

Greek Menu

A journey of Greek traditional flavors

1st MENU

~Breakfast~



1. Fresh orange juice
2. Milk – Greek Tea of herbs- Coffees
3. Greek yogurt with honey and walnuts
4. Cereals, bread, homemade marmalades & thyme/flower/pine tree honey
5. Chocolate Croissants
6. Cinnamon Cookies
7. Traditional Sesame pastel
8. Variety of sausages, Greek cheeses & traditional crackers
9. Mediterranean omelet with vegetables, turkey & feta cheese
10. Twisted Spinach pie
11. Baklavas traditional sweet

~Lunch~

APPETIZER

Cretan Tacos with trimmed tomatoes, feta cheese and kapari

SALAD

Green salad with pine-nuts, orange, tomatoes & sauce vinaigrette

MAIN DISH

Greek chicken/pork souvlaki Served with fried potatoes, vegetables, whole-wheat pita bread and tzatziki sauce (yogurt with herbs)

DESSERT

Traditional Walnut pie with ice-cream and chocolate syrup /Liqueur limoncello

~Dinner~

APPETIZER

Eggplant rolls with sliced meat with graviera cheese, tomato sauce flavored with basil

SALAD

Greek salad with tomatoes, cucumber, onion, olive oils, pepper plants, kapari & feta cheese

MAIN DISH

Pork filet stuffed with dried tomato, mushrooms & red wine sauce, served with baby roast potatoes and vegetables.

DESSERT:

Traditional strawberry syrupy sweet with ice-cream or yogurt



2nd MENU

~Breakfast~

1. Fresh orange juice
2. Milk – Greek Tea of herbs- Coffees
3. Greek yogurt with fruits
4. Cereals, bread, homemade marmalades & thyme/flower/pine tree Greek honey
5. Must cookies
6. Variety of sausages, Greek cheeses & traditional crackers
7. Twisted cheese pie
8. Greek omelet with tomato sauce and feta cheese (kagiana eggs)
9. Greek sour frumenty-Trahanas, soup of pasta (spicy or not)
10. Traditional milk pie
11. Fresh seasonal fruits

~Lunch~

APPETIZER

Shrimps with tomatoes sauce and feta- graviera cheese (Saganaki)

SALAD

Salad with arugula (rocca), dried tomatoes, small tomatoes, caramel walnuts, graviera cheese flakes and vinaigrette of balsamic

MAIN DISH

Greek traditional giouvetsi, with seafood and variety of vegetables.

DESSERT

Apple pie with ice-cream / Liqueur mastich



~Dinner~

APPETIZER

Pumpkin balls with fresh herbs, served with Greek yogurt sauce

SALAD

Green salad with small tomatoes, figs, chips of Cretan apaki (pork), manouri cheese and balsamic sauce

MAIN DISH

Roasted lamb with sweet potatoes, honey, lemon and mustard sauce

DESSERT

Ravani (kind of Greek-Turkish cake) with ice-cream



3rd Menu

~Breakfast~

1. Fresh orange juice
2. Fruit salad served with yogurt and mint herb
3. Milk – Greek Tea of herbs- Coffees
4. Cereals, bread, homemade marmalades & thyme/flower/pine tree Greek honey
5. Greek sweet bread (tsoureki) with chocolate (or not)
6. Peinirlis (pastry bed with cheese and sausages)
7. Toast bread with cheese mouse, olive mouse and tomato sauce
8. Fried eggs on toasted bread with kefalotyri Greek cheese, served with green salad
9. Greek traditional doughnut with honey and cinnamon
10. Vanilla cake with mastich
11. Traditional Bougatsa (pastry filled with cream or cheese)

~Lunch~

APPETIZER

Feta cheese in crust with honey and sesame

SALAD

Green Salad with chicken, baby tomatoes, corn, pear, crouton, parmesan cheese flakes and honey

MAIN DISH

Red beef served with eggplant puree or mashed potatoes

DESSERT:

Fresh seasonal fruits/ Liqueur tentoura

~Dinner~

APPETIZER

Cherry tomatoes stuffed with mozzarella and basil pesto

SALAD

Caesar's salad with shrimps and croutons

MAIN DISH

Fresh roasted fish on barbeque, served with roasted vegetables and lemon sauce

DESSERT

Cheesecake with homemade strawberry or cherry marmalade



Enjoy your trip on board!