

# 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**

APAKI, 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**

ANTHOGALO, 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), APAKI, 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**

SKIOUTIITA 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



# PARASIA

CRETAN CUISINE

## Wine List

### White

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

Strataridakis MOSCHATO SPINAS, €27 | €5

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

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

Vorizanakis LITTLE ANGEL (Thapsathiri, 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

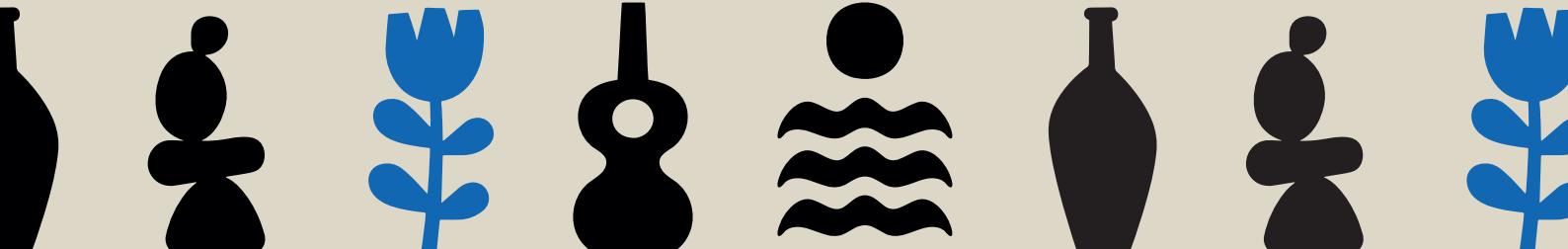
Vorizanakis LITTLE ANGEL (Cabernet Sauvignon) €25 | €4

### Rosé

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

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

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



# PARASIA

CRETAN CUISINE

## 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.

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

