

G A I A

LUNCH

All our sauces and preserves are produced on site, as are most of our baked goods. Fresh produce is grown in our garden, which you are welcome to visit, and all seafood is fresh and ethically sourced from local fishermen and delivered daily.

## **SALADS**

### **MEZZE PLATTER 16** *V*

Fresh vegetables from our garden stuffed with tzatziki, hummus, guacamole and a yoghurt sundried tomato dip served with vegetable batons and flat bread

### **Oven Roasted Feta 12** *GF, V*

Served with red onion jam, roast tomato and émincé red onions

### **Village Salad 10** *V*

Tomato, cucumber, feta, green pepper, red onion, olives, dakos dressed with olive oil, oregano and marjoram

### **Riganada 10** *V*

Grilled sourdough bread served with fresh organic tomato topped with local crumbled feta and sprinkled with oregano and thyme

### **Summer Salad 14** *GF, V*

Tomato, avocado, grilled goat's cheese and basil, dressed with a basil infused olive oil

### **Salmon salad 18** *GF*

Grilled Salmon with a quinoa salad, tzatziki, beetroot, broccoli and cherry tomatoes. Topped with toasted seeds

**Seasonal Char-Grilled Vegetable Salad 14** *GF, V*

With local crumbled feta, basil, cashew pesto,  
dressed with herb infused olive oil

**Chickpea Bulgar Wheat Salad 14** *VG*

With grated carrots, spring onions, parsley, coriander  
dressed with a lemon olive oil vinaigrette

## **SANDWICH**

**Steak Open Sandwich 18**

With pan tossed julienne vegetables and red onion  
jam served with seasoned potato wedges

**Chicken Open Sandwich 16**

Grilled chicken with a citrus vinaigrette, mixed chargrilled vegetables,  
served with potato wedges and a feta and oregano mayonnaise

## **SKEWERS**

**Chicken and Vegetable Skewer 16** *GF*

With sweet chilli and lime yoghurt dip served with a seasonal salad

**Vegetable and Haloumi Skewer 15** *GF, V*

With a chilli yoghurt dip served with grilled seasonal vegetables

## **PASTA**

**Cretan Pesto Pasta 17** *GF, V*

Homemade traditional Cretan pasta made from carob  
flour served with a homemade pesto sauce

## **FISH**

### **Seabass 20** *GF*

Grilled whole sea bass served with a seasonal salad and a lemon olive oil dressing

### **Seabream 20** *GF*

Grilled whole sea bream served with a seasonal salad and a lemon olive oil dressing

## **BURGERS**

### **Beef 18**

Greek style ground beef fillet, lettuce, tomato, red onion, gouda, citrus vinaigrette and wholegrain mustard served with seasoned potato wedges

### **Quinoa Burger 16** *VG*

Made with fresh herbs and quinoa. Served with chilli mayo, cherry tomatoes and sweet potato wedges

### **Chickpea Burger 16** *V*

Patty made with celery, carrots, onion and garlic, served with portobello mushroom, seasonal salad and seasoned potato wedges

## WRAPS

### **Chickpea Wrap 14** ✓

Our homemade whole wheat wrap filled with chickpeas, butternut squash, onions, chilli, feta, fresh parsley dressed with a citrus vinaigrette served with sweet potato fries

### **Pesto and Mozzarella Wrap 14** ✓

Our homemade whole wheat wrap filled with fresh mozzarella cheese, organic tomatoes from our garden drizzled with basil oil and served with sweet potato fries

## SIDES

### **Tzatziki 6** ✓

With coriander flat bread

### **Hummus 6** *VG*

With rosemary flat bread

### **Guacamole 8** *VG*

With a choice of rosemary or coriander flat bread

### **Seasoned Potato Wedges 6** *GF, VG*

Sprinkled with paprika and turmeric served with a red onion jam

### **Sweet Potato Wedges 6** *GF, VG*

Sprinkled with chili flakes and coriander seeds, served with a lemon yoghurt dip

### **Sweet Potato Fries 7** *GF, VG*

With the skin served with Afrina salt

## DESSERT

**Dark Chocolate Mousse 10** *GF, V*

Topped with crushed nuts

**Dark Chocolate Truffles 10** *GF, VG*

Made with coconut milk and the finest dark chocolate

**Affogato 12** *GF, V*

Organic Vanilla bean ice cream with espresso and amaretto

**Beetroot and Chocolate Profiterole 12** *V*

A surprising yet delicious combination.

Bitter chocolate profiterole with a beetroot frosting

**Matcha Cheesecake 14** *GF, V*

Deconstructed cheesecake served with a goji berry, coconut and toasted seed base

**Baklava 10** *V*

Served with organic vanilla ice cream

**Bitter Chocolate Fondue 14** *GF, V*

With a selection of fresh fruit

**Fruit Platter 6** *GF, VG*

A selection of seasonal fruit

**Fruit Platter to Share 10** *GF, VG*

A selection of seasonal fruit

## ORGANIC ICE CREAM

**Vanilla/Mango Jasmine and Ginger/Matcha Green Tea**

1 scoop **6**

2 scoops **10**