

BREAKFAST BOWLS

Morning Energy Bowl

Yoghurt, oats, tahini, thyme honey, apple, kiwi, flaxseed
Greek or almond yogurt, coconut, or almond milk

Red Simplicity Bowl

Yoghurt, berries, red fruit juice, vanilla, pistachio, fresh mint, chia seeds
Greek or almond yogurt

Bowl of Chocolate Delight

Yoghurt, chocolate granola, fig, peanut butter, chocolate pieces,
hazelnuts Greek or almond yogurt

Greek Porridge

Trahanas, cottage cheese, lemon zest
apaki, mushrooms, avocado

Yogurt

Full, 2%, 0%, vegan

Seasonal Fruit Variety

SNACKS

Cereals

Granola, seedless granola, fruit muesli, oats, corn flakes
(DF, VG, VT)

Seeds & Nuts

Sunflower seeds, walnuts, pistachios, almonds, coconut flakes, chia seeds,
pecans, Brazilian nuts
(DF, GF, VG, VT)

Dried Fruits

Goji berries, mangoes, apricots, dates, pineapple, figs, anana, prunes cranberries
(DF, GF, VG, VT)

SWEET CORNER

French Toast

Maple syrup, icing sugar

Rice Porridge

Pancakes

Waffles

Crepes

Add:

Maple syrup, honey, carob honey, chocolate chips, berries, banana, coconut flakes, grapes, praline

CULINARY DELIGHTS

Bread basket

Butter and chocolate croissants, tsoureki bread, bread, honey, jam, butter

Avocado Toast

Sourdough bread, guacamole, baked cherry tomatoes, soft feta
Poached egg or boiled egg

Cycladic Salad

Cherry tomatoes, carob rusks, oregano, feta cheese

Koulouri Bread

Smoked salmon, tsalafouti, avocado chunky sauce

Variety of Greek cold cuts

Variety of Greek cheeses

Pie of the Day

EGGS

Tomato Kayianas

Sourdough bread, scrambled eggs, roasted cherry tomatoes, soft feta cheese

Mushroom Kayianas

Sourdough bread, scrambled eggs, guacamole, mushrooms, soft feta cheese

Santorini Sfougato

Oven baked Greek omelet, potatoes, Santorini cheese.

Monte Cristo Sandwich with sunny side up egg

Sourdough bread, apaki, mustard, gruyere, fried egg

Eggs Benedict Istoria Style

Loutza, hollandaise sauce, poached eggs, kale, sourdough bread

Asparagus Omelet

Asparagus, cottage cheese, chives

Your Own Omelet

(regular or with egg white)

Add:

Feta, gruyere, cottage cheese, spinach, mushrooms, herbs, onion, smoked turkey, bacon, pepper, tomatoes

SMOOTHIES / FRESH JUICES

Coffee-Curcuma Smoothie

Coffee, banana, curcuma, coconut oil, linseed, cocoa

Green Smoothie

Almond milk, banana, spinach, kiwi, chia seeds

Fresh orange juice

Fresh grapefruit juice

Pomegranate, beetroot, orange, banana, poppy seeds

BEVERAGES

COFFEE

Espresso

Cappuccino

Greek Coffee

Instant Coffee / Frappe

TEA

Greek herbs / Tea blends

CHOCOLATE

Cold / Hot

DF: Dairy-Free, GF: Gluten-Free, VG: Vegan, VT: Vegetarian

Embracing a sustainable culture, our menu is created with locally and sustainably sourced produce. The olive oil used in our fare is organic and collected in Epidaurus, Peloponnese, our vegetables are bio and garnered locally, while all our fish are originated from the region of the Cyclades.

Food on this menu may contain traces of nuts and gluten. Please ask our associates for further clarifications.
We welcome inquiries from customers that wish to know whether any dishes contain particular ingredients.
Please inform us of any allergy or special dietary requirements that we should be aware of, when preparing your menu request.