

## SAMPLE WEEK MENU

### ➤ DRINKS

Detox boosting smoothies with seasonal fruits,  
plant milk or Greek yogurt,  
healthy fats Ω3,  
superfood powders such as acai and matcha.

Selection of local Greek herbs as hot or cold “tea”, such as sage, dictamus, mint.  
Coffees and chocolates of your wish.  
*Milk: coconut, almond, soya, cow, goat.*

### ➤ BREAKFAST INTERNATIONAL COMFORT

Oatmeal with dried fruits and nut butter.  
Pancakes, crepes, cakes.  
Avocado toast.  
Eggs: poached, scramble, omelette.  
Platter of cold cuts from local Deli.  
Platter of fresh fruits.  
Dried fruits and nuts.

*Variety of Breads*

*Spreads & Jams: Berries , fig, apricot, kiwi, quince, orange, lemon, apple.  
Chocolate praline, tahini sesame paste, almond paste.*



### ➤ LOCAL DELICACIES

Traditional, goat or sheep, Greek yogurt with honey and walnuts.  
Eggs or fried eggbread with fresh tomato and feta cheese.  
Dried wholegrain bread with Kalamata olive paste and local creamy cheese.  
“Kalamata” Olives.

### ✓ DAY 1

#### LUNCH

Green string beans with mustard dressing.  
Grilled paprika sardines fillets with tabule salad.



#### DINNER

Gazpacho soup.  
Three variety of wild, mountainous mushrooms risotto.



### ✓ DAY 2

#### LUNCH

Endives or radishes.  
Lamb with rosemary thyme sauce and potato salad with caper and fresh onions.

#### DINNER



Green salad.  
Handmade traditional pie, zucchini leek feta cheese.

✓ DAY 3

LUNCH  
Hummus with pomegranates.  
Stuffed eggplants.

DINNER  
Chicken carry with mashed ginger pumpkin and rustic black rice.

✓ DAY 4

LUNCH  
Salicorne  
Stuffed squid with backwheat, goji berry and pine nuts.

DINNER  
Quinoa salad with shrimps and mango.

✓ DAY 5

LUNCH  
Bruschetta Guacamole and black eye beans salad with smoked fish, golden samphire and orange dressing.  
Fresh fish grilled.

DINNER  
Dakos (fresh tomatoes, Kalamata Olives, feta cheese)  
Zucchini and meat balls with yogurt dressing.

✓ DAY 6

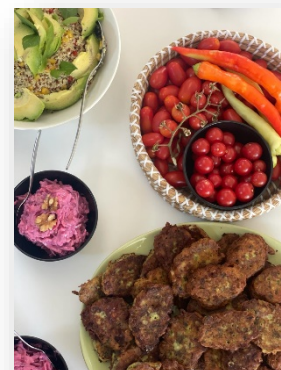
LUNCH  
Green salad with handmade sproutings and avocado.  
Handmade traditional pie milky couscous with herbs.

DINNER  
Smoked eggplant salad and beetroot tzatziki.  
Barbeque, beef steak.

✓ DAY 7

LUNCH  
Saganaki, fried golden crust local cheese and marmalade.  
Creamy cheese wild mushrooms filled eggs.  
Green beans with fresh tomato sauce and feta cheese.

DINNER



*Traditional pasta with “Syglino”, dried tomatoes and basil pesto.*

➤ DESSERT

Traditional pies, lemon, orange, walnuts, watermelon.  
Chocolate biscuits mosaic.  
Lemon yogurt crème with Mastic and spearmint.  
Pineapple or mango coconut chia pudding.



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