



elia



local cuisine

## Cold Appetizers

### **Tzatziki**

Local Yoghurt, fresh garlic and cucumber.

### **Tirokafteri**

Spicy cheese dip with Feta cheese, olive oil, red hot pepper flakes

### **Aubergine dip salad**

Smoked aubergine, tomato, onion, parsley, thyme, and walnuts.

### **Fava** (Broad beans)

Fava beans cooked with potatoes and carrots, chopped onion, parsley and olive oil.

### **Burley Rusk** (Dakos)

Burley rusks with freshly chopped tomato, oregano, sour myzithra cheese, olives , organic and olive oil.

### **Potato Salad with Smoked Pork**

Boiled potatoes, tomatoes, cucumber, egg, fresh onion, and smoked pork.

### **Marinate Anchovies**

Home marinated with salt, vinegar and herbs.

### **Smoked trout**

Local smoked trout, served with sause of dill and lemon.

### **Roasted peppers**

Red peppers with olive oil, vinegar, parsley.

## **Cretan Cheesecake**

Rubbed burley rusk with tahini, olive oil , cream cheese and tomato marmalade.

## **Hummus**

Purees of chickpeas, garlic, olive oil, tahini, onion, parsley, lemon and cumin.

## **Ospriada**

Chickpeas, Black beans, lentils, chopped cherry tomatoes and parsley and lemon.



## **Warm Appetizers**

### **Stuffed vine leaves**

Home-made stuffed vine leaves with yoghurt sauce.

### **Pan-seared graviera cheese (Saganaki)**

with sweet fig and balsamic cream

### **Cheese Balls**

### **Feta cheese in the oven**

Feta cheese with fresh garlic, pepper, tomato sauce, onion, oregano and organic olive oil.

### **Courgettes**

Courgettes fried in olive oil, served with Greek Ricotta cheese (Anthotyros).

### **French Fries**

Freshly cut, fried in olive oil.

### **Grilled mushrooms**

Grilled mushrooms with balsamic vinegar and olive oil

### **“Tigania”**

Pork chunks with onion, pepper and bukovo chili flakes, finished with lemon .



## SALADS

### **Greek Salad**

Salad with feta cheese, tomato, cucumber, onion, peppers, Cretan black olives, olive oil and oregano.

### **Mediterranean Salad**

Cherry tomatoes, Galomizithra, rocket, capers, basil leaves, onion, pepper, olives, garlic rusks, and olive oil with garlic.

### **Green Salad with Greek ricotta cheese**

Green salad with walnuts, Barley croutons, cherry tomatoes and Greek cheese (anthotyros).

### **Beetroots with yogurt**

With Greek yogurt, apple, thyme and walnuts



## PASTA

### **Country-style Spaghetti**

With feta cheese, olives, tomato and oregano.

### **“Skioufikta” Greek pasta**

With vegetables and anthotiros cheese.

### **Kritharoto with vegetables**

Orzo with vegetables



## Plates for 2 persons

### **“ Meze Eleonas ”** (for 2 persons)

A variety of 9 small dishes

**Potato Salad** with Smoked Pork, **Feta cheese in the oven**,  
**Spicy cheese dip**, **Fava** with onion, caper and olive oil  
**Smoked aubergine salad** with walnut, **Burley rusk**, **Fried courgettes**,  
**Grilled mushrooms**, **“Tigania” Pork with wine.**

### **“ Vegetarian Meze ”** (for 2 persons)

A variety of 9 small dishes

**Smoked aubergine salad** with walnut, **Fava** with onion and olive oil, **Potato Salad** ,  
**Humus** Puree with chickpeas and tahini  
, **Pulses Salad «Ospriada »** , **Stuffed vine leaves**, **Fried Courgettes**,  
**Grilled mushrooms**, **Kritharoto with vegetables**



## FISH

### **Fresh Local Trout on the grill**

Served with grilled vegetables

### **Salmon fillet on the grill**

Served with grilled vegetables



## Meat - Grilled

### **Chicken Fillet**

Grilled, marinated with spices and olive oil. (Served with mushroom risotto.)

### **Lamb Chops**

Fresh lamb chops. Accompanied by baked potatoes and salad.

### **Sheep ribs**

Dry ripening sheep ribs with Accompanied by baked potatoes and salad.

### **Meatballs on Grill**

Fresh beef and pork minced meat on the grill. Served with baby potatoes and salad.

### **Pork Steak Tomahawk** 600 gr

Accompanied with grilled vegetables and baby potatoes and salad.

### **Ribeye steak** 400 -450 gr

Accompanied with grilled vegetables and baby potatoes.



## Our Dishes

### **Chicken with Sage**

Chicken fillet, sautéed onions, sun dried tomato and sage, finished with white wine. (Served with mushroom risotto.)

### **Chicken “Eleonas”**

Chicken fillet, pepper, onion, cherry tomatoes, basil, oregano, olives and feta cheese, finished with white wine. Served with mushroom risotto.



## **Kids' Dishes**

### **Chicken nuggets**

Accompanied by French fries and cucumber-tomato

### **Chicken souvlaki**

Accompanied by French fries and cucumber-tomato

### **Hamburger**

Fresh beef meat with tomato, lettuce and sauce . Accompanied by French fries

### **Spaghetti Bolognese**

Fresh beef and pork minced meat

### **Spaghetti with tomato Sause**

### **Pizza margarita**

Cheese and tomato.

### **Pizza - Ham and bacon**

Cheese - ham - bacon and tomato.



Here are some words that you are likely to find useful during your holidays in Crete.

<b>CAPS</b>	<b>SMALL</b>	<b>SOUND</b>	<b>MEANING</b>
ΝΑΙ	ναι	né	yes
ΟΧΙ	όχι	o <u>h</u> i	no
ΕΥΧΑΡΙΣΤΩ	ευχαριστώ	efharisto <u>o</u>	thank you
ΠΑΡΑΚΑΛΩ	παρακαλώ	parakalo <u>o</u>	please / you are welcome
ΚΑΛΗΜΕΡΑ	καλημέρα	kalime <u>r</u> a	good morning
ΚΑΛΗΣΠΕΡΑ	καλησπέρα	kalispe <u>r</u> a	good evening
ΚΑΛΗΝΥΧΤΑ	καληνύχτα	kalini <u>h</u> ta	good night
ΓΕΙΑ ΣΟΥ	γεια σου	yi <u>a</u> ssou	hello and goodbye (to one person / informal)
ΓΕΙΑ ΣΑΣ	γεια σας	yi <u>a</u> ssass	hello and goodbye (to many people / formal)
ΑΝΤΙΟ	αντίο	adi <u>o</u>	goodbye
ΜΠΥΡΑ	μπύρα	bi <u>r</u> a	beer
ΚΡΑΣΙ	κρασί	krasi <u>i</u>	wine
ΝΕΡΟ	νερό	ne <u>r</u> o	water
ΦΑΓΗΤΟ	φαγητό	fagi <u>t</u> o	food
ΓΕΙΑ ΜΑΣ	γεια μας	yi <u>a</u> mass	cheers! (= to our health)
ΤΟΥΑΛΕΤΑ / ΜΠΑΝΙΟ	τουαλέτα / μπάνιο	touale <u>t</u> a / ba <u>n</u> io	toilet
ΧΑΡΤΙ	χαρτί	hart <u>i</u>	toilet paper
ΠΑΡΑΛΙΑ	παραλία	para <u>l</u> ia	beach
ΘΑΛΑΣΣΑ	θάλασσα	tha <u>l</u> assa	sea
ΦΑΡΜΑΚΕΙΟ	φαρμακείο	farmaki <u>o</u>	pharmacy

<b>I do not want</b>	<b>Den thelo</b>
<b>I want</b>	<b>Thelo</b>
<b>Tomorrow</b>	<b>Aurio</b>
<b>Today</b>	<b>Simera</b>
<b>See you tomorrow</b>	<b>Ta leme aurio</b>
<b>How much is it</b>	<b>Poso kani</b>

**KALI OREXI !**