

# ABATON

ISLAND RESORT & SPA

Room Service Food & Beverage Menu

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2021

## BREAKFAST

### Continental Breakfast - 20,00€

Available from 07:00am to 11:00am

Freshly squeezed Cretan oranges.  
Ginger, beetroot, celery Juice.  
Bakery basket of croissants, white or wholegrain bread, bread rolls, Danish, cake vanilla and chocolate.  
A selection of marmalade, local honey, butter & margarine.  
Cold cuts of ham and cheese, scrambled eggs accompanied with sausages and bacon.  
A choice of regular or low fat yogurt 0%, and 3,5% or 1,5% low fat milk, coconut milk, almond milk.  
Filter coffee or decaffeinated or choice from a selection of Cretan mountain herbs and exquisite teas in many different varieties.

### American Breakfast - 22,00€

Available from 07:00am to 11:00am.

Freshly squeezed Cretan oranges.  
Ginger, beetroot, celery juice  
Bakery basket of croissants, white or wholegrain bread, bread rolls, Danish, muffins, cake vanilla and chocolate.  
A selection of marmalade, local honey, butter & margarine. Choice of cereals (Corn flakes, All bran, Special K, Chocolate).  
Cold cuts of ham, turkey and cheese, eggs (fried, poached, boiled or scrambled), plain or stuffed omelet, fresh vegetables.  
Seasonal fruit platter.  
A choice of regular or low fat yogurt 0%, and 3,5% or 1,5% low fat milk, coconut milk, almond milk.  
Filter coffee or decaffeinated or choice from a selection of Cretan mountain herbs and exquisite teas in many different varieties.

### Extra Breakfast Options

Eggs (fried, poached, boiled or scrambled) - 12,00€  
Poached eggs with spinach, roasted breast of turkey and cherry tomatoes - 14,00€  
Plain or stuffed omelet - 13,00€  
Fresh vegetables - 10,00€  
Cold cuts of ham and cheese - 12,00€  
Mini pancakes or crepes with chocolates and strawberries - 8,00€  
Choice of cereals (Corn flakes, All bran, Special K, Chocolate) - 6,00€  
A choice of regular or low fat yogurt 0%, and 3,5% - 7,00€  
A choice of regular 3,5% or 1,5% low fat milk - 4,00€  
Porridge with cinnamon, banana and berries - 6,00€  
Seasonal fruit platter - 15,00€

### Healthy Breakfast - 30,00€

Available from 07:00am to 11:00am.

Freshly squeezed Cretan oranges.  
Ginger, Beetroot, Celery Juice  
Bakery basket of wholegrain toasted bread and rolls.  
Low fat orange marmalade, local honey, low fat butter. All Bran cereals with dried blueberries, banana flakes and raspberries or crunchy granola with berries and cherries.  
Poached eggs with spinach, roasted breast of turkey and cherry tomatoes.  
Mushrooms and basil omelet.  
Porridge with cinnamon, banana and berries. Healthy homemade bar.  
Low fat yogurt 0% with blueberries, kiwi and melon.  
Filter coffee or decaffeinated or choice from a selection of Cretan mountain herbs and exquisite teas in many different varieties.

### Champagne Breakfast - 140,00€

Available from 07:00am to 11:00am.

Bottle of Moet & Chandon Imperial Brut Champagne.  
Freshly squeezed Cretan oranges.  
Bakery basket of white or wholegrain bread, bread rolls, croissants, cupcakes. Butter & margarine.  
Mini pancakes with chocolates and strawberries, macaroons.  
Cream cheese canapés with salmon and caviar.  
Cold cuts of ham, turkey and cheese, eggs (fried, poached, boiled or Benedict) plain or stuffed omelet, fresh vegetables.  
Seasonal fruit platter.  
Coffee of your choice or a selection of Cretan mountain herbs and exquisite teas in many different varieties.

## SNACK

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Hamburger - 28,00€  
Delicious beef burger with tomato and iceberg lettuce, served with French fries

Club Sandwich - 19,00€  
Egg, roasted bacon, iceberg lettuce, tomato, edam cheese, ham, mayonnaise, in toasted bread, served with French fries

Turkey and Cheese Toast - 11,00€  
Garnished with chips.

Cheese Toast - 10,00€  
"Kaseri" cheese toast, garnished with chips.

Prosciutto Baguette - 13,00€  
With mozzarella and mayonnaise, served with salad and olive oil.

Smoked Salmon Baguette - 16,00€  
With onion, mayonnaise, lemon, boiled egg and lettuce.

Village Style Baguette - 13,00€  
With olive paste, feta cheese, tomato, oregano, lettuce and olive oil.

Tortilla - 13,00€  
With caramelized vegetables, balsamic and pure virgin olive oil of Crete.

Marguerite Pizza - 19,00€

## SALADS

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Greek Salad - 18,00€  
Tomatoes, cucumbers, olives, feta cheese, smashed Cretan rusks, olive oil and vinegar.

Cretan Salad - 18,00€  
Crispy salad leaves with Cretan gruyere, fig, nuts and sour mizithra.

## PASTA

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Spaghetti Napoli - 19,00€  
With tomato sauce and fresh basil.

Spaghetti Bolognese - 21,00€  
With slow cooked fresh beef minced meat and tomato.

Penne with Salmon - 24,00€  
Sautéed with champagne, fresh cream, plum tomato and dill.

Mushroom Risotto - 21,00€  
With fresh thyme and gruyere cheese.

## MAIN COURSES

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Rib Eye - 32,00€  
Grilled beef rib eye with thyme & coarse salt, grilled vegetables, French fries.

Chicken fillet - 25,00€  
Sautéed with cream and grilled vegetables.

Pork fillets - 28,00€.  
With mushrooms and blue cheese.

Fresh fish (per kilo) - 85,00€  
Grilled fish, garnished with boiled leafy greens, vegetables, olive oil and lemon sauce.

## DESSERTS

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Yoghurt with Honey - 11,00€

Individual cheese platter - 19,00€

Individual Seasonal fruit platter - 15,00€

Variety assortment of Greek desserts - 12,00€

Dessert of the Day - 14,00€

## LATE NIGHT ROOM SERVICE

Available from 23:00 to 07:00

Prosciutto Baguette - 13,00€

With mozzarella and mayonnaise, served with salad and olive oil.

Smoked Salmon Baguette - 16,00€

With onion, mayonnaise, lemon, boiled egg and lettuce.

Village Style Baguette - 13,00€

With olive paste, feta cheese, tomato, oregano, lettuce and olive oil.

Greek Salad - 18,00€

Tomatoes, cucumbers, olives, feta cheese, smashed Cretan rusks, olive oil and vinegar.

Cretan Salad - 18,00€

Crispy salad leaves with Cretan gruyere, fig, nuts and sour mizithra.

Marguerite Pizza - 19,00€

Seasonal fruit platter - 15,00€

Variety assortment of Greek desserts - 12,00€

## COFFEE - TEA - BEVERAGE

### HOT ESPRESSO COFFEES

- Espresso - 3,5€
- Double espresso - 4,50€
- Americano - 4,5€
- Capuccino - 4,50€
- Double capuccino - 5,5€
- Flat white - 5,5€
- Latte - 5,5€
- Vegan Capuccino - 5,5€
- Vegan double Capuccino - 6,5€
- Choose from almond, soya, rice, almond & oats.

### COLD ESPRESSO COFFEES

- Freddo espresso - 4,5€
- Freddo Capuccino - 4,5€
- Espresso & Tonic - 5€
- Iced Latte - 5€

### CHOCOLATES

Hot or Cold

- Bitter - 60% cocoa (single origin Ecuador) - 5€
- Milk - 4€
- Strawberry Milk - 5€
- Milk caramel and sea salt - 5€
- White raspberry & pomegranate - 5€
- Bitter caramelized peanuts - 5€
- Milk 0% sugar - 5€

### HOT FILTER COFFEES

- V60 - 4€
- Chemex - 4€
- Aeropress - 4€

### COLD FILTER COFFEES

- Cold brew - 5€
- Nitro Cold brew - 5€

### GREEK COFFEE

- Single - 3,5€
- Double - 4.5€

### INSTANT COFFEE

- Nescafé (hot) - 4€
- Nescafé Frappe (cold) - 4€

### GREEN TEA

- Bio - 4€
- Sencha (ginger, black pepper) - 5€
- Gunpower Bio - 4€
- Gunpowder bio 4€
- Long Jing 3rd grade - 5€
- Rose of Isfahan (rose, pineapple, lemon) - 5€
- Thibet (bergamot, vanilla, team flowers) - 5€

### BLACK TEA

- Ceylon Blackwood Bio - 4€
- Assam Dikom - 5€
- Darjeeling Maharani Hills - 5€
- Lapsang Souchong - 5€
- Earl Grey Bio (bergamot) - 4€
- English Breakfast Bio - 4€
- Saffron Chai (saffron, cloves, lemon) - 5€



## BEERS - CIDERS

### LAGER

#### BLONDE LAGER

Stella Artois draft  
Belgium / 330ml / 5,2%

Stella Artois draft  
Belgium / 500ml / 5,2%

Stella Artois  
Belgium / 330ml / 5%

Heineken  
Netherlands / 330ml / 5%

Asahi  
Japan / 330ml / 5%

Corona €  
Mexico / 330ml / 4,6%

Eza lager  
Greece / 330ml / 5%

Eza alcohol free  
Greece / 330ml / 0%

### PILSNER

Eza pilsner  
Greece / 330ml / 5,2%

### ALE

#### BELGIAN ALE

Barbantonis blanche  
Crete / 500ml / 4,5%

#### SAISON ALE

Solo Chroriatiki  
Crete / 330ml / 6,5%

### WEISS

Notos weiss  
Crete / 500ml / 5%

Weihenstephan  
Germany / 330ml / 5,4%

#### AMERICAN PALE ALE

Lafkas white mountains  
Crete / 330ml / 5%

#### INDIAN PALE ALE

Kasta immortal  
Crete / 330ml / 4,8%

Voreia ipa  
Greece / 330ml / 7%

#### RED ALE

Mary Rose  
Greece / 330ml / 4,5%

### DARK ALE

Delphi Dark  
Greece / 330ml / 5,6% 7€

### PORTER

Septem Saturday's  
Greece / 330ml / 5,5% 8€

### STOUT

Guinness  
Ireland / 330ml / 4,3% 7€

### TRAPPIST

La Trappe tripl • 9,5€  
Netherlands / 330ml / 8% 9,5€

### CIDER

Kopparberg Elderflower & lime • 7€  
Sweden / 330ml / 4,5% 7€

Kopparberg mixed fruits • 7€  
Sweden / 330ml / 4% 7€

Voreia ipa  
7€

Mary Rose  
8€

## SPIRITS

### GIN

Old Sport	8€
Mataroa	8€
Grace	8€
Votanikon	8€
Gordon's	7€
Pink Gordons	7€
Tanqueray	7€
Tanqueray No. Ten	10€
Beefeater	7€
Bombay Sapphire	8€
Ophir	10€
Portobello	10€
Martin millers	9€
Martin millers summerful	9€
Martin millers winterful	9€
G'Vine floraison	12€
Citadelle	9€
Hendrick's	10€
Botanist	14€
Monkey 47	16€
Gin Mare	14€
Nikka	14€
Roku	14€
Aviation	14€

### GENEVER

Rutte old simon	9€
Bols	9€

### VODKA

Smirnoff	7€
Stolichnaya	7€
Beluga	12€
Absolut	7€
Tito's	12€
Ketel one	12€
Belvedere	12€
Stolichnaya Elit	15€

Fashion luxury collection	20€
Zubrovka	10€
Grey goose	12€
Ciroc	12€
Chase	10€

### RUM-RON-RHUM

Bacardi carta blanca	7€
Bacardi 8 anos	12€
Havana club 3 anos	7€
Havana club reserva	8€
Havana club 7 anos	12€
Captain Morgan (black)	7€
Sailor Jerry (spiced)	8€
Alamea (spiced)	10€
Zacapa 23	20€
Zacapa reserva limitada	22€
Zacapa XO	28€
Zacapa Royal	35€
Diplomatico Reserva exclusiva	20€
Diplomatico ketel	20€
Diplomatico Barbet	20€
El dorado 12 y.o.	20€
Appleton 12 y.o.	18€
Angostura 7 anos	12€
Clement (rhum agricole)	8€
Clarín casimir (rhum agricole)	16€
Santiago de Cuba extra anejo 11 anos	18€
Foursquare premise 10 y.o.	18€
Admiral rodney rhum princessa	16€
Plantation pineapple	12€
Plantation xymaca	14€
Plantation 5 anos	14€
Plantation Fiji	16€

### Cachaca

Cachaca 51	7€
Leblon	10€

### TEQUILA

Jose cuervo silver	7€
Jose cuervo reposado	8€
Jose cuervo platino	20€
Olmeqa blanco	8€
Olmeqa reosado	9€
Don julio blanco	10€
Don julio reosado	10€
Don julio anejo	14€
Don julio 1942	28€
Heradura reposado	12€
Patron anejo	18€

### Mezcal

La escondida	10€
Del maquey vida	10€
Montelobos expandin	14€

### PISCO

Barsol quebranta	8€
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### COGNAC

Martel vsop	12€
Hennessy vs	10€
Courvoisier vs	10€
Hennessy Fine Champagne vsop	12€
Hine cigar reserve grande champagne	22€
Remy marten fine champagne vsop	15€

### SHERRY

Tio pepe fino	6€
Don Pedro Ximenez 2005	6€



## PORT

Sandeman ruby	6€
Tawny 10 years	11€

## DESSERT WINES

Malvasia of Crete Lyrarakis	7,5€
Samos grand cru	5,5€
Vinsanto Santo wines	6€

## GREEK SPIRITS & LIQUEURS

Metaxa 5 stars	7€
Metaxa 7 stars	8€
Metaxa 12 stars	10€
Metaxa private reserve	14€
Ouzo adolo	4€
Opurist Tsipouro grape spirit	9€
Dark cave 5 years aged grape spirit	10€
Methexis cigar aged grape spirit	9€
Skinos mastiha liqueur	7€

## CRETAN GRAPE SPIRITS - RAKI / TSIKOUDIA

35n (Moschato Spinas)	8€
Manousakis (Roussaine)	8€
Domain Paterianakis (Kotsifali)	8€
Domain Paterianakis (Vidiano)	8€
Moni Toplou aged bio (Liatiko)	10€

## VERMOUTH

Cocchi di torino rosso	8€
Carpano antica formula rosso	9€
Gamondi di torino superiore	8€

Mancino rosso	8€
Pikron rosso	8€
Cocchi americano bianco	8€
Martini bianco	7€
Ottos Athens rosato	7€
Noily prat dry	8€

## BITTER & AMARO

Campari	7€
Aperol	7€
Gamondi bitter	7€
Amaro del capo	8€
Amaro montenegro	8€

## LIQUEURS

Jagermister	7€
Fernet branca	7€
Underberg	7€
Sambuca Romana	7€
Amaretto Dissarono	7€
Baileys	7€
Drambuie	7€
Benedictine	7€
Southern comfort	7€
Pimms	7€
Malibu	7€
Kahlua	7€

## SCOTCH WHISKY

Johnie Walker red label	7€
Johnie Walker red rye finish	7€
Johnie Walker black label	8,5€
Johnie Walker double black label	12€
Johnie Walker gold label	18€
Johnie Walker blue label	25€
Ballantine's	7€
Bells	7€

Cutty Sark	7€
Dewar's	7€
Famous Grouse	7€
Grant's	7€
Haig	7€
J&B	7€
Chivas regal 12 y.o.	8,5€
Chivas regal 18 y.o.	18€
Dimple 15 y.o.	8,5€
Dimple gold crest	12€
Cardhu 12 y.o.	8,5€
Cardhu amber rock	12€
Cardhu gold reserve	10€
Cutty sark 12 y.o.	8,5€

## BLEND MALT

Cutty Sark blended malt	9€
Johnie Walker green label	12€
Monkey shoulder	9€

## SINGLE MALT - HIGHLANDS REGION

Talisker 10 y.o.	12€
Talisker port ruighe	14€
Talisker storm	12€
Talisker skye	10€
Oban 14 y.o.	12€
Dalwhinnie 15 y.o.	12€
Cragganmore 12 y.o.	12€

## SINGLE MALT SPEYSIDE REGION

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Glenrothes 10 y.o.	12€
Glenfiddich 12 y.o.	10€
Glenfiddich 15 y.o.	12€
Glenfiddich 18 y.o.	20€
Macallan Sienna	16€
Macallan Amber	16€
Singleton 12 y.o.	10€
Aberlour 10 y.o.	12€

## SINGLE MALT LOWLAND REGION

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Glenkichie 12	12€

## SINGLE MALT ISLAY REGION

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Lagavulin 8 y.o.	15€
Lagavulin 16 y.o.	20€
Kilhoman Machir Bay	14€
Bunnahabhain 12 y.o.	14€
Ardbeg 10 y.o.	14€
Laphroiag 10 y.o.	14€

## JAPANESE WHISKY

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Nikka from the barrel	17€
Nikka pure malt	22€
Nikka single malt Yiochi	25€
Nikka single malt Miyagikyo	25€
Suntory Hibiki harmony	30€
Suntory Chita	20€

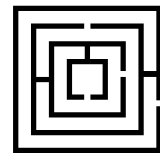
## IRISH WHISKY

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Roe & Co	9€
Jameson	7€
Tullamore Dew	7€
Redbreast 12 y.o.	12€
Bushmills 10 y.o.	12€

## AMERICAN WHISKY

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Bulleit bourbon	8€
Bulleit rye	8€
Jim Beam bourbon	7€
Jack Daniels Tennessee	8,5€
Four roses bourbon	8€
Makers mark	8€

IF YOU HAVE A FOOD ALLERGY OR A SPECIAL  
DIETARY REQUIREMENT, PLEASE INFORM A  
MEMBER OF OUR STAFF BEFORE YOU PLACE  
YOUR ORDER.



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