# From Our Bakery

### **Bread Basket and Grissini**

Plain croissants, chocolate croissants, butter, honey, jam

#### Cereals

Granola, grain-free granola, fruit muesli, corn flakes (DF, VG, VT)

### **Seeds and Nuts**

Sunflower seeds, walnuts, pistachios, almonds, coconut flakes, chia seeds, cashews, pumpkin seeds, pecans, Brazilian nuts

(DF, GF, VG, VT)

### **Dried Fruits**

Goji berries, mangos, apricots, dates, pineapple, figs, prunes, cherries, cranberries (DF, GF, VG, VT)

# **Dairy**

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

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

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

# **Platters**

## **Seasonal Fruits Carpaccio**

(DF, GF, VG, VT)

## **Seasonal Vegetables Crudites**

(DF, GF, VG, VT)

### **Selection of Greek Cheeses and Cold Cuts**

Karditsa pastrami, Syros salami, Mykonos louza, Naxos gruyère, Crete ladotiri, Mytilene mizithra

### **Selection of Homemade Gravlax Salmons**

pepper corns, Beetroot flavor, lemon-dill flavor

(DF, GF, VT)

# **Healthy and Superfood Bowl**

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### **Red Morning**

Greek yogurt, red fruits coulis, berries, grain-free granola, Sunflower seeds (GF, VT)

### **Acai Bowl**

Acai berries, Greek yogurt, frozen red berries, chia seeds, coconut flakes, toasted sliced almonds, fresh mint

## Goji Berry

Banana, kiwi, coconut flakes, coconut yogurt, chia seeds, chocolate tahini (DF, GF, VG, VT)

## **Caramelized Banana Split**

Greek yogurt, berries, cacao nibs, grain-free granola (GF, VT)

### **Hemp Seeds**

Almond milk, oatmeal, cashews, tahini, kiwi (DF, GF, VG, VT)

### **Dried Fruits**

Greek yogurt, fruit muesli, dried figs, cherries, apricots, pineapple, basil leaves (VT)

\*Choose your yogurt of preference

# **Eggs Our Way**

Greek kayianas, Santorini cherry tomatoes, feta cheese, Kalamata olives

Corn bread, poached eggs, smoked salmon, hollandaise sauce (VT)

Sourdough bread, avocado spread, fresh red chili, poached eggs (VT)

Egg white omelet, avocado, spinach, Mytilene mizithra (GF, VT)

# **Eggs Your Way**

Poached - boiled - scrambled - fried - omelet

### **Suggested Garnishes**

Syros salami, Mykonos louza, Karditsa pastrami, Naxos gruyère, Crete ladotiri, Mytilene mizithra, Santorini cherry tomatoes, oyster mushrooms, Kalamata olives, bacon, paprika breakfast potatoes

# **Savory**

## Pie of the Day

## Porridge

Cottage cheese, homemade almond cheese, tahini (GF, DF, VG, VT)

### **Open Croque-Monsieur**

Sourdough bread, Tinos pastrami, Naxos gruyère, turmeric bechamel

### Tiganopsomo

Homemade almond cheese, carob & rice flour, honey, black sesame (DF, VG, VT)

### Koulouri

Smoked salmon, sesame, saffron cottage cheese, dill  $$^{(\mbox{\scriptsize VT})}$$ 

## Sweet

## **Mastic Soya Milk Rice Pudding**

(GF, DF, VG, VT)

### **Buckwheat Pancakes**

Seasonal fruits, cinnamon, maple syrup

### **Brioche French Toast**

Chocolate praline, banana (VT)

### Waffles

Seasonal fruits, maple syrup

# Warm and Cold Beverages

Freshly brewed coffee

Espresso

Cappuccino

Greek coffee

Instant hot or cold coffee

Tea selection

Chamomile

Greek mountain tea

Hot or cold chocolate

## **Smoothies and Juices**

Fresh orange juice

Fresh pink grapefruit juice

Raspberries, strawberries, pineapple, coconut milk, agave nectar, chia seeds

Almond milk, cereal-infused low-fat milk, banana, mango, cacao nibs, chocolate, peanut butter

Mango, white peach, yogurt, Greek honey, saffron, cumin, ginger, Aegina pistachios

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.