



Grace Sample  
Menu

## **DAY 1**

### **Breakfast**

Greek strained yoghurt with honey, cinnamon, and walnuts.

Poached eggs, “arseniko” Naxos cheese, breadsticks, pancakes, granola bars, fresh fruits, and fresh juices.

### **Lunch**

Fresh green salad with vinaigrette and cherry tomatoes.

Seabass carpaccio with olive oil, oregano, and chili.  
Cumin-roasted chicken with coriander and red onion salad.

### **Dinner**

Chargrilled octopus with roasted vegetable salad and hummus.

Or

Beef fillet with mavrodaphne sauce, with slowly roasted baby potatoes.

### **Dessert**

Ricotta and berry tart.

For our little guests, we can provide pasta, chicken nuggets, homemade fajitas, etc.





## **DAY 2**

### **Breakfast**

Fried eggs with fresh tomatoes Cyptherian olive oil rusks,  
and Cretan smoked pork “apaki.”

Cereal bars, fresh almonds and dried figs from Kymi

### **Lunch**

Greek salad with extra virgin olive oil and fresh thyme.  
Barbequed haloumi with asparagus and lemon verde  
sauce.

Gilthead seabream fillet with herb crust and cherry  
tomatoes, and fried zucchini sticks.

### **Dinner**

Wild greens pie.

Red mullet “savoro” and Jerusalem artichoke mash.

Or

Chicken skewers, Greek style, with yoghurt lemon sauce  
and homemade pita flatbread.

### **Dessert**

Bunded cheesecake with Cretan sour mizithra.

For our little guests, we can provide pasta, chicken  
burgers, etc.

### **Day 3**

#### **Breakfast**

Greek strained yogurt with cherries, fresh nuts, and honey, scrambled eggs with “kalathaki” Limnos cheese  
Fresh fruits, juices, and granola bars.

#### **Lunch**

Green salad with dried figs, walnuts, and honey sauce.  
Grilled sardines with “horiatiko” bread and tomatoes.  
Pork tomahawk stake with celeriac puree.

#### **Dinner**

Leeks and spinach tart  
Grey mullet with umeboshi plums and celery.

#### **Dessert**

Greek halva with semolina and orange.  
For our little guests, we can provide pasta/beef burgers, etc.





## **DAY 4**

### **Breakfast**

Poached eggs with roasted bread, thyme, and avocado, Pancakes, granola bars, fresh fruits, juices

Cheese pie with spiced feta and yogurt

### **Lunch**

Rock samphire salad with lemon and rock salt.

Shrimp carpaccio with lime and ginger.

Greek eggplant dip “melitzonosalata agioritiki”.

Scorpion fish rice balls soup with bottarga

Or

Scorpion and rock fish fried with lemon and extra virgin olive oil, with fresh potato sticks

### **Dinner**

Chicken breast roll stuffed with Greek feta and sun-dried tomato

Or

Dry-aged rib-eye steak with pepper sauce, rice and shrimps

### **Dessert**

Tiramisu with mascarpone and “anthotyro” cheese

For our little guests, we can provide pasta, tacos, chicken, etc.

## DAY 5

### Breakfast

Greek yogurt with honey and fruits  
omelet with “sygklino”, sage smoked cured pork  
Fresh-baked cake, fresh fruits, juices, and cereal bars

### Lunch

Greek salad with extra virgin olive oil and capers.  
Fried feta kasseri Xanthis balls.  
Roasted lamb with oregano, thyme, lemon, and  
potatoes with garlic yogurt sauce

Or

Slowly cooked veal with red sauce, “kokkinisto”, with  
aubergines.

### Dinner

Tuna carpaccio  
Linguine with camarote prawns, “amvrakikos gampari.”

### Dessert

Greek “loukoumades” with honey.

For our little guests, we can provide pasta, Greek  
souvlaki, chicken, or pork.





## **DAY 6**

### **Breakfast**

Greek strained yoghurt with honey, cinnamon, and walnuts

Croissant stuffed with egg and bacon - bread sticks - pancakes-granola bars Fresh fruits and fresh juices, “pasteli”, sesame honey bars,

### **Dinner**

Beetroot salad/fresh greens salad.

Falafel with yoghurt lemon sauce.

Braised lobster with baby asparagus and carrots, or Beef burger from grass-fed beef with potato wedges, San Michail cheese, and cucumber pickle.

### **Dessert**

Chocolate pie.

For our little guests, we can provide pasta, taco chicken, fajitas, etc.

## DAY 7

### Breakfast

Eggs, omelet - bread sticks - pancakes-granola bars. Greek strained yoghurt with honey, cinnamon and walnuts, Fresh fruits and fresh juices, “pasteli”, sesame honey bars  
Crepes with chocolate.

### Lunch

Black-eyed beans with parsley, extra virgin olive oil, and onion.  
Tomato cherry salad with baby cucumber and feta cubes drizzled with Extra virgin olive oil and oregano.  
Roasted aubergine in pottery with Florina red peppers and feta, “Vermio kasseri” cheese Red mullet ceviche with bottarga and roasted citrus.

### Dinner

Seabream fillet “sofigado” [puree white onions with tomato paste, cherry wine, and potato cubes,  
Or  
Grouper “kakavia”, Greek fish soup ,  
Or  
Grouper fillet with spaghetti spiced tomato sauce Or  
Tenderloin with light yogurt sauce, bearnaise, and Metaxa cognac cream.

### Dessert

Orange pie with syrup and ice cream.

For our little guests, we can provide pasta, chimichangas, quesadillas, shrimp, chicken, etc.

