



syntrofia

Gastronomy

With respect to the products of the selected small producers from all over Greece and Cyprus, who provide us both with excellent raw materials and valuable knowledge and help us to plan a delicious trip to the Greek gastronomic history.

V & VN indications stands for V: Vegetarian & VN: Vegan

From our Deli Grocery shop (per type)

- ❖ Charcuterie (60gr), collection from small family Greek antipasti makers - €4,00
- ❖ Cheeses (60gr), a collection from small family Greek dairies - €4,00 V
- ❖ Salted, smoked or marinated fishes (70gr) - €5,00
- ❖ Spreads (110gr), white taramas, aubergine salad from the Athos monasteries, tirokafteri, tzatziki - €4,00V

Salads

- ❖ Tomato & cucumber salad, with cherry tomatoes, onion, olives, fresh oregano, thyme and extra virgin olive oil - €6,00 V-VN
- ❖ Salad politiki, white & red cabbage, carrot, sweet red pepper, green apple, roasted nuts, oregano, olive oil, and garlic - €7,00 V-VN
- ❖ Potatoes salad, mustard, vinegar, fresh onion, green leaves, parsley - €7,00 V-VN
- ❖ Dakos, Cretan dry barley bread, with feta cheese, tomatoes, capers, oregano and virgin olive oil - €8,00 V
- ❖ Village salad, tomato, green bell peppers, cucumber, onions, capers, feta cheese & black olives - €8,00 V
- ❖ Rocket leafs, pomegranate, sesame pasteli, pecorino cheese and balsamic dressing - €9,00 V

Appetizers, tapas and other...

- ❖ Fava beans pure with sundried tomatoes, onions, capers and virgin olive oil - €5,00 V-VN
- ❖ Traditional Greek Pie (Perek or Fillota'), Stuffed envelope, with mastello and feta cheese, fresh mint & black cherry sweet syrup, topped with sesame & poppy seeds - €6,00
- ❖ Zucchini fritters, with feta cheese, spring onion, parsley, mint and dill - €6,00 V
- ❖ Baked Mastello cheese from Chios, in phyllo, topped with honey, sesame & poppy seeds- €6,00 V
- ❖ Sautéed mushrooms, with leeks, fresh thyme, garlic & grape syrup - €7,00 V-VN
- ❖ Singlino, cretan traditional pork meat, marinated with cretan local spices and herbs in olive oil - €7,00
- ❖ Buffalo 'Kavourma' meat, with eggs, tomatoes and oregano - €8,00

Pasta

- ❖ Greek homemade pasta "hilopites" from Olympus – €12,00
 - With chicken breast (Cretan Apaki), pecorino cheese & fresh cream
 - With Mushrooms and red sauce from fresh tomatoes - V
 - With smoked mussels' meat, octopus, ouzo and fresh tomato - V

Mezedes ('Tapas' for 2 pax)

- ❖ Taste of Greece and Cyprus! A wide variety, selection of cold and warm appetizers and small plates, served to accompany your wine, beer or spirit - €18,00 per person

Today's special

- ❖ Please ask your waiter

Sea food

- ❖ Grilled octopus, with citrus sauce & fava beans pure - €13,00 V

From the farm...

- ❖ Pork shank, marinated, with carob syrup & black stout Greek bear - €8,00
- ❖ Chicken fillet, marinated with sundried tomato and spices - €8,00
- ❖ Buffalo kebab Kerkini's lake, with pita bread - €9,00
- ❖ Greek Buffalo Burger, with politiki salad and greek pita - €9,00
- ❖ Herbed pork tenderloin with lemon and olive oil or mavrodaphne wine sauce - €9,00
- ❖ Pork chop (500gr), grilled, marinate with olive oil & oregano - €9,00
- ❖ Variety of grilled Greek traditional sausages - €16,00
- ❖ Lamb Spare Ribs, grilled, marinated with oil/lemon sauce and rosemary - €29,00/kg
- ❖ Steak Rib Eye (350gr), sautéed in butter, with garlic, thyme and rosemary - €35,00

Platters

- ❖ Grilled meat variety of three different meats, with Greek pita, potatoes and politiki salad - €30,00
- ❖ Buffalo meat variety, kebabs, sausages, kavourmas, with Greek pita, potatoes and politiki salad - €33,00

Side dishes but not only...

- ❖ Potatoe pure, with butter, garlic, thyme and rosemary - €4,00 V
- ❖ Kolokasi pure, cream, wine, butter and dry coriander - €4,00 V
- ❖ Bulgur, with leeks and fresh herbs - €4,00 V-VN
- ❖ French fries, with smoked paprika and oregano - €4,00 V-VN

Syntrofia's Handmade sweets

- ❖ Homemade greek sweets - €4,50
- ❖ Homemade greek sweets with ice cream - €5,00

○ Syntrofia informs you:

- ✓ Our dishes are cooked with extra virgin olive oil
- ✓ Prices include VAT and all legal fees
- ✓ Please let us know about any allergy issue and ask us for all the necessary information.



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