



PARASIA

CRETAN CUISINE

Welcome

Charcoal grilled bread with extra virgin oil and fresh oregano accompanied by a tomato dip and olive tapenade

Starters

Traditional grilled Cretan sausage cooked with vinegar, €8

ΑΠΑΚΙ, local smoked pork with grape molasses and grilled sesame, €7

Battered ANTHOUS, zucchini flowers stuffed with MIZITHRA cheese and mint, €7

STRAPATSADA, Greek-style scrambled eggs with cured pork meat, fresh tomato, onion and XYNOMIZITHRA cheese, €7

Cretan-style escargot with vinegar and rosemary, €8

GRAVIERA cheese served with local thyme honey, €6

Greek lemon potatoes prepared in the wood-oven, €5

Pickled wild hyacinth bulbs, €5

ANTHOHALO, a creamy fior di latte cheese made with sheep's milk, €5

Fried skin-on potatoes with grated ANTHOTYRO cheese, €5

Salads

Cretan

with boiled potato, tomato, cucumber, fresh onion, boiled egg, capers, purslane, XYNOMIZITHRA cheese and olives, €9

Greek

Also known as villager's salad with tomato, cucumber, onion, bell pepper, olives, FETA cheese and sea fennel leaves, €8

Green

with a wild variety of radish (native to Crete), ΑΠΑΚΙ, pomegranate, grated walnuts, lemon juice and grape molasses, €8

Mains

ANTIKRISTO lamb, €15

Pork belly CAPRICO with potatoes and lemon leaves cooked in the wood-oven, €13

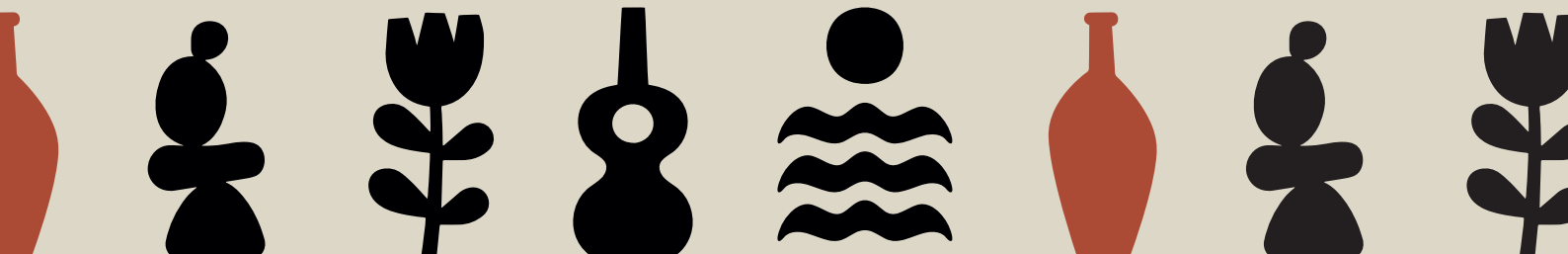
SKIOUFHTA pasta with a roasted tomato sauce, GALENI cheese and fresh thyme, €10

GREEK pork steak 800gr with potatoes (choice of oven or pan), €18

Slow-cooked skewered chicken or KLEFTIKO, with tomato and bell peppers accompanied by potatoes of your preference, €13

Dessert

Cretan BUREKI pastry with syrup and MIZITHRA cheese alongside seasonal fruit platter and RAKI





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Wine List

White

Strataridakis STRATA (Vilana, Thrapsathiri), €19 | €3,50

Strataridakis MOSCHATO SPINAS, €27 | €5

Daskalakis PSITHIROS (Moschato Spinas), €35 | €6

Boutari FANTAXOMETOCHO (Chardonnay, Malvazia, Vilana), €31 | €5

Vorizanakis LITTLE ANGEL (Thrapsathiri, Vidiano), €25 | €4

Vorizanakis SIRINES (Athiri, Moschato Spinas), €24 | €4

Red

Strataridakis RED SOILS (Cabernet Sauvignon, Kotsifali) €31 | €5

Strataridakis ICHNILATIS (Syrah, Kotsifali) €31 | €5

Daskalakis PSITHIROS (Kotsifali, Liatiko, Merlot) €35 | €6

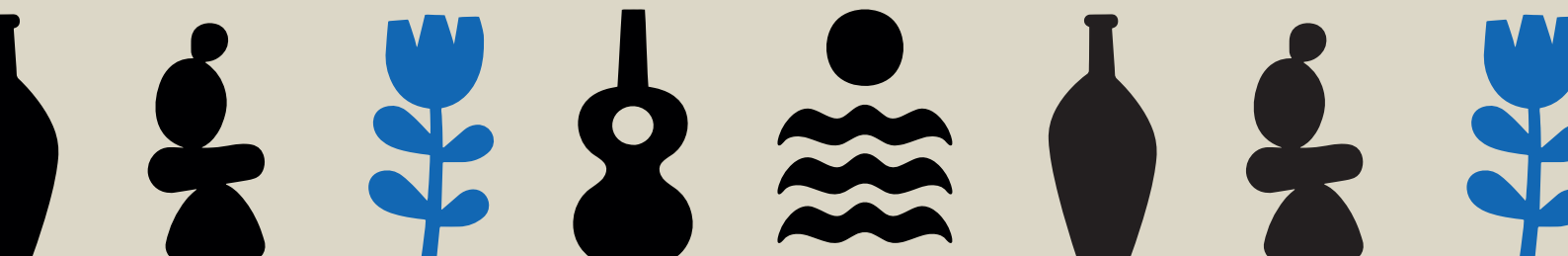
Vorizanakis LITTLE ANGEL (Cabernet Sauvignon) €25 | €4

Rosé

Daskalakis PSITHIROS (Grenache Rouge, Kotsifali) €35 | €6

Vorizanakis LITTLE ANGEL (Liatiko, Syrah) €25 | €4

Vorizanakis SIRINES (Grenache Rouge, Liatiko) €25 | €4





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Drinks

Soft Drinks

Coca Cola (Zero, Light), €2,50

Fanta Orange, €2,50

Fanta Lemon, €2,50

Sprite, €2,50

Beers

Fix, €2,50

Alfa, €2,50

Draught Beer, €2

Ouzo

Plomari, €7

Ouzo 12, €7

Raki

Raki (Carafe), €4

Cretan Food Glossary

MIZITHRA: A Greek whey cheese or mixed milk-whey cheese made from sheep or goats, (or both).

XYNOMIZITHRA: A sour variant of Mizithra.

GRAVIERA: One of the most popular cheeses in Greece. This wheel-shaped cheese is produced in different places like Crete, Naxos, Lesbos. In Crete, Graviera is made from sheep's milk and aged over five months. In Crete, Graviera has a burnt-caramel flavour with a sweet taste.

GALENI: A traditional Cretan creamy cheese.

SKIOUFIHTA: Traditional handmade Cretan pasta, made from whole-wheat flour, salt, water, and olive oil.

