

American Breakfast

Basket with croissants, white & whole-wheat bread, bread rolls, Danish, muns, vanilla cake & chocolate.

Variety of jams, local honey, butter & margarine.

Cereal selection (Corn flakes, All bran, Special K, Chocolate).

Variety of cold cuts & cheeses.

Eggs (fried, poached, boiled or strudel), simple omelette or with ingredients, fresh vegetables.

Choice of strained or 0% fat yogurt & 3.5% or 1.5% milk.

Fresh seasonal fruits.

Cretan Breakfast

Basket with handmade sourdough bread, two toasted slices of toast, butter & handmade jam with fresh vanilla

Rusk bread with tomato olive oil, feta & freshly washed oregano

Fresh "kagianas" eggs with ripe tomatoes

& broken sour mizithra.

Yogurt pie. Handmade sweet pie made from Cretan sheep yogurt.

Sarikopites with mizithra cheese & thyme honey

Haute Breakfast

Choice of fresh Cretan oranges.

Basket with croissants, white bread & wholemeal bread, bread rolls, cupcakes, almond scones with blueberries.

Poached eggs with avocado & olandez

Pancakes with cream cheese, salmon & caviar.

Variety of cold cuts & cheeses

Chocolates

Seasonal fruits

Healthy Breakfast

Basket with roasted wholemeal bread & rolls.

Low calorie orange jam, local honey, low calorie butter.

All bran cereals with dried bilberries, banana flakes & blueberries or crispy granola with berries & cherries.

Poached eggs with spinach, roasted turkey breast & cherry tomatoes.

Omelette with mushrooms & basil.

Porridge with cinnamon, banana & berries.

Homemade cereal bar.

0% fat yogurt with blueberries, kiwis & melons.

Dessert

Eclair with chocolate & pineapple

Mars chocolate & vegan oats

Sorbet ice cream

Cheese platter

Fruits

Sides

Milk:

Whole milk - Warm milk 3.5 - Warm milk 1.5 -

Chocolate - Soya milk

Juices:

Apple - Tomato - Grapefruit - Natural orange juice.

Cereal:

Corn flakes - corn flakes Chocó - Quaker -

Rice crispy white - muesli with fruit - Oat.

Dried fruits:

Apricots, plums, dates, figs, myrtle, banana, raisins

Granola:

With bunch, with chocolate, with fruit

Jams:

Cherry - Strawberry - Apricot - Peach - Orange - Kiwi & diet

Nutella

Honey

Butter

Compotes:

Fruit salad, Pineapple – Peach served with Whole yogurt,

0%, cottage

Nuts:

Hazelnut, almond, white sesame nut white, black coconut

sesame, cassius

Olives:

Cucumber pickled green or black olives

Fresh vegetables:

Cucumber, Tomato, Onion, Pepper, Rocket - Iceberg Mesclun

Citrus fruits

Seasonal fruits

Preserved fruits:

Cherry, fig, grape, sour cherry

Cheeses:

Feta, mizithra, gruyere, anthotyro, sour mizithra, manouri, blue

cheesecake, cream cheese, edam,

gouda, emmental,

Sausages:

Pork shoulder, prosaic brazaola, kopa, capricula, bacon turkey,

air salami, Lefkada salami Sausages, sausage pork Cretan,

beef, chicken, cocktail, frankfurter, spicy with leek

Fish:

Solomon smoked anchovies, sardines, mackerel

Potatoes:

Fried potatoes, roasted

Sweet:

Crepes, pan cakes, waffles, donuts, churros, cinnamon cake,

fruit tartlets, yogurt pie, panna cotta, bougatsa, chocolate

cake, vanilla cake, vegan cake, variety of cookies