

# VEGETARIAN / VEGAN MENU



## STARTERS

### TRADITIONAL GREEK SPREADS

*Fava* - unique beans from santorini, mashed and served with organic olive oil and fresh onions | **GF | VG | LF** € 5.50

*Melitzanosalata* - spicy and smoky aubergine spread with herbs from chefs garden | **GF | VG | LF** € 6.00

**GREEN CRETAN VARIETY** € 13.50  
*a selection of homemade cretan delicacies that include vine dolma, zucchini flower dolma, courgette balls, spinach pie, dakos with fresh tomato and basil* | **E**

**MUSHROOMS** € 8.50  
*grilled mushrooms with garlic and fresh herbs from chefs garden* | **GF | VG | LF**

## MAINS

**CRETAN VEGGIE PASTA** € 9.90  
*traditionally made pasta with a fresh veggie cocktail and fresh herbs from chefs garden* | **GL | VG | LF**

**BAKED VEGGIES** € 9.90  
*fresh veggies baked in the oven in karma wine sauce and herbs from chefs garden* | **GF | VG | LF**

**VEGETARIAN MOUSAKA** € 9.90  
*roasted layers of aubergine, zucchini, potatoes with creamy home-made bechamel* | **GF | V**

**HEALTHY RISOTO** € 9.90  
*risoto with fried mushrooms and herbs from the chefs garden* | **GF | VG | LF**

OUR CHEF TAKES CARE OF OUR HERB GARDEN NEAR THE SWIMMING POOL AND BEHIND THE RECEPTION TO ENSURE YOU HAVE AN UNFORGETTABLE CULINARY EXPERIENCE DURING YOUR STAY.

**GL:** GLUTEN | **GF:** GLUTEN FREE | **LF:** LACTOSE FREE | **V:** VEGAN | **VG:** VEGETARIAN | **E:** EGG

ALL THE OLIVE OIL COMES FROM CHEFS PERSONAL OLIVE PLANTATIONS AND IT IS 100% ORGANIC AND EXTRA VIRGIN  
CHARGES OF 1.50€ PER COVER WILL BE APPLIED ON THE BILL

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**WE CREATE... EXPERIENCES**

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### SALADS AND SIDES

<b>HEALTHY MINOAN SALAD</b>	€ 7.50
<i>warm salad with freshly baked potatoes, dakos, fresh onion, tomato, olives, and herbs from the chefs garden   GF   VG   LF</i>	
<b>VEGAN GREEK SALAD</b>	€ 6.90
<i>fresh tomato and cucumber from ierapetra, onions, peppers and olives   GF   VG   LF</i>	
<b>GREENER SALAD</b>	€ 8.00
<i>fresh local lettuce, rocket, pomegranate, walnut, and cherry tomato with balsamic creme   GF   VG   LF</i>	
<b>SIDES</b>	€ 4.50
<i>skinny fries, chunky chips, fried veggies, fried rice, mashed potatoes</i>	

### DESSERTS

<b>2 SCOOPS OF VEGAN SORBET</b>	€ 5.00
<b>SEASONAL FRUIT SALAD</b>	€ 6.00
<b>FRESHLY BAKED BAKLAVA, BASED ON THE SECRET GRANDMOTHERS RECIPE   v</b>	€ 5.00

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