

GREEK BREAKFAST

Greek Yogurt served with honey and walnuts

Traditional Kagiana Eggs (scrambled eggs served in a tomato sauce with feta and garlic)

Plate of fine local cheeses accompanied by cold-cuts

Traditional Greek Bougatsa Pie

Traditional fresh spinach or feta pie

Basket of bread served with Tahini, Honey, and a selection of Jam

Fresh seasonal fruits

Fresh seasonal fruits mix juice

Coffee and Tea

Menu: 55 EUR per person

SUPERFOOD BREAKFAST

Poached eggs with spinach, sun-dried tomatoes, and halloumi cheese

Pita bread wraps with chicken, green salad dressed with vegan cashew mayonnaise

Porridge with nuts, thyme-infused honey, and Ceylon cinnamon

Avocado tartare served on avocado shells

Energy bars (tahini, nuts, dry fruits, and honey)

Energetic Smoothies with yogurt, avocado, chia seeds, honey, and maca powder

Energy yogurt bowl with Chia pudding, Acai, and coconut flakes...

Fresh green juice with spinach, sour apple, ginger, lemon, and parsley

Coffee and tea

Menu: 60 EUR per person

INTERCONTINENTAL BREAKFAST

Toasted bread served with butter and a selection of jam

Fried or scrambled eggs served with roasted bacon and

beans

Croissants and Traditional Tsoureki bread

Pancakes with a selection of sweets spreads

Plate of fine cheeses and cold-cuts

Baked tomatoes gratinate with parmesan served on baby

rocket

Fresh seasonal fruits

Fresh orange juice

Coffee and tea

Menu: 50 EUR per person

VEGETARIAN BREAKFAST

 $Omelette\ with\ vegetable$

Salad of cherry tomatoes, avocado, and feta cheese

Porridge served with nuts and dried fruits

Wraps with grilled vegetables and halloumi cheese

Yogurt Bowl with fruits and Cretan honey

Spinach traditional pie

Fresh seasonal fruits

Fresh orange juice

Coffee and tea

Menu: 55 EUR per person



Club sandwich with chicken, bacon, cheese, tomato, lettuce, mayonnaise, or mustard

Greek yogurt with fresh seasonal fruits, thyme-infused honey, and nuts

Traditional cheese and spinach pie

Smoked salmon with green salad

Sweet pancakes or waffles

Milkshake or smoothie

Coffee and tea

Menu: 70 EUR per person



Hummus with Pitta bread

Spicy Tortilla minced beef with red beans, corn, and salad

Benedict eggs with hollandaise sauce, buns bread, bacon, and cheese

Loukoumades (Greek donuts with honey, nuts, and cinnamon)

Energy bowl with nuts, tahini, and dry fruits

Smoothie with avocado, coconut milk, and Chia seeds

Coffee and tea

Menu: 70 EUR per person



Haricots with red sweet peppers with mixed green salade

Cretan salad with tomatoes, potatoes, and eggs

Feta saganaki with honey and sesame

Beef Burger Satyam style with french fries

Beef burger from black Angus meat

Crepes with chocolate and banana

Apple pie with cinnamon

Coffee and tea

Menu: 80 EUR per person