

E F I motor/sailer

SAMPLE MENU

BREAKFAST

Coffee (cappuccino, espresso, regular, frappe, greek coffee)

Chocolate (Hot and cold)

Tea

Milk (Low Fat and Regular)

Fresh Orange Juice

Fresh Grape Fruit or other Selections

Baker's Bread Selection

Toasted Bread (slices)

Butter

Jelly-Marmelade

Honey

Yogurt and Fruits

Corn Flakes (two types minimum)

Eggs: Omellete (options: tomato, onion, feta cheese, ham, bacon, pepper, mushrooms)

sunny side-up, poached, scrambled w/t bacon or ham

Day's Cake

LUNCH / DINNER

STARTERS

Pikilia, Pikilia means "selection" or "variety" and refers to a combination like this: Tsatsiki, Greek eggplant salad, octopus pieces, and whipped caviar. Oven toasted pita. Oven roasted beet, and skordalia - a potato garlic dip

Pitta, fila pitas, composed of the wafer-thin pastry, and with spinach and feta, or Greek white cheese.

Marinated Octopus, with olive oil, vinegar and oregano

Calamari, Lightly breaded, lightly fried, tender classic rings and tentacles. With aioli sauce for something different

Tsatsiki, Homemade dip of yogurt, cucumber, garlic, and dill. A popular accompaniment to vegetables.

Melitzanosalata, Smoky flavored whipped eggplant salad with a touch of feta, garlic, parsley, and herbs.

Rice Pilaf/risoto, Rice cooked in stock with seasonings, aromatic vegetables, including peas and carrots. A classic dish that originated in the eastern Mediterranean.

Fried zucchini,

SALADS

Greek salad, tomato, cucumber, feta cheese, onions, olives, green pepper, capers

Seafood salad, combination of fresh salads with shrimps, scallops, mussels, fish, crab meat

Gourmet, fresh salads with avocado, shrimps, smoked salmon, brick, caviar

Exohiki, tomato, lettuce, radicchio, iceberg, scirocco, rocket, fennel, avocado and sauce vinaigrette

ENTREES

Moussaka, layered with eggplant or zucchini and a garlic-scented meat sauce, and bearing a custard topping

Pastitsio, a layered casserole of macaroni and chopped meat topped with a custard sauce

Pitta, filo pitas, composed of the wafer-thin pastry, and with spinach and feta, or Greek white cheese.

Fasolakia and Potato, fresh string beans braised in tomato, onion, and spices, with roasted potato.

Briami (Ratatouille), the Greek version of French ratatouille - a fragrant stew of thick-cut baby eggplant, zucchini, and potato with tomato, onion, and herbs

Dolmades, a filling of rice, and herbs stuffed in grape leaves, the versatile Mediterranean wrapping with a lemony tang.

Gemista, stuffed tomatoes and peppers with rice, seasonings and aromatic vegetables baked in the oven

FRESH FISH AND SEA FOOD

Seabream, redbream, porges, dentex, grouper, grilled or in salt crust

Soles or red mulletes, grilled or deep fried

Lobsters, crayfish, langoustines, shrimps, grilled

Grouper fillet, with steamed vegetables

Grouper fillet, with white wine and lemon sauce

Sea food Pasta, lobster or crayfish with linguini

MEAT AND POULTRY

Grilled Chicken, grilled Free Range Chicken with Lemon, Garlic, Oregano & Rustic Roasted Potatoes

Lamb Yuvetsi, Braised Savory Marinated Lamb Shanks Baked in Clay Pot; Orzo Tomatoes, Kefalotyn Cheese

Heart of beef fillet, your choice (grilled, a la crème, pepper sauce)

DESSERTS AND COFFEES

Baklava, the most famous Greek dessert, made of layers of fila pastry, chopped nuts, and a honey-flavored syrup

Galaktoboureko, a custard-filled dessert made with phyllo topped with a light honey/sugar syrup

Kadaife, shredded dough filled with chopped nuts and cinnamon and topped with a honey/sugar syrup

Karidopeta, single-layer, dark, moist nut cake (made with coarsely chopped walnuts or almonds) topped with a light honey/sugar syrup

Ravani, golden yellow cake made with farina or semolina and topped with a light sugar/honey or orange-flavored syrup

Chocolate pudding, with tea, bitter almond cream and jasmin sauce

Crème Brûlée, with raw sugar and fresh vanilla

Yoghurt with honey and walnuts

Assortment of fresh fruits

Greek coffee

Freppe

Espresso

French coffee

Cappuccino

CHEESE SELECTION

Feta, the classic white goat cheese of Greece

Haloumi, a semisoft cheese, not very salty; usually made from sheep's milk

Kefalograviera, a mild Gruyère-type cheese; made from either sheep's or cow's milk

Manouri, a soft unsalted cheese; made from sheep's or goat's milk whey; served with fruit

Mizithra, soft and hard varieties; made from sheep's or goat's milk whey