

Sahana Sample Menu





Breakfast

Beverages

Fresh Orange Juice, Coffee, Smoothies

Pastries

Cake, Croissants, Cupcakes, Tarts, Corn Flakes, Traditional Greek Pies, Bread Sticks

Platters & Dishes

Greek Cheeses & Cold Cuts Platter

Marmalade / Honey / Butter / Peanut Butter / Chocolate Praline Spreads

Eggs (Omelets / Scrambled / Shakshuka / Greek “Kagianas” / Poached)

Fresh Seasonal Fruits Platter

Greek Yoghurt & Toppings (Chia / Nuts / Walnuts / Peanuts / Almonds etc.)

Cherry Tomatoes & Cucumber Platter

Smoked Salmon & Avocado Platter

French Toast (Sweet or Savory) with Greek Sweet Brioche Bread (“Tsoureki”)

Day 1

Lunch

Welcome finger food based on Greek traditional cuisine
(bites and tarts)

Dinner

Gazpacho, a cold soup with finely chopped vegetables,
salad, and scented Greek cheese

Salmon tartare with pickles, herbs, and soya sauce

Sea bass fillet in panko crust, celery root puree, sweet
“Florinis” pepper sauce (Greek PDO red peppers)

Lemon tart with homemade crumble with nuts, cream
cheese, lemon juice & lime zest





Day 2

Lunch

Burrata cheese salad with cherry tomatoes & basil pesto

Bruschetta with egg roe salad, marinated sardines, crispy capers & olive fillets

Orzo pasta with herbs & shrimps “Saganaki” and feta cheese

Ice cream & fruits

Dinner

Beetroot salad with Greek yoghurt & walnuts

Aegean grilled octopus with Santorini fava beans & handmade caper chutney

Grilled baby gem with sea bream fillet & taramosalata

Tiramisu

Day 3

Lunch

Variety of Greek dip spreads (tzatziki, hummus, spicy cheese dip etc.)

Classic Greek meat platter (chicken fillet, burgers), open souvlaki, pitta breads

Slow-cooked roasted baby potatoes with honey mustard glaze

Ice cream & fruits

Dinner

Beef tartare with green apple, mustard seeds & soya

Mixed green salad with cherry tomatoes, walnuts & fried feta in crispy phyllo

Grilled rib eye cut with chimichurri sauce, sautéed asparagus in butter & carrot puree with cumin and herbs

Classic cheesecake with handmade sweet cherry marmalade





Day 4

LUNCH

Greek salad with cherry tomatoes & carob rusk

Traditional Santorini tomato fritters with scented yoghurt sauce

Beef meatballs in tomato sauce with Greek risotto

Chocolate salami & ice cream

Dinner

Super food salad with quinoa, mango & grilled shrimps

Sea bass ceviche with leche de tigre, mango juice, cherry tomatoes, avocado, chili & coriander

Fried calamari with black aioli sauce (squid ink)

Greek baklava with Aegina pistachio & Madagascar vanilla ice cream

Day 5

Lunch

Grilled “talagani” cheese with grape sweet marmalade

Greek dakos salad with barley rusk, tomato & olives

Lobster linguini with tomato confit and herbs

Ice cream & fruits

Dinner

Bruschetta with smoked salmon, caramelized onion & ricotta cheese

Ikaria salad with colorful cherry tomatoes, green beans & “anthotyro” cheese

Mediterranean grilled porky fish with fish broth & sautéed greens

Orange pie with syrup & vanilla ice cream





Day 6

Lunch

Zucchini fritters with feta mousse sauce
Mixed green salad with prosciutto di Parma
Traditional Greek moussaka
Ice cream & fruits

Dinner

Tuna tartare with Bloody Mary sauce, Greek ouzo & herbs
Spinach salad with crispy phyllo, scallions & manouri cheese
(Spanakopita salad)
Asian-style marinated salmon with teriyaki glaze & burned cauliflower
puree
Banoffee

Day 7

Lunch

Potato salad with Mediterranean chorizo & cherry tomatoes

Mediterranean bruschetta with tomatoes, cucumber, olives & feta cheese

Creamy spaghetti with chicken fillet, sun-dried tomatoes, mushrooms & truffle oil

Lemon sorbet & seasonal fruits

Dinner

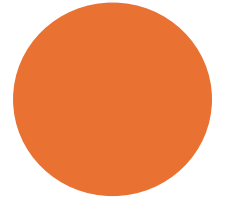
Mediterranean eggplant with basil pesto, herbs, “Florinis” pepper sauce & feta cheese

Cheese pie bites in crispy phyllo with spicy tomato jam

Glazed lamb chops with Vinsanto wine sauce (PDO Santorini), potato puree & sun-dried tomatoes

Chocolate cake with vanilla ice cream & hot salted caramel syrup





*** Happy to discuss any food allergies or special dietary needs.*

*** All traditional Greek dishes can be prepared.*

*** Athlete diet available: high protein, low fats & carbs.*

*** Fresh fish from local fishermen depends on weather and catch.*

