



nice n easy
ORGANIC BISTRO RESTAURANT

M E N U



...THE JOURNEY

The relentless pursuit of the alternative, the qualitative, the substantial way of living, led us to a journey filled with flavors, aromas, sounds and images that we felt the need to share with you. Thus, we created a place full of experience we gathered in our travels and we welcome you in it with a mood as friendly and relaxing as our name.

...OUR PHILOSOPHY

In 'nice n easy', we serve contemporary Mediterranean cuisine focused on quality with a special emphasis on organic, local, fair trade ingredients and antioxidant recipes. Keeping in mind that organic food is fresher and better for the environment, we use as many organic products as we can for the preparation and creation of the beverages and meals we serve you.



NICE N EASY COCKTAILS

Nice n easy 9,00€

VODKA / CINNAMON / TANGERINE /
PINEAPPLE / LIME/ OLD FASHIONED
BITTERS

Nice n easy Mojito 9,00€

RUM/ AMARETTO / LIME / GINGER /
ORANGE / SUGAR / MINT / CHAMPAGNE

The Oliver Hardy 9,00€

AGED RUM / MARASCHINO LIQUEUR /
APPLE / LIME / GINGER / PINEAPPLE

The Jack Sparrow 9,00€

SAILOR JERRY RUM / FOREST FRUIT JAM
/ PINEAPPLE / CRÈME DE MÛRE / SWEET
'N' SOUR

The Charlie Chaplin 9,00€

RUM/ APEROL / CRÈME DE PÊCHE /
PINEAPPLE / GRAPEFRUIT BITTERS

The Fernando Lamas 9,00€

GIN / PEAR / CUCUMBER /
ELDERFLOWER / LIME

The Gregory Peck 9,00€

GIN / CUCUMBER / THREE CENTS
AEGEAN TONIC / LEMON BITTERS

The Laurence Olivier 9,00€

TEQUILA / LEMON / ORANGE /
COINTREAU / AGAVE / GRAPEFRUIT
BITTERS

The Richard Burton 9,00€

GIN / ORANGE LIQUEUR/ SAGE /
CARDAMOM SEEDS / FRESH PEPPER /
LIME PEELS / PINK GRAPEFRUIT SODA

The Humphrey Bogart 9,00€

AGED RUM / PASSION FRUIT / LEMON /
SPICES / PLUM BITTERS

The Cary Grant 9,00€

GIN / LEMON / LYCHEE /
POMEGRANATE / MIXED BERRIES

The Maria Callas 9,00€

COGNAC / VANILLA / LIME / ORANGE /
OLD FASHIONED BITTERS

The Stanley Kubrick 9,00€

RAKOMELO ROOTS / LEMON /
GENTLEMAN'S SODA / ORANGE BITTERS

The Barry White 11,00€

MAKER'S MARK BOURBON / SWEET
VERMOUTH PUNT E MES / LEMON /
TANGERINE LIQUEUR

BREAD WITH OLIVES / DIP (PER PERSON) 1,80€

RAW BAR



The Elizabeth Taylor 12,90€

ORGANIC, SWEET-N-SPICY SEA BASS
CEVICHE, TURNIP WITH PASSION FRUIT
AND GREEN SOYBEANS

180KCAL, 21GR PRO, 6GR CARBS, 8GR FAT,
55MG CHOL

The Diana Ross 13,90€

BUFFALO FILLET TARTAR SERVED WITH
TRADITIONAL GARNISH, BLACK TRUFFLE
SCENTED HOMEMADE
TOASTED BREAD

184KCAL, 23GR PRO, 7GR CARBS, 7GR FAT,
46MG CHOL

SALADS

The Ava Gardner

(Regular) 9,90€ (Small) 6,90€

TRI-COLOR POTATO SALAD WITH
BELUGA LENTILS, TUNA TARTAR,
ORANGE VINAIGRETTE DRESSING
AND CAROB POWDER

198KCAL, 7GR PRO, 20GR CARBS, 10GR FAT,
46MG CHOL



The Melina Merkouri

(Regular) 12,90€ (Small) 8,90€

MARINATED CUCUMBER SPAGHETTI
WITH CRUNCHY ICEBERG SALAD,
WAKAME SEAWED AND SMOKED
SALMON

216KCAL, 12GR PRO, 17GR CARBS,
12GR FAT, 64MG CHOL



The nice n easy

(Regular) 8,90€ (Small) 6,90€

ORGANIC WILD ROCKET WITH GREEN SEASONAL VEGETABLES, TRICOLOR CHERRY
TOMATOES HONEY-VINEGAR DRESSING AND SAN MICHALIS CHEESE FROM SYROS

191KCAL, 18GR PRO, 15GR CARBS, 11GR FAT, 35MG CHOL

The Gavras Special

(Regular) 9,90€ (Small) 7,90€

ORGANIC MIXED SALAD GREENS WITH KALE, CRISPY MUSTARD GREENS, BROWN
AGARICUS PICKLED MUSHROOMS, AEGINA PISTACHIO, CRUSTED CHÈVRE CHEESE,
SUNDRIED TOMATOES AND MAVRODAPHNE WINE DRESSING

242KCAL, 14GR PRO, 15GR CARBS, 14GR FAT, 35MG CHOL

The Paul Newman

(Regular) 9,90€ (Small) 7,90€

GEM LETTUCE CAESARS SALAD WITH WHOLE GRAIN CROUTONS, CHICKEN FILLET
WITH MEDITERRANEAN SEASONINGS AND PARMESAN FLAKES

289KCAL, 22GR PRO, 21GR CARBS, 13GR FAT, 35MG CHOL

STARTERS



Power bowl 9,90€

FLAVOURED TABBOULEH
FROM TRI-COLOR QUINOA, AVOCADO,
SWEET POTATO, CHICKPEAS,
GOJI BERRIES, HUSKED CANNABIS SEEDS
AND LIME DRESSING

195KCAL, 9GR PRO, 15GR CARBS,
11GR FAT, 38MG CHOL



The Nat King Cole 7,90€

GRILLED MASTELO
(TRADITIONAL CHEESE FROM
CHIOS) WITH CITRUS, SCENTED
OLIVE SPOON SWEET

210KCAL, 9GR PRO, 12GR CARBS,
14GR FAT, 114MG CHOL

The Marvin Gaye 7,90€

KERKINI LAKE BUFFALO MEATBALLS
SERVED WITH SMOKED STRAINED
YOGURT

226KCAL, 24GR PRO, 10GR CARBS,
10GR FAT, 49MG CHOL



Rudolph Valentino 14,90€

CAPRESE SUPERFOOD PIZZA
FROM LENTIL AND CHICKPEA
FLOUR, TURKEY BACON, BUFFALO
MOZZARELLA AND FRESH KALE
299KCAL, 10GR PRO, 31GR CARBS, 15GR FAT,
145MG CHOL



The Marliyn Monroe 9,90€

GRILLED AVOCADO WITH MYKONIAN
XINOTYRI CHEESE, CHERRY TOMATOES
AND BASIL CHLOROPHYLL

218KCAL, 8GR PRO, 15GR CARBS,
14GR FAT, 55MG CHOL

The Bruce Lee 7,90€

HANDMADE WINTER ROLLS WITH
VEGETABLES AND CHICKEN WRAPPED
IN BEIRUT PHYLLO DOUGH SERVED
WITH PINEAPPLE SWEET AND SOUR
DIPPING SAUCE

286KCAL, 12GR PRO, 15GR CARBS,
15GR FAT, 109MG CHOL



Nikos kazantzakis 8,90€

PAN- SEARED EGGS (SAGANAKI)
COOKED WITH OLIVE OIL ON A BED
OF SWEET POTATO WITH SPINACH
AND LIME

198KCAL, 10GR PRO, 17GR CARBS,
10GR FAT, 63MG CHOL



The Coppola 13,90€

BUFFALO BURRATA SERVED WITH
ZUCCHINI SPAGHETTI MARINATED
IN FLORINA PEPPERS AND FRESH
TOMATOES

317KCAL, 21GR PRO, 29GR CARBS,
15GR FAT, 132MG CHOL

PASTA

The John Lennon

14,90€

WHOLE GRAIN ORZO PASTA
"YIOUVETSI" WITH CHORIZO,
WILD MUSHROOMS, CRETAN
GRAVIERA CHEESE AND SAGE
OIL

380KCAL, 21GR PRO, 40GR CARBS,
14GR FAT, 118MG CHOL

The Brigitte Bardot

12,90€

KONJAC NOODLES WITH BASIL
PESTO, PECAN AND KALE

UNDER 100 KCAL

The Sophia Loren

(Regular) 14,90€ (Small) 10,90€

LINGUINE ALLA BOLOGNESE WITH GROUND BUFFALO MEAT AND PECORINO
CHEESE WITH TRUFFLE

310KCAL, 15GR PRO, 40GR CARBS, 10GR FAT, 93MG CHOL

The Jack Nicholson

(Regular) 11,90€ (Small) 8,90€

TRADITIONAL SPAGHETTI CARBONARA WITH SMOKED PANCETTA, GUANCIALE AND
PECORINO FROM AMFILOXIA

388KCAL, 20GR PRO, 41GR CARBS, 16GR FAT, 112MG CHOL



Marialeni's (Regular) 9,90€ (Small) 6,90€

GLUTEN FREE CORN MAC N CHEESE PENNE WITH TOMATO, BROCCOLI, GREEK
ANTHOTYRO CHEESE AND MOZZARELLA

252KCAL, 10GR PRO, 35GR CARBS, 8GR FAT, 12MG CHOL

HEALTHY CREATIONS

The Sean Connery 14,90€

FRESH OVEN-BAKED SALMON
IN A BARLEY, FLAXSEED AND WINTER
HERBS CRUST ON A BED OF PEA
MASH WITH MINT
AND FENNEL

322KCAL, 31GR PRO, 23GR CARBS,
14GR FAT, 38MG CHOL

The Elvis Presley 15,90€

ORGANIC SEA BASS FILLET
SERVED WITH MASH POTATOES
AND SMOKED EGGPLANT TOPPED
WITH MISO, SAVORO SAUCE AND
TAPIOCA PEARLS

214KCAL, 31GR PRO, 8GR CARBS,
6GR FAT, 24MG CHOL

The Aretha Franklin 16,90€

LAMB COOKED WITH DITTANY, SERVED WITH SIFNOS' CHICKPEA SOUP MASH,
PICKLED SEA FENNEL AND DRESSING FROM LAMB STOCK

275KCAL, 32GR PRO, 12GR CARBS, 11GR FAT, 73MG CHOL

ON THE GRILL

The Marlon Brando 14,90€

ORGANIC BEEF BURGER FROM ARCADIA WITH CHEDDAR CHEESE, CARAMELIZED ONIONS, COLESLAW AND PICKLES ON OLIVE OIL BREAD AND OUR OWN FRESH STEAK FRIES

512KCAL, 40GR PRO, 41GR CARBS, 21GR FAT, 190MG CHOL



The Michael Jackson (skinny burger) 14,90€

LOW-CALORIE ORGANIC BEEF BURGER FROM ARCADIA, WRAPPED IN ICEBERG LETTUCE WITH MIXED GREENS

328KCAL, 35GR PRO, 2GR CARBS, 20GR FAT, 95MG

The Pamela Anderson

(Regular) 14,90€ (Small) 9,90€

GRILLED TURKEY FILLET BURGERS

308KCAL, 30GR PRO, 27GR CARBS, 8GR FAT, 107MG CHOL

The Frank Sinatra 24,90€

USA BLACK ANGUS FLAP STEAK TAGLIATA

289KCAL, 40GR PRO, 12 GR CARBS, 9GR FAT, 123MG CHOL

The Clint Eastwood 29,90€

BLACK ANGUS RIB-EYE STEAK. 350GR

522KCAL, 55GR PRO, 35GR CARBS, 18GR FAT, 181MG CHOL

The bogie and Bacall 14,90€

CHICKEN KOTOSOUVLI (SKEWERED) MARINATED IN BLACK TRAPPIST BEER AND SUN-DRIED TOMATOES

282KCAL, 40GR PRO, 8GR CARBS, 10GR FAT, 118MG CHOL

CHOOSE

YOUR GARNISH

SWEET POTATO MASH WITH
COCONUT BUTTER
TRIPLE-COOKED FRIES
QUINOA WITH GREMOLATA
AND PINE NUTS
GREEN SALAD

CHOOSE YOUR SAUCE

AROMATIC HERBS AIOLI
THYME-HONEY MUSTARD
CHIMICHURRI

SWEET SENSATIONS

Brownies 7,90€

DARK CHOCOLATE GRANOLA BROWNIES WITH HAZELNUT AND OLIVE OIL ICE CREAM AND FROSTY ACAI BERRIES

Banoffee 6,90€

TOFFEE, BANANA AND WHIPPED CREAM ON A BISCUIT BASE FOR INFINITE PLEASURE

Rice pudding 6,90€

TONGA SCENTED RICE PUDDING SERVED WITH BIGARADE SPOON SWEET, GREEK COFFEE CRUMBLE AND CINNAMON ICE CREAM.

Walnut pie 6,90€




GREEK WALNUT PIE WITH CARAMELIZED POPCORN, MASTIC ICE CREAM AND ALMOND CROQUANT

Olive oil ice cream (per scoop) 2,90€

“THE ICE CREAM” MADE FROM OLIVE OIL

SUGAR FREE, LACTOSE FREE, VANILLA, CHOCOLATE, HAZELNUT, PISTACHIO

Seasonal fruit display 6,90€

	VEGETARIAN
	VEGAN
	GLUTEN FREE

BREAKFAST & SNACKS 10.00 - 14.00

Greek strained yogurt

WITH HONEY 5,50€

ADD OPTIONALLY: FRESH FRUIT, WALNUTS 0,90€

Organic muesli 5,90€

WITH GLUTEN FREE INGREDIENTS

ORGANIC MUESLI ON GREEK STRAINED YOGURT WITH GOJI BERRIES, BLUEBERRIES, AND "GOLDEN BLACK" KORINTHIAN RAISINS

French Toast 6,90€

FRENCH TOAST FROM "TSOUREKI" SWEET BRIOCHE WITH HAZELNUT PRALINE, BANANAS AND SMOOTH WHIPPED CREAM

Seasonal fruit display (for 2 ppl) 6,90€

Pancakes 6,90€

PANCAKES WITH FOREST FRUIT AND "GOLDEN BLACK" KORINTHIAN RAISINS WITH MAPLE SYRUP

Omelet 5,90€

3 EGGS OMELET

ADD OPTIONALLY (0,50€): FETA CHEESE, GOUDA CHEESE, BACON, SMOKED TURKEY, HAM, ONION, MUSHROOMS, PEPPERS, TOMATO

Fried eggs 7,90€

FRIED EGGS WITH SMOKED BACON OR SMOKED SALMON ON RUSTIC ENGLISH MUFFIN

Eggs Benedict 7,90€

POACHED EGGS AND OPTIONS FROM: SMOKED BACON/ HONEY TURKEY / SMOKED SALMON, ON RUSTIC ENGLISH MUFFIN AND HOLLANDAISE SAUCE

Huevos Rancheros 7,90€

EGGS GRILLED ON A TORTILLA WITH SPICY TOMATO SAUCE, AVOCADO AND RED BEANS

SANDWICHES

SERVED WITH GREEN SALAD

The Louis Armstrong 4,50€

TOAST WITH CHEESE AND HAM / TURKEY ON LOW GLYCEMIC INDEX BREAD

252KCAL, 14GR PRO, 22GR CARBS, 12 GR FAT, 65MG CHOL

The Edith Piaf 6.90€

WHOLE GRAIN BAGUETTE WITH HONEY TURKEY, VALERIAN, CRANBERRIES AND CREAM CHEESE

294KCAL, 20GR PRO, 31GR CARBS, 10GR FAT, 72MG CHOL

The Grace Kelly 7,90€

BAGEL WITH SMOKED SALMON, LIGHT PHILADELPHIA WITH HORSERADISH FLAVOR, LETTUCE, CUCUMBER AND CHIVE

306KCAL, 21GR PRO, 24GR CARBS, 14GR FAT, 58MG CHOL

The Anthony Quinn Enchiladas 8,90€

CHICKEN FILLET TORTILLA WITH VEGETABLES, EMMENTAL CHEESE, AVOCADO AND SWEET-CHILI SAUCE

296KCAL, 25GR PRO, 22GR CARBS, 12GR FAT, 75MG CHOL

MENU SCIENTIFIC COLLABORATOR



**CHRISTINA
KOSTARA**
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ΧΡΙΣΤΙΝΑ ΚΩΣΤΑΡΑ
Διατροφολόγος - Διαιτολόγος ΑΤΕΙΘ, MMedSc
Μεταπτυχιακό (Ιατρικές Επιστήμες) στην Ανθρώπινη Διατροφή,
ειδίκευση Κλινική Διατροφή, ΠΑΝΕΠΙΣΤΗΜΙΟ ΓΛΑΣΚΩΒΗΣ

ΕΞΟΤΕΡΙΚΟΣ ΕΠΙΣΤΗΜΟΝΙΚΟΣ ΕΜΠΕΙΡΟΓΝΟΜΟΝΑΣ ΤΗΣ
ΕΥΡΩΠΑΪΚΗΣ ΑΡΧΗΣ ΓΙΑ ΤΗΝ ΑΣΦΑΛΕΙΑ ΤΩΝ ΤΡΟΦΙΜΩΝ (EFSA)

WINE LIST

WHITE WINE ORGANIC

Nice n Easy Tetramythos /
Malagousia-Sauvignon Blanc
19,50€

CRISPY / AROMATIC

Moraitis Winery / Syllogi
bio / Assyrtiko-Malagouzia /
P.G.I Cyclades 24,00€

GRAPEFRUIT / MINERALITY / LONG
AROMATIC AFTERTASTE

Ktima Voyiatzi / Assyrtiko-
Chardonnay-Malvasia / P.G.I
Velvento 26,00€

EXOTIC FRUIT / FLORAL / CRISPY
ACIDITY

Silva / Voreinos / Vidiano /
P.G.I. Heraklion 26,00€

CITRUS AND FLORAL NOTES /
FULL MOUTH

Fasoli Gino / La Corte del
Pozzo / Pinot Grigio del
Veneto 26,00€

FLOWER AROMA / LEMON / GREEN
APPLE / LIGHT / CRISPY

Tetramythos / Malagousia
28,00€

CITRUS FRUIT / PEAR / BERGAMOT
/ JASMINE

Tetramythos / Milia /
Sauvignon blanc fume / P.G.I
Peloponnese 29,50€

LYCHEE / VANILLA / BASIL

CRISPY AND AROMATIC

Antonopoulos Vineyards /
Adoli ghis / Lagorghi-Roditis-
Chardonnay 26,00€

AROMATIC / FRUITY

Oinosis / Petra / Sauvignon
blanc / Malagouzia / P.G.I
Achaia 27,00€

AROMATIC CHARACTER / RICH
MOUTH / LONG AFTERTASTE

“Dio Fili” Estate /
Gewurztraminer 29,00€

FLORAL NOTES / INTENSE AROMA

Sigala Estate Santorini /
Assyrtiko 38,00€

CITRUS FRUIT / INTENSE ACIDITY /
LONG AFTERTASTE

Alpha Estate / Sauvignon
blanc / P.G.I Florina 35,00€

ELEGANT / MILDLY AROMATIC /
BOTANICAL / PERSISTENT AFTERTASTE

FRUITY AND FLAVORSOME

**Cantina Gattavecchi /
Quotidiano bianco /
Trebiano-Malvasia
- Falanghina / Italy 24,00€**

INTENSE AND FRUITY BOUQUET /
FRESH FLAVOR / HARMONIOUS

**Papagiannakos Winery /
Savatiano / Markopoulo
Attiki 24,00€**

YELLOW FRUITS / WHITE FLOWER /
CRISPY ACIDITY

**Thymiopoulos Vineyards
/Atma / Xinomavro -
Malagousia / Naoussa 24,00€**

LEMON / PEACH / GENTLE BODY /
GOURMET ACIDITY

**Tselepos / Classic Mantinia /
Moschofilero 28,00€**

DELICATE CITRUS AROMA / INTENSE
ACIDITY

**Biblia Chora Estate /
Sauvignon Blanc-Assyrtiko /
P.G.I Pangeon 33,00€**

HERBAL AROMA / EXOTIC CHARACTER

**Pavlidis Winery / Thema /
Assyrtiko-Sauvignon blanc /
P.G.I Drama 33,00€**

EXOTIC AND WHITE-SKIN FRUITS /
GRAPEFRUIT / PEACH / MINERALITY

**Domaine Gerovassiliou /
Malagousia / P.G.I Epanomi
34,00€**

FLORAL AROMA / PEACH / PEAR /
HERBAL SENSATION / SPEARMINT
NOTES

FULL BODY - RICH

**Ktima Kyr Gianni / 4 limnes /
Chardonnay-Gewürztraminer
/ P.G.I. Florinas 35,00€**

INTENSELY AROMATIC / STRONG
ACIDITY / FULL MOUTH /
ROSE / VANILLA

**Domaine Gerovassiliou /
Chardonnay / P.G.I.
Epanomi 38,00€**

CITRUS AROMA / DRIED NUTS / VANILLA

**Biblia chora Estate / Ovilos/
Semillon-Assyrtiko / P.G.I.
Pangeon 42,00€**

APRICOT / HONEY / CITRUS / LEMON /
VANILLA / DRIED NUTS

**Karamolengos Winery /
Nykteri / Assyrtiko - Athiri
- Aidani / P.D.O. Santorini
37,00€**

YELLOW AGED FRUITS/ HONEY /
QUINCE/ INTENSE CHARACTER

Non Alcoholic

Torres / Natureo blanco / Muscat 25,00€

WHITE FLOWERS / FRESH QUINCE / GUYOT PEAR

MAGNUM 1500 ML

Tetramythos / Milia /
Sauvignon blanc fume / P.G.I
Peloponnese 55,00€

Domaine Gerovassiliou /
Malagouzia / P.G.I Epanomi
62,00€

Alpha Estate / Sauvignon
blanc / P.G.I Florina
62,00€

Biblia chora Estate / Ovilos
/ Semillon-Asyrtiko / P.G.I
Pangeon 75,00€

ROSE WINES

Organic

Domaine Spiropoulos /
Meliasto / Moschofilero-
Agiorgitiko / 26,00€
P.G.I Arcadia
ROSE / CARAMEL / STRAWBERRY

Dona Silvina / Rosado
/ Malbec / Mendoza /
Argentina 28,00€
FLORAL AROMA / STRAWBERRY NOTES/
GREEK OWNED WINERY

Domaine Vourvoukelis /
Avdiros rose / Pamiti-Syrah/
P.G.I Avdira 32,00€
SEMI-DRY / RED FRUIT AROMA / ROSE /
TOFFEE

Non organic

Ktima Kyr Yianni / Akakies /
Xinomavro / P.D.O Amyntaio
24,00€
FRESH TOMATO / STRAWBERRY /
QUINCE

Domaine Parparousi
Petite Fleur / Sideritis /
P.G.I Achaia 27,00€
MATURE RED FRUIT AROMA / SPICY
TEA TEAS / PEAR / RED FRUITS

Biblia Chora Estate / Syrah /
P.G.I Pangeon 33,00€
MATURE RED FRUIT AROMA / SPICY
NOTES

Mirabeau Classic / Syrah-
Grenache 33,00€
WATERMELON / SPICES / CRANBERRY

Mirabeau Pure / Syrah-
Grenache 39,00€
STRAWBERRY / RASPBERRY / WHITE
CHERRIES / RHUBARB NOTES

MAGNUM 1500 ML

Mirabeau Classic / Syrah / Grenache 68,00€

Mirabeau Pure / Syrah / Grenache 73,00€

RED WINES

Organic

**Tetramythos / Nice n easy bio
/ Agiorgitiko / Peloponnese /
Greece 19,50€**

VIOLET AROMA / RED FRUIT / VELVETY
MOUTH

**Boutari Winery / Merlot
29,00€**

STRAWBERRY / RASPBERRY / VANILLA /
CINNAMON

**Porto Carras / Limnio / P.D.O
Playies Melitona
25,00€**

PEPPER / CINNAMON / FULL MOUTH

**Montepulciano D'Abruzzo /
Montepulciano bio / Abruzzo
27,00€**

FRUITY NOTES/ VANILLA AROMA/ SOFT
TANNINS

**Dona Silvina Fresh / Malbec /
Mendoza / Argentina 28,00€**

RED FRUIT AROMA / SERVED AT 10C-
12C / GREEK OWNED WINERY

**Tetramythos Milia / Merlot-
Cabernet-Kalavrytino /
29,50€**

**P.G.I Peloponnese
BARREL / LONG AFTERTASTE**

**Moraitis Winery / Syllogi
/ Aidani black-Cabernet
Sauvignon / 28,00€**

P.G.I Cyclades

MATURE FRUIT / PLUM / CINNAMON /
RICH BODY / LONG AFTERTASTE

**Ktima Voyatzi / Xinomavro-
Merlot-Cabernet Sauvignon
31,00€**

SPICY NOTES / DRIED RED FRUIT /
LONG AFTERTASTE

SPICY AND AROMATIC

**Cantina Gattavecchi
/ Quotidiano Rosso /
Sangiovese- Merlot / Italy
24,00€**

RED FRUIT / SPICES / LIGHT TANNINS

**Thymiopoulos Vineyards /
Atma / Xinomavro-Mandilaria
/ Naoussa 27,00€**

RED FRUIT / LIGHT TANNINS / FRUITY
AFTERTASTE

**Katogi Averof / INIMA /
Negoska / Metsovo 32,00€**

BLACK BERRIES / RED BERRIES
/ FRUITY AFTERTASTE

**Avantis Estate / Syrah / P.G.I
Evia 32,00€**

SPICY AROMA / PEPPER / CINNAMON /
TOBACCO / PLENTY OF BLACK FRUIT /
VANILLA HINTS

**Domaine Gerovassiliou /
Limnio-Merlot-Syrah / P.G.I
Epanomi 38,00€**

SPICY AROMA / SMOKE / SPICES /
LONG AFTERTASTE

Ktima Kyr Yianni / Duo elies /
Merlot-Syrah-Xinomavro
/ P.G.I Florina 38,00€

PLUM / VANILLA / DENSE BLACK FRUIT
AROMA

Kokkalis Estate / Mova
/ Cabernet Sauvignon-
Agiorgitiko / Peloponnese /
Greece 37,00€

GOOSEBERRY / BLACK CHERRY /
LIQUORICE / SPICY / LEATHER / BLACK
CHOCOLATE

FULL BODY - RICH

Château Harlaftis / Cabernet
Sauvignon / P.G.I Attica

32,00€

PLUM / BLACK PEPPER / ROASTED
ALMOND / VANILLA / LONG
AFTERTASTE

Alpha Estate / Reserve
"Palea Klimata" / Xinomavro
/ P.G.I Florina 38,00€

DRIED PLUM AND TOMATO / COMPLEX
SPICE BOUQUET

Biblia chora Estate / Sole /
Pinot Noir 39,00€

MATURE FRUIT / LONG AFTERTASTE

Domaine Skouras / Megas
Oenos / Agiorgitiko-Cabernet
Sauvignon / Peloponnese

45,00€

COMPLEX AROMA / SWEET SPICES /
MATURE RED FRUIT

Gerovassiliou Domaine /
Avaton / Limnio-Mavroudi-
Mavrotragano / P.G.I
Epanomi 47,00€

RASPBERRY / RAISIN / COFFEE /
COCOA / VELVETY MOUTH

Tselepos / Kokkinomylos /
Merlot / P.G.I Arcadia 52,00€

RED FRUIT / VANILLA / CHOCOLATE

MAGNUM 1500 ML

Tetramythos Milia / Merlot -
Cabernet-Kalavrytino
/ P.G.I Peloponnese 54,00€

Domaine Gerovassiliou /
Limnio-Merlot-Syrah
/ P.G.I Epanomi 70,00€

Ktima Kyr Yianni / Duo elies
/ Merlot-Syrah-Xinomavro /
70,00€

Domaine Skouras / Megas
Oenos / Agiorgitiko-Cabernet
Sauvignon / Peloponnese
84,00€

Tselepos / Kokkinomylos /
Merlot / P.G.I Arcadia
92,00€

WINE IN GLASS WHITE

Nice n Easy Tetramythos /
Malagousia-Sauvignon Blanc
5,00€

CRISPY / AROMATIC

Tetramythos / Malagousia
7,00€

CITRUS FRUIT / PEAR / BERGAMOT
/ JASMINE

Cantina Gattavecchi /
Quotidiano bianco /
Trebiano-Malvasia-
Falanghina / Italy 6,00€

INTENSE AND FRUITY BOUQUET /
FRESH FLAVOR / HARMONIOUS

Silva / Voreinos / Vidiano /
P.G.I. Heraklion 6,50€

CITRUS AND FLORAL NOTES / FULL
MOUTH

Oinosis / Petra / Sauvignon
blanc / Malagouzia / P.G.I
Achaia 7,00€

AROMATIC CHARACTER / RICH
MOUTH / LONG AFTERTASTE

Tselepos / Classic Mantinia /
Moschofilero 7,50€

DELICATE CITRUS AROMA / INTENSE
ACIDITY

Biblia Chora Estate /
Sauvignon Blanc-Assyrtiko /
P.G.I Pangeon 8,50€

HERBAL AROMA / EXOTIC CHARACTER

Domaine Gerovassiliou /
Malagousia / P.G.I Epanomi
8,50€

FLORAL AROMA / PEACH / PEAR /
HERBAL SENSATION / SPEARMINT
NOTES

Domaine Gerovassiliou /
Chardonnay / P.G.I Epanomi
9,00€

CITRUS AROMA / DRIED NUTS /
VANILLA

Sigala Estate Santorini /
Assyrtiko 9,50€

CITRUS FRUIT / INTENSE ACIDITY /
LONG AFTERTASTE

Pavlidis Winery / Thema /
Assyrtiko-Sauvignon blanc /
P.G.I Drama 8,50€

EXOTIC AND WHITE-SKIN FRUITS /
GRAPEFRUIT / PEACH / MINERALITY

Non Alcoholic

Torres / Natureo blanco / Muscat 6,00€

WHITE FLOWERS / FRESH QUINCE / GUYOT PEAR

ROSE

**Ktima Kyr Yianni / Akakies /
Xinomavro / P.D.O Amyntaio**

6,50€

FRESH TOMATO / STRAWBERRY /
QUINCE

**Domaine Spiropoulos /
Meliasto / Moschofilero-
Agiorgitiko / P.G.I Arcadia**

7,00€

ROSE / CARAMEL / STRAWBERRY

Dona Silvina / Rosado

/ Malbec / Mendoza /

Argentina 8,00€

FLORAL AROMA / STRAWBERRY NOTES
/ GREEK OWNED WINERY

Biblia Chora Estate / Syrah /

P.G.I Pangeon 8,50€

MATURE RED FRUIT AROMA / SPICY
NOTES

RED

**Tetramythos / Nice n easy bio
/ Agiorgitiko / Peloponnese**

/ Greece 5,00€

VIOLET AROMA / RED FRUIT / VELVETY
MOUTH

Boutari Winery / Merlot

6,50€

STRAWBERRY / RASPBERRY / VANILLA /
CINNAMON

Cantina Gattavecchi

/ Quotidiano Rosso /

Sangiovese-Merlot / Italy

6,00€

RED FRUIT / SPICES / LIGHT TANNINS

**Montepulciano D' Abruzzo /
Montepulciano bio / Abruzzo**

7,00€

FRUITY NOTES / VANILLA AROMA /
SOFT TANNINS

**Thymiopoulos Vineyards /
Atma / Xinomavro-Mandilaria**

/ Naoussa 7,00€

RED FRUIT/ LIGHT TANNINS/ FRUITY
AFTERTASTE

**Dona Silvina Fresh / Malbec /
Mendoza / Argentina 7,50€**

RED FRUIT AROMA / SERVED AT 10°C-
12°C / GREEK OWNED WINERY

**Tetramythos Milia / Merlot-
Cabernet-Kalavrytino / P.G.I**

Peloponnese 7,50€

BARREL / LONG AFTERTASTE

Avantis Estate / Syrah / P.G.I

Evia 8,50€

SPICY AROMA / PEPPER / CINNAMON /
TOBACCO / PLENTY OF BLACK FRUIT /
VANILLA HINTS

**Château Harlaftis / Cabernet
Sauvignon / P.G.I Attica**

8,50€

PLUM/ BLACK PEPPER / ROASTED
ALMOND / VANILLA / LONG
AFTERTASTE

**Alpha Estate / Reserve "Paea
Klimata"/ Xinomavro**

/ P.G.I Florina

10,00€

DRIED PLUM AND TOMATO / COMPLEX
SPICY BOUQUET

SWEET AND FORTIFIED WINES

	GLASS	BOTTLE
SANGRIA	5,00€	28,00€ (JAR)
MAVRODAPHNE OF PATRAS	6,00€	23,00€
NEMEA SEMI-SWEET RED	5,50€	21,00€
MOSCATO OF LEMNOS	6,50€	25,00€
SAMOS ANTHEMIS	7,00€	26,50€
PORTO SANDERMAN	7,00€	29,00€
ALPHA ESTATE / OMEGA (GEWURZTRAMINER / MALAGOUSIA)	8,00€	34,00€
ESTATE SIGALAS VINSANTO	12,00€	64,00€

SPARKLING WINES

	GLASS	BOTTLE
PROSECCO	6,00€	27,00€
MOSCATO D' ASTI	6,00€	26,00€
AMALIA BRUT TSELEPOS	8,00€	30,00€

CHAMPAGNES

MOET & CHANDON	75,00€
VEUVE CLICQUOT BRUT	85,00€
VEUVE CLICQUOT ROSE	95,00€

B E E R S

Vergina premium lager
(5% vol - 330ml) 3,90€

CLASSIC FERMENTATION
/ CO-EXISTENCE OF MALT AND HOPS

Vergina Weise
(5,4% vol - 500ml) 5,50€

WHEAT / CLOUDY / FRUITY AROMA /
CLOVE / BANANA

Vergina Porfyra- Strong lager
(6,3% vol - 330ml) 5,50€

UNFILTERED / STRONG / TRAPPIST-LIKE
BEER

**Volcan Santorini / Blonde
pilsner (5% vol - 330ml)**
5,90€

GOLDEN CLEAR COLOR / YELLOW
VANILLA / HOPS / HONEY / GINGER

Nissos Pilsner
(5% vol - 330ml) 5,90€

UNPASTEURIZED / GRAINS / HOPS /
CITRUS

Kirki pale ale
(5,6% vol - 330ml) 6,00€

HANDCRAFTED / UNPASTEURIZED /
UNFILTERED / DOUBLE FERMENTATION

Pikri India pale ale (IPA)
6,20€

NATURALLY CLOUDY /
CHARACTERISTIC BITTERNESS
/ DOUBLE FERMENTATION /
UNPASTEURIZED / UNFILTERED

Bio - Rethymnian
UNFILTERED / UNPASTEURIZED /
NATURALLY CLOUDY / ORGANIC

Brink blonde
(4,8% vol - 330ml) 5,90€

Brink dark
(4,8% vol - 330ml) 5,90€

ER BOQUERON 4,8% vol
330ml 6,00€

MADE FROM SEAWATER / SPECIALTY
BEER FOR FOOD

Fresh Chios beer - House ale
(4,9% vol - 330ml) 6,50€

FRESH / UNPASTEURIZED / UNFILTERED
/ BLOND-YELLOW / FRUITY / SLIGHTLY
BITTER

**Septem Sunday's honey
golden ale 6,50€**

FRESH / UNPASTEURIZED / FILTERED /
CREAMY FOAM / LEMON FLOWER AND
PEACH AROMA

Estrella Daura Damm Pilsner
(5,4% vol - 330ml) 6,90€

GLUTEN FREE / TOASTED PALE MALT /
GRAIN AROMAS / A WAVE
OF BITTER HOPS

Schlenkerla / Smoked
(5,1% vol - 500ml) 7,50€

DARK BAVARIAN BEER / SMOKED

Estrella Inedit Weiss
with active yeast
(4,8% vol - 750ml) 14,20€

FERRAN ADRIA'S SPECIAL RECIPE /
FRUITY AND AROMATIC / ESPECIALLY
MADE TO ACCOMPANY FOOD

**Budveiser Budvar / Czech
Premium Lager-DRAFT BEER**

(5% vol)
330ml 4,00€
500ml 5,50€

FRESH / AROMATIC / FRUITY

**Non alcoholic
Veltins (0,5%vol) 330ml 5,50€**

LIGHT AND DELICATE / HOPS AROMA



COFFEES

ESPRESSO

	REGULAR	DECAFFEINE
ESPRESSO.....	2,70€	2,70€
ESPRESSO DOUBLE	3,70€	3,70€
ESPRESSO MACCHIATO.....	2,80€	2,80€
ESPRESSO FREDDO	3,70€	3,70€

CAPPUCCINO

	REGULAR	DECAFFEINE
CAPPUCCINO CALDO.....	3,70€	3,70€
CAPPUCCINO DOUBLE	4,20€	4,20€
CAPPUCCINO FREDDO	3,90€	3,90€
CAPPUCCINO CON PANNA.....	4,20€	4,20€
LATTE MACCHIATO	3,90€	3,90€

TAKEAWAY

ALL COFFEES ARE -50 % FROM MENU PRICE

OTHER COFFEES

GREEK COFFEE.....	2,20€
GREEK COFFEE DOUBLE.....	3,00€
NESCAFE FRAPPE	3,30€
NESCAFE	3,30€
FLAVORED FILTER COFFE	3,50€
(FLAVORS: 0,50€)	
HEALTHY LACTOSE-FREE COFFEE WITH COCONUT MILK AND SUGAR	4,50€

HOT & COLD BEVERAGES

CHOCOLATES

REGULAR.....	3,80€
WHITE	3,90€
VIENNOISE	4,20€
ROBUSTA WITH DOUBLE ESPRESSO	4,60€
WITH MADAGASCAR VANILLA	4,00€
WITH CINNAMON AND CHILI	4,00€
CARAMEL	4,00€
COLD WHITE CHOCOLATE WITH COFFEE BEANS.....	4,00€
BIANCA NERA, BLACK AND WHITE CHOCOLATE	4,50€

MATCHA NINJA ORGANIC BEVERAGES

PREMIUM QUALITY GREEN TEA FROM JAPAN, WITH THE STRONGEST ANTIOXIDANT PROPERTIES AND THE HIGHEST CATECHIN CONCENTRATION. ITS CONSUMPTION CONTRIBUTES TO IMMUNE SYSTEM STRENGTH, PROMOTES CONCENTRATION AND HIGH ENERGY LEVELS

Matcha Ninja Green Tea 5,50€

Matcha Ninja Latte 5,50€

Herb Tea & Matcha Ninja 7,00€

Matcha Ninja White chocolate 6,00€

FRESH ORGANIC HOT TEAS AND HERBAL FUSIONS

HOT TEA

White Paradise 4,00€

WHITE TEA / LAVENDER / MELON / FIG /
APRICOT

Sencha Fukujyu 4,00€

GREEN TEA SENCHA FROM MOUNTAIN
FUJI

Energy tea 4,00€

GREEN TEA / GINSENG / PINEAPPLE /
GINGER

Rajasthan nights 4,00€

GREEN FLAVOURED TEA / CITRUS
FRUIT PEELS / PINEAPPLE / CALENDULA
FLOWERS / CINNAMON

Goji-acai 4,00€

GREEN TEA / HIBISCUS / ROSA CANINA /
GOJI FRUIT AND ACAI / POMEGRANATE /
APPLE/ BERRY

The Tear of Chios 4,00€

GREEN TEA / CHIOS MASTIC / LEMON /
ALMOND / PISTACHIO

Evening Mist 4,00€

AROMATIC OOLONG / GRAPEFRUIT /
ORANGE / LEMONGRASS

Lapsang Souchong 4,00€

BLACK - RED TEA / SMOKED FROM
PINE TREES

Earl Grey Bio 4,00€

Fat burning tea 4,00€

MATE / NETTLE / LEMONGRASS / HIBISCUS
/ CANINE ROSE / SUNFLOWER

The Night Spells 4,00€

CHAMOMILE / LEMON / ORANGE /
PEPPERMINT / ROSE

Digestive tea 4,00€

MINT / CHAMOMILE / ANISE / FENNEL /
CUMIN / VALERIAN / MALLOW

Red Square 4,00€

HIBISCUS / APPLE / CRANBERRIES

ICED TEA

Tuvunu 330ml 3,50€

Galvanina, Bio Iced Tea Green

4,50€

Galvanina, Bio Iced Tea White

5,50€

Galvanina bio pomegranate

5,50€

**Galvanina bio with black carrot,
sanguine and blueberry**

5,50€

Galvanina bio with ginger 5,50€

MILKSHAKES

Chocolate - Vanilla - Strawberry 6,00€

SMOOTHIES

Smooth Operator (anti-stress) 6,00€

BANANA / PAPAYA / GINGER / GREEK YOGURT

RICH IN MAGNESIUM AND CALCIUM, B & E VITAMINS, POTASSIUM, FERRUM AND ZINC

Dieter's special (fat burner) 6,00€

STRAWBERRY / PINEAPPLE / HONEY / LEMON / GREEN TEA

RICH IN ANTIOXIDANTS, THE COMBINATION OF STRAWBERRY AND PINEAPPLE IS THE MOST POWERFUL NATURAL FAT BURNER.

Don't worry be happy (relaxing) 6,00€

APPLE / WALNUTS / HONEY / LEMON / FROZEN YOGURT

NATURALLY SOOTHING FOR THE NERVOUS SYSTEM

The Shirley Temple 6,00€

MILK / HONEY / BANANA / CHOCOLATE

THE FAVORITE COMBINATION OF THE YOUNG AND THE OLD ALIKE!

Anti-aging elixir 6,00€

MANGO / BANANA/ CARROTS / GINGER / GREEN TEA / FROZEN YOGURT

CONTAINS VITAMIN A- KNOWN FOR ITS ANTI-AGING QUALITIES, VITAMINS B & C AND FIBER

Love potion (natural viagra) 6,00€

APPLE / PASSION FRUIT / PAPAYA / LEMON / GINGER

STEP UP YOUR PERFORMANCE WITH ZINC- THE "METAL OF LOVE"

Exotic trip 6,00€

PINEAPPLE / MANGO/ PAPAYA / COCONUT MILK / GREEN TEA / GINGER

ANTIOXIDANT, WITH ANTI-VIRUS AND IMMUNOMODULATORY QUALITIES

OPTIONALLY ADD:

SPIROULINA 0,50€ - GINGER 0,50€ - WHEY PROTEIN 1,00€
- GREEK YOGURT 1,00€ - COCONUT MILK 0,80€
- FRESH POMEGRANATE JUICE 1,00€ - FRESH ORANGE JUICE 0,50€
- CELERY 0,80€ - CARROT 0,50€ - WHEAT GRASS 1,00€
- MATCHA NINJA TEA 1,90€ MACA ROOT 1,00€

FRESH JUICES

Fresh Hermione's Pomegranate Juice "Rodamy" 5,00€

AN EXTRAORDINARY GREEK VARIETY WITH UNIQUE TASTE CHARACTERISTICS

Fresh Orange Juice 3,60€

Fresh Homemade Lemon Juice With Spearmint 3,80€

Fresh Mixed Juice 4,50€

OPTIONALLY ADD:

SPIROULINA 0,50€ - GINGER 0,50€ - WHEY PROTEIN 1,00€ - GREEK YOGURT 1,00€
COCONUT MILK 0,80€ - FRESH POMEGRANATE JUICE 1,00€ - FRESH ORANGE JUICE 0,50€ -
CELERY 0,80€ - CARROT 0,50€ - WHEAT GRASS 1,00€ - MATCHA NINJA TEA 1,90€
- MACA ROOT 1,00€

REFRESHMENTS

"Ikaria" Lemonade 3,50€

"Ikaria" Orangeade 3,50€

TRADITIONAL PRODUCTION REFRESHMENTS FROM IKARIA ISLAND

Coca Cola (Light, Zero), Sprite 250ml 3,00€

3cents Grapefruit Soda 4,00€

3cents Aegean Tonic 4,00€

WATER

Avra 1Lt 2,00€

Xino Nero 250ml 3,20€

S. Pellegrino sparkling natural water 250ml 3,50€

Xino Nero 750 ml 4,50€

RICH IN TRACE MINERALS, CALCIUM, POTASSIUM & MAGNESIUM

APERITIVES

	GLASS	CARAFE
TSIKOUDIA.....	4,50€	9,00€
“PLOMARI” OUZO	5,50€	10,00€
“IDONICO” TSIPOURO	5,50€	10,00€
“TSILILIS” DARK CAVE AGED TSIPOURO.....	8,00€	15,00€
APEROL.....	7,00€	
CAMPARI	7,00€	
PIMM’ S.....	7,00€	
MARTINI (BIANCO / EXTRA DRY / ROSSO).....	7,00€	

LIQUEUR

BAILEYS	7,00€
SOUTHERN COMFORT.....	7,00€
SAMBUCA	7,00€
AMARETTO.....	7,00€
DRAMBUIE.....	8,00€

GIN

HAYMAN’S LONDON DRY	7,50€
BOMBAY SAPPHIRE	8,00€
TANQUERAY.....	8,00€
HENDRICKS’S	10,00€
BULLDOG	9,00€
TANQUERAY 10	12,00€
MONKEY 47	13,00€

VODKA

SMIRNOFF RED.....	7,00€
FINLANDIA.....	7,00€
RUSSIAN STANDARD	7,00€
KETEL ONE.....	10,00€
TITO’S (GLUTEN FREE).....	10,00€
SNOW LEOPARD	11,00€
BELVEDERE	11,00€
GREY GOOSE	11,00€
BELUGA	12,00€

RUM

BRUGAL ESPECIAL	7,00€
BRUGAL ANEJO	8,00€
SAILOR JERRY	8,00€
DIPLOMATICO RESERVA EXCLUSIVA.....	10,00€
ZACAPA 23	15,00€

TEQUILLA

EL JIMADOR BLANCO.....	7,00€
EL JIMADOR REPOSADO.....	8,00€
DON JULIO REPOSADO.....	8,00€
DON JULIO ANEJO.....	9,00€
HERRADURA REPOSADO.....	10,00€

BRANDY- COGNAC

METAXA 5.....	6,50€
METAXA 7.....	7,00€
HENNESSEY VS	10,00€
REMY MARTIN VSOP.....	11,00€
COURVOISIER VSOP	11,00€
HENNESSEY XO.....	25,00€

BLENDED SCOTCH

HAIG.....	7,00€
DEWAR'S	7,00€
CUTTY SARK	7,00€
GRANT'S.....	7,00€
FAMOUS GROUSE.....	7,00€
JOHNNIE WALKER RED	7,00€
THE NAKED GROUSE.....	9,00€
CUTTY SARK PROHIBITION	9,00€
JOHNNIE WALKER BLACK	9,00€
CHIVAS REGAL 12 YO	9,00€
DIMPLE 15 YO.....	10,00€
JOHNNIE WALKER GOLD	11,00€
JOHNNY WALKER BLUE.....	25,00€

SINGLE MALT

CARDHU 12 YEARS OLD	10,00€
MACALLAN AMBER	10,00€
TALISKER 10 YEARS OLD	10,00€
OBAN 14 YEARS OLD	10,00€
LAPHROAIG 10 YEARS OLD	10,00€
HIGHLAND PARK	10,00€
GLENFIDDICH 12 YEARS OLD	12,00€
MACALLAN SIENNA	14,00€
LAGAVULIN 16 YEARS OLD	15,00€
MACALLAN RUBY	25,00€

BOURBON

FOUR ROSES	7,00€
JIM BEAM	7,00€
JACK DANIELS	8,00€
JACK DANIELS HONEY	8,00€
GENTLEMAN JACK	9,00€
MAKER'S MARK	10,00€
BULLEIT RYE	10,00€
WILD TURKEY RARE BREED	12,00€
WOODFORD RESERVED	12,00€

JAPANESE SINGLE MALT

NIKKA FROM BARREL	12,00€
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BLENDED IRISH

JAMESON	8,00€
TULLAMORE DEW	8,00€
BUSHMILLS 10 YO	10,00€

DISTILLATES

FERNET BRANCA	7,00€
FERNET BRANCA MENTA	7,00€
MASTIHA	7,00€
LEMONCELLO	7,00€
GRAPPA TRADIZIONALE.....	8,00€
JÄGERMEISTER.....	8,00€
MASTIHA SKINOS.....	8,00€
ROOTS TENTURA	8,00€
GRAPPA CHARDONNAY	10,00€

**SHOTS (30ML) AT -50% PRICE*



ALLERGENS

	EGG	LACTOSE	GLUTEN	SULFUR DIOXIDE	LUPINE	MOLLUSC	MUSTARD	NUTS	CELERY	SESAME	SOYA	FISH	SUGAR
THE ELIZABETH TAYLOR				✓							✓	✓	
THE DIANA ROSS			✓	✓			✓						
THE AVA GARDENER				✓							✓	✓	
THE MELINA MERKOURI			✓	✓					✓		✓		
THE NICE N EASY		✓		✓									
THE GAVRAS SPECIAL	✓	✓	✓	✓				✓			✓		
THE PAUL NEWMAN	✓	✓	✓	✓			✓					✓	
THE NAT KING COLE		✓		✓									✓
THE MARVIN GAYE	✓	✓	✓										
THE NIKOS KAZATZAKIS		✓											
THE BRUCE LEE			✓	✓					✓	✓	✓		
THE MARLIYN MONROE		✓											
THE AYDREY HERBURN	✓												
POWER BOWL													
THE COPPOLA		✓		✓									
THE JOHN LENNON		✓	✓	✓									
THE JACK NICHOLSON	✓	✓	✓	✓									
MARIALENIS		✓		✓									✓
THE SOPHIA LOREN		✓	✓	✓									
THE BRIGITE BARDOT				✓				✓					
THE SEAN CONNERY			✓									✓	
THE ELVIS PRESLEY		✓	✓	✓								✓	
THE BOGIE AND BACALL				✓			✓						
THE MARLON BRANDO	✓	✓	✓	✓			✓						
THE MICHAEL JACKSON													
THE FRANK SINATRA													
THE CLINT EASTWOOD													
THE ARETHA FRANKLIN				✓					✓				
THE PAMELA ANDERSON	✓		✓				✓						
GARNISH													
QUINNOA TABBOULEH								✓					
TRIPLE COOKED FRIES													
SWEET POTATO PUREE		✓											
MIXED GREENS				✓			✓						

ALLERGENS

	EGG	LACTOSE	GLUTEN	SULFUR DIOXIDE	LUPINE	MOLLUSC	MUSTARD	NUTS	CELERY	SESAME	SOYA	FISH	SUGAR
SAUCE													
HONEY MUSTARD				✓			✓						
AROMATIC HERBS AIOLI		✓	✓	✓			✓						
CHIMICHURRI				✓									
DESSERTS													
BROWNIES	✓	✓	✓					✓					✓
BANOFFEE		✓	✓					✓					✓
RICE PUDDING		✓	✓	✓				✓					✓
WALNUT PIE	✓	✓	✓					✓					✓
VANILLA ICE CREAM													
CHOCOLATE ICE CREAM													
HAZELNUT ICE CREAM								✓					
PISTACHIO ICE CREAM								✓					
SEASONAL FRUITS													
SANDWICH													
LOUS AMSTRONG		✓	✓	✓			✓						
EDITH PIAF		✓	✓	✓			✓						
GRACE KELLY		✓	✓	✓			✓						
ANTONY QUINN		✓	✓	✓			✓						
BREAKFAST & SNACKS													
YOGURT WITH HONEY		✓											
YOGURT WITH FRUITS		✓											
YOGURT WITH NUTS		✓						✓					
YOGURT WITH MUESLI		✓											
FRENCH TOAST	✓	✓	✓					✓					✓
PANCAKES	✓	✓	✓										✓
OMELET	✓		✓										
FRIED EGGS	✓		✓										
EGGS BENEDICT	✓		✓	✓									
HUEVOS RANCHEROS	✓		✓	✓									

ALL PRODUCTS MAY CONTAIN TRACES OF GLUTEN, SOYA, NUTS, LACTOSE

THE QUALITY OF OUR PRODUCTS AND THEIR ORIGIN...

- Free-range water Buffalo are from our own farm, in Lake Kerkini, Northern Greece.
- Our beef is organic from “A-FARM” in Arcadia, Peloponnese.
- We use slow-aged bread from “The Baker’s” and “Betty’s”.
- We use “Elea Terra” organic extra virgin olive oil from Lakonia in the Peloponnese.
- Our thyme honey is from “APIPHARM” Co.
- We use “Golden Black” organic Korinthian raisins.
- All our legumes are also organic.
- Our coffee is “portoli il caffè top”, specialty blend originating from central and South America, Africa and Asia.

**COMPARATIVE INDEX BOARD OF ORGANIC VS CONVENTIONAL PRODUCE
NUTRITIONAL ELEMENTS & TRACE ELEMENTS**

		%OF DRY INGREDIENT		mgr/100GR DRY INGREDIENT			ppm DRY INGREDIENT		
		Crude ash	Phosphorus	Calcium	Magnesium	Potassium	Boron	Manganese	Ferrum
BEAN	ORGANIC	10,45	0,36	40,50 99,70	60,20		73,00	60,00	227
	CONVENTIONAL	4,04	0,22	15,5	14,80	29,10	10,00	2,00	10
CABBAGE	ORGANIC	10,38	0,38	60,10	43,60	148,30	42,00	13,00	94
	CONVENTIONAL	6,12	0,18	17,50	13,60	33,70	7,00	2,00	20
LETTUCE	ORGANIC	24,48	0,43	71,10	49,30	175,50	37,00	169,00	516
	CONVENTIONAL	7,01	0,22	16,1	13,1	53,70	6,00	1,00	9
TOMATO	ORGANIC	14,21	0,35	23,20	59,20	148,30	36,00	68,00	1938
	CONVENTIONAL	6,07	0,16	4,50	4,50	58,80	3,00	1,00	1
SPINACH	ORGANIC	14,21	0,52	96,1	203,90	237,10	88,00	117,00	1584
	CONVENTIONAL	6,07	0,27	47,50	46,90	84,60	12,00	1,00	19

	Protein	Fat	Cholesterol	Calories
Buffalo	22 - 26	1,3 - 1,8	30 - 40	130
Ostrich	22 - 26	2	58 - 68	97 - 114
Beef	18 - 27	10 - 28	60 - 100	260 - 300
Chicken	27 - 32	3 - 4	73 - 86	140 - 165
Baby lamb	26	15	92	241
Turkey	26	22	99	323

COMPARISON AMONG BUFFALO MEAT & OTHER TYPES OF MEAT

(Average as calculated in a University of Naples Research
Head of Research, Dr Dogkos George)



KOLONAKI | KIFISSIA | MYKONOS

60, Omirou & Skoufa str., Kolonaki	☎ 210 361 7201
7, Papdiamanti str, Kifissia	☎ 210 808 2014
Alefkandra Sq, Mykonos Chora, Mykonos	☎ 22890 25421

The consumer has no obligation to pay if not presented with the necessary legal document (invoice- receipt).

Prices include:
Service, Municipality Tax, VAT

Responsible for market inspection / Legal representative:
Christos Athanasiadis

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