

Raw Bar

**Ceviche 18**

Fish of the day, tiger's milk, herb oil *GF*

**Salmon Tartare Tartlets 16**

Chilli bean aioli, salmon roe

**Tuna Tataki 20**

Soy truffle sauce, homemade pickled mushrooms

**Seabass ceviche 18**

Tzatziki gazpacho, avocado, crispy filo

Starters

**Homemade Mezze Platter 24**

For 2: roasted pepper hummus, tzatziki, smoked cod roe, black olives, vegetable batons, pita bread *V*

**Gaia Salad 19**

Quinoa, avocado, tender stem broccoli, pomegranate, tahini dressing *VG*

**Caesar Salad 18**

Baby gem lettuce, grilled chicken, Caesar dressing, spicy croutons, crispy prosciutto

**Caprese Salad 18**

Heritage tomato, buffalo mozzarella, tomato and raspberry gazpacho, fresh basil, herb oil *V, GF*

**Pastitsio Bites 18**

Slow cooked beef ragu, mornay sauce, truffle dust

**Prawn Saganaki 18**

Spiced tomato sauce, local feta cheese, pita bread *GF*

Mains

**Beef Burger 22**

Black angus beef patty, local metsovone cheese, truffle mayo, smoked bacon, caramelised onions, homemade chips

**Kataifi Tiger Prawns 20**

Steamed buns, coleslaw salad, avocado, tartar aioli

### **Gaia Club Sandwich**

Wholegrain toast, local graviera cheese, avocado cream, with your choice of:

-Grilled chicken fillet and bacon **24**

-Grilled vegetables from the garden **V18**

Served with homemade chips

### **Gaia Bowl**

Sushi rice, avocado, carrot, beetroot, radish, protein of your choice:

-Salmon *GF* 20

-Chicken *GF* 20

-Tofu *VG, GF* 18

### **Open Steak Sandwich 29**

Wholegrain bread, tropical ribeye steak, cumin aioli, mix leaf salad

### **Lamb Gyros Tacos 24**

Homemade corn tacos, slow cooked lamb leg, tomato salad, tzatziki *GF*

### **Vegan Mushroom Tacos 20**

Homemade corn tacos, roasted wild mushrooms, mushroom cream, tofu *VG, GF*

### **Lamb Kebab Roll 25**

Brioche roll, lamb kebab, homemade ketchup, Greek yoghurt sauce

### **Kokkinisto 40**

Beef short-rib for 2, corn tortillas, tirokayteri, tomato salad, lime wedges *GF*

### Sides

Homemade triple cooked chips 7

*VG, GF*

Tender stem broccoli 7

*VG, GF*

Mixed leaf salad 6

*VG, GF*

### Desserts

### **Ice Cream and Sorbet Selection 5 | 9**

1 scoop | 2 scoops

## Drinks & Cocktails

### Soft Drinks

**Water 250ml / 1lt 1 | 3**

**Sparkling Water 250ml 3**

**Sparkling Water 750ml 5**

**Coke/Diet Coke/Fanta Orange/Tonic Water 250ml 5**

**Grapefruit Soda 5**

**Mandarin & Bergamot 5**

**Slimline Tonic 5**

**Homemade Lemonade 7**

Honey/Ginger

**Milkshake 8**

Strawberry/Chocolate/Vanilla

### Hot Drinks

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

**Espresso 4 | 5**

Single | Double

**Americano 4**

**Cappuccino 5 | 6**

Single | Double

**Latte 6**

**Mocha 6**

**Hot Chocolate 6**

**Greek Coffee 4 | 5**

Single | Double

Iced Coffee

**Freddo Espresso 5**

**Freddo Cappuccino 6**

**Nescafé Frappe 4**

**Frappe with Ice Cream 7**

Beer

**Mythos Draught 4 | 5**

Half Pint | Pint

**Amstel Free 6**

**Heineken 6**

330ml bottle

**Kefalonian Red Ale 7**

330ml bottle

**Corona 8**

355ml bottle

**Nissos 7**

**Beaufort Dark 9**

330ml bottle

Cocktails

**Classic Cocktail 12**

## Classic Cocktail with Premium Alcohol 15

Spritz & Low-A.B.V.

### **Protagonist 13**

Italicus Bergamot, Homemade Rose Soda

### **Enthusiasm 13**

Aperol, Sparkling Wine, Pink Grapefruit Soda

### **Dynamism 13**

Cocchi Americano Aperitivo, Luxardo Bitter, Peach, Soda

Non-Alcoholic

### **Isorropia 12**

Tanqueray 0%, Homemade Lime Cordial, Citrus, Basil

### **Symmetria 12**

Roots Divino Rosso Aperitif 0%, Homemade Berries Syrup, Citrus, Ginger Beer

### **Euphoria 12**

Seedlip Aromatic Blend, Cold Brew, Tonic

Signature Cocktails

### **Philosophia 14**

Rum, Falernum, Apple Sourz, Mastiha Liqueur, Citrus, Foam

### **Emphatic 13**

Rum, Homemade Berries Syrup, Grapefruit Juice, Foam

### **Phenomenon 15**

Aged Rum, Passion Fruit, Mango, Citrus, Pop Corn

### **Utopia 14**

Mastiha Liqueur, Mezcal, Pink Grapefruit Soda, Citrus

### **Sarcasm 13**

Vodka, Bubblegum, Citrus, Vanilla Bitters

### **Genesis 14**

Vodka, Elderflower Liqueur, Pink Grapefruit, Sparkling Wine, Citrus

### **Method 15**

Bourbon Whiskey, Salted Caramel Syrup, Orange Juice, Milk

### **Karma 14**

Gin, Extra Dry Vermouth, Fino Sherry, Citrus

### **Epitome 16**

Premium Gin, Homemade Tropical Shrub, Vanilla, Citrus, Heavy Cream, Foam

### **Epilogue 14**

Tequila, Homemade Chamomile Syrup, Citrus, Orange

Spirits

Vodka

**Absolut 10**

**Tito's 12**

**Ciroc 13**

**Belvedere 14**

**Beluga 15**

**Grey Goo 15**

Gin

**Beefeater 10**

**Tanqueray 11**

Plymouth 13

Tanqueray no10 14

Hendrick's 14

Monkey 47 15

Grace Gin Greek 14

Roku Japanese 15

Rum

Bacardi 10

Sailor Jerry 10

Havana Club 7y.o 12

Plantation Dark 12

Diplomatico Reserva 15

Ron Zacapa 16

Tequila

Olmeca Blanco 10

Olmeca Reposado 10

Don Julio Blanco 12

Don Julio Reposado 13

Don Julio Anejo 14

Verde Momento Mezcal 15

Gusano Rojo Mezcal 16

Whisky

Jameson 10

Bulleit Bourbon 11

Jack Daniels 11

Johnnie Walker Black 12

Cardhu 14

Talisker Malt 10 y.o 15

Nikka from the Barrel 17

Macallan 12 y.o Sherry 20

Lagavulin 16 y.o 22

Brandy

Metaxa 7\* 10

Hennessy V.S 15

Courvoisier 14

Remy Martin V.S.O.P 16

Greek Digestive Spirits

Ouzo 7

Tsipouro 7

Mastiha 12



**Dark Cave 5y.o Tsipouro 13**

Liqueur

**Bailey's 10**

**Kahlua 10**

**Frangelico 10**

**Amaretto Disaronno 10**

**Italicus Bergamotto 13**

**Vermouth 13**

**Otto's Athens 10**

**Carpano Antica Formula 13**

Aperitif

**Campari 10**

**Aperol 10**

**Fernet Branca 10**

Wellness Drinks & Teas

Coffee

**Cacao Iced Coffee 8**

Double Espresso, Banana, Almond milk, Cacao  
Energising, potassium, magnesium.

**Cacao-Coco Iced Coffee 10**

Double Espresso, Banana, Coconut Milk, Almond Butter, Cacao, Dates, Walnuts,

Coffee Beans  
Energising, essential fats, potassium, magnesium.

**Matcha Iced Latte 8**  
Matcha Green Tea, Coconut Milk, Honey  
High in antioxidants, good for brain function.

## 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 4**  
Ginger, Lime, Lemon, Cayenne Pepper

**Antibacterial & Digestive Shot 5**  
Green Apple, Oregano, Honey

**Fresh Orange Juice 7**

**Seasonal Fruit Blend 8**  
A seasonal selection of fruit combined in our juicer.

**Summer Green 8**  
Pineapple, Cucumber, Mint, Lime  
Anti-inflammatory and digestive.

**Carrot, Turmeric & Ginger 9**  
Lemon, Ginger, Pineapple, Turmeric, Carrot  
Energising, anti-inflammatory.

**Herbal Retreat 8**  
Mint, basil, ginger, lemon, cucumber, cayenne pepper (optional)  
Metabolises fat, good for metabolism.

**Tailor Made 10**  
Customise your fresh juice. Ingredients subject to availability.

## Smoothies

### **Absolut Green Detox 10**

Baby Spinach, Green Apple, Cucumber, Ginger, Almond milk, Lemon Juice, Honey  
Natural detoxifier.

### **Açai Rejuvenator 12**

Mango, Raspberries, Banana, Açai Berry, Almond Butter, Almond Milk, Oats  
Rejuvenating, packed with vitamins & antioxidants.

### **The Ultimate Choco Smoothie 10**

Almond Milk, Coconut Milk, Avocado, Banana, Cacao, Cacao Nibs.  
Iron & magnesium.

### **Blueberry Yoghurt 12**

Blueberries, Almond Milk, Honey, Oats, Cinnamon, Vanilla, Almond Butter, Flaxseeds,  
Greek Yoghurt  
Antioxidants, stabilises blood sugar

### **The Bee 11**

Almond Milk, Banana, Bee Pollen, Honey, Tahini, Cinnamon, Greek Yoghurt  
Protein, amino acids & vitamins.

### **Tropical Superfood 10**

Spinach, Banana, Pineapple, Almond Butter, Baobab, Spirulina.  
Immune support, protein, essential fats.

### **Tailor Made Smoothie 13**

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 change due to  
seasonality.

## 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 (Iron wort) 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 harmonize 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 well-being that stimulates digestion, purifies from within and nourishes the body. Naturally caffeine-free.

##### **Halarosi 6**

Lavender, Chamomile, Passionflower, 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 energising blend. High in antioxidants, minerals and helps with the functioning of the brain. It has a full and caramel-like taste.

### **Mastic 6**

Green Tea, Mastic, Almond Flakes. The signature and earthy taste of Chios Island. Mastic 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.

### **Yiasemi 6**

Green Tea, Jasmine Flowers. A blend for the soul. The intoxicating scent and flavor 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 mood-lifting effects. Naturally caffeine-free.

### **Wine List**

#### **White**

#### **Kefalonia**

#### **Lefkós by F Zeen 7 | 32**

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

#### **Nouvelle Epoque, Orelios Gaia 8 | 35**

Variety: Vostilidi. A rare Kefalonian variety heard for its aromatic complexity. Grapefruit and apricot, together with aromas of honey, vanilla and notes of herbs and tobacco leaves.

### **Rhombus Robola, Gentilini 10 | 45**

Variety: Robola. Aromas of peaches and citrus fruits. Bright and refreshing with herbal and mineral notes and a crisp, spicy finish.

### **Gentilini Notes 42**

Variety: Sauvignon Blanc, Tsaoussi. An exotic blend with aromas of citrus, honey and melon. Perfectly balanced with crisp acidity.

### **Vino di Sasso, Sclavos Estate 65**

Variety: Robola. Aromas of citrus fruit such as mandarin and grapefruit, almond, floral hints and minerals. Long aftertaste with a honey finish.

Greece

### **Thema, Pavlidi 50**

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

### **Lino, Rouvalis 48**

Variety: Riesling, Malagousia. Rich citrus and floral aromas with ripe hints of pineapple, melon, and apricot. Typical "petrol" aromas and the minerality of Riesling emerge.

### **Chardonnay Domaine Katsaros 68**

Variety: Chardonnay. Complex nose full of bergamot, pear, citrus, butter and brioche. Hints of honey, caramel and hazelnut complete the whole. Rich and fatty mouth with aromas of quince, citrus, peach, honey and tobacco.

### **Malagousia Gerovassiliou 60**

Variety: Malagousia. Elegant nose with aromas of lemon blossoms, grapefruit, unripe pineapple, and apricot. Discreet hints of yeast and mint. Green apple, citrus and honeysuckle fill the mouth.

### **Tesseris Limnes Kir Yianni 50**

Variety: Chardonnay, Gewurztraminer. Intense aromas of rose petals, peach, vanilla, butter and lychee are overlaid with notes of tobacco. Spicy aftertaste that lasts.

### **Viognier Gerovassiliou 75**

Variety: Viognier. Intense gold color with aromas of peach, apricot, chamomile, vanilla, brioche, hazelnut and smoky accents in its long aftertaste.

### **Ovilos Ktima Biblia Chora 85**

Variety: Semillon, Assyrtiko. Aromas of apricot, lime, pineapple, mango, vanilla, butter, honey, hazelnut,

tobacco and toast. Full body and refreshing acidity. Notes of sweet ginger and butterscotch complete the complex ensemble.

### **Cuvee Monsignori, Estate Argyros 110**

Variety: Assyrtiko Barrel Aged. Bright golden color. Excellent structure with a depth of flavor and acidity. In its aroma stands out citrus fruits with emphasis on lemon, grapefruit and orange peels, followed by notes of peach, pear, and tea. Distinguishing mineral taste, typical of the variety and soil of Santorini along with aromas of saltiness and subtle notes of oak.

Red

Kefalonia

### **Erithrós by F Zeen 8 | 38**

House Red. Variety: Mavrodaphne, Agiorgitiko. Smooth and soft with wild berry aromas.

### **Gentilini Notes Red 9 | 44**

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

### **Monambeles, Sclavos Estate 75**

Variety: Mavrodaphne Bio. Deep purple color and moderately intense nose, with chocolate being the first and last word. In between you will encounter plum, blackberry, coffee beans, leather and smoke. Hints of cinnamon and earthy notes of fresh soil complete the aromatic set.

Greece

### **Nemea Papaioannou 9 | 45**

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 48**

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.

### **Château Julia Merlot, Lazaridi 65**

Variety: Merlot. Aged in French oak barrels. Rich red colour and a 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, Thymiopoulos 70**

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 characterized by an abundance of mature tannins, a result of the long ageing process. Lasting aftertaste.

### **Pinot Noir Alpha Estate 80**

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 Ktima Biblia Chora 105**

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.

Rose

Kefalonia

### **Elafí by F Zeen 8 | 35**

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

### **Gentilini Notes 9 | 40**

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

Greece

### **Domaine Costa Lazaridi 12 | 55**

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 70**

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

### **Idylle d'Achinos, La Tour Melas 60**

Variety: 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.



## Dessert Wine

### **Mavrodaphne Patron 7 | 30**

Variety: Mavrodaphne. Dark amber colour with brown hues and an aromatic intensity of a sweet fruit bouquet with distinct presence of figs. Its long-lasting aromatic aftertaste confirms how unique this wine is.

### **Vin Doux Samos 8 | 35**

Variety: Samos Muscat. The most popular wine of Samos, belonging to the Vins de Liqueurs category. From semi-mountainous and mountainous terraces. It has a light golden colour and the nose is dominated by aromas of apricot jam and mature melon.

### **Visanto Argyros 4yrs, 500ml 12 | 82**

Variety: Aidani, Athiri, Assyrtiko. Attractive honey color with complexity and aromatic intensity. Fragrant palate of dried apricots, bergamot, nuts and cereals.

## Sparkling

### **L'Antica Quercia Prosecco Bio 9 | 45**

Variety: Glera Organic. 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 45**

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

### **Amalia Brut, Tselepos 75**

Variety: Moschofilero. Complex aromas of peach, pineapple and pear combine with orange peel, jasmine, and lemon blossom. Honey and biscuit complete the explosive aromatic ensemble.

## Champagne

### **Moët & Chandon Brut mini 200ml 60**

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

### **Veuve Clicquot Yellow Label 190**

Variety: 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 310**

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 Pérignon Brut Vintage 490**

Variety: 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 Rose

### **Veuve Clicquot Rosé 220**

Variety: Pinot Noir, 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 285**

Variety: 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.