



# M/S Arktos

SAMPLE MENU

## BREAKFAST

Greek yogurt, classic or low fat  
Handmade and fresh baked bread  
Kagianas-scrambled eggs in tomato sauce, feta, thyme and Manis siglino  
Omelette with Cretan graviera cheese  
Handmade cakes and cookies  
Fresh fruits in season  
Selection of Greek cheeses and cold cuts  
Poached eggs with creamy cheese sauce  
Bougatsa-pastry filo pie, vanilla and lemon semolina cream  
Fried eggs, Lefkadas salami  
Vegan scrambled tofu, tomato, peppers, smoked paprika  
Feta cheese pie  
Pancakes  
Halwas-tahini based confection

## **BEVERAGES**

-Coffees  
Cappuccino  
Espresso  
Greek coffee  
Freddo espresso  
Frappe  
Filter coffee  
-Tea  
Mountain  
English breakfast  
Earl grey  
Green  
Matcha  
Chamomile  
Herbal infusions  
-Fresh juices  
Superfood smoothies  
Squeezed orange  
Chocolate milk

## **SIDES**

Jams  
Greek honey  
Tahini  
Peanut butter  
Marmite  
Nutella  
Granola  
Date syrup  
Porridge

## Lunch

### Starters/Dishes to share

Melitzanosalata-grilled aubergine spread, thyme honey, balsamic vinegar, herbs  
Dakos-Cretan carob rusk, tomato, oregano, Kalamata olive, feta, virgin olive oil  
Meatballs, fresh mint, basil and lemon yogurt

### Salad

Green salad, citrus aromatic vinaigrette, roasted nuts, fruits, Greek cheese

### Main

Sautéed fish fillet, wild greens in tomato and celery sauce, turmeric oil

### Dessert

Rosemary sorbet  
Fruits in season

## **DINNER**

### Starters/Dishes to share

Pan seared pork cubes, retsina wine sauce, rosemary, smoked paprika  
Dolmadakia-vine leaves stuffed with herbal rice, lemon-dill sauce

### Salad

Greek salad, tomato, feta, Kalamata olives, capers, virgin olive oil, oregano

### Main

Seafood giouvetsi-orzo pasta, shrimps, ouzo, truffle oil, basil

### Dessert

Orange pie with handmade cardamom ice cream

## Lunch

### Starters/Dishes to share

Spicy feta spread, chilli and mint  
Marinated anchovies with garlic and thyme oil  
Grilled aubergine, haloumi cheese, tomato-ginger marmalade

### Salad

Black eyed peas salad, Florina peppers, herbs, apple cider vinaigrette

### Main

Grilled chicken, thyme basmati rice, Kozani saffron sauce

### Desserts

'Submarine' sweet in tsipouro  
Fruits in season

## **DINNER**

### Starters/Dishes to share

Fava bean puree, fried capers, green oil  
Spanakopita-spinach pie, feta, fresh herbs, lemon

### Salad

Grilled aubergine, Kozani saffron yogurt, basil, pomegranate, pinenuts

### Main

Traditional Greek platter with chicken souvlaki, pork giros, pita bread, tzatziki and fries

### Dessert

Kantaifi, handmade cinnamon ice cream, sesame candy

## **LUNCH**

### **Starters/Dishes to share**

Taramosalata ,fish roe mousse

Shrimps saganaki, ouzo, fennel, tomato sauce, feta

Savoury kantaifi-shredded filo, goat's cheese, pistachio, fig chutney

### **Salad**

Green salad, citrus aromatic vinegrette, roasted nuts, fruits, Greek cheese

### **Main**

Fish baked in parchment, lemon olive oil, tarragon and nutmeg mashed potatoes

### **Dessert**

Cherry spoon sweet

Fruits in season

## **DINNER**

### **Starters/Dishes to share**

Beetroot yogurt, lime, walnuts

Filo wrapped with Naxos graviera cheese and Lefkadas salami, carob syrup, pumpkin seeds

Courgette fritters, fresh mint, smoked Metsovone cheese

### **Salad**

Grilled vegetables in season, yuzu tahini sauce

### **Main**

Grilled octopus, olive tapenade, olive oil and lemon sauce, potato salad

### **Dessert**

Loukoumades-honey balls, thyme honey, crushed hazelnuts

## Lunch

### Starters/Dishes to share

Melitzanosalata-grilled aubergine spread, thyme honey, balsamic vinegar, herbs  
Tiropita-spicy cheese pie, feta ,leeks, chilli, smoked Metsovone cheese  
Meatballs, fresh mint, basil and lemon yogurt

### Salad

Greek salad, tomato, feta, Kalamata olives, capers, virgin olive oil, oregano

### Main

Gemista-stuffed tomatoes, Karolina rice, fresh mint

### Dessert

Pergamos spoon sweet  
Fruit in season

## **DINNER**

### Starters/Dishes to share

Spicy feta spread, chilli and mint  
Dakos-Cretan carob rusk, tomato, oregano, Kalamata olive, feta, virgin olive oil  
Dolmadakia-vine leaves stuffed with herbal rice ,lemon-dill sauce

### Salad

Green salad, citrus aromatic vinaigrette, roasted nuts, fruits, Greek cheese

### Main

Roasted leg of lamp, baby potatoes, wine sauce

### Dessert

Moelleux chocolate, vanilla, handmade dulce de leche ice cream

## **LUNCH**

### **Starters/Dishes to share**

Taramosalata, fish roe mousse

Greek Ceviche-fresh fish, citrus leche de tigre ,dill, pickled orange

### **Salad**

Greek salad, tomato, feta, Kalamata olives, capers, virgin olive oil, oregano

### **Main**

Fish baked in parchment, lemon olive oil, tarragon and nutmeg mashed potatoes

### **Dessert**

'Submarine' sweet in tsipouro

Fruit in season

## **DINNER**

### **Starters/Dishes to share**

Fava beans puree, fried capers, green oil

Spanakopita-spinach pie, feta, fresh herbs, lemon

Pan seared pork cubes, retsina wine sauce, rosemary, smoked paprika

### **Salad**

Grilled aubergine, Kozani saffron yogurt, basil, pomegranate, pinenuts

### **Main**

Beef Greek trahana pasta, crispy olives, burnt butter

### **Dessert**

Panacota with Chios mastiha, sauce caramel

## Lunch

### Starters/Dishes to share

Beetroot yogurt, lime, walnuts

Marinated anchovies with garlic and thyme oil

Grilled aubergine, haloumi cheese, tomato and ginger marmalade

### Salad

Vegetables in season baked in parchment with talagani cheese, sun dried and basil sauce

### Main

Grilled fish, lemon oregano olive oil, saffron basmati rice

### Dessert

Rosemary sorbet

Fruits in season

## **DINNER**

### Starters/Dishes to share

Spicy feta spread, chilli and mint

Savoury kantaifi-shredded filo, goat's cheese, pistachio, fig chutney

### Salad

Grilled vegetables in season, yuzu tahini sauce

### Main

Traditional Greek platter with chicken souvlaki, pork giros, pita bread, tzatziki and fries

### Dessert

Galaktoboureko-semolina custard in filo, handmade vanilla ice cream

## Lunch

### Starters/Dishes to share

Taramosalata, fish roe mousse

Fillo wrapped with Naxos graviera cheese and Lefkadas salami, carob syrup, pumpkin seeds

Shrimps saganaki, ouzo, fennel, tomato sauce, feta

### Salad

Greek salad, tomato, feta, Kalamata olives, capers, virgin olive oil, oregano

### Main

Grilled octopus, olive tapenade, olive oil and lemon sauce, potato salad

### Dessert

Quince spoon sweet

Fruits in season

## DINNER

### Starters/Dishes to share

Melitzanosalata-grilled aubergine spread, thyme honey, balsamic vinegar, herbs

Courgette fritters, fresh mint, smoked Metsovone cheese

Meatballs, fresh mint, basil and lemon yogurt

### Salad

Green salad, citrus aromatic vinaigrette, roasted nuts, fruits, Greek cheese

### Main

Seafood giouvetsi-orzo pasta, shrimps, ouzo, truffle oil, basil

### Dessert

Wild rice pudding, rose water, lemon and sumak