



Christal Mio  
Sample Menu



## ***Breakfast buffet***

Tea

Coffee

Milk : coconut, almond, soya, cow,  
goat

Variety of Breads

Variety of Croissants

Spreads & Jams: Strawberry, berries,  
apricot, orange, lotus with vanilla,  
Greek Honey (Pop), Chocolate praline

Variety of Cereal

Juices

Cold Meat platter

Cold Cheese platter

Eggs

Greek Yogurt

Nuts

Dried fruits

## *Day 1*

### Lunch

Green salad/seeds/orange balsamic vinaigrette

Shrimp saganaki with cherry tomatoes and  
Greek local feta

Steamed mussels with white wine sauce

Ice Cream

### Dinner

Beetroot salad/Greek yogurt/caper  
leaves/nuts/herbs

Salmon tartare with basil and citrus dressing

Sea Bass with black white red quinoa, herbs,  
and lemon dressing

Panna cotta/coconut/wild berries syrup





## **Day2**

### **Lunch**

Artichoke/Greek taramas/Anchovy

Greek Fava with caramelized onion

Octopus confit

Orange Liqueur

### **Dinner**

Bean salad with blue cheese,  
peppers mix and tomato

T-bone steak with thyme butter  
sauce

Green salad/Italian dressing

Chocolate fondue

## Day3

### Lunch

Beef tartare with quail egg and basil chiffonade

Chicken ballotine with Peruvian potato puree  
and Chili oil

Green salad/peach vinaigrette/nuts

Sorbet

### Dinner

Bruschetta with anchovy butter and rock salt  
flakes

Tuna tataki with soya sauce, sesame and  
mango dressing

Salmon with roasted vegetable salad with sun-  
dried tomatoes and walnuts

Lemon Pie





## **Day4**

### Lunch

Bruschetta with avocado and  
chimichurri

Caprese salad/Burrata/green tomato

Mushrooms Truffle Risotto

Ice cream

### Dinner

Ceviche local fish

Roasted cauliflower with garlic powder  
and mayonnaise dip

Marinated Grouper skewers

Blue Cheesecake

## Day5

### Lunch

Lobster/Ginger/Lime

Greek salad

Tabbouleh

Liqueur

### Dinner

Mushroom/spinach/garlic

Green salad with parmesan  
sauce, prosciutto, figs and  
walnuts

Beef Bourguignon with  
mushroom, bacon and celeriac  
puree

Orange Pie





## Day6

### Lunch

Scallops on shell with hibiscus and vanilla

Arugula salad with smoked trout, orange filet, seeds and dressing

Black cod with black rice and miso sauce

Sorbet

### Dinner

Greek Tzatziki/dill/pita bread

Zucchini and cucumber and tahini dressing

Lamb with rosemary and baby potatoes

Greek Halva and orange confit

## Day7

### Lunch

Cretan salad

Pork bbq

Eggplant dip and Greek fennel pie

Ice cream

### Dinner

Bruschetta with sea urchin, bottarga  
and cream cheese

Green salad with strawberries  
vinaigrette

Sea bass with bulgur, pomegranate,  
walnuts and coriander

Banoffee

