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## WELLNESS EARLY MENU

### ΠΡΩΙΝΑ - ΣΝΑΚΣ / BREAKFAST - SNACKS

01.

**Organic coconut yogurt  
or cow's milk greek yogurt**  
seasonal fruits, nut mix, tahini and agave topping

02.

**Organic soy yogurt  
or cow's milk greek yogurt**  
toasted sourdough bread bites, cucumber and carrot  
julienne, peppermint, parsley, smoked sweet chili  
flakes, sunflower seeds, extra virgin olive oil

03.

**Chia pudding**  
seasonal fruits, agave syrup

04.

**Chocolate chia pudding\***

\*puddings are made with almond milk

The dishes above are a vegan and lactose free choice  
if you pick the plant based product option

05.

**Almond and oatmeal pancakes**  
fresh fruit sauce with chia seeds, organic coconut yogurt,  
almond butter topping

06.

**"Sfougato" omelette**  
with zucchini, feta cheese, spearmint

07.

**Greek scrubbed eggs**  
with fresh tomato, feta cheese, basil

08.

**Red lentil crepeç**  
with  
a) **grilled shrimps** or  
b) **smoked salmon**  
with homemade taramosalata  
mousse, sautéed spinach, chive

09.

**Home made pie in puff pastry filled with**  
a) creamed cheese mix, cherry tomatoes, spearmint  
b) spinach, leak and herbs

10.

**Open sandwich**  
(choose between toasted sourdough bread made of  
organic plain flour or zea flour) with  
a) **feta cheese, tomato, roasted pepper pesto,  
extra virgin olive oil, oregano**  
b) **grilled shrimps or smoked salmon, avocado  
spread, arugula, smoked sweet chili flakes,  
lime, extra virgin olive oil\***  
c) **greek ratatouille, tomato, tahini, basil,  
extra virgin olive oil**

\*enjoy your sandwich with  
**"sunny side up" or "scrambled" eggs**

## ΣΑΛΑΤΕΣ / SALADS

11.

### **Greek salad**

accompanied with toasted sourdough bread

12.

### **Grilled shrimps**

cucumber and zucchini, caper leaves, onion, herbs, dressing of plant based yogurt

13.

### **“Niçoise”**

with grilled salmon, egg, avocado, olives, cherry tomatoes, lettuce, spring onion, basil

14.

### **“Beluga” lentil salad**

with oil rusks, tomato, arugula, onion, celery, whole grain mustard, extra virgin olive oil

15.

### **“Buddha bowl”**

groats, chick peas, avocado, corn, cucumber, green salad, basil, almond butter dressing

## ΖΕΣΤΑ ΠΙΑΤΑ / HOT DISHES

16.

### **Oven cooked aubergines**

with sunny side up eggs

17.

### **Burger**

with a choice of

- a) **Veal patty (100%)**
- b) **Black beans patty**
- c) **Grilled chicken fillet**
- d) **Grilled seabass**

and spinach sautéed, aivar (roasted pepper pesto), vegan mayo, tomato.

Accompanied with, roasted beetroots and corn

18.

### **Spanakorizo**

with konjac rice (no carbs) and plant based yoghurt (vegan) or feta cheese\*

19.

### **“puttanesca” noodles\*\***

marinated anchovies, chick peas, tomato, olives, caper, parsley

20.

### **vegan “aivar” noodles\*\***

roasted pepper pesto, almond butter, soy sauce, basil

21.

### **“Cottage cheese” noodles\*\***

fresh grated tomato, fennel, spearmint

22.

### **Chicken fillet**

in mavrodaphni sweet wine, celery, carrot, whole grain orzo pasta, dash of cream

23.

### **Veal fillet**

with “sofrito” butter, assorted with roasted beetroots and greek ratatouille

24.

**A portion of bread**

choose