

# 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

Fish soup with fish roe on crispy bread	4,80 €
Wheat soup with pork, leek and celery	4,80 €
Gyoza Dumpling stuffed with local "mizithra" cheese and mint, on olive coulis	6,50 €
Octopus slow cooked in cherry tomatoes, gnocchi and gruyere foam	7,50 €
Sea bass "Ceviche" marinated in raw grapes and chervil	7,90 €
"Bao Buns" with marinated salmon, radish chutney and crispy cucumber	6,90 €

## SALADS

Rocket salad with three kinds of cherry tomatoes, sesame bar, carob croutons and Cretan gruyere	7,20 €
Summer salad with baby spinach, grapes, chili, spring onion, hibiscus and goat cheese croquette	7,20 €
Green mix salad with figs, hazelnuts, grilled "talagani" cheese and "rakomelo" vinaigrette	7,70 €
Chickpeas salad with spring onion, sun dried tomato, sweet potato cream and bresaola	7,10 €

## PASTA & RISOTTO

Green ravioli stuffed with grouper, on celery mousseline and shrimp air	9,20 €
Homemade beef Ragu tortelli with parmesan cream and truffle	9,90 €
Spinach risotto with grilled calamari and preserved lemon	7,10 €
Artichoke risotto with local smoked "apaki"	6,90 €

## MAIN DISHES

Lamb in two preparations served with Cretan veggies, sun dried tomato and lamb gravy sauce	15,50 €
Beef fillet with potato puree, king mushroom and gravy with "Marouva" wine	22,50 €
Chicken fillet with vegetables cooked in three ways	14,20 €
Cod with colored beetroot salad, in two textures and black garlic Aioli	19,50 €
Grouper with Jerusalem artichoke and "pak choi" in egg-lemon sauce	22,50 €
Sea bass with Cretan veggies, zucchini and citrus sauce	16,50 €

Salmon on soya sauce "glacé" with purple Peruvian potato, crithmum and sesame	17,50 €
---	---------

## DESSERTS

Chocolate "moelleux" with Greek coffee sauce and rose ice-cream	7,10 €
Dark chocolate macaron with berries	7,50 €
Steamed "ravani" cake with yogurt and white chocolate mousse, fruits and strawberry sorbet	6,80 €
Foamy Crème Brulee with lemon Marmalade	6,50 €
Fresh seasonal fruits platter	7,20 €

**Lefteris Mastorakis**  
*Executive Chef*