



FILOSOFIA MEDITERRANÉA

FRESH AND RAW

- SEA BASS FISH TARTAR _____ 22,00€
Tartar from fresh bass fish with chives, extra virgin olive oil, lemon, fleur de sel and trout eggs. (4)
- TUNA TARTAR _____ 22,00€
Yellowfin tuna tartar with pickles, shallots, fleur de sel, lemon, extra virgin olive oil and gold herring eggs. (4)
- TUNA CARPACCIO _____ 18,00€
Yellowfin tuna carpaccio with fleur de sel, lemon and extra virgin olive oil. (4)
- BEEF TARTAR _____ 22,00€
Tartar from beef fillet with pickles, onion, extra virgin olive oil flavoured with garlic and quail egg. (3)
- BEEF CARPACCIO _____ 18,00€
Carpaccio from beef fillet, salt from Himalayas, lemon juice, fresh pepper and rocket salad. (3)

COLD MEZZE: TO START OR TO SHARE

- PRESERVED WHITE FISH ROE(TARAMA) (4) _____ 9,00€
- SMOKED AUBERGINE _____ 9,00€
with crumbled feta, Florinis pepper and garlic oil (7)
- HOMEMADE TZATZIKI _____ 9,00€
with traditional pie from Crete, (3),(7)
- HARD ROE TRIKALINOS (AUGOTARAHO) FROM MESSOLOGI _____ 22,00€
with blinis and fig paste (1),(3),(4),(7),(8)
- PLATER OF CHEESES AND GOLD CUTS _____ 18,00€
(1),(3),(7)



HOT MEZZE

| | |
|---|--------|
| -FRIED ZUCCHINI _____ | 11,00€ |
| with homemade tzatziki (1), (7) | |
| -PORTO BELLO MUSHROOM _____ | 12,00€ |
| stuffed with chicken, basil pesto and feta cheese (7),(8),(12) | |
| -KAVOURMAS _____ | 15,00€ |
| with fried potatoes and fried egg (3) | |
| -SMOKED MACKEREL _____ | 12,00€ |
| with grilled vegetables, grilled tomato and onion (4) | |
| -STEAMED MUSSELS _____ | 20,00€ |
| with garlic oil, parsley and Assyrtiko wine from Santorini (7), (12),(14) | |
| -SPICY MUSSELS SAGANAKI _____ | 20,00€ |
| with feta cheese, green and red peppers, mustard sauce, cherry tomatoes (7),(10),(12),(14) | |
| -GRILLED MUSSELS _____ | 18,00€ |
| with parsley pesto (7), (14) | |
| -ROYAL SCALLOPS _____ | 28,00€ |
| with a champagne sauce, saffron, prawns, mushrooms and gold hearing eggs (2),(7),(12),(14) | |
| -PRAWNS SAUTÉ _____ | 24,00€ |
| with asparagus , hazelnut oil, butter and soy sauce (2),(6) | |
| -FRESH FRENCH FRIES _____ | 6,00€ |
| with grated feta cheese and fresh thyme (7) | |
| -GRILLED OCTOPUS _____ | 19,00€ |
| with extra virgin olive oil and vinegar, served with fava peas and caramelized onion.(7),(14) | |
| -SOUP OF THE DAY _____ | 12,00€ |
| (12) | |



SALADS

| | |
|---|--------|
| -GREEK _____ | 15,00€ |
| rusk from Tinos island, tomato, cucumber,peppers,onion,caper,sundried tomatoes,olives, feta cheese, kritamo and pickled cucumber (1) | |
| -CHICKEN _____ | 16,00€ |
| fresh green salad,mesclan,grilled chicken,bacon,baby tomatoes,flavoured croutons, caesar's sauce. (1),(3),(7),(10) | |
| -SANTORINI _____ | 15,00€ |
| multicoloured baby tomatoes,caper leafs,rusk from Tinos island,cream cheese,thyme and extra virgin olive oil. (1),(7) | |
| -SALMON _____ | 19,00€ |
| fresh green salad with fresh salmon cubes, pine cone, honey dressing, mustard and lemon (4),(8),(10) | |
| -BEEF _____ | 19,00€ |
| small pieces of beef fillet in balsamic vinegar, rocket salad, spinach, sundried tomato, baby tomatoes and grated parmesan (7) | |
| -TUNA _____ | 22,00€ |
| fresh green salad with grilled yellowfin tuna, fresh onion, olives, pickles, cucumber, baby tomatoes, dressing with mayonnaise, lemon and mustard, (3),(4),(10) | |
| -VEGETARIAN _____ | 13,00€ |
| fresh green salad , with capers,gherkins,sundried tomatoes ,champagne vinegar and extra virgin olive oil | |



PASTA / RISOTTO

- SEAFOOD LINGUINI** 24,00€
with prawns, mussels and scallops cooked in their broth
(1),(2),(4),(9),(12),(14)
- LINGUINI** 32,00€
with sea urchin eggs and Trikalinos fish roe
(1),(2),(4),(9),(14)
- MUSSEL RISOTTO** 20,00€
with dill,lemon zest in their broth(midopilafo)
(1),(4),(9),(12),(14)
- SEAFOOD RISSOTO** 24,00€
with prawns, mussels and scallops cooked in their broth
(1),(2),(4),(9),(12),(14)
- RISOTTO** 25,00€
with beef fillets, porchini, portobello mushrooms and a sauce of five cheese cooked in their broth
(1),(7),(9),(12)
- KRITHAROTO** 18,00€
(barley) with veal cheeks and honey
(1),(7),(9),(12)
- ORZO PASTA WITH VEGETABLES(VEGETARIAN)** 14,00€
and fresh tomato sauce



MAIN COURSES

| | |
|---|--------|
| -GREEK GROUPEL FILLET _____ | 26,00€ |
| in the oven with rosemary and potatoes. (vlachosfyrida) (4),(9),(12) | |
| -GRILED SALMON _____ | 25,00€ |
| with homemade tagliatelle from Tinos island made of sundried tomatoes (1),(4) | |
| -TUNA TAGLIATA _____ | 24,00€ |
| with grilled vegetables (4) | |
| -SOLE FILLET _____ | 22,00€ |
| stuffed with smoked trout, yogurt sauce and spinach (4),(7),(9),(12) | |
| -LAMB SHANK _____ | 25,00€ |
| with spinach | |
| -ROOSTER COOKED _____ | 19,00€ |
| in wine with traditional Greek pasta (1),(12) | |
| -BEEF TAGLIATA _____ | 24,00€ |
| with grilled vegetables | |
| -BEEF FILLET _____ | 27,00€ |
| served with papardelle pasta and champignon mushrooms (1) | |
| -PORK STEAK _____ | 24,00€ |
| with fresh buffalo mozzarella and double baked potato wedges (7) | |
| -BEEF BURGER _____ | 17,00€ |
| with Greek smoked cheese from Metsovo and fresh French fries (1),(7),(10) | |



FILOSOFIA MEDITERRANÉA

DESSERTS

| | |
|--|--------|
| -SEMOLINA HALVA _____ | 10,00€ |
| with tahini and cinnamon ice-cream, dried fruits and lemon syrup (1),(3),(8) | |
| -MILLEFEUILLE _____ | 9,00€ |
| with cream patisserie, caramelized almonds and strawberry pearls (1),(3),(8) | |
| -WHITE MOSAIC _____ | 8,00€ |
| with chocolate syrup and nuts (1),(8) | |
| -CHOCOLATE SUFFLE _____ | 9,00€ |
| with meringue, grated nuts and cream (1),(3),(8) | |
| -MASCARPONE _____ | 9,00€ |
| with biscuits, strawberries and basil syrup (1),(3),(7) | |
| -PLATTER _____ | 12,00€ |
| with seasonal fruits | |

All 14 allergens (EU FIC 1169/2011)

1 Cereals containing gluten
2 Crustaceans
3 Egg
4 Fish
5 Peanuts
6 Soy
7 Milk and Lactose

8 Nuts
9 Celery
10 Mustard
11 Sesame seeds
12 Sulphur dioxide and sulphites
13 Lupin
14 Molluscs