

ELEMES



CRETAN DINNER



ABATON
ISLAND RESORT & SPA

! IF YOU HAVE A FOOD ALLERGY OR A SPECIAL DIETARY REQUIREMENT, PLEASE INFORM A MEMBER OF OUR STAFF BEFORE YOU PLACE YOUR ORDER.

STARTERS



“Chickensoup”
9,00€

Chicken soup with sour cracked wheat and tomato, cooked in the wood oven with extra virgin olive oil

“Crispy pastry”
9,50€

Crispy pastry, from Chania region, with leafy greens and fennel topped on “Anthogalo” light creamy cheese

“Meatballs”
12,00€

Beef meatballs served with sour cracked wheat, spearmint and smoked paprika emulsion

Local aubergines
11,50€

Rolled aubergines, stuffed with fresh goat soft sour cheese from Rethymnon, “Apaki” smoked pork, wild Cretan herbs and extra virgin olive oil

Eggs & Sausages
13,00€

Eggs cooked with “Staka” goat milk butter, Cretan sausages, served with warm sour bread, baked in the wood oven

Mushrooms with Smoked Goat Cheese
13,50€

Sautéed wild mushrooms with wine, fresh thyme and grilled goat cheese

“Zucchini Blossoms”
15,50€

Zucchini blossoms stuffed with wild artichokes, vegetables and rice, laid on a light yoghurt mousse

Puffy pastry and Feta
11,00€

Feta cheese, flavored with spearmint, rolled in village style phyllo pastry, served with grape must and hazelnuts

Snails “boubouristoi”
9,00€

Fried local snails in thick salt, rosemary and vinegar.

SALADS



Spinach Rocket
14,00€

Spinach cores, rocket, pomegranate, fresh goat sour “Myzithra” cheese, almonds, orange pieces and pumpkin seeds

Mushrooms with sesame bar
12,00€

Mixed green salad leaves with citrus juice, grilled mushrooms, smashed “pasteli” honey - sesame seeds, honey and pine nuts dressing

“Potato salad”
12,50€

Smashed boiled potato salad, tomatoes, cucumber, onions, eggs, extra virgin olive oil and village style vinegar

PASTA



“Handmade rolled pasta”
13,50€

Thick Cretan pasta, cooked with tomato and zucchini, served with dry “Anthotyro” cheese

Snails with “hondro”
9,00€

Cretan snails cooked and served with wheat

Cretan stuffed pasta
17,00€

Ravioli stuffed with wild Cretan mushrooms, cooked in rooster consommé, flavored with rosemary

MAIN COURSES



Chicken
16,00€

Organic chicken filled with graviera cheese, sun-dried tomato and olives, served on spinach with sour ricotta

“Ofto”
17,50€

Roasted pork in the wood oven, glazed with “Tsikoudia” Cretan Raki, anise and chickpea mousse

“Kouneli”
17,00€

Sautéed rabbit with olive oil and dry white wine, lemon and fresh oregano. Served with thickly cut potatoes in the charcoal

“Arnisio Kotsi”
19,00€

Lamb shank, slow cooked with pappardelle pasta in the wood oven, aromatic herbs, tomato and “Anthotyro” cheese

Cod
19,50€

Cod marinated with rosemary, served on chickpeas rise with bonito-rusk flakes

“Lavraki”
23,00€

Grilled Sea buss, laid on broad beans puree, served with mastic flavored olive oil.

DESSERTS



“Baklava”
9,00€

Phyllo pastry layers, filled with chopped walnuts, soaked in honey, served with homemade vanilla ice cream and cinnamon

Walnut pie
11,50€

Walnut pie flavored with cinnamon and carnation accompanied with fresh ice cream “kaymak”

Creamy Custard pie
9,50€

Smashed phyllo pastry filled with semolina custard and syrup, served with sweet bergamot

Sfakiani pitta
8,50€

Handmade pitta filled with goat cheese served with Cretan thyme honey

Fruit jams
7,50€

“spoon sweets” jams served with Cretan yogurt

WATER & FIZZY DRINKS



- Cola 0,25lt - 2,00€
- Lemon Lime Soda 0,25lt - 2,00€
- Soda 0,25lt - 2,00€
- Tonic 0,25lt - 2,00€
- Bitter Lemon 0,25lt - 2,00€
- Cherry 0,25lt - 2,00€
- Zelita 0,25lt - 2,00€
- Cocktail 0,25lt - 2,00€
- Lemon 0,25lt - 2,00€
- Mandarin 0,25lt - 2,00€
- Apple 0,25lt - 2,00€
- Orange 0,25lt - 2,00€
- Strawberry 0,25lt - 2,00€
- Local Mineral Water 1lt - 1,50€
- Local Sparkling Water 0,75lt - 2,00€

SWEETENED JUICES



- Syrup of fruits and nuts, traditionally processed,
mixed with water
- Cinnamon - 2,50€
 - Almond - 2,50€
 - Sour Cherry - 2,50€
 - Orange - 2,50€

HOT BEVERAGES & SPECIAL COFFEES



- Greek Coffee brewed in hot sand - 2,50€
- Double Greek Coffee brewed in hot sand
- Filter Coffee - 4,00€
- Espresso - 3,50€
- Double Espresso - 4,50€
- Cappuccino - 4,50€

Double Cappuccino - 5,00€

Caffe Latte - 4,50€

Instant Coffee Hot - 3,50€

Frappe (Cold Instant Coffee) - 4,00€

Frappe (Cold Instant Coffee) with ice cream - 4,50€

Hot or Cold Chocolate - 4,00€

Cretan Herbs Flavors - 3,50€

DIGESTIVES & AFTER DINNER

SUGGESTIONS



- Cretan Raki - 3,00€
- Rakomelo (Cretan raki with honey) - 4,00€
- Mastiha Skinis - 6,50€
- Dinapoja Olive, Cretan Liqueur - 6,00€
- Dinapoja Citrus & Chili, Cretan Liqueur - 6,00€
- Dinapoja Pomegranate & Chili, Cretan Liqueur - 6,00€
- Dinapoja Rose Geranium, Cretan Liqueur - 6,00€

GREEK BEERS



- Draught Local Beer 0,30lt - 4,00€
- Draught Local Beer 0,50lt - 5,00€
- Mythos 0,33lt - 5,50€
- Mythos Radler 0,33lt - 5,50€
- Alfa 0,33lt - 5,50€
- Fix 0,33lt - 5,50€
- Fix Non Alcohol 0,33lt - 5,00€
- Eza Fine Lager 0,33lt - 5,50€
- Eza Premium Pilsner 0,33lt - 5,50€
- Blue Island 0,33lt - 6,00€

ELEMES

CRETAN CUISINE

