



## GAIA MENU

All our sauces and preserves are produced on site, as are most of our baked goods. Fresh produce is grown in our garden, which you are welcome to visit, and all seafood is fresh and ethically sourced from local fishermen and delivered daily.

# SALADS

---

<b>VILLAGE SALAD</b>	12
Tomato, cucumber, green pepper, red onion, olives, crumbled feta, olive oil, oregano and marjoram. GF, V	
<b>RIGANADA</b>	12
Grilled traditional sourdough bread with fresh organic tomato, local crumbled feta, sprinkled with oregano and thyme. V	
<b>SUMMER SALAD</b>	14
Tomato, avocado and grilled goat cheese dressed with a basil infused olive oil. GF, V	
<b>SALMON SALAD</b>	18
Grilled Salmon with a quinoa salad, apple tzatziki, beetroot, broccoli and cherry tomatoes, topped with roasted seeds. GF	
<b>SIDE GREEN SALAD</b>	7
A variety of lettuce, rocket, sweet corn, cherry tomatoes and quinoa. VG	
<b>WILD GREENS</b>	8
Served with cherry tomatoes, fennel and sliced radish. Dressed with olive oil and lemon. VG, GF	
<b>SEASONAL CHAR-GRILLED VEGETABLE SALAD</b>	16
Local crumbled feta, basil, cashew pesto, dressed with herb infused olive oil. GF, V	



## MEZZE FROM THE SEA

---

<b>GRILLED OCTOPUS</b>	16
Dressed with house olive oil and lemon, served with homemade fava. GF	
<b>CALAMARAKI</b>	12
Fried local calamari with a sesame soy sauce served on the side.	
<b>GARIDOMEZZE</b>	16
Tempura prawns with chili-lime mayo served on the side.	
<b>SEA BASS MINI PITAKI</b>	12
Tempura sea bass fillet with F Zeen guacamole and chili-lime mayo. Served on homemade flatbread.	

## MEZZE FROM THE LAND

---

<b>GRAVIERA SAGANAKI</b>	8
Deep fried cheese pane with white and black sesame seeds, drizzled with local thyme honey. V	
<b>QUINOA MINI BURGERS</b>	14
Made with fresh herbs and quinoa. Accompanied by chili mayo, cherry tomatoes and sweet potato rocks. Served on a brown sourdough bun. VG	
<b>CHICKEN PITAKI</b>	12
Pulled spicy chicken with red coleslaw made from a Greek yoghurt base. Served on homemade flatbread.	
<b>VEGAN PITAKI</b>	10
Cauliflower yachni cooked in tomato sauce with creamy tofu, asparagus and spicy tomato chutney. VG	
<b>BEEF MINI PITAKI</b>	12
Smoky beef fillet with F Zeen guacamole, chili and fresh lime. Served on homemade flatbread.	

<b>POTATO ROCKS</b>	7
Marinated potatoes with infused turmeric and paprika oil. GF, VG	
<b>SWEET POTATO ROCKS</b>	7
Marinated and baked in the oven, infused with chili flakes and coriander oil. GF, VG	
<b>COURGETTE FRIES</b>	7
Fresh courgette bâtonnets served with a mayo-yoghurt saffron sauce. V	
<b>HOMEMADE CHIPS</b>	7
With the skin, sprinkled with oregano. GF, VG	

## DIPPING MEZZE

---

All dips are served with our homemade flatbread.

<b>DIPPING SELECTION</b>	24
Selection of 4 dips served with flatbread, vegetable batons and breadsticks.	
<b>APPLE TZATZIKI</b>	8
Greek yoghurt with garlic, green apples and fresh mint. V	
<b>BLACK GARLIC TZATZIKI</b>	8
Black aged smoky garlic, olive oil and Greek yoghurt. V	
<b>TARAMASALATA</b>	8
Made from fish roe, lemon, olive oil, onion and bread.	
<b>FAVA</b>	8
Made from split peas, olive oil and lemon. VG	
<b>MELIZANOSALATA</b>	8
Smoked aubergine with florina pepper, garlic and aged balsamic vinegar. VG	
<b>SKORDALIA</b>	7
Garlic mashed potatoes flavored with saffron and basil oil. VG	

**HOUMOUS** 7

Mushy chickpeas served with toasted peanuts. VG

**F ZEEN GUACAMOLE** 8

Avocado, Greek yoghurt, coriander and lime. V

## MAIN DISHES

---

**LAMB GYROS** 18

Served with homemade pitta, apple tzatziki, tomato and red onions.

**CHICKEN WRAP** 16

Marinated chicken breast with wild rice, wrapped in our homemade flatbread.

**LEEK AND MUSHROOM WRAP** 16

Three varieties of mushrooms with leek, avocado and an oat and cashew curry sauce, wrapped in our homemade flatbread. VG

**VEGETABLE AND HALOUMI SKEWER** 16

With a chili yoghurt dip served with grilled seasonal vegetables. GF, V

**SALMON BURGER** 18

Homemade using a mixture of salmon and herbs. Served with pickled cucumber, beetroot chutney and courgette fries.

**BEEF BURGER** 18

Black Angus beef, metsovone smoked cheese, lemon mayo, bacon and caramelized onions. Served with fries.

**CHICKEN CLUB SANDWICH** 18

Our homemade flatbread, guacamole, bacon, local cheese, lettuce, chicken fillet, tomatoes. Served with fries.

**VEGAN POKE BOWL** 14

Sushi rice, avocado, red cabbage, radish, cucumber, spring onion, and fresh chilly. VG, GF

## BITESIZED SNACKS

---

### ENERGY BITES

Oats, raisins, hazelnuts, dried apricot and sunflower seeds. Baked in the oven. GF, V

8

### RAW BALLS

Dried prunes, sesame seeds and pumpkin seeds. GF, VG

8

### RAW NUTRITION BARS

Dates, oats, almonds, honey and peanut butter. GF, V

8

### BLISS BALLS

Walnuts, coconut, carrot, cinnamon, nutmeg, ginger, dates. GF, VG

8

## DESSERT

---

### FRUIT SELECTION

Per person. A selection of seasonal fruit. GF, VG

8

### ICE CREAM

Fig | Vegan Chocolate | Charcoal | Rose Loukoumi | Tahini-Honey

Served with a charcoal cone. V

1 scoop

6

2 scoops

10

### SORBET

Mango Jasmine and Ginger | Pomegranate-Berry | Lemon-Basil | Watermelon V

1 scoop

4.5

2 scoops

8

V – Vegetarian, VG – Vegan, GF – Gluten Free

