



BEACH MENU

SALADS

VILLAGE SALAD	15
Tomato, cucumber, green pepper, red onion, olives, crumbled feta, olive oil, oregano and marjoram. V	
SUMMER SALAD	17
Tomato, avocado and grilled goat's cheese dressed with a basil infused olive oil. GF, V	
SIDE GREEN VEGETABLE SALAD	8
Variety with lettuce, rocket, corn, cherry tomatoes, quinoa. VG	

MEZZE FROM THE LAND

CHICKEN CLUB SANDWICH	20
Homemade flatbread, guacamole, bacon, lettuce, graviera amfilochias cheese, chicken fillet, tomatoes and fresh fries.	
CHICKEN PITAKI	15
Pulled spicy chicken with red coleslaw made from a Greek yoghurt base. Served on homemade flatbread.	
VEGAN PITAKI	13
Cauliflower yachni with creamy tofu cooked in tomato sauce, asparagus and spicy tomato chutney.	
BEEF MINI PITAKI	15
Smoky beef fillet with F Zeen guacamole, chili and fresh lime. Served on homemade flatbread.	
HOMEMADE CHIPS	9
Served with the skin, sprinkled with oregano. GF, VG	
COURGETTE FRIES	9
Fresh courgette bâtonnets served with a mayo-yoghurt saffron sauce. V	

DIPPING MEZZE

DIPPING SELECTION	28
Selection of 4 dips served with flatbread, vegetable batons and breadsticks.	
APPLE TZATZIKI BLACK GARLIC TZATZIKI TARAMASALATA FAVA MELIZANOSALATA SKORDALIA HOUMOUS F ZEEN GUACAMOLE	

BITESIZED SNACKS

ENERGY BITES	10
Oats, raisins, hazelnuts, dried apricot and sunflower seeds. Baked in the oven. GF, V	
RAW BALLS	10
Dried prunes, sesame seeds and pumpkin seeds. GF, VG	

RAW NUTRITION BARS 10
Dates, oats, almonds, honey and peanut butter. GF, V

BLISS BALLS 10
Walnuts, coconut, carrot, cinnamon, nutmeg, ginger, dates. GF, VG

DESSERT

FRUIT SELECTION 10
Per person. A selection of seasonal fruit. GF, VG

WELLNESS COFFEE

CACAO ICED COFFEE 10
Double Espresso, Banana, Almond milk, Cacao
Energising, potassium, magnesium

CACAO-COCO ICED COFFEE 12
Double Espresso, Banana, Coconut Milk, Almond Butter, Cacao, Dates, Walnuts, Coffee Beans
Energising, essential fats, potassium, magnesium

MATCHA ICED LATTE 10
Matcha Green Tea, Coconut Milk, Honey
High in antioxidants, good for brain function

FERMENTED

Good bacteria for healthy digestive system

KOMBUCHA LEMON (ZERO) 8

KOMBUCHA GINGER (ZERO) 8

KOMBUCHA RASPBERRY 8

JUICES

Our juicer uses a twin gear system that leaves the enzymes and nutritional value of the vegetable and fruit unaffected by the juicing process

CLEANSE SHOT 6
Ginger, Lime, Lemon, Cayenne Pepper
Detoxifying and boosts metabolism

ANTIBACTERIAL & DIGESTIVE SHOT	7
Green Apple, Oregano, Honey <i>Soothing and anti-microbial</i>	
FRESH ORANGE JUICE	9
<i>High in vitamin C</i>	
SEASONAL FRUIT BLEND	10
A seasonal selection of fruit combined in our juicer	
SUMMER GREEN	10
Pineapple, Cucumber, Mint, Lime <i>Anti-inflammatory and digestive</i>	
CARROT, TURMERIC & GINGER	11
Lemon, Ginger, Pineapple, Turmeric, Carrot <i>Energising, anti-inflammatory</i>	
HERBAL RETREAT	10
Mint, basil, ginger, lemon, cucumber, cayenne pepper (optional) <i>Metabolizes fat, good for metabolism</i>	
TAILOR MADE	12
Customise your fresh juice. Ingredients subject to availability.	

SMOOTHIES

GREEN DETOX	12
Baby Spinach, Green Apple, Cucumber, Ginger, Almond milk, Lemon Juice, Honey <i>Detoxifier and alkalizing</i>	
AÇAÍ REJUVENATOR	14
Mango, Raspberries, Banana, Açai Berry, Almond Butter, Almond Milk, Oats <i>Rejuvenating, packed with vitamins & antioxidants</i>	
THE ULTIMATE CHOCO SMOOTHIE	12
Almond Milk, Coconut Milk, Avocado, Banana, Cacao, Cacao Nibs. <i>Iron & magnesium</i>	
BLUEBERRY YOGHURT	14
Blueberries, Almond Milk, Honey, Oats, Cinnamon, Vanilla, Almond Butter, Flaxseeds, Greek Yoghurt <i>Antioxidants, stabilises blood sugar</i>	
THE BEE	13
Almond Milk, Banana, Bee Pollen, Honey, Tahini, Cinnamon, Greek Yoghurt <i>Protein, amino acids & vitamins</i>	
TROPICAL SUPERFOOD	12
Spinach, Banana, Pineapple, Almond Butter, Baobab, Spirulina <i>Immune support, protein, essential fats</i>	

TAILOR MADE SMOOTHIE

15

Customise your fresh smoothie. Ingredients subject to availability.

We will be happy to substitute any ingredients for you, provided they are available. To ensure the highest quality of fruit and vegetables, all ingredients are subject to the seasons.

HERBAL TEAS

FRESH MINT

4

Fresh mint handpicked from our garden. Good for soothing the digestive system and has antispasmodic effects.

Naturally caffeine-free

FASKOMILO

4

Organic Local Sage. Anti-inflammatory, helps to balance the body's systems and is anti-bacterial.

Naturally caffeine-free

VOUNO

4

Organic Greek Mountain Tea (Ironwort) grows throughout Greece. It has an earthy, slightly sweet and soothing taste. It is good for the digestive health and contains natural antioxidants. It boosts the immune system and reduces inflammation and can also help to reduce blood pressure while relaxing the blood vessels. It is also anti-microbial and can help to fight Alzheimer's disease.

Naturally caffeine-free

HERBAL BLENDS

GAIA

6

Hibiscus, Verbena, Dandelion. A detoxifying blend for the liver, high in vitamin C and antioxidants and supports the eliminatory systems of the body.

Naturally caffeine-free

OLYMPUS

6

Fennel, Stinging Nettle, Thyme, Mountain Tea, Sage, Chamomile. A detoxifying blend, helping with digestion, inflammation and boosting the immune system.

Naturally caffeine-free

ANOSIA

6

Echinacea, Lapacho, Orange Peel, Pomegranate. Created specifically for the immune system, with high levels of vitamin C and antioxidants. The perfect blend for supporting the body's systems.

Naturally caffeine-free

ARMONIA

6

Sage, Rose Buds, Lemon Balm, Saffron A balancing blend helping to harmonise the digestive and hormonal systems along with anti-inflammatory and mood lifting effects.

Naturally caffeine-free

EVEKSIA

6

Organic Mountain Tea, Lemon Peel, Dittany, Ginger. A digestive blend for wellbeing that stimulates digestion, purifies from within and nourishes the body.

Naturally caffeine-free

HALAROSI

6

Lavender, Chamomile, Passion Flower, Linden. A relaxing blend, soothing for the body and mind. Helps to reduce stress and has a calming effect on the nervous system.

Naturally caffeine-free

GREEN TEA

BERGAMOTO

6

Green Tea, Bergamot, Cornflower. A health tonic for inflammation and brain function, inspired by the bergamot trees surrounding the retreat with a zesty fragrance.

ENERGIA

6

Green Tea, Green Coffee Beans, Cacao Nibs, Mate, Chamomile. An enervating blend. High in antioxidants, minerals and helps with the functioning of the brain. It has a full and caramel-like taste.

MASTICA

6

Green Tea, Masticha, Almond Flakes. The signature and earthy taste of Chios island. Mastica has a musky aroma with flavours of pine and wood. It helps with digestion while the smooth taste pairs perfectly with the fullness of the almond.

RISI

7

Matcha Green Tea, Rosted Rice. A potent dose of antioxidants giving a bitter taste, combined with a full and nutty flavour from the roasted rice.

YIASEMI

6

Green Tea, Jasmine Flowers. A blend for the soul. The intoxicating scent and flavour of Jasmine, reminiscent of summer evenings.

ROOIBOS TEA

CANELLA

6

Rooibos Tea, Cacao Nibs, Cinnamon, Cardamon, Chicory. An aromatic and exquisite delight. High in antioxidants, iron and minerals, helps to balance blood sugar levels and detoxify the liver.

Naturally caffeine-free

PORTOKALI

6

Rooibos Tea, Orange Peel, Rose Buds. A smooth and fragrant blend, high in antioxidants, iron and minerals with wonderful mood-lifting effects.

Naturally caffeine-free

SOFT DRINKS

WATER 250ml 1lt	2 4
SPARKLING WATER 250ml 750ml	4 6
COKE DIET COKE SODA WATER FANTA TONIC WATER 250ml	7
GRAPEFRUIT SODA	7
GINGER ALE	
SLIMLINE TONIC	7
MILKSHAKE Strawberry Chocolate Vanilla	10

HOT

Option: Add Soya | Almond Milk | Coconut Milk | Oat Milk

ESPRESSO Single Double	6 7
AMERICANO	6
CAPPUCCINO Single Double	7 8
LATTE	8
MOCHA	8
HOT CHOCOLATE	8
GREEK COFFEE Single Double	6 7

ICED COFFEE

FREDDO ESPRESSO	7
FREDDO CAPPUCCINO	8
NESCAFÉ FRAPPÉ	6
FRAPPÉ WITH ICE CREAM	9

BEER

MYTHOS DRAUGHT Half Pint Pint	6 7
AMSTEL FREE Non-alcoholic	8
HEINEKEN 330ml bottle	8
KEFALONIAN SIORA RED ALE 330ml bottle	9
CORONA 355ml bottle	10

COCKTAILS

CLASSIC COCKTAIL Traditional cocktails such as mojito, cosmopolitan etc. are available to order	12
CLASSIC PREMIUM COCKTAIL Traditional cocktails using premium alcohol	16

SIGNATURE COCKTAILS

IONIAN BREEZE Vodka, Elderflower, Watermelon, Lime, Passion-Fruit	14
BOHEMIAN SPRITZ Aperol, Prosecco, Grapefruit Soda	14
RUM VISION Aged Rum, Pineapple Juice, Lime, Vanilla Syrup, Daiquiri bitters	17
THE RUBY SOUR Dark Aged Tsipouro, Lemon Juice, Angostura Bitters, Cherry Bitters, Egg-white	16
BRANDY CRUSTA Cognac, Triple sec Liqueur, Maraschino Liqueur, Lemon Juice, Sugar, Angostura bitters	16
STRAWBERRY CHAMOMILE PALOMA Tequila Blanco, Chamomile Honey Syrup, Pink Grapefruit Soda, Strawberries	16
MOTIVO Mastiha, Gin, Orange Curacao Liqueur, Lime, Egg white syrup, Cucumber	15

WHITE SPARKLING SANGRIA	14
Gin, St. Germain Liqueur, Moscato d'Asti	
MAMA MIA	15
Mastiha, Vodka, Strawberry, Vanilla Syrup, Fresh Basil, Lemon	
SUNBEAM	15
Gin, Triple sec, Honey Syrup, Orange marmalade, Lemon Juice	
FLAVOR MARCH	16
Grapefruit-infused Tequila, Agave Syrup, Mandarin Liqueur, Lime, Cardamom, Cherry Bitters	
FLY WITH ME	16
Gin, homemade Bergamot Syrup, Creme de Violette, Elderflower Liqueur, Lemon, Rhubarb Bitters	

MOCKTAILS

WALK IN THE FOREST	10
Strawberry, simple syrup, lemon, mint, sprite	
VIRGIN MOJITO	10
Mint Leaves, Brown Sugar, Soda Water, Lime	

SPIRITS

Vodka	
ABSOLUT	12
TITO'S HANDMADE	14
CIROC	15
BELVEDERE	16
GREY GOOSE	16
Gin	
BEEFEATER	12
TANQUERAY	12
PLYMOUTH	14
TANQUERAY NO10	16
HENDRICK'S	16
MONKEY 47	17
Rum	
BACARDI	12
SAILOR JERRY	12
KRAKEN BLACK SPICED	13
HAVANA CLUB 7Y.O	14
DIPLOMATICO RESERVA	16
RON ZACAPA	17

Tequila	
OLMECA BLANCO	12
OLMECA REPOSADO	12
DON JULIO BLANCO	13
DON JULIO REPOSADO	14
DON JULIO ANEJO	16
GUSANO ROJO MEZCAL	18
Whisky	
FAMOUS GROUSE	12
JAMESON	12
BULLEIT BOURBON	12
JACK DANIELS	13
JOHNNIE WALKER BLACK	13
TALISKER MALT	16
NIKKA FROM THE BARREL	18
LAGAVULIN 16 Y.O	24
Brandy	
METAXA 7*	12
HENNESSY V.S	15
COURVOISIER	15
REMY MARTIN V.S.O.P	18
Greek Digestif Spirits	
OUZO	9
TSIPOURO	9
MASTIHA	11
JAGERMEISTER	11
DARK CAVE 5Y.O TSIPOURO	15
Liqueur	
BAILEY'S	12
KAHLUA	12
AMARETTO DISARONNO	12
SOUTHERN COMFORT	12
Aperitif	
CAMPARI	12
APEROL	12

WINE LIST

WHITE

Kefalonia

LEFKÓS BY F ZEEN

8 | 32

House White. Varieties: Tsaousi & Sauvignon Blanc. A crisp and aromatic blend. Fresh and dry with hints of tropical fruit.

GENTILINI NOTES WHITE

9 | 36

Varieties: Sauvignon Blanc & Tsaousi. An exotic blend with aromas of citrus fruit.

VINO DI SASSO, SCLAVOS ESTATE

50

Varieties: Robola. Aromas of citrus fruit such as mandarin and grapefruit, almond, floral hints and minerals.

Greece

TSELEPOU MANTINIA

9 | 36

Variety: Moschofilero. Exceptional freshness and lively acidity. Citrus fruits and lemon flowers on the nose, with a crisp, clean finish.

THEMA PAVLIDI

43

Variety: Sauvignon Blanc, Assyrtiko. Exceptional freshness and lively acidity. Citrus and exotic notes of pineapple and white flowers.

DIO FILOI

41

Variety: Riesling. Semi-dry intense aromas of yellow flowers, explosive and perfectly adapted acidity, rich body and taste complexity are the elements that fix you from the first sip. Persistent and enjoyable aftertaste.

MALAGOUSSIA GEROVASILIOU

55

Varieties: Malagousia. Intense aromas of citrus and stone fruits and elegant hints of lemon blossom.

TESSERIS LIMNES KIR. YIANNI

50

Variety: Chardonnay & Gewurztraminer. Intense aromas of rose petals, peach and lychee, are overlaid with notes of tobacco.

VIOGNIER GEROVASILIOU

68

Varieties: Viognier. Intense gold color. Aromas of peach and apricot and smoky accents in its long aftertaste.

SANTORINI SIGALAS

100

Variety: Assyrtiko barrel aged. Bright golden color. Excellent structure with a depth of flavor and acidity. It has the distinguishing mineral taste, typical of the variety and soil of Santorini along with aromas of saltiness and subtle notes of oak.

ROSÉ

Kefalonia

ELAFRÍ BY F ZEEN

8 | 34

House Rosé. Varieties: Syrah & Mavrodaphne. A delicate blend, dry and aromatic with hints of rose petals.

GENTILINI NOTES

9 | 43

Varieties: Moschofilero & Mavrodaphne. A balanced dry rose with a bright pink colour. Aromas of rose petals and jasmine, good acidity.

Greece

DOMAINE COSTA LAZARIDI

12 | 50

Variety: Merlot. Lively nose of red fruit like strawberry and cherry, with a hint of lemon verbena and a presence of spices. A refreshing acidity which balances the alcohol, rounded up with a pleasant fruity finish.

ALPHA ESTATE

57

Variety: Xinomavro. Fruity nose with rich expression of rose petals and strawberries. Well balanced mouth, with a long aftertaste.

IDYLLE D'ACHINOS. LA TOUR MELAS

63

Varieties: Syrah. Grenache Rouge, Agiorgitiko. A refined fragrant composition with notes of rose on the nose. Easy to drink, cool with a nice acidity and savory intensity on the palate, with mango and white peach aftertaste.

RED

Kefalonia

ERITHRÓS BY F ZEEN

9 | 40

House Red. Varieties: Mavrodaphne & Agiorgitiko. Smooth and soft with wild berry aromas.

GENTILINI NOTES RED

10 | 45

Varieties: Agiorgitiko, Syrah, Mavrodaphne. Fresh and complex on the palate with sour cherry and spicy flavours, velvety tannins and long aftertaste.

GENTILINI ECLIPSE

74

Variety: Mavrodaphne. An excellent expression of this grape variety. Intense aromas of red fruit with hints of licorice. Rich, complex and impressive in the mouth with soft, rounded tannins and a long and pleasant aftertaste. Matured for 12 months in oak barrels.

Greece

NEMEA PAPAIOANNOU

9 | 40

Variety: Agiorgitiko. Bright red colour with violet hues. A fruity nose with spices such as pepper and all spice, in a background of red fruit. Balanced with a nice acidity and a long, fresh aftertaste.

SYRAH AVANTIS

45

Variety: Syrah. Deep ruby color. Aromas of spices, pepper, cinnamon, tobacco, framed by plenty of black fruit like plum and raspberry, baked fruit jam with hints of vanilla. Spicy with mature tannins and rough long aftertaste.

CHATEAU JULIA MERLOT LAZARIDI

63

Variety: Merlot. Aged in French oak barrels. Rich red colour and has complex flavouring of small forest fruits, mint and eucalyptus on the nose. In taste it is fruity and round with strong well-worked tannins and an intense long finish.

GI & OURANOS THIMIOPOULOS

68

Variety: Xinomavro. A rich wine with a deep red colour and terracotta tints. The sweet aromas of dried fruit, dominated by tomato and fig, blend with the aromas of ageing, like cinnamon, vanilla, wood and spices.

A potent wine, with a body characterised by an abundance of mature tannins, a result of the long ageing process, and a lasting aftertaste

PINOT NOIR ALPHA ESTATE

76

Variety: Pinot Noir. Pale red color with purple hues. Intense aromas of cedar and wild cherries, influenced by new oak with hints of spiced black plums and cocoa. Rich and elegant with a luscious and savory aftertaste.

OVILOS VIVLIA CHORA

110

Variety: Cabernet Sauvignon. Matured for 18 months in new oak French barrels. Pure aroma of ripe red caramel, cedar, chocolate with notes of spices and nuts. Luxurious and intense flavour with rich body, good structure, presence of tannins that give it a long aftertaste and great aging potential.

SPARKLING

PROSECCO RIVATA

9 | 40

Variety: Glera. Light straw-yellow color, with aromatic notes of citrus, green apple and maple. In the mouth fresh, crisp, dry, balanced, with a pleasant aftertaste and fruity finish. Served as an aperitif.

AKAKIES ROSÉ, KIR YIANNI

48

Variety: Xinomavro. Shiny cherry color. Strawberry and fruity aromas, refreshing acidity and distinctive long aftertaste.

CHAMPAGNE

MOET & CHANDON BRUT MINI 200ML

65

Varieties: Chardonnay, Pinot Noir, Pinot Meunier. Colour gold with green highlights. Aromas of green apple and citrus, freshness of white flowers, elegance of brioche, cereal fruit.

VEUVE CLICQUOT YELLOW LABEL

180

Varieties: Pinot Noir, Pinot Meunier, Chardonnay. Strength and silkiness balanced with aromatic intensity. Ideal as an aperitif, and perfect as the Champagne to enjoy with a meal.

RUINART BLANC DE BLANC

255

Variety: Chardonnay. At first very intense on the nose, with fresh fruit notes, particularly ripe citrus fruits. A second refined floral nose with notes of white flowers and fruit including white peaches and pineapple.

DOM PERINGON BRUT VINTAGE

510

Varieties: Chardonnay & Pinot Noir. Each vintage is singular and unique, with white flowers, citrus and stone fruit on the nose and a pure, minimalist palate. Suggested as an aperitif and can also accompany seafood, cheese and fruit.

CHAMPAGNE ROSÉ

VEUVE CLICQUOT ROSÉ

195

Varieties: Pinot Noir, Pinot Meunier, Chardonnay. Full bodied and fruity, with flavours of ripe strawberries and cherries. Silky finish due to ageing process of minimum 3 years.

RUINART ROSÉ

240

Varieties: Chardonnay & Pinot Noir. The fullness and character of the Pinot Noir consolidates the freshness of the Chardonnay. Delicate pomegranate pink colour. Tropical fruits on the nose combine with berries, pomegranate and rose. Distinct and full palate with berries, a touch of mint and pink grapefruit.