber platter

Vegan cheese and local olives

Vegan 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

“Pastitsio” traditional baked pasta casserole with lentils

Black-eyed peas cooked with spinach and tomato

Green bean stew with potatoes fennel and mint

Beetroot spread

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

Orange-finocchio salad

Dessert: Greek style vegan cheesecake



DAY 7

BRUNCH

Baked chickpea omelette with zucchini, spring onion and fresh herbs

Semolina porridge with vanilla cardamom and lemon zest

Banana bread with walnuts and cinnamon

Onion Pie

Tomato and cucumber platter

Vegan cheese and local olives

Vegan yoghurt

Fresh fruit platter

Chef's muesli and granola

Toasting bread with homemade organic jams

"Golden-Glow" turmeric and cardamom smoothie

SNACK

Grilled tofu sticks with mushrooms, peppers and sweet-sour sauce

Energy balls

DINNER

Make your own falafel night

Tomato, cucumber and halva dressing

"Muhammara" - spicy red pepper dip

"Imam baidi" - baked eggplants

Traditional lefkadan lentil soup

Rocket, spinach and red cabbage salad

Dessert: Walnut pie