

Amante Sample Menu



Breakfast

Juices: Orange juice, pomegranate juice, mango smoothie, red fruit smoothie

Milk: Regular, Low Fat, Oat milk, Soy Milk, Coconut milk.

Cereals: normal, chocolate, oats.

Spreads and jams: homemade peach by Grandma Tsambika, apricot, strawberry, chocolate, Nutella, maple syrup and tahini.

Fresh fruits: oranges, red grapefruits, grapes, mango, pineapple, melon, watermelon, passion fruit.

Dried fruits: dried apricots, dried plums, dried red berries, goji berries.

Dried nuts: walnuts, nuts, hazelnuts

Assortment of cheeses: Gouda, Emmental, Parmesan, Edam, graviera from Naxos, feta, xynotyri (soft cheese from Crete)

Assortment of dried meat: smoked ham, salami, Italian mortadella, prosciutto crudo,

Assortment of eggs: sunny side up, boiled, fried, poached, omelets, scrambled and kayiana (Greek traditional recipe).

From the pan: Sausages, bacon, mushrooms

Fruit salad

Pancakes/Crepes/ French Toast/ Croissants



Day 01

Lunch

Cretan salad with dakos, fresh cherry tomatoes, olives, kritamo, feta cheese, fresh onion, and parsley.

Octopus carpaccio

Shrimps sauteed in garlic, kritamo, lemon and white wine, served on top of fish roe.

Dinner

Salad with baby spinach, thin mango slices, colorful red bell pepper, pomegranate seeds, cucumber, marinated in homemade vinaigrette sauce, chia seeds, and mint leaves.

Potato blinis with aromatized cream cheese and smoked salmon

Roasted or grilled fresh fish with quinoa and vegetables.





Day 02

Lunch

Green salad with melon, prosciutto, and avocado sauce.
Spring rolls with chicken and vegetables served with a sweet and sour sauce.
Creamy rigatoni with smoked salmon, butter, dill, lime juice and vodka.

Dinner

Green salad with beetroots, caramelized nuts, and Roquefort stuffed figs.
Stuffed mushrooms in the oven with feta cheese.
Beef tagliata with marinated asparagus and baby carrots.

Day 03

Lunch

Greek salad.

Zucchini balls with yogurt sauce.

Gemista: traditional recipe served with homemade tzatziki sauce.

Dinner

Mesclun and iceberg salad with marinated shrimp, smoked salmon, vinaigrette sauce, and black sesame seeds.

Fish tartar with mixed fruits and vegetables.

Shrimp in the pan with chickpeas, garlic, and fish roe.





Day 04

Lunch

Beetroot salad with yogurt, green apple, garlic, and caramelized nuts.

Fava with caramelized onions and caper

Tenderloin with onions and pomegranate sauce served with wild rice.

Dinner

Traditional Aubergine salad.

Homemade tzatziki served with pita bread.

Stuffed zucchini with minced meat and rice in egg and lemon sauce.

Day 05

Lunch

Beluga lentil salad with a mix of vegetables and smoked mackerel.

Aegean seafood pan with steamed mussels, clams, scallops, prawns, and octopus
Risotto with a variety of seafood and saffron.

Dinner

Mesclan salad with strawberries, volaki cheese from Andros, caramelized nuts, and strawberry sauce.

Sautéed mushrooms in garlic and rosemary.

Stuffed meatballs with feta cheese in the oven with baked potato.





Day 06

Lunch

Fresh salad with arugula, fried fruits, nuts, and balsamic cream.

Traditional recipe of Mussels saganaki.

Linguini with shrimp and fresh tomato sauce.

Dinner

Valeriana salad with feta cream, cherry tomatoes, basil, olive oil, and white balsamic.

Bruschetta with marinated anchovies and fish roe.

Croaker fillet in meuniere sauce with aromatized Greek white tarhana.

Day 07

Lunch

Potato salad with mushroom sauce and prosciutto.

Hummus served with pita bread.

Risotto with a variety of mushrooms, parmesan cheese and truffle oil.

Dinner

Tabbouleh salad with thinly sliced vegetables, feta cheese, spearmint, and vinaigrette sauce.

Fried feta cheese with honey and sesame seeds.

Lamb with garlic in the oven served with lemonated potatoes.





Desserts

Cheesecake with handmade strawberry marmalade.

Tiramisu.

Traditional loukoumades with honey and nuts, or with praline.

Pavlova with whipped cream, strawberry sauce, and fresh fruits.

Banana cake with Toblerone.

Pana cotta with handmade marmalade.

Variety of Greek syrupy sweets served with ice cream.

Chocolate cake with ice cream.

Apple crumble.