

# ELAION

## **Elaion means Olive oil...**

Since antiquity Crete's and Greece's history in general is inextricably connected with the history of olive oil. This unfading product has supported Greek civilization from its beginning and continues to do so.

During the last century Greeks adopted western European habits in culture and nutrition; however olive oil not only resisted this new inclination, but also became the only Greek element that imposed itself in the rest of Europe.

In Elaion restaurant we are introducing the modern version of Mediterranean Coastal cuisine and extra virgin olive oil in all our dishes is a main ingredient.

#### **LIST OF FOOD ALLERGENS according to REG 1169/2011**

1. Cereals containing gluten,
2. Crustaceans and their products
3. Eggs and their products
4. Fish and their products
5. Peanuts and their products
6. Soybeans and their products
7. Milk and milk products (including lactose)
8. Nuts, namely: almonds ,hazelnuts , walnuts, cashews ,pecan nuts ,Brazil nuts , pistachio nuts etc
9. Celery and its products
10. Mustard and products
11. Sesame seeds and its products
12. Sulphur dioxide and sulphites
13. Lupin and its products
14. Molluscs and its products

**Please inform us, in case of allergies or intolerances in any of the above substances.**

**The Chef or the Head of the Department will inform you which products do not contain the specific allergen, according to our recipes.** However, the hotel is in no position to ensure 100% that traces of the allergen cannot be found due to cross contamination during the production from the used utensils, tools and equipment of the hotel.



**F&B Controller:**  
Pantelakis Pavlos

## APPETIZERS

Soup of the day  
4,80 €

Shrimp millefeuille with mushrooms, Chios mastic  
liqueur, asparagus and lime  
7,20 €

Octopus "kakavia", on rocket pesto with pistachio  
8,20 €

Grilled seafood\* served with lemon and chive sea salad  
8,90 €

Roasted baby potatoes with chicken "apaki", baked  
onions and tomatoes with "staka" butter cream and  
crunchy country bread  
(available also for vegetarians)  
4,90 €

Tart with grilled vegetables and goat cheese cream with  
smoked paprika **V**  
6,70 €

## SALADS

Valerian salad with green apple, dried fruits and nuts **V**  
7,20 €

Wild rocket salad with beetroot and roasted "manouri"  
cheese with honey and black sesame **V**  
7,20 €

Salad with cherry tomatoes, cucumber peels and fresh  
Cretan "mizithra" cheese with mint and rusk **V**  
7,20 €

Lentil salad with marinated shrimps, calamari and  
pomegranate dressing  
(available also for vegetarians)  
7,30 €

Salad of fresh-cut vegetables with sautéed fillets of tuna  
and lemon vinaigrette  
(available also for vegetarians)  
7,60 €

## PASTA & RISOTTO

Risotto shrimp\* "saganaki" with feta cheese, ouzo and  
basil  
12,00 €

Fresh Tagliatelle with wild mushrooms, garlic butter and  
spinach **V**  
11,50 €

Cretan handmade pasta "Skioufichta" with  
chicken and fresh cream cheese, flavored with  
"malotira" Cretan herb  
(available also for vegetarians)  
12,50 €

## MAIN DISHES

Salmon fillet cooked with sesame, marinated in  
honey and soy sauce  
& roasted potatoes and spinach  
16,50 €

Grilled sea bream (dentex) with virgin olive oil,  
lemon and tomato  
& spinach with rice  
22,00 €

Salmon baked with tomato and onion, flavored  
with rosemary and garlic  
& mashed celeriac and sautéed potatoes  
17,00 €

Slow cooked grilled chicken breast with wine  
sauce  
& mashed carrot and grilled vegetables  
13,50 €

Pork fillet sautéed in herbs and garlic, cooked with  
pomegranate balsamic  
& mashed carrot and grilled vegetables  
13,50 €

Lamb\* cutlets with herb crust and tomato sauce  
& vegetables "briam"  
15,00 €

Beef bourguignon fillet with mushrooms  
& mashed celeriac  
22,50 €

Beef sirloin steak with lemon butter and herbs  
& garlicky potatoes  
18,50 €

Mousaka with grilled vegetables and fresh-cut  
pieces of beef ragout  
9,70 €

**Ioannis Koufos**  
*Executive Chef*

\* Frozen product

**V** Vegetarian