

VEGAN SALADS & APETISERS

Red = gluten free

Fava	6.00
Famous Greek bean dip with carrot, onion & extra virgin olive oil	
Dakos	6.00
Cretan rusks, with olive oil, freshly chopped tomatoes, vegan cheese & olives	
Bruschetta	6.00
Toasted bread with freshly chopped tomato, vegan cheese & fresh pesto	
Dolmadakia	8.00
Rice, wrapped in vine leaves with herbs, cooked in the casserole	
Tomato soup	8.00
With croutons and vegan cream	
Tiganita	8.50
Sliced zucchini & mushrooms dipped in flour and pan-fried	
Grilled mushrooms	8.50
Pleurotus mushrooms, with extra virgin olive oil and balsamic vinegar cream	
Greek salad	9.50
Tomatoes, cucumbers, green peppers, onions, "selino" olives, vegan cheese & oregano	
Feta Saganaki	9.50
Vegan cheese wrapped in filo pastry, pan-fried and topped with honey & sesame seeds	
Cretan salad	10.50
Greek salad with traditional Cretan rusks, boiled potatoes & capers	
Homemade falafel	10.50
With chickpeas, garlic, onion, tahini, cumin, and coriander, with tahini & yoghurt sauce	
Exotic salad	12.00
With cherry tomatoes, corn, avocado, mango, peppers, almonds, mango & lime dressing	

VEGAN SIDE DISHES

Chips	5.00
Homemade	
Rice	5.00
Wild and organic	
Taboule	5.00
Groats with parsley, fresh tomato, cucumber, lemon juice and herbs	
Couscous	5.00
With various seasonal vegetables, butter and herbs	
Mashed potatoes	5.00
Homemade	

VEGAN SNACKS (from 13:00 till 18:00)

Red = gluten-free

Vegan tortilla	12.00
With vegan ham and cheese, tomato, cucumber, seasonal salad, mayonnaise & chips	
Vegan Cheeseburger	12.00
With vegan cheese, lettuce, tomato, green pepper, mustard, mayo & chips	

VEGAN MAINS

Where you see #, you can choose a **SIDE DISH** with no extra charge

Spaghetti Napoletani	9.50
Fresh tomato sauce with celery, carrot, onion, basil and red wine	
Briam	10.00
Aubergine, zucchini, leek, mushrooms & potato casserole with tomato sauce	
Gemista	10.00
Tomato & green pepper, stuffed with rice in tomato sauce, with potatoes & zucchini	
Gigades	10.00
Butter beans in tomato sauce with carrots, celery, parsley and dill	
Vegan Pizza	12.00
With vegan cheese, tomatoes, onion, green pepper, mushrooms and corn	
Spaghetti Bolognese	12.50
Fresh tomato sauce with celery, carrot, onion, basil and red wine with minced soya	
# Vegan stifado	14.50
Pleurotus mushrooms in tomato sauce with chestnuts and whole onions	
Mushroom risotto	14.50
With porcini, shimeji, champignon and truffle oil	

VEGAN DESSERTS (homemade)

20% discount if taken after lunch or dinner

Ice-cream (2 scoops)	9.00
Please ask what flavors are available	
Kantaifi	7.50
With pistachios and syrup served with vegan ice-cream	
Hot, chocolate lava souffle	7.50
With vegan ice-cream	
Fruit salad	7.50
Seasonal and cut on the spot	
Our famous banana-split	7.50
With vegan ice-cream, vegan whipped cream, almonds and vegan chocolate syrup	

APPETISERS

Vegetarian, fish or seafood, gluten-free

Tzatziki	5.00
Greek yoghurt dip, with garlic, cucumber, & olive oil	
Fava	6.00
Famous Greek bean dip with carrot, onion & extra virgin olive oil	
Tirokafteri	6.00
Cheese dip with yoghurt, hot chili peppers, tomato & olive oil	
Dakos	6.00
Cretan rusks, with olive oil, freshly chopped tomatoes, "mizithra" cheese & olives	
Bruschetta	6.00
Toasted bread with freshly chopped tomato, mizithra cheese & fresh pesto	
Kaltsounakia	6.00
Traditional, filo pastry pies, filled with cheese & greens or just with cheese	
Cheese Saganaki	7.00
Cheese dipped in flour & sunflower seeds and pan-fried	
Feta Psiti	7.00
Grilled feta cheese with tomatoes, peppers & oregano	
Dolmadakia	8.00
Rice, wrapped in vine leaves with herbs, cooked in the casserole & served with yoghurt	
Farm sausages	8.00
Local farm sausages, grilled and served with mustard	
Keftedakia	8.00
Beef meatballs with onion, spearmint, garlic, cumin and mustard served with lemon	
Tomato Soup	8.00
Served with Cretan croutons & fresh cream	
Zucchini flowers	8.00
Filled with cheeses & spare mint, dipped in flour, egg & breadcrumbs and pan fried	
Tiganita	9.00
Sliced zucchini & mushrooms dipped in flour, pan-fried and served with tzatziki	

APPETISERS

Vegetarian, fish or seafood, gluten-free

Grilled mushrooms	8.50
Pleurotus mushrooms, with extra virgin olive oil and balsamic vinegar cream	
Kolokithokeftedes	8.50
Zucchini balls with feta, greens & fresh onion, dipped in egg & breadcrumbs & pan fried	
Feta Saganaki	8.50
Feta cheese wrapped in filo pastry, pan-fried and topped with honey & sesame seeds	
Halloumi Saganaki	8.50
Grilled and drizzled with balsamic fig vinegar cream	
Apaki	8.50
Smoked pork, fried in olive oil with fresh orange juice & honey	
Homemade falafel	10.50
With chickpeas, garlic, onion, tahini, cumin, and coriander, with tahini & yoghurt sauce	
Grilled sardines	11.50
Served with seasonal salad and drizzled with olive oil, lemon, onion and parsley	
TALOS mussels	11.50
In the frying pan with tomato sauce, cream, celery, onion, garlic and ouzo	
Steamed mussels	11.50
With butter, garlic, parsley and white wine	
Cod croquettes	12.50
With ginger, anise, & beer, dipped in oats, pan-fried, served with a special spicy sauce	
Prawn saganaki	12.50
Prawns in tomato sauce with peppers, garlic, onion, parsley, & feta cheese	
Calamari	12.50
Dipped in flour, deep fried and served with lemon	
Fish Soup (must be pre-ordered)	14.50
With seasonal vegetables	
Octopus	15.50
Grilled served with caramelized onions and balsamic vinegar cream	

SALADS

Vegetarian, fish or seafood, gluten-free

Greek salad	9.50
Tomatoes, cucumbers, green peppers, onions, "selino" olives, feta cheese & oregano	
Cretan salad	10.50
As above with mizithra cheese, traditional Cretan rusks, boiled potatoes & capers	
Tuna seasonal salad	11.50
Tuna, tomato, cucumber, lettuce, fresh onions with a special honey & mustard dressing	
Chicken seasonal salad	12.00
Grilled chicken, corn & cherry tomatoes with a honey, mustard & avocado sauce	
Exotic salad	12.00
With cherry tomatoes, corn, avocado, mango, peppers, almonds, mango & lime dressing	
Calamari seasonal salad	14.00
With cherry tomatoes, mango, baby calamari and mango, lime & mustard dressing	
Seafood seasonal salad	14.00
With shrimps, octopus, calamari & mussels, drizzled with our special anise dressing	

SNACKS (from 13:00 till 18:00)

Vegetarian, fish or seafood, gluten-free

Ham Omelet	8.00
With ham & cheese, served with mixed seasonal salad	
Bacon Omelet	8.00
With bacon & cheese, served with mixed seasonal salad	
Vegetarian Omelet	8.00
With aubergine, zucchini, mushrooms, green pepper, served with mixed seasonal salad	
Shrimp Omelet	12.00
With feta cheese, served with mixed seasonal salad	
Cheese Burger	12.00
With beef, lettuce, tomato, green pepper, one thousand island dressing & chips	
Vegan tortilla	12.00
With ham, bacon, cheese, lettuce, tomato, green pepper, one thousand island dressing & chips	
Tuna tortilla	12.00
With tuna, seasonal salad, tomato, corn, mayonnaise & chips	
Chicken tortilla	12.00
With chicken, seasonal salad, tomato, & cream cheese, yoghurt, thyme & mustard sauce & chips	
Prawn tortilla	14.00
With prawns, seasonal salad, tomato, & cream cheese, yoghurt, thyme & mustard sauce & chips	

HOMEMADE PIZZA

Vegetarian	12.00
With cheese, tomatoes, onion, green pepper, mushrooms and corn	
Hawaii	12.50
With ham, cheese & pineapple	
Italian	12.50
With pepperoni and cheese	
Special	14.00
With ham, cheese, bacon, mushrooms, onion, green pepper	
Cretan	14.00
With smoked pork, "graviera" cheese, red sweet pepper, mushrooms	

PASTA

Vegetarian, fish or seafood, ask for gluten-free

Spaghetti alla Bolognese	12.50
As above with minced beef	
Spaghetti alla Carbonara	12.50
Fresh cream sauce, bacon and white wine, topped with parsley	
Penne al pollo	13.50
Fresh cream sauce, chicken, bacon, mushrooms, parmesan cheese and white wine	
Ravioli di spinaci with cheese	13.50
Fresh tomato & cream sauce with fresh basil	
Penne al salmone	14.50
With smoked salmon, cream and cheese	
Linguini ai gamberetti	15.00
Fresh sepia ink linguini, creamy tomato bisque & shrimps	
Linguini ai frutti di mare	15.00
Fresh sepia ink linguini, creamy tomato bisque, shrimps, calamari, mussels & octopus	

RISOTTO

Vegetarian, fish or seafood, gluten-free

Chicken	13.50
With chicken, and mushrooms in a cream and tomato sauce	
Mushroom	14.50
With porcini, shimeji, champignon and truffle oil	
Seafood	15.50
With shrimps, calamari, mussels, octopus, garlic and tomato sauce	

GREEK SPECIALITIES

Vegetarian, gluten-free

Where you see #, you can choose a **SIDE DISH** with no extra charge

Yigades	10.00
Butter beans in tomato sauce with carrots, parsley and dill	
Briam	10.00
Zucchini, aubergine, leek, mushrooms & potato casserole, with tomato sauce	
Yemista	10.00
Tomato & green pepper, stuffed with rice in tomato sauce, with potatoes & zucchini	
Cretan Boureki (A typical Cretan specialty!)	11.50
Sliced potatoes and zucchini with "mizithra" cheese & spearmint, baked in the oven	
Cretan moussakas	13.00
Aubergine, zucchini & potatoes, with tomato minced beef, topped with béchamel sauce	
# Soutzoukakia (A recipe from Constantinople!)	13.00
Traditional beef meat balls, baked in the oven with tomato sauce & cumin	
# Tsigariasto (A "must" for the lovers of Greek cuisine)	14.50
Pork sautéed in olive oil with lemon juice	
Youvetsi	14.50
Veal, baked in tomato sauce with manestra Greek pasta and grated cheese on the side	
# Vegan Stifado	14.50
Pleurotus mushrooms in tomato sauce with chestnuts and whole onions	
# White Stifado	14.50
Veal in the casserole with whole shallots in a white sauce	
# Kotopoulo	14.50
Chicken filet pieces with curry, mushrooms, peppers & roasted almonds-Lefty's favorite	
# Kleftiko	15.50
Lamb, slow cooked in a clay for 6 hours, with green peppers, tomatoes & feta cheese	

SIDE DISHES

Vegetarian, gluten-free

Chips	5.00
Homemade	
Rice	5.00
Wild and organic	
Taboule	5.00
Groats with parsley, fresh tomato, cucumber, lemon juice and herbs	
Couscous	5.00
With various seasonal vegetables, butter and herbs	
Gratin potatoes	5.00
With a lot of garlic (!) and double cream	
Mashed potatoes	5.00
Homemade	

GREEK SPECIALITIES

Where you see #, you can choose a different **SIDE DISH** with no extra charge



Yigades



Briam



Yemista



Cretan Boureki



Cretan Moussakas



#Soutzoukakia-CousCous



#Tsigariasto-MashPotato



Youvetsi



#Vegan Stifado – Chips



#White Stifado–Pot.Gratin



#Kotopoulo – Rice



Kleftiko

FISH AND SEAFOOD

Seafood, gluten-free

Grilled swordfish	14.50
Served with seasonal salad and "ladolemono" oil & lemon sauce	
Sole fish	14.50
Dipped in flour and sesame, pan-fried, in white wine & saffron sauce, with couscous	
Grilled salmon	17.50
Served with seasonal salad and "ladolemono" oil & lemon sauce	
Grilled dorado	18.50
Served with seasonal salad and "ladolemono" oil & lemon sauce	
Grilled sea bass	18.50
Served with seasonal salad and "ladolemono" oil & lemon sauce	
Grilled king prawns	18.50
Served with seasonal salad and "ladolemono" oil & lemon sauce	
Talos king prawns	20.50
In leek, feta cheese & white wine sauce, served with celery mashed potatoes	
Chef's king prawns	20.50
Sautéed in honey, mustard & thyme sauce, served with mashed potatoes	
Prawns Provencal (spicy)	20.50
With tomato, green pepper & basil sauce, served with wild, organic rice	
Red mullet fillet	22.50
With orange & lemon sauce and lavender aroma, served with potato & carrot mash	
Special salmon	22.50
In thyme & garlic sauce with prawns, served with wild organic rice	
Seafood platter (min 2 persons)	per person 22.50
Sepia, octopus, calamari, mussels, sardines and swordfish served with seasonal salad	
"Kakavia" (min 4 persons – 1 day notice – prepaid)	per person 24.50
The most famous Greek fish soup with potatoes and plenty of fish. Simply... sublime!	
Grilled sea bream (min 2 persons – 1 day notice – prepaid)	per person 29.00
Served with seasonal salad and "ladolemono" oil & lemon SAUCE	

SAUCES

Vegetarian

Sauce a la crème with mushrooms	3.00
Pepper sauce	3.00
Béarnaise sauce	3.00

MEAT

Red = gluten-free

Where you see #, you can choose a **SIDE DISH** with no extra charge

# Grilled pork or chicken “souvlaki”	13.00
# Grilled beef “biftegia”	13.00
Large Homemade meatballs mixed with onions, egg, salt, pepper and oregano	
# Grilled pork steak (400gr)	13.00
# Pork or chicken schnitzel	13.50
Dipped in egg & bread-crumbs and pan fried.	
# Grilled chicken fillet	14.00
Homemade pork “gyros”	14.00
With pita bread, tomatoes, cucumber, onions, tzatziki and homemade chips	
# Grilled beef “biftegia Gemista”	15.00
As above “biftegia”, stuffed with mizithra & bacon OR with ham & cheese	
Pan fried pork fillet	15.50
With sautéed potatoes and grilled vegetables	
# Grilled lamb chops	16.50
Local fresh lamb	
Mixed grill platter (min 2 persons)	per person 18.50
Pork, chicken, lamb chops, “biftegi” & sausages, with 2 SIDE ORDERS and 1 SAUCE	
Beef fillet	28.50
With sautéed potatoes and grilled vegetables and 1 SAUCE	

FOR OUR LITTLE FRIENDS

Vegetarian, ask for gluten-free

Pizza Margarita	6.00
Ham & cheese Pizza	7.00
Meat balls and chips	7.00
Homemade chicken nuggets & chips	7.00
Spaghetti Napoliten	6.00
Spaghetti Bolognese	7.00

HOMEMADE DESSERTS

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Yoghurt & honey	6.50
With walnuts or almonds	
Traditional “Sfakia” cheese pie	6.50
With “mizithra” local cheese and local thyme honey	
Chocolate “log”	6.50
With cookies	
Crème brûlée	6.50
Original	
Ice cream (2 scoops)	6.50
Vanilla, chocolate or strawberry	
Fruit salad	6.50
Seasonal and cut on the spot	
Pistachio cheese cake	7.50
With digestive cookies, cream cheese, white chocolate and pistachios	
Chocolate mousse	7.50
Homemade with baileys	
Kantaifi	7.50
With pistachios and syrup served with vanilla ice-cream	
Hot chocolate souffle	7.50
With vanilla ice-cream	
Cretan cheese cake	7.50
With a carob rusk base, “anthotiro” local cheese and homemade jam	
Our famous banana-split	7.50
With vanilla ice-cream, whipped cream, almonds and chocolate syrup	

HOT DRINKS

20% discount if taken after lunch or dinner

Tea (selection)	2.50
Greek coffee, Espresso	2.50
Nes café, Filter coffee	3.00
Frappe, Fredo espresso	3.00
Cappuccino	4.00
Caffélatte	4.00
Frappe with vanilla ice cream	5.00
Irish coffee, Spanish Coffee	9.50
Caribbean coffee	9.50

SOFT DRINKS & JUICES

Coca Cola / Coca Cola zero / Sprite	3.00
Local lemonade / local orangeade / local gazoz	3.00
Lemon Ice Tea / Peach Ice Tea	4.00
Small still water	1.50
Large still water	3.00
Small sparkling water	3.00
Large sparkling water	4.50
Pineapple juice / Cranberry juice / Apple Juice	4.00
Freshly squeezed orange juice	4.50

BEERS

Alpha small (local draught beer).....	4.50
Alpha large (local draught beer)	5.00
Amstel lemon / Amstel alcohol free 350 ml	4.50
Mythos / Fix / Mamos (new Greek beer) 500ml	5.00
Amstel / Heineken / Fischer 500ml	5.50
Strongbow apple cider or red berries 330ml	5.50
Fix Dark - 330ml	5.50

DRINKS

Ouzo	4.00
Shots	4.00
Raki shot	3.00
Raki large	6.00
Metaxa brandy 3*	5.00
Metaxa brandy 5*	5.50
Metaxa brandy 7*	6.00
Spirits	6.50
Premium spirits, Long drinks	7.50

WHITE WINES served cold

1.DOURAKIS RIZITIS HouseWine , Vilana	Crete...375 ml 9.50 ...	750 ml 19.00
2.DIONI DOURAKI Medium sweet	Crete.....	750 ml 20.00
3.ANTONOPOULOU Moschofilero.....	Peloponnese.....	750 ml 22.00
4.KLADOS Muscat Spina-Vidiano.....	Crete.....gls 5.50 ...	750 ml 24.00
5.IDEA VIDIANO Vidiano.....	Crete.....	750 ml 24.00
6. KARIPIDIS Chardonnay.....	Thessaly	750 ml 25.00
7.KARIPIDIS Organic Sauvignon Blanc.....	Thessaly...gls 7.00 ...	750 ml 25.00
8.KARIPIDIS SPECIAL EDITION Organic Chardonnay 2015.....	Thessaly.....	750 ml 80.00

ROZE WINES served cold

9.ZAMIA HouseWine Liatiko-Syrah.....	Crete.....	750 ml 19.00
10.KATOGE AVEROF Medium dry	Macedonia..gls 6.00 ..	750 ml 24.00
11.KLADOS PINK BLACK kotsifali.....	Crete.....	750 ml 26.00

RED WINES served at 14 degrees

12.DOURAKIS RIZITIS HouseWine , Merlot, Grenache rouge.....	Crete...375 ml 9.50 ...	750 ml 19.00
13 DIONI DOURAKI Medium sweet	Crete.....	750 ml 22.00
14.AGIAS TRIADOS Cabernet Sauvignon.....	Crete..... gls 6.00 ...	750 ml 24.00
15.SYRAH.....	Crete.....gls 6.50 ...	750 ml 25.00

RED WINES aged in barrels, served at 14 degrees

16.SILOGI ANTONOPOULOU Mavrodafni-Merlot.....	Peloponnese.....	750 ml 26.00
17.KATOGE AVEROF Cabernet Sauvignon-Agiorgitiko- Merlot.....	Macedonia.....	750 ml 27.00
18.SKALAREA BOUTARI Kotsifali-Syrah	Crete.....	750 ml 31.00
19.KARIPIDIS Merlot Organic	Thessaly... gls 9.00	750 ml 36.00
20.DEA HESTIA Mandilari.....	Crete.....	750 ml 38.00
21.ANNY'S ANIMUS Merlot.....	Peloponnese.....	750 ml 60.00

SPARKLING WINES served cold

22.PROSECCO	Italy....200 ml... 9.50 ..	700 ml 25.00
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TABLE WINE served cold

23.WHITE, ROZE or RED (Konaki).....	Crete.....gls 4.00	500 ml 8.00
Dry table wine from Crete.		
24.RETSINA	Crete.....	500 ml 8.00
Local white wine flavored with resin		