

ELAION

VEGETARIAN MENU

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 €

Pita breads with broccoli, graviera cheese, caramelized onion, cherry tomatoes and mushrooms 6,30 €

Bao Buns with vegetables 6,40 €

Eggplant with soya icing, spring onion and sesame 5,90 €

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 spicy cashew nuts 7,10 €

PASTA & RISOTTO

Tomato risotto with cherry tomatoes, mint and local "mizithra" cheese 6,50 €

Celery risotto with vegetables' gravy and truffle oil 6,70 €

Spinach risotto with marinated fennel in preserved lemon 6,80 €

Mushroom risotto with "marouva" local wine and graviera cheese 7,10 €

Spaghetti with basil pesto and pine 6,80 €

Taglietelle with mushrooms Ragu 7,10 €

"Skioufihta" local handmade pasta with eggplant, tomato, zucchini and "athotiro" local white cheese 6,90 €

MAIN DISHES

Beetroots trilogy with goat cheese and Hazelnuts 8,90 €

Falafel chickpeas croquettes with crispy pita, vegetable sauce and tahini sauce 5,80 €

Vegetables souvlaki with haloumi Cheese 8,60 €

Mushrooms "Burger" with porto bello, smoked cheese and French fries 8,90 €

Lefteris Mastorakis
Executive Chef