



SAMPLE MENU ChristAl Mio



BREAKFAST

All type of coffees

Tea, bagged and handmade blends

Fresh fruit juices

Milk, whole and lactose free

Greek yogurt

Different types of cereals

Fresh made breads and cakes

Creatan Kaltsounia

Honey and homemade jams and marmalades

Pancakes

All type of eggs

Platter with cheese and cold cuts





LUNCH

Salads

Grill roasted vegetables and quinoa

Fennel and orange with manouri cheese

Shrimps and green beans with mustard vinaigrette

Tomato cucumber and feta cheese with herbs

Roast carrot and avocado with orange dressing

Zucchini with mint and chili

Caprese with grilled peppers

Appetizers

Vine leaves stuffed with goat cheese and cous cous

Feta cheese croquettes with sesame with saffron and
lime sauce

Potato nest with mushrooms and sun dried tomatoes

Crunchy stuffed zucchini

Chilled curried cucumber soup with lemon and mint

Fresh fish carpaccio marinated with lime and onions

Anchovy croquettes with cold tomato sauce



Main courses

- Pappardelle with seafood and saffron
- Bianco (Cod with potatoes and onions in white sauce)
- Roast beef with vegetables
- Marinated squids with wild rice
- Grouper in the oven with lime and coconut milk
- Chicken yakitori
- Velouté fish soup with lemon mixed peppers and fresh thyme

Desserts

- Lemon mille feuille
- Meringue with caramelized figs and yogurt
- Mint sea breeze
- Panacotta with peach sauce
- Poached pears in wine and spices
- Fruit salad
- Ice cream



Dinner

Salads

- Dressed green salad
- Tabbouleh with tuna
- Beetroot onion and watercress
- Tomato with sumac and herbs
- Grilled peach onion and jamon
- Spinach shrimps and peas
- Crunchy vegetables with ricotta crostini

Appetizers

- Salted cheesecake with dried bread, cheese and fig sauce
- Tartelettes with asparagus parmesan and prosciutto
- Grilled Greek cheese with lemon and mastic flavor
- Wild greens croquettes with yogurt sauce
- Eggplants with garlic and tomato sauce
- Spinach and other greens pie with herbs and olives
- Cheese and chive blinis with pesto cream



Main courses

Lasagna with vegetables

Chateaubriand with variety of mushrooms and brandy sauce

Salmon fillet with lemon cream

Moussaka

Fisherman's pasta

Vegetables ratatouille

Casserole octopus with pasta and tomato

Desserts

Grand Marnier mousse with strawberries

Chocolate mousse in tulle with orange coulis

Apricots charlotte

Ravani (semolina pantespani) with mastic semifreddo

Bavarois with sweet white wine sauce

Fruit salad

Ice cream