

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:
Paraskevoudis Anastasios

Homemade bread & breadsticks 1,00 €

SOUPS

Soup of the day VO 5,20 €

Fish soup with local variety of rockfish, vegetables and fish roe bruschetta 5,20 €

Miso soup with pork- celery dumpling VO 5,40 €

APPETIZERS

Gyoza stuffed with local mizithra cheese and mint, on olive coulis V 6,60 €

Sweet potato gnocchi, sage flavored, feta cheese foam and "apaki" in two ways VO 6,80 €

Beef tartare with sour cream, lightly cured egg yolk and eggplant chutney 7,10 €

Crispy shrimps with spring vegetables Vietnamese roll VO 7,90 €

Eggplants with soy glaze, sesame and spring onion V 6,50 €

SALADS V

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 €

Cretan salad with cherry tomatoes, rusk, onion, Cucumber, olives, capers and feta cheese tempura 7,50 €

PASTA & RISOTTO

Green ravioli stuffed with croaker fish, on celery root mousseline, baby shrimp and seafood air 9,60 €

Homemade beef Ragu tortelli with parmesan cream and fresh truffle 9,90 €

Local pasta "Skioufihta" with wild mushrooms, sun dried tomatoes and goat cheese cream V 9,10 €

Beetroot risotto with marinated beets and Myconian cheese "kopanisti" mousse V 7,20 €

MAIN DISHES

Lamb in two preparations, served with Cretan veggies, sun dried tomato, sour cream cheese and potatoes soufflé 15,50€

Beef fillet with velvety mashed potatoes, king mushrooms *duxelles* and gravy with *Marouva* wine 22,50 €

Chicken fillet flavored with fresh turmeric, with carrot variety and textures 14,20 €

Sea bass with Cretan veggies, zucchini and citrus sauce 16,50 €

Salmon with spicy baby potatoes, wasabi flavored béarnaise sauce and cherry tomatoes confit 17,20 €

Veggie Mousaka with feta cheese and béchamel sauce V 9,20 €

DESSERTS

Chocolate *moelleux* with Greek coffee flavored creme anglaise sauce and rose ice-cream 7,20 €

Steamed *ravani* cake with yogurt and white chocolate mousse, fruits and lemongrass sorbet 6,70 €

Sweet bread with spices in light syrup, with chocolate and tonka bean cremeux and red fruits compote 6,90 €

Lefteris Mastorakis

Executive Chef

V Vegetarian

VO Vegetarian Option