

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*.

BREAKFAST

Cretan garden served to your table

Bakery Basket

A warm *Cretan welcome* with sourdough, ladenia bread and barley rusk is delivered to your table accompanied by galeni butter and red pepper vegan spread

VG 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

Hazelnut and honey spread

VG 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

throum̃pi herb

V GF SF DF NF KĒPOS

Amanites

charcoal grilled mushrooms
with lemon and wild thyme

V GF SF DF NF KĒPOS

Cretan avocado

mixed seeds and olive oil

V GF SF DF KĒPOS

Baked tomatoes

fresh basil, sourdough bread crumble

V SF NF DF KĒPOS

Eggs

Eggs with spinach and feta
steamed eggs, *creamy spinach* with feta cheese,
fennel, baked cherry tomatoes and bread crumble

SF NF

Eggs with avocado and cheese
milk bread with two poached eggs,
mashed avocado and fresh *anthotiro cheese*

SF NF KĒPOS

Eggs with tomatoes and *xinochondros*
eggs with fresh tomato sauce,
xinochondros trachanas and wild oregano

NF SF KĒPOS

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

SF NF

Sfougato omelette
Cretan omelette with zucchini,
potato and fresh mint

SF NF KĒPOS

Eggs

Boiled eggs with wheat
boiled wheat, salsa verde, cherry tomatoes
and roasted red peppers

SF DF NF KĒPOS

Omelette with amanites
sautéed mushrooms, graviera cheese
and fresh thyme

SF NF KĒPOS

Pies

Spinach pie
feta cheese and *fennel*

VG SF NF

Cheese pie
local cheese and fresh mint

VG SF

Sfakiani pie
fresh mizithra cheese and thyme honey

VG SF NF

Cretan savoury specials

Dakos

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

VG SF NF KĒPOS

Cretan *avocado* with crispy bread
mashed avocado, tomato, red bell peppers,
herbs and crispy thin local bread

V DF NF KĒPOS

Cheese

Cretan selection of fine cheeses
Cretan graviera, kefalotyri, mizithra

VG SF NF

Sweet Choices

Gastrin Cretan *baklava*
crispy phyllo with nuts, poppy seeds,
cinnamon, thyme honey

VG SF

Patouda mini sweet pies
mixed nuts, dried apricots and cardamom

VG SF

Xerotigana with honey
roasted walnuts

VG SF DF

Amygdalota
vegan almond bites with dried fruits and mastic

V SF DF GF

Goat milk *rizogalo*
rice pudding, fresh strawberries and cinnamon

VG GF SF 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 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.

Σε περίπτωση αλλεργίας ή δυσανεξίας, παρακαλούμε να ενημερώσετε τον υπεύθυνο του εστιατορίου. Θα είναι χαρά μας να σας ενημερώσουμε για τα συστατικά που χρησιμοποιούμε στα πιάτα μας και να προετοιμάσουμε μια εναλλακτική επιλογή για εσάς.

All courses may contain traces of wheat, barley, rye or triticale.
Όλα τα πιάτα ενδέχεται να περιέχουν ίχνη σιταριού, κριθαριού, σίκαλης ή τριτικάλε.

Inspection Representative: George Brilakis
Αγορανομικός Υπεύθυνος: Γιώργος Μπριλάκης

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).

Φ.Π.Α και λοιποί φόροι συμπεριλαμβάνονται. Ο καταναλωτής δεν έχει υποχρέωση να πληρώσει εάν δεν λάβει το νόμιμο παραστατικό στοιχείο (απόδειξη-τιμολόγιο).