



FOOD, CAFÉ & COCKTAILS

SEASON 9 SUMMER 2020





FOOD, CAFÉ & COCKTAILS

### Our Philosophy

In Med Cafe & Restaurant we serve **modern Mediterranean cuisine** focused on quality with a strong **farm to table** ethos emphasising on organic, **local, fair trade** ingredients. Keeping in mind that organic food is **fresher and healthier**, we use as many **organic products** as we can for the preparation and creation of your meal.



#medcaferestaurant



@medrestaurant

www.medcafe.gr

# Quality Assurance



Our **bread** is home-made daily.

The **beef** is from Greek selected farms with a minimum of 40 day dry aging from **Orimansis**.

The **black truffles** are fresh from **Funghi Hellas** in Peloponnese's.

The **mussels** are fresh from N.E. of Greece and delivered daily.

The traditional **orzo pasta** comes from Spanelli located in Ioannina, Greece.

Our **cheese** is from the Amari region in Rethymnon, Crete.

Our draught **beer** is Harma, brewed in the village of Zounaki, near Chania, Crete

The **buffalos** are grass fed from the lake of Kerkini in Serres near Thessaloniki.

Part of our **vegetables** our from our own certified bio garden and others from Mr. Karalakis near Iearapetra.

Our **house wine** is Biological from Tetramythos Estate.

Our **coffee beans** are from Taloumis family ('TAF') farmed with 'fair trade' practices.

We use **recyclable napkins**

We **recycle** all organic food material and decompost for natural fertiliser for our garden.



# WARM & COLD Tapas



Home-made bread of the day **V|Vgn** • 2.80

Garlic bread & cheese **V** • 3.50 Pita grilled **V|Vgn** • 1.50

Greek olives **V|Vgn**

selection of marinated olives, cured with water and sea salt, seed crackers • 4

Tzatziki **V**

Dip made from Greek yoghurt and dill with a slight taste of garlic • 3.50

Tacos

Two corn soft shell tortillas, grilled chicken, chimichurri, citrus cabbage • 7.50

Octopus

Grilled octopus, Kalamata olive mayonaise, cilantro, capers, Madagascar peppercorn • 11.90

## Mezze Selection

Greek beef pastrami, Cretan salami, 'oktasporo' seed crackers, variety of Cretan cheeses, bio cherry tomatoes, sun dried figs, tzatziki dip. • 11.90

Tuna Tartare

Red fin tuna marinated in citrus jus, avocado, mango, chives, chilly strings. • 12.90

Tartare **V|Vgn**

Avocado, mango, citrus cous cous, chives, chilly strings. • 7

Calamari

Crispy fried calamari with house-made tartar sauce • 7.50

Truffle parmesan fries **V**

Handcut fries, summer black truffle, 12 month aged parmesan • 4.90

Cheese Saganaki **V**

Graviera cheese fried with mixed nuts and honey. • 5.80

Bruschetta **V**

With fresh burrata mozzarella, home-made bread, cherry tomatoes, sun dried tomato pesto, extra virgin Cretan olive oil. • 7.80

## Fresh Mussels

Fresh mussels with garden herbs, white wine jus, garlic • 8.50

#Tacos



#MezzeSelection



#Octopus 77 c\*



#CheeseSaganaki

#  
Mussels





#honeychickensalad  
#medcaferestaurant



# SALADS



## Med V | Vgn

A mix of rare bio greens and edible flowers, beetroot, superfoods, bee pollen, cold pressed hemp and olive oil, lemon balsamic. • 7.50

## Honey Chicken

grilled chicken breast, cashews, wild rucicola, parmesan flakes  
balsamic honey reduction • 8.90

## Greek Village V

Tomato, cucumbers, peppers, Kalamata olives, Feta cheese,  
onions, garden herbs, extra virgin cretan olive oil. • 6.50

## Grilled haloumi & watermelon V -seasonal

Halloumi cheese, watermelon, toasted pumpkin seeds, mint,  
cilantro, onion flakes, extra virgin cretan olive oil. • 7.90

V - Vegetarian | Vgn - Vegan | GF-Gluten free



# Pasta

Ask us for Gluten free options

## ✓ Pesto & Burrata

linguini, burrata mozzarella, basil pesto, pistachio, hint of garlic • 10

## Cretan 'Carbonara'

Linguini, traditional smoked chicken 'apaki', egg, Cretan 'Gruyere' cheese • 12

## Seafood Orzotto

Orzo traditional pasta with shrimps, mussels, crayfish and a seafood bisque.

• 14

## Paella

Orzo traditional pasta, saffron, shrimps, mussels, squid, herbs, spicy 'chorizo' style cretan sausage • 15

#Paella



## HOME-MADE PIZZAS

**Anchovie** Fresh Anchovies, garlic, fresh mozzarella, chilly flakes • 9.80

**BBQ Chicken** cheddar, mozzarella, grilled chicken, BBQ sauce, onions, cilantro • 12.50

✓ **Truffle & Parmesan** fresh black Greek truffle, mozzarella, aged parmesan, wild rucicola • 11.80

✓ **Margarita** fresh mozzarella, basil, cherry tomatoes • 7.50

✓ - Vegetarian | Vgn - Vegan | GF - Gluten free pizza/pasta available

# FARM

## Chicken 'Kontosouvli'

Marinated chicken fillet skewer with herbs, peppers, onions, tomatoes, grilled pitta, beet tzatziki • 12.80

**Flank steak 'Tagliatta'** (300/400g)  
aged parmesan flakes,  
wild rocket greens • 17.80

**Lamb chops** (400g)  
pistachio and almond crust, Greek  
yoghurt mint sauce, sweet potato fries  
• 24.90

**Rib Eye Steak & Chips** (300g) 40 day  
dry-aged grass fed local beef, grilled  
and served with hand cut french fries  
• 27.50

## Surf & Turf

Rib eye (300gm) served with a grilled  
king prawn, herb butter and choice of  
two sides • 49.50

### EXTRA SIDES

creamed spinach 3 • handcut fries 3 •  
sweet potato fries GF 4 • grilled carrots  
& zucchini • 2.50 lemon and leek cous  
cous • 3 mac & cheese • 3

# BURGERS

## Beef Burger

brioche bun, cheddar cheese,  
tomato, crispy lettuce, onion,  
handcut fries • 11

## Black Buffalo Burger\*

black bun, cheddar cheese,  
tomato, crispy lettuce onion,  
handcut fries • 12

## Plant Blased Burger V/Vgn

Made with pea protein 21%,  
beetroot, tomato, lettuce,  
onion, avocado, sweet potato  
fries • 11



### EXTRA SAUCES

• 1000 island 3  
• Pepper 3  
• Tartar 3



# SEA



**Wild Tuna Steak** (200-300gm)  
Mango lime sauce, spicy leaf mix  
• 18.90

**Lobster Thermidor**  
1/2 grilled lobster, bechamel,  
graviera and parmesan cheese,  
handcut fries  
• market price

**King Prawns** (300-400gm)  
Grilled with herb butter, choice  
of two sides  
• market price



#LobsterThermidor

**Sea Bream**(300-400gm)  
Caught daily- grilled whole fish  
with a choice of side • 15.90

**Mix Fish Platter**  
A variety of seafood including  
grilled shrimps, fried calamari,  
grilled sardines, grilled catch of  
the day and steamed mussels.  
served with aioli and fresh  
lemon. • 22



#MixFishPlatter

## EXTRA SIDES

creamed spinach 3 • handcut fries 3 •  
sweet potato fries GF 4 • grilled carrots  
& zucchini • 2.50 lemon and leek cous  
cous • 3 mac & cheese • 3

## EXTRA SAUCES

• 1000 island 3  
• Pepper 3  
• Tartar 3

# DESSERTS

## Apple Crumble

House made crumble, cretan apples, ceylon cinammon ice cream 6

## Seasonal fruit salad **VG/GF**

fruit marinated in honey and lime juice and sorbet Mango6

## Chocolate & Caramel

Callebaut single estate chocolate, salty caramel, vanilla bean ice cream, caramelised pop corn 7

## Mochi balls **VG/GF**

made with coconut cream, rice flour, filled with chocolate, mango, coconut, black sesame, vanilla 5

# ICE CREAM

Chocolate

Strawberry

Cinammon

Vanilla bean

Straciatella

Mango sorbet **GF** 2.50/scoop



# COCKTAILS

## 0% Alcohol

### Virgin Mojito

fresh lime juice, garden mint, home made sugar syrup, lemon-lime soda. Perfect for kids and drivers!

• 5

+ Add Strawberry/Passion fruit/Coconut +50

### Blue Hawaii

A tropical southern pacific blend of coconut, blue curaçao, home-made syrup and lime juice. • 5

+ Add Rum for 2

## #Skinos Fresh



## Gin & Tonic's

### Gordons Tonic

served with a lime wedge, liquorice stick, Schweppes tonic • 6.50

### Bombay Tonic

Watermelon, orange twist, lime • 8.50

### Hendricks Tonic

served with flower ice cube, baby rose, cucumber, tonic • 9.50

### Grace Tonic

A greek gin with kritamon, orange twist, tonic • 8.50

### Skinos Fresh

Skinos Mastiha, gin, cucumber, lemon juice, simple syrup • 7

**Santorini Mule** Skinos Mastiha, lime juice, home made ginger syrup • 7

**Ottos Americano** Otto's Vermouth, Campari, soda, Orange bitters, orange zest • 5.50

### The Med

Skinos Mastiha, lemon juice, soda, fresh basil leaves • 7

### Sangria

A refreshing blend of red local wine with Metaxa honey and seasonal fruits.

glass • 4 Pitcher • 14

### Aperol Spritz

Aperol, Prosecco, soda, orange • 5

**Greek Spritz** Skinos Mastiha, Ottos Vermouth, grapefruit soda • 7.50

### Classic Mojito

Santiago de Cuba anejo & carta blanca rum, lime, mint infused simple syrup • 7

**Cotton Candy Martini** -upon availability Raspberry infused vodka, cranberry juice, lime and home made cotton candy for a unique surprise. • 8

### Strawberry Daiquiri

Strawberries, Santiago De Cuba rum, brown sugar, fresh lime juice and triple sec • 8



#Greek Spritz



# Classic's & Twists

## Espresso CBDini

Vanilla infused vodka, Tia Maria, single espresso shot, home made syrup. Perfect after meal drink with a dash of Cannabidoil. •9

## Jack Sparrow

Our signature Tikki cocktail with our Rum blend, coconut, passion fruit, orange juice, bitters. Will make you feel like a Pirate! •9

## Mai Tai

A classic Tikki cocktail with a house made Rum blend, orgeat, orange curaçao, fresh lime juice and bitters. Will give you a smile till your ears! •8

## Prohibition Ice Tea

A signature cocktail dedicated to the prohibition era where alcohol was banned. Build with gin, rum, vodka, tequila and cointreau, topped with homemade ice tea. Served in a classic tea pot and chilled with dry ice! •10



## Margarita

A classic made with Tequila, lime juice, cointreau and agave syrup, smoked salt rim! •7

## Pina Collada

A classic tropical blend of Santiago de Cuba rum, coconut puree and pineapple juice, served in a young Thai coconut •8

## Porn Star Martini

Passion fruit, vanilla infused vodka, lime juice and passoa shaken for this classic cocktail! served with a shot of prosscoco! •8



#Mai Tai



# COFFEE & TEA

## HOT

### Green Tea 'Matcha' Latte

Japanese Matcha green tea, blended with milk and sugar • 4

### Traditional Greek coffee

Slowly brewed in a 'briki' pot allowing a unique taste.

Single • 2.50 Double • 3

### Hot chocolate

grounds of chocolate melted with whole milk • 3.50

### Filter french press method

A manually brewed coffee allowing coffee lovers to taste the most subtlest notes in they coffee. • 3

### Esspresso

A rich condensed coffee full of flavour, stronger, thicker and higher caffeine

Single • 2.50 Double • 3

### Latte

made with espresso and steamed milk • 3.50

### Tea Selection

Earl Grey/English Breakfast/Cretan Mountain/Green Tea • 3

### Fresh Mint Tea

garden grown brewed mint served with honey! • 3

### Cappuccino

Made with espresso and milk foam

Single • 3 Double • 4



VG Soy & Almond milk available + 1

## COLD

### Freddo Espresso

Double espresso shaken and puree over ice. Made in Greece! • 3.00



### Frappé Ice cream

Frappé with a scoop of vanilla ice cream • 5.50

### Iced Chocolate

Chocolate and milk blended and topped off with whip cream! • 3.50

### Freddo Cappuccino

An iced cappuccino! Made in Greece! • 3.50

Add a shot of Baileys or Tia Maria + 2



#freakshakes

## FREAKSHAKES

### CHOCOLATE COOKIE

A milkshake of chocolate, cookies, whip cream! Dare to finish it! • 7

### VANILLA OREO

A milkshake of vanilla ice cream and blended mini oreo's. • 7

### STRAWBERRY M&M

Strawberry Ice cream and M&M's • 7

### SOFT DRINKS 250ml/400ml

Cola Cola / Sprite / Coca Cola Zero /  
Fanta Orange / Fanta Lemon  
Small 2.50 Large 3

Ginger ale home-made 4

Mineral Water 500ml 1.20 1 liter 2.20

Sparkling Water 330ml 3

Mastiqua Greek Lemonade 330ml 3.50

## JUICE

Fresh Orange Juice 3.50

Fresh Apple juice 4

### Super C

A blend of vitamin C found in orange juice, pineapple juice and passion fruit 6

Fresh Mix fruit juice 6

A blend of fresh orange juice, apple and banana.

Smoothies 6

Milk blended with fruit pure  
Passion Fruit /Coconut  
or Strawberry

### Coconut Water

Our fresh baby coconuts are imported from Thailand exclusively for us! 7

VG Soy & Almond milk available + 1

## LOCAL DRAUGHT BEER

Harma Lager unfiltered Crete  
SMALL 3 large 5

Harma Seasonal / ask us!

SMALL 3 large 5.50

### BOTTLED

Notos Weiss 5% 500ml Crete 6

Mythos Lager 5% 330ml Athens 3

### WORLD BEERS

Corona 4.5% 335ml Mexico 6

### CIDER

Koppaberg Mix Fruit 5

**BUCKETS** - Enjoy with a group

Corona bucket (6 x 335ml) 30

Mythos bucket (6 x 330ml) 17

# Wine List

## WHITE

**Sauvignon Blanc** Kintonis Winery **24**

Food pairing: Octopus, seabream, Paella

**Savatiano** Mylonas Winery **20**

Food pairing: chicken kontosouvli, mix fish,  
lobster thermidor, Med salad

**Vidiano** Metaxari winery **25**

Food pairing: Grilled seabream, mix fish,  
cheese saganaki

**Assyrtiko/Malagousia** Olympia Gi

glass **5** bottle **24**

Food pairing: Grilled seabream, mix fish,  
cheese saganaki, truffle pizza

**Chardonnay** Olympia Gi **33**

Food pairing: Grilled seabream, mix fish,  
cheese saganaki, seafood orzzoto

**Assyrtiko** Mylonas Winery **25**

Food pairing: tzatziki, mix fish, cheese  
saganaki, Tuna fillet, Greek salad

## ROSE

**Life's Choice** Spyrou Wines, Demi-Sec

Malagousia, Assyrtiko, Agiorgitiko  
glass **5.50** bottle **24**

Food pairing: Pizzas, fruit plate, mezze

**Rose Toplou** Monastery Toplou **31** Liatiko

Food pairing: chicken, mix fish, saganaki



## RED

**Mouxtaro** Muses Winery **35**

Food pairing: Lamb, Rib eye, Black buffalo  
burger, mezze selection

**Pinot Noir** Kintonis Winery

glass **6** bottle **28**

Food pairing: Tuna, mezze, truffle pizza

**BIO Merlot** Tetramythos Winery **25**

Food pairing: lamb chops, beef burger, flank

**Cabernet Sauvignon Cabernet Franc**

Chateau Porto Carras **45**

Food pairing: Mezze selection, rib eye, flank  
steak, cretan carbonara

## HOUSE POUR

**WHITE** 150ml / 750ml

### Dry

Malagousia/ Sauvignon Blanc 3 / 11

Savatiano- Retsina 3 / 11

### Medium sweet

Assyrtiko / Chardonnay 4 / 18

## RED

### Dry

Merlot/ Agiorgitiko 3 / 11

### Medium sweet

Limnionas / Cabernet sauvignon 4 / 18



**BIO**

# CHAMPAGNE & BUBBLE'S



## **Moët & Chandon Imperial**

Pale straw in colour with a fine mousse; defined aromas of apple, pear, citrus and fresh baked bread; the palate is extra-dry and medium body with lovely replay of flavours from the nose with a mineral note on a clean finish. • 90

## **Moët & Chandon Ice Imperial**

Ice Imperial is a deep gold color with amber highlights and powerful aromas of tropical fruits (mango, guava), stonefruits (nectarine), and a note of raspberry. On the palate there is a broad, fleshy, voluptuous flavor of fresh fruit salad, the captivating sweetness of caramel and quince jelly, and the refreshing acidity of grapefruit and ginger notes. Served with ice and fresh mint, perfect for a hot summer day. • 110

## **Dom Pérignon Rose vintage 2003**

the perfect combination of Pinot Noir and Chardonnay grapes, granting a standing amongst the best champagne in history. With spicy and garney notes that reveal a red fruit and creamy mousse core, Dom Pérignon Rosé rivals the best in champagne, with its air of luxury and sophistication. • 700

## **Blink**

From the north Aegean island of Lemnos. Muscat of Alexandria, is known for its refreshing and aromatic qualities, producing exceptional dry and sweet wines. Greece's most highly acclaimed sparkling wines, as voted! 29.50

by Wine & Spirits magazine with 90 points, packaged in an award winning design. • 38.00

### Tequila

Jose Cuervo white 6  
Jose Cuervo gold 6  
Don Julio Reposado 8  
1800 silver 10  
Patron anejo 10

### Mezcal & Pisco

Barsol Pisco 8  
Vida Mezcal 8

### Gin

Bombay Sapphire 8  
Gold Gin 10  
Gordons 6  
Grace Gin- 7  
Hendricks 9  
Tanqueray 7  
Tanqueray n10 9  
The London n01 10  
The Blue Beetle 8  
Monkey 47 14

### Rum

Havana Club 7  
Havana dark 7 year 8  
Bacardi 6  
Captain Morgans Dark 6  
Captain Morgan Spicy 6  
Bayou Spiced 7  
Santiago de Cuba dark 8

### Vodka

Absolut 6  
Stolichnaya 6  
Smirnoff 6  
Zubrowka 7  
Grey Goose 8  
Van Gogh Blue 10  
Ursus red 6  
Russian Standard 7  
Beluga 10  
Coca Blue - Cocaine leaf liquor 20

### Standard Whiskey

Johnnie Walker red 6  
Famous Grouse 6  
Cutty Shark 6  
Dewars 6  
Heig 6  
Jameson Irish 6

### Bourbon

Jack Daniels 7  
Jim Beam 6.50  
Four Roses 6.50  
Southern Comfort 6.50

### Special Whiskey

Chivas 12 yr 7  
Johnie Walker Black 8  
Glenfidich 12yr 10  
Cardhu 8.00  
Macalan 12yr 15  
Dimple 7

### Aperitif & Digestif

Aperol 5  
Absent Xenta 6  
Amareto Di Saronno 6  
Baileys 6  
Batida De Coco 6  
Campari 6  
Drambui 5  
Jagermaister 5  
Kalhua 6  
Malibu 6  
Martini Bianco/Rosso 6  
Otto's Athens Vermouth 5  
Passoa 6  
Sambuca 6  
Tia Maria 6

### Greek Aperitif & Digestif

Skinos Mastiha 7  
Metaxa 5\* 6  
Metaxa 7\* 7 Metaxa 12\* 9  
Metaxa Honey 9  
Raki carafe 3  
Ouzo Varvayani Blue 7Ocl 10

### Cognac Brandy

Hennessy VS 8  
Remy Martin VSOP 10  
Camus XO 8



\* Serving 50cl



Prices include local tax and V.A.T.

**The consumer is not obliged to pay if the notice of payment has not been received (receipt - invoice).** Accountable by law: Emmanuel Gerokostas