



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.



Homemade bread & breadsticks 1,30 €

SOUPS

Soup of the day **V** 6,00 €

Fish soup with vegetables and fish roe cracker 7,00 €

APPETIZERS

Marinated salmon with herb skin "oximelo" gel and pickled fennel bulb 9,00 €

Beef torteli on Cretan gruyere cream, pot roast gravy and summer truffle 9,50 €

Sweet potato gnocchi with sage, local "apaki" and feta cheese 8,50 €

Gyoza with mizithra cheese and olive coulis 7,50 €

SALADS **V**

Baby spinach with grapes, chili and goat cheese brulee 8,50 €

Green salad with figs, Greek "talagani" cheese and *rakomelo* vinaigrette 8,00 €

MAIN DISHES

Lamb in two ways, 24h slow cooked and smoked shoulder and grilled lamb chops with spiny chicory "staka" and maxim potatoes 21,00 €

Beef fillet with mashed potatoes, king oyster mushrooms and gravy 24,00 €

"Skioufihta" pasta with sun-dried tomatoes, wild mushrooms and goat cheese **V** 9,50 €

Chicken fillet with roast potatoes roughly mashed, chicken croquette and thyme foam 15,50 €

Salmon with saffron béarnaise, lentils in coconut cream and citrus 18,50 €

DESSERTS

Chocolate *moelleux* with Greek coffee flavored crème anglaise vanilla ice-cream 7,50 €

Steamed *ravani* cake with white chocolate and Greek yogurt mousse, fresh fruits and mastic-red peppercorn ice-cream 7,00 €

Fresh seasonal fruits platter 7,20 €

Lefteris Mastorakis
Executive Chef

V Vegetarian

Vg Vegan