



mEALs

Breakfast time

- Gluten free bread with various spreads (peanut butter, honey, jam etc)
- Tasty muffins every morning (sweet & salty)
- Special omelette
- Hard boiled eggs
- Puff pies (sweet & salty)
- Traditional Mousse (caramel & vanilla)
- Rice pudding

All day

- Coffee station
- Espresso (cold & hot)
- Filtered coffee
- Fruit & Vegetables juice boxes
- Various Herbs (cold & hot)
- Homemade lemonade
- Soft drinks

Salads

- Greek salad
- Noodles with vegetables
- Bean Salad
- Coleslaw salad
- Beetroot salad

- Bottled water
- Sparkling water

Lunch time

- Pork steak with vegetables
- Chicken orzo
- Minced Octopus Stew with Pasta
- Pastitzio (pasta with minced meat sauce and besamel in the oven)
- Calzone
- Chicken casserole with tomato sauce
- Peas casserole with lemon sauce
- Meat or vegetable fried balls
- Spanakorizo (casserole spinach with rice)
- Pasta with thyme & mushrooms pesto
- Pork with mustard sauce
- “Gyros” Burger with salad or potato wedges
- Roasted lemon chicken with potatoes
- Meatloaf with various side dishes
- Carrot or Beetroot Soup

- Fresh seasonal fruits
- Soft cookies
- Homemade bars with super food ingredients
- Yogurt with various toppings (honey, nuts, fruits etc)
- Chocolate salami
- Cinnamon rolls
- Freshly made sandwiches
- Different kind of wraps
- “Halvas” (traditional vegan semolina dessert)

Vegan alternatives.

The menu is indicative.

All products are individually packaged.

Our staff observe all rules of hygiene during the service.

Ensure the implementation of local government guidelines against Covid-19.