

TAVERNA

Inspired by a contemporary approach to Greece's celebrated culinary heritage and the ultra-healthy Cretan Diet, Taverna fuses quality local ingredients and herbs in mouthwatering seasonal dishes adapted to the cuisine of the present day. Embark on a fascinating tour of the Cretan mountains and coast and discover the island's full spectrum of gastronomy excellence.

Konstantinos Mandylas
Taverna Head Chef

OUR SELECT PRODUCTS

Handpicked Cretan ingredients brought to you at the Cove

Contributing to the local Cretan community and serving our Greek heritage are key to the Cove philosophy. In gastronomy terms, our belief in the importance of provenance has led us to forging strong relationships with small-scale producers throughout Greece and gathering the finest, freshest, local produce at the Cove.

Our chosen specialty ingredients include PDO products (Protected Designation of Origin); fused with the world-class expertise of Daios Cove chefs, a magically authentic dining experience is crafted for our guest to enjoy.



CHANIA

Honey / Honeycomb
by Aroma Kritis

Oranges
by Fragakis Farm

RETHYMNO

Meat
by Hasikou Butchery

Carob
by Creta Carob

IRAKLION

Rusks
by Hatzi Bakery

Eggs
by Syntichakis Farm

Cold Cuts
by Kassaki

AGIOS NIKOLAOS

Olive oil
by the Kritsa Cooperative

Seliani Feta / Anthotiro cheese
by Siligardos Farm

Vegetables
by Gresko Family

Avocados
by Paterakis Farm

MEZEDES / COLD STARTERS

Taramosalata
Fish Roe Dip
smoked herring, tomato

SF

18€

Tzatziki
yoghurt, cucumber, garlic

VG GF NF SF KĒPOS

14€

Athinaiki Salata
Athenian Salad
crispy pita, carrot, fish roe

SF NF

24€

MEZEDES / COLD STARTERS

Lavraki Marinato

Marinated Seabass
lemon, capers, shallots

GF SF DF NF KÉPOS

28€

Moscharisio Tartar

Beef Tartare
potato, Arseniko Naxou cheese, mustard

SF

28€

Dolmadakia

seasonal greens stuffed with rice

VG GF SF NF

19€

MEZEDES / HOT STARTERS

Revythada

mushrooms, chickpeas, parsley, garlic, vinegar

V GF SF DF NF KĒPOS

24€

Formaela sti Schara

Grilled Formaela Cheese
broccoletti, pistachio, lemon

VG SF

22€

Kolokythokeftedes

Vegetarian Meatballs
local xygalo cheese, herbs

VG SF

20€

MEZEDES / HOT STARTERS

Fasolada Gigantes
Giant Beans
octopus, kohlrabi, onion

SF DF NF KĒPOS

28€

Kalamari Scharas
Grilled Calamari
breaded garlic sauce, tomato, herbs

SF DF KĒPOS

28€

SALATES / SALADS

Prasini Salata

Green Salad

fennel, orange-tahini dressing, cashews, sesame

VG GF SF DF KĒPOS

20€

Elliniki Salata

Greek Salad

cherry tomatoes, Seliani feta cheese, onion, samphire, rusk

VG SF NF KĒPOS

22€

Dakos

Seliani feta cheese, tomato, seasonal fruits, barley rusk

VG SF NF KĒPOS

20€

Ospriada

Mixed Legume Salad

gremolata, spring onion

V GF SF DF NF KĒPOS

19€

ZIMARIKA / PASTA

Kritiko Ravioli apo Prozymenio Psomi

Cretan Sourdough Ravioli

burnt vegetable broth, gruyère cheese, vegetable cream

VG SF

27€

Giouvetsi Garidas

Shrimp Giouvetsi

shellfish sauce, lemon, basil

SF

34€

Moscharisio Magoulo

Beef Cheeks

Anelli pasta, aromatic panko

39€

STON KSILOFOURNO / WOOD-OVEN

Kokoras Pastitsada

Rooster Pastitsada

pasta, kasseri cheese, spetseriko spices

SF NF

28€

Ladenia me Chorta

Ladenia Pie with Spinach

local greens, Seliani feta cheese, herbs

VG SF NF

23€

Ladenia me Xidato Loukaniko

Ladenia Pie with Vinegar Sausage

zucchini, potato, galeni cheese, onion

SF NF

25€

Ladenia Me Gavro Marinato

Ladenia Pie with Marinated Anchovy

aubergine, tomato, onion, Seliani feta cheese

SF

25€

KIRIOS PIATA / MAIN COURSES

Psita Patzaria

Roasted Beetroot
soy xinomizithra, pistachio, balsamic vinegar

V GF DF KĒPOS

24€

Sofegada

herbs, pickled onion, vegetables
(serving option with cheese)

V SF DF NF KĒPOS

24€

Kotopoulo Misadi Scharas

Grilled Half Chicken (for two persons)
potato, vegetables, smoked sauce

GF SF NF KĒPOS

39€

Choirino Avgolemono

Pork in Egg-lemon Sauce
xinochontros, cabbage

32€

KIRIOS PIATA / MAIN COURSES

Arni me Gamopilafo

Roasted Lamb with Cretan Pilaf Rice
staka butter, lemon

GF SF NF

36€

Psari Imeras sti Schara

Grilled Fish of the Day
seasonal greens and vegetables, wine sauce

GF SF NF KĒPOS

34€

Milokopi me Maratha

Croaker with Fennel
potato, black garlic, fennel sauce

GF DF NF KĒPOS

34€

Psarou

Fish Market

Come and pick your fresh fish from our display with available
options according to weather and seasonality

Served with lemon-oil dressing

EPIDORPIA / DESSERTS

Traganos Baklavas

Phyllo Pastry with Pistachio Cream
almond ice cream, honey foam and orange compote

VG SF

17€

Galaktompoureko

cream, orange, citrus sorbet, cardamom

VG SF NF

17€

Fudge Sokolata me Tahini

Chocolate and Tahini Fudge
dates, vegan vanilla ice cream

V GF DF KĒPOS

17€

Lefki Sokolata me Yaourti

White Chocolate with Yoghurt
bell pepper spoon sweet, lemon-ginger sorbet, almond florentine

VG SF

17€

KĒPOS

Menu

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.

KĒPOS

BY GOCO

MEZEDES / COLD STARTERS

Tzatziki

yoghurt, cucumber, garlic

VG GF NF SF KĒPOS

14€

Lavraki Marinato

Marinated Seabass
lemon, capers, shallots

GF SF DF NF KĒPOS

28€

MEZEDES / HOT STARTERS

Revythada

mushrooms, chickpeas, parsley, garlic, vinegar

V GF SF DF NF KĒPOS

24€

Fasolada Gigantes

Giant Beans

octopus, kohlrabi, onion

SF DF NF KĒPOS

28€

Kalamari Scharas

Grilled Calamari

breaded garlic sauce, tomato, herbs

SF DF KĒPOS

28€

SALATES / SALADS

Prasini Salata

Green Salad

fennel, orange-tahini dressing, cashews, sesame

VG GF SF DF KĒPOS

20€

Elliniki Salata

Greek Salad

cherry tomatoes, Seliani feta cheese, onion, samphire, rusk

VG SF NF KĒPOS

22€

Dakos

Seliani feta cheese, tomato, seasonal fruits, barley rusk

VG SF NF KĒPOS

20€

Ospriada

Mixed Legume Salad

gremolata, spring onion

V GF SF DF NF KĒPOS

19€

KIRIOS PIATA / MAIN COURSES

Psita Patzaria

Roasted Beetroot
soy xinomizithra, pistachio, balsamic vinegar

V GF DF KĒPOS

24€

Sofegada

herbs, pickled onion, vegetables
(serving option with cheese)

V SF DF NF KĒPOS

24€

Kotopoulo Misadi Scharas

Grilled Half Chicken (for two persons)
potato, vegetables, smoked sauce

GF SF NF KĒPOS

39€

KIRIOS PIATA / MAIN COURSES

Psari Imeras sti Schara

Grilled Fish of the Day

seasonal greens and vegetables, wine sauce

GF SF NF KĒPOS

34€

Milokopi me Maratha

Croaker with Fennel

potato, black garlic, fennel sauce

GF DF NF KĒPOS

34€

EPIDORPIA / DESSERTS

Komena Frouta

selection of seasonal sliced fruits

V GF SF DF NF KĒPOS

14€

Fudge Sokolata me Tahini

Chocolate and Tahini Fudge
dates, vegan vanilla ice cream

V GF DF KĒPOS

17€

NUTRITION SYMBOLS

KĒPOS

Wellness dish

V

Vegan

VG

Vegetarian

GF

Gluten free

SF

Soy free

DF

Dairy free

NF

Nut free

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).