syntrophia
Gastronomy

With respect to the products of the selected small producers from all over Greece and Cyprus, we provide you 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 (60g), collection from small family Greek antipasti makers - €4.00
- Cheeses (60g), a collection from small family Greek dairies - €4.00
- Salted, smoked or marinated fishes (70g) - €5.00
- Spreads (110g), white taramas, aubergine salad from the Athos monasteries, tirokafteri, tzatziki - €4.00

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
- Deltos, Cream dry barley bread, with feta cheese, tomatoes, capers, oregano and virgin olive oil - €6.00 V
- Village salad, tomato, green bell peppers, cucumber, onions, capers, feta cheese & black olives - €6.00 V-VN
- Rocket leaves, pomegranate, sesame pasteli, pecorino cheese and balsamic dressing - €9.00

Appetizers, tapas and other...

- Fava beans pure with sundried tomatoes, onions, capers and virgin olive oil - €5.00 V-VN
- Traditional Greek Pie (Purkey or Filota’s), Stuffed onion, with mastelo 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 Mastelo 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 - €6.00

Pasta

- Greek homemade pasta “kliopites” from Olympus - €12.00
  - With chicken breast (Cretan Arakia), pecorino cheese & fresh cream
  - With Mushroom and red sauce from fresh tomatoes - V
  - With smoked mussels’ meat, octopus, ouzo and fresh tomato - V

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 beer - €8.00
- Chicken fillet, marinated with sundried tomato and spices - €8.00
- Buffalo kebab Kerkinis lake, with pita bread - €9.00
- Greek Buffalo Burger, with poliitis salad and greek pita - €9.00
- Herbed pork tenderloin with lemon and olive oil or marmalade wine sauce - €9.00
- Pork chop (500g), grilled, marinated 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
- Steak Rib Eye (350g), sautéed in butter, with garlic, thyme and rosemary - €35.00

Platters

- Grilled meat variety of three different meats, with Greek pita, potatoes and poliitis salad - €30.00
- Buffalo meat variety, kebabs, sausages, kavourmas, with Greek pita, potatoes and poliitis salad - €33.00

Side dishes but not only...

- Potatoe puree, with butter, garlic, thyme and rosemary - €5.00 V
- Kolokasis puree, cream, wine, butter and dry coriander - €6.00 V
- Bulgar, with leeks and fresh herbs - €4.00 V-VN
- French fries, with smoked paprika and oregano - €4.00 V-VN

Syntrophia’s Handmade sweets

- Homemade greek sweets - €6.50
- Homemade greek sweets with ice cream - €5.00

Syntrophia informs you:
- Our dishes are mixed with extra virgin olive oil
- Prices include VAT and allergic fees
- Please let us know about any allergies issue and ask for all the necessary information.

45, 26th October Stz, Engomi, 2141, Nicosia
0035722266110 • www.syntrophia.com • nicosia@syntrophia.com