

DRINKS

WATER 250ML 0.80

WATER 1LT 2

S. PELLEGRINO 250ML 2.5

S. PELLEGRINO 0.75LT 3.8

COKE/DIET COKE/SPRITE/FANTA 250ML 3

ORANGE/LEMON/PINEAPPLE
POMEGRANATE/APPLE/PEACH
CRANBERRY/BANANA JUICE 2.5

MILKSHAKE 6

HOT COFFEE

All our coffees are made using
a double shot of espresso

ESPRESSO 3.5

CAPPUCCINO 4

LATTE 4

ADD SOYA/ALMOND/COCONUT MILK 1

GREEK COFFEE 3

GREEK COFFEE WITH MASTIHA 4
Helps digestion

GREEK COFFEE WITH CARDAMMON 4
Lowers caffeine content

ICED COFFEE

FREDDO ESPRESSO 4

FREDDO CAPPUCCINO 4

NESCAFE FRAPPE 3

CACAO-COFFEE

CACAO-COFFEE 6
Espresso, banana, almond
coconut milk, cacao, ice

CACAO-COCO COFFEE 8
Espresso, banana, coconut milk
almond butter, cacao, dates,
walnuts, coffee beans, ice

FRESH JUICES

Many juicers create heat, reducing the nutritional value of the juice extracted. Our juicer however, uses a grinding force that crushes the cellulose fibres, extracting the nutrients locked inside. As a result our juice contains the maximum nutritional value possible.

SEASONAL FRUIT JUICE BLEND 5

FRESH ORANGE JUICE 4

COCONUT WATER 6

SUMMER GREEN 8

Pineapple, cucumber, coriander, lime
Anti-inflammatory & digestive

PURE GREEN 7

Cucumber, spinach, green apple, parsley, lemon, celery, ginger
Alkalizing & supports thyroid

HERBAL RETREAT 7

Mint, basil, coriander, ginger, cucumber, lemon, cayenne pepper
Metabolizes fat

'TULSI' BASIL JUICE 8

Cucumber, basil, red apple, Aloe Vera
Purification & immune support

ILLUMINATING JUICE 6

Carrot, cucumber, apple, celery, spinach, parsley, pink Himalayan salt
Healthy skin & eyes

RELAXING HONEYDEW 7

Cucumber, spinach, melon, coriander, lemon. Relives aching muscles & stress

GLOWING SKIN 8

Chia seeds, Aloe Vera, orange, cucumber
Purification & healing

ZEN 7

Coconut water, green apple, cinnamon
Hydrating & blood sugar stabilizer

HEALTH SHOTS

ENERGISER 3

Carrot, ginger, turmeric

CLEANSE 3

Ginger, Lime, Lemon, Cayenne pepper

ANTIBACTERIAL 3

Green Apple, Fresh oregano, Honey

NUTRITIONAL SMOOTHIES

STRAWBERRY & BASIL SMOOTHIE 7

Coconut milk, strawberries, courgette, basil
Immune support

GREEN MACHINE 6

Spinach, pear, apple juice, spirulina, avocado
Energy & protein

TROPICAL SUPERFOOD 9

Kale, banana, pineapple, almond butter, baobab, spirulina
Immune support

GAIA 9

Almond milk, vanilla, almond butter, cacao, blueberries, banana, oats, flaxseeds, pumpkin seeds
Boosts metabolism

THE BEE 7

Almond milk, banana, bee pollen, honey, tahini, cinnamon
Protein, amino acids & vitamins

COCO HYDRATOR 8

Coconut water, coconut milk, mango, chia seeds, kale, spirulina (optional)
Replenish electrolytes & protein

THE ULTIMATE CHOCOLATE SMOOTHIE 7

Almond milk, coconut milk, avocado, banana, cacao, cacao nibs
Iron & Magnesium

AGUA 8

Watermelon, strawberries, banana, mint, chia seeds, cinnamon
Refreshing & packed with vitamins

We will be happy to substitute any ingredients for you, provided they are available. To ensure the highest quality of fruit and vegetables, all ingredients are subject to the seasons.

ORGANIC TEA CORNER

All teas can be served hot or cold according to your preference

WELLNESS TEAS

Designed to serve a specific function in the body, promoting health and wellbeing and balance in the body

ALOE VERA 5

Aloe Vera, green tea, pineapple
Aloe Vera is full of vitamins and minerals and good for the skin. Perfect chilled over ice

BIO ACTIVE TEA 5

Green Gunpowder tea, rhubarb, chicory fig, dandelion leaves, liquorice
Detoxifies the liver, improves stomach health and helps to clear skin

FITNESS TEA 5

Mate, lemon balm, stinging nettle hibiscus, rose hip, sunflower, lemongrass
Helps with weight loss. South American mate is a stimulant with many vitamins, recommended for morning or early afternoon

THE GARDEN OF EDEN 5

Fennel, chamomile, mint, lavender, strawberry, orange
Calming for the mind and body

GINGKO MEMORY TEA 5

Green tea, orange blossom, ginkgo leaves
Effective in boosting blood flow to the brain, and so improving memory

GOJI-ACAI 5

Green tea, hibiscus, rose hip, goji and acai berries, pomegranate, apple, blackberry
Goji berries have a high level of polysaccharides said to promote longevity. Acai berries, native to Brazil, have been known for centuries to the local populations to increase energy levels and help fight fatigue and promotes weight loss

THE GOLDEN TRIANGLE 5

Bamboo leaves, coconut, pineapple, mango, banana. Full of antioxidants, can lower blood sugar levels and helps to regulate the digestive system. Perfect for iced tea

GREEK MOUNTAIN TEA 4

A subtle clean and slightly sweet taste
A Greek wellness secret passed through the ages.
Anti-inflammatory, anti-microbial and anti-oxidant

HERBS OF MOUNT OLYMPUS DETOX 5

Stinging nettle, fennel, thyme, sage, chamomile, Greek mountain tea, lemon verbena, apple and green Rooibos
Detoxifying

FRESH MINT TEA 4

Soothes digestion

PURE ENERGY 5

Green tea, Chinese ginseng root, pineapple and ginger
Ginseng helps the organism cope with stress and fatigue, increases stamina as well as libido

PURE HEALTH 5

Lapacho, orange and vanilla
Balances and strengthens the body's immune system. It has been traditionally used for centuries by the native populations of South and Central America for its microbe and virus-killing properties, as well as its anti-inflammatory action

SENCHA KOMBUCHA 5

Green tea, kombucha, lemongrass, sweet blackberry leaves, acorus calamus, plum
Detoxifies the body, boosts the immune system and improves the functioning of the liver

SLIM TEA 5

Green tea, green mate, green coffee beans, chamomile
We have combined three powerful ingredients to help you lose weight and reach a new balance. With high levels of antioxidants, recommended for the morning or early afternoon

SONS OF HEAVEN 5

Lychee, exotic fruits, rose and lemon peel
Strengthens the immune system, tones the liver and helps with digestion and weight loss. Perfect for iced tea

GREEN TEA 5

Loaded with antioxidants and nutrients that have powerful effects on the body. Including improved brain function, fat loss and a lower risk of cancer

CHINA JASMIN CHUNG HAO 5

A jasmine tea of exceptionally fine quality, originally reserved for the imperial court

LOMBOK 5

Green tea, pineapple, coconut

CONCUBINE'S TEA 5

Green tea, bamboo leaves, dark chocolate, rose petals

LYCHEE DRAGON 7

Jasmine pearls scented with lychee peels
The Chinese recommend that high quality tea leaves be rolled into pearl shaped pellets to protect their aroma until it is released into the cup. Produced in the Fujian province, this is a special experience for the tea connoisseur

MEDITERRANEAN ALCHEMY 5

Green tea, bergamot, cinnamon, thyme, sage, rosemary, basil, spearmint

THE TEARDROP OF CHIOS ISLAND 5

Green Sencha tea, Chios mastic, almond, pistachio, lemon

WHITE TEA. THE WHITE ORCHARD 5

White tea, apricot, fig, melon, peach, lavender

BLACK TEA. SAFFRON CHAI 5

Black Chinese tea, saffron, cloves, cinnamon

TIBETAN TEA 5

Black tea, green tea, tea flowers, vanilla, bergamot. An elegant flowery blend, inspired by a traditional recipe from Tibet

MLESNA TEA 4

Tea bags.
Chamomile/Green/English Breakfast/Darjeeling

BEER**MYTHOS DRAUGHT 3/5**

HALF PINT/PINT

MYTHOS/HEINEKEN 4

330ML BOTTLE

CORONA 6

355ML BOTTLE

VOREIA PILSNER 6

Fresh & unpasteurized
With floral and citrus aromas, medium bitterness with a pleasant aftertaste

VOREIA WIT 6

Fresh & unpasteurized
Belgian recipe meets the Mediterranean temperament. Refreshing hints of coriander and orange

VOREIA INDIA PALE ALE 6

Fresh & unpasteurized
American hop and three kinds of malts.
Intense citrus and conifer aromas

WINE BY THE GLASS**WHITE****LEFKÓS BY F ZEEN 4**

GENTILINI, KEFALONIA

NOTES 6

GENTILINI, KEFALONIA

ROSÉ**ELAFRÍ BY F ZEEN 5**

GENTILINI, KEFALONIA

OREINOS HELIOS 6

AGIORGITIKO, SEMELI, NEMEA

NOTES 7

GENTILINI, KEFALONIA

RED**ERITHRÓS BY F ZEEN 6**

GENTILINI, KEFALONIA

NOTES 8

GENTILINI, KEFALONIA

WHITE WINES**LEFKÓS BY F ZEEN 12**

GENTILINI, KEFALONIA

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ROBOLA-TSAOUSI-SAUVIGNON BLANC, GENTILINI, KEFALONIA

ROBOLA 36

GENTILINI, KEFALONIA

ARVANITIDI 40

CHARDONNAY, DOMAINE ARVANITIDI, MACEDONIA

DOMAINE GEROVASILIOU 42

MALAGOUZIA, EPANOMI P.G.I.

ROBOLA WILD PATHS 56

GENTILINI, KEFALONIA

SIGALA 60

ASSYRTIKO, SIGALA VINEYARD, SANTORINI

NOUSTOS ROUSSANNE 62

DOMAINE MANOUSAKIS, CRETE

ROSÉ WINES

ELAFRÍ BY F ZEEN 14

GENTILINI, KEFALONIA

OREINOS HELIOS 24

AGIORGITIKO, DOMAINE SEMELI

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GENTILINI, KEFALONIA

SAUMON 42

CABERNET SAUVIGNON, DOMAIN CHARLAFTIS

RED WINES

ERITHRÓS BY F ZEEN 16

GENTILINI, KEFALONIA

BLACK ROOSTER 35

XINOMAVRO-CABERNET SAUVIGNON,
KOKKINOS, NAOUSSA P.D.O

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AGIORGITIKO-SYRAH-MAVRODAPHNE,
GENTILINI, KEFALONIA

MOVA 44

AGIORGITIKO-CABERNET SAUVIGNON,
DOMAINE BIBLIA CHORA

SYRAH 46

SYRAH-MAVRODAPHNE, GENTILINI KEFALONIA

SOLE 55

PINOT NOIR, DOMAINE BIBLIA CHORA

ECLIPSE: LIMITED EDITION 58

MAVRODAPHNE, GENTILINI, KEFALONIA

CHATEAU SEMELI 70

CABERNET SAUVIGNON-MERLOT,
DOMAINE SEMELI

ESTATE NEMEION RESERVE 98

AGIORGITIKO, ESTATE NEMEION