



*Aphaea*  
*Sample menu*

# *Breakfast*



- Tea, infusions, coffee, fresh juices, smoothies, different types of milk
- Bread and toasts, Greek yoghurt, cereals, fresh fruits, honey, marmalades(jam), spreads, variety of cheese and cold cuts
- Variety of eggs, tomatoes, cucumber, avocados, pancakes, crepes, croissant, savory and sweet pies

# Salads

- Beetroot salad
- Couscous salad
  - Greek salad
- Black eyed peas salad
- Roquette and radichio
  - Potato salad
- Spinach and green beans
  - Lentils salad
  - Quinoa salad



# *Appetizers*

- Eggplants gratin
- Variety of home made spreads (tzatziki,hummus) etc.
  - Variety of bruscettas
  - Variety of traditional pies
- Watermelon with feta cheese and mint
- Asparagus sautee with citrus
  - Greek focaccias
  - Variety of seafood
  - Baked vegetables



# Main Courses



- Grilled Seabream filet
- Beef ragu with tomato sauce
  - Swordfish pasta
- Greek traditional meatballs
  - Tuna skewers
- Traditional greek mousaka with a twist
  - Cod "en papillote"
  - Roasted chicken filet
- "Briam" greek version of Ratatouille
  - Sea food pasta
- Classic Greek meat platter."Open souvlaki"
  - Variety of fresh fish and sea food
- "Gemista" tomatoes and peppers stuffed with rice and herbs



# *Desserts*

- Chocolate mousse
- Cheesecake with seasonal fruits
- Brownies with vanilla ice cream
  - Tiramisu
- Greek yoghurt with sour cherries or honey and walnuts
  - Millefeuille
  - Gelato and sorbet
  - Greek traditional desserts
- Clafoutis with cherries or strawberries

