



BRUNCH | 10:00 - 14:00

Overnight oats

with almond milk, oats, chia seeds, coconut, dried blueberries, strawberries, Ceylon cinnamon and pumpkin seeds
Cal 180 Carbs 28g Protein 7g Fat 3g

6,50€

CRUST N CRISP

Chicken Tortilla

with tomato, avocado, low-fat edam cheese and green salad
Cal 270 Carbs 11g Protein 23g Fat 5g

7,90€

Lobster bun

with beef pastrami, aged cheddar, arugula, Dijon mustard, Knosos' cucumber pickles and parmesan
Cal 323 Carbs 28g Protein 23g Fat 14g

8,90€

Sando Sandwich

with crispy chicken in cereal crust (*fr), coleslaw and crispy onions
Cal 400 Carbs 25g Protein 30g Fat 20g

7,90€

FREE RANGE EGGS

Omelettes:

Choice of (+0.50)
gouda cheese, turkey, ham, green pepper, spinach, cherry tomatoes, mushrooms, bacon, onion and feta cheese
Cal 180 Carbs 2g Protein 15g Fat 14g

7,90€

Fried eggs

with grilled halloumi, tomato, grilled zucchini and Sriracha sauce
Cal 350 Carbs 18,7g Protein 23g Fat 12,1g

11,90€

Scrambled eggs

with baby spinach, Cotto ham, cream cheese on oourdough bread (option for egg whites)
Cal 280 Carbs 18g Protein 18g Fat 16,1g

12,90€

Avocado toast

with scrambled eggs, vegan mayo and sourdough (Vegan option: sautéed mushrooms)
Cal 270 Carbs 25g Protein 7g Fat 15g

11,90€

Eggs Benedict:

Poached eggs on English muffin with hollandaise sauce (choice of bacon, smoked salmon or turkey pastrami)
Cal 350 Carbs 25g Protein 30g Fat 42g

13,90€

Fluffy pancakes

-With maple syrup, butter and powdered sugar
-With thyme honey, fresh fruits and coconut flakes
-With chocolate praline, banana and Oreo cookies
Cal 220 Carbs 35g Protein 18g Fat 8g

9,90€

BOWLS

Strained Yogurt

with organic granola, seasonal fruits, maple syrup and hazelnut croquant
Cal 250 Carbs 18g Protein 20g Fat 8g

10,90€

Açaí bowl

with organic granola, banana, chia seeds, hazelnuts, pomegranate and coconut flakes
Cal 300 Carbs 60g Protein 10g Fat 15g

11,90€

WATER

Avra Mineral Water 1lt

2,50€

Sparkling Water (Xino Nero) 250ml

3,50€

Sparkling Water (Xino Nero) 750ml

5,00€

HEALTHY SIDE | 10:00 - 20:00

SINGLE LIFE JUICE

ORANGE JUICE	5,00€
POMEGRANATE JUICE	6,00€
MIX JUICE	8,00€

JUICE SALVATION

SUPER DETOX

Carrot, orange, green apple, ginger
HIGH AMOUNT IN VITAMIN C, A POTASSIUM AND FOLATE
KCAL 65 PROTEIN 2g CARBS 15g FIBER 3g NATURAL SUGAR 10g

8,00€

PINEAPPLE TWIST

Marathonas kale, green apple, pineapple, orange
HIGH AMOUNT IN VITAMIN C, K, A POTASSIUM AND ANTIOXIDANTS
KCAL 70 PROTEIN 2g CARBS 22g FIBER 3g NATURAL SUGAR 12g

8,00€

PINK ME UP

Pear, green apple, beetroot, ginger
HIGH AMOUNT IN VITAMIN C, F POTASSIUM, MAGNESIUM
KCAL 65 PROTEIN 3g CARBS 22g FIBER 3g NATURAL SUGAR 12g

9,00€

GREEN PARADISE

Fresh green apple juice, pineapple, kiwi, spearmint
HIGH AMOUNT IN VITAMIN C, K, A, FOLATE
KCAL 80 PROTEIN 1g CARBS 25g FIBER 3g NATURAL 18g

9,00€

RAW ORGANIC SUPERFOOD JUICES

MEMORY UP

Chia seeds BIO, banana, blueberries, almond milk, kale

8,00€

POWER BOOST *

Açaí BIO, apple, banana, almond milk, kiwi

8,00€

SUNRISE

Maca BIO, banana, oat milk, cinnamon, almonds

8,00€

MATCHA LOVERS

Matcha Bio hot tea	5,50€
Matcha latte (selection of oat, almond and coconut milk)	6,50€
Iced Matcha lime, mint	6,00€
Iced Matcha latte coconut milk, maple syrup, vanilla	7,50€
Matcha power boost almond milk, avocado, yogurt, mango, spinach, maple syrup, red berries	9,00€

BIO TEA AND HERBS

Energy Green tea, ginseng, pineapple, ginger	4,50€
Red square Hibiscus, apple, cranberries	4,50€
Bio Earl Grey	3,90€
Bio Green Tea	3,90€
Chamomile	3,90€

ICED TEA

THAMMA Organic lemon green tea 300ml	4,80€
THAMMA Organic black tea with peach 300ml	4,80€
THAMMA Mountain tea with mastiha	4,80€

COFFEE

Freddo espresso cappuccino	4,30€ 4,60€
Espresso single double	3,20€ 4,30€
Espresso macchiato	3,50€
Cappuccino single double	4,30€ 4,70€
Aromatic filter coffee	4,30€
Americano single double	3,50€ 4,30€
Hot Cold chocolate	4,70€

REFRESHMENTS

Coca Cola 250ml (Light Zero)	4,00€
Sprite 250ml	4,00€
Fanta Orange 250ml	4,00€
Fanta Lemonade 250ml	4,00€
Schweppes soda 250ml	4,00€
Three Cents 200ml (Aegean tonic Grapefruit Soda Ginger Beer)	5,00€
Amita glass 340ml	4,20€
Homemade Lemonade	6,00€

BEERS

DRAFT

Mamos 400ml	6,50€
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BOTTLE

Heineken 0.0 330ml	6,00€
Heineken Silver 330ml	6,00€
Blue Monkey lager	6,50€
Blue Monkey pale ale	7,00€
Nymfi 330ml	6,50€
Alfa sea salt 330ml	6,50€
Lagunitas 330ml	7,50€

SYMBOLS MEANING

-  **GF:** Gluten Free
-  **LF:** Lactose Free
-  **NF:** Nut Free
-  **SF:** Sugar Free
-  **VEG:** Vegetarian
(It's possible that animal byproducts may have been used. Please ask your waiter.)
-  **VG:** Vegan (* includes a frozen product)
-  ***fr:** Frozen