

TAVERNA

Our breakfast offering at Taverna
showcases the *culinary identity of Crete*
while seasonal vegetables, fruit, quality meat,
cheese, honey and artisanal delicacies
take center stage.

Journey through quintessential Cretan
village life in *a typical day of a local* with simple,
frugal flavors and savor the wholesome
character of the *stunning island we call home*.

Cretan garden served to your table

Bakery Basket

A warm *Cretan welcome* with baked goods
served to your table accompanied by galeni
butter and red pepper vegan spread

SF KĒPOS

Tomatoes

fleur de sel and extra virgin olive oil

V GF SF DF NF KĒPOS

Local cucumber

fresh olive oil

V GF SF DF NF KĒPOS

Selection of Cretan olives

tsakistes, black & green

V GF SF DF NF KĒPOS

Honey experience

Thyme honey

Pine tree honey

Honeycomb

VG GF SF DF NF KĒPOS

Our seasonal jams

Strawberry jam (*sugar free*)

Seasonal jam

Tomato and mastic jam

V GF SF DF KĒPOS

Selection of spreads

Tahini

V GF SF DF KĒPOS

Peanut butter

V GF SF DF KĒPOS

Carob praline

V GF SF KĒPOS

Fresh fruits & yoghurt bowls

Cretan sliced fruits

V GF SF DF NF KĒPOS

Cretan goat's yoghurt with quince
jelly *kydonopasto*, pumpkin seed granola,
pomegranate glaze and fresh mint

VG SF KĒPOS

Cow's yoghurt with *fresh* seasonal fruits,
almonds, raisins and cinnamon

VG SF KĒPOS

Your choice of yoghurt with
thyme honey and walnuts

VG GF SF KĒPOS

Local greens to start the day

Pickled artichokes

throumpi herb

V GF SF DF NF KĒPOS

Amanites

charcoal grilled mushrooms

with lemon and wild thyme

V GF SF DF NF KĒPOS

Cretan avocado

black sesame and fleur de sel

V GF SF DF KĒPOS

Eggs

Fried eggs
cured pork, *Cretan graviera* cheese
and fresh tomato

SF NF

Eggs with avocado
carob rusk, fried eggs
and avocado mash

SF DF NF KĒPOS

Melata poached eggs
barley bread, cured pork
and rich sauce with *staka* butter

SF NF

Boiled eggs with wheat
bowl with *boiled wheat*, cherry tomatoes,
cucumber, spinach and pickled mushrooms

SF DF NF KĒPOS

Pies

Wood-oven baked local green pie
freshly picked local greens,
phyllo pastry and feta cheese

VG SF NF

Sfakiani pie
fresh mizithra cheese and thyme honey

VG SF NF

Cheese

Cretan selection of fine cheeses
Cretan graviera, kefalotyri, mizithra

VG SF NF

Cretan savoury specials

Dakos

tomato, olive oil, *capers*,
fresh oregano, mizithra

VG SF NF KĒPOS

Soy *xynomizithra*

Gluten free toasted bread with
baked cherry tomatoes and fresh basil

V DF NF KĒPOS

Sweet Choices

Baklava granola with chocolate
red forest fruits, fresh verbenas

V SF KĒPOS

Patouda mini sweet pies
mixed nuts, dried figs and cinnamon

VG SF

Xerotigana with honey
roasted almonds

VG SF DF

Dried fig pie
walnuts and grape molasses

VG SF DF KĒPOS

Tapioca rizogalo
coconut and citrus zest

V GF SF DF KĒPOS

NUTRITION SYMBOLS

KĒPOS

Wellness dish / πιάτο ευεξίας

V

Vegan / αυστηρά χορτοφαγικό

VG

Vegetarian / χορτοφαγικό

GF

Gluten free / χωρίς γλουτένη

SF

Soy free / χωρίς σόγια

DF

Dairy free / χωρίς γαλακτοκομικά

NF

Nut free / χωρίς ξηρούς καρπούς



KĒPOS WELLNESS

Our talented chefs at Daios Cove team up with our KĒPOS by Goco wellness experts to organically blend succulent creations with a focus on wholesome goodness.

Dishes are designed to bring balance and restore digestive health with local recipes full of nutrients, low sugar and reduced calories based on quintessential Mediterranean cuisine.

Enjoy a gastronomy experience to nourish, fuel and inspire you.

You are kindly requested to contact the restaurant manager if you suffer from any food allergy or intolerance to any product or substance. We will be happy to inform you about the ingredients we use to prepare the dishes or, if you prefer, we can prepare a substitute dish for you.

All courses may contain traces of wheat, barley, rye or triticale.

Inspection Representative: George Brilakis

Prices include all legal taxes and service charges. Customers may refuse to pay if the restaurant does not issue a valid tax receipt or invoice for their purchase(s).