

## CULINARY DELIGHTS

### **Bread Basket**

Plain croissants, chocolate croissants, raisin croissants,  
butter, honey, jam, tahini, peanut butter  
(VT)

### **Avocado Toast**

Sourdough bread, poached eggs, avocado,  
smoked salmon, Hollandaise sauce

### **Seasonal Vegetables Crudites**

(DF, GF, VT, VG)

### **Koulouri<sup>SD</sup>**

Smoked salmon, cucumber, capers, Katiki cheese,  
herbs, lemon, mixed salad

### **Selection of Greek Cheeses and Cold Cuts<sup>SD</sup>**

Smoked turkey, boiled ham, Syros salami,  
Mykonian louza, Naxos gruyere, kasseri cheese,  
manouri cheese

### **Pie of the Day**

## BREAKFAST BOWLS

### **Morning Energy Bowl**

Yogurt, oats, tahini, thyme honey, apple, kiwi, flaxseed  
Greek or almond yogurt, coconut or almond milk  
(GF, VT)

### **Red Simplicity Bowl**

Yogurt, berries, red fruit juice, pistachio, fresh mint,  
chia seeds Greek or almond yogurt  
(GF, VT)

### **Bowl of Chocolate Delight**

Yogurt, chocolate granola, fig, peanut butter,  
chocolate pieces, hazelnuts Greek or almond yogurt  
(GF, VT)

### **Overnight Oats<sup>SD</sup>**

Coconut yogurt, organic spirulina, chia seeds,  
maple syrup, coconut flakes

### **Dairy**

**Milk:** 0%, 1,5%, full fat (GF, VT)

**Dairy-Free Milk:** Soy, almond, oat, coconut (DF, GF, VT, VG)

**Yogurt:** Greek, almond, coconut, 0%, full fat (GF, VT, VG)

### **Seasonal Fruits**

## **SNACKS**

### **Nibbles Cereals**

Granola, grain-free granola, fruit muesli, corn flakes, chocolate corn flakes, honey rings

(DF, GF, VT, VG)

### **Seeds and Nuts**

Sunflower seeds, walnuts, pistachios, almonds, coconut flakes, chia seeds, cashews, pumpkin seeds

(DF, GF, VT, VG)

### **Dried Fruits**

Goji berries, mangos, apricots, dates, pineapple, figs, prunes, cranberries

(DF, GF, VT, VG)

### **Eggy Bread**

Crispy bacon, gruyere cream, spinach, sautéed mushrooms

### **Pancake**

Buckwheat pancake, blueberry sauce, sweet cream cheese

(GF, VT)

### **Brioche French Toast**

Caramelized banana, vanilla cream, walnuts

(VT)

### **Tsoureki<sup>SD</sup>**

Creamy yogurt icing, honey, cinnamon syrup, walnuts

(VT)

## **EGGS**

### **Kayianas<sup>SD</sup>**

Sourdough bread, cherry tomatoes, courgette, feta cheese, olives

(VT)

### **Scrambled Egg Whites**

Scrambled egg whites, sourdough bread, Katiki cheese, mushrooms, spinach

(VT)

### **Frittata**

Zucchini, beef sausage, potatoes, oregano cheese

(GF)

### **Eggs Benedict Istorla Style<sup>SD</sup>**

Sourdough bread & Mykonian louza, Hollandaise sauce, poached eggs, kale

### **Your Own Omelet**

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

(Regular or with egg whites)

# SMOOTHIES / FRESH JUICES

## Coffee-Curcuma Smoothie

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

## Green Tonic

Cucumber, kale, celery, green apple, tonic

## Power Shake

Banana, strawberry, milk

## Fresh Orange Juice

## Fresh Grapefruit Juice

## COFFEE

Espresso

Cappuccino

Greek Coffee

Instant Coffee / Frappe

## TEA

Greek Herbs / Tea Blends

## CHOCOLATE

Cold / Hot

SD: Signature Dish, 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.