

Brunch  
with organic  
eggs & milk

Vegan  
wide range  
of options

Sandwiches  
sourdough &  
wholemeal bread

Hours  
from morning  
until late

# σχέδια

## menu

### BRUNCH

✓ **Sweet trahanas\*** made with bio milk  
& served with roast feta cheese and  
sourdough bread croutons

(\*a traditional type of pasta made with semolina  
or cracked wheat and milk or yoghurt)

4€

✓ **Yoghurt with granola,**  
seasonal fruits & honey

5€

✓ **Poached eggs** with yoghurt, honey,  
spirulina & fresh lemon juice served  
on a fresh multigrain bread bun

7€

✓ **Stapatsada**

Greek scrambled eggs  
with fresh tomato and feta cheese

7€

✓ **Toasted sourdough bun**  
with feta cheese pesto,  
roasted tomato and fried eggs

7€

✓ **Caramelised French toast**  
with sour cherry conserve  
and whipped cream

7€

**Frouitalia omellete** with beef sausage,  
potato, courgettes, mushrooms,  
grated kefalotyri cheese  
and fresh spearmint

9€

### SANDWICHES

**Care worker**

Toasted sandwich with ham, cheddar  
cheese & apple in corn bread

5€

✓ **Rescuer**

Yellow split pea purée salad  
sandwich with cranberries  
in a wholemeal bun

6€

✓ **Shelter**

Sourdough bread with olive pesto  
& Greek salad with grilled tomatoes

6€

✓ **Fair play**

Tortilla with hummus, tomato,  
grilled aubergine & yoghurt sauce  
with tahini

6€

✓ **Shediart**

Grilled vegetables with basil pesto  
& grilled haloumi cheese  
in sourdough carob bread

7€

**Shedia**

Turkey, mayonnaise, Dijon mustard,  
tomato & graviera cheese  
in sourdough bread

7€

[Our eggs are organic.] ✓ vegetarian ✓ vegan

Upcycling

Check out  
our gift shop

Vegan

wide range  
of options

Beverages

Hot & cold  
chocolate

Hours

from morning  
until late

# σχέδια

## menu

### SALADS

**✓ Kindness**

Quinoa, salad greens,  
dried fruit & tangerine sauce  
6€

**✓ Solidarity**

An all-time-classic tabbouleh salad  
with bulgur, cucumber, tomato,  
parsley, freshly-squeezed  
lemon juice &  
various aromatic herbs  
7€

**✓ Understanding**

Greek salad with roasted tomato,  
cucumber, pepper, feta cheese,  
caper leaves  
7€

**✓ Empathy**

Beluga lentils with roasted vegetables,  
feta cheese and sun-dried tomato,  
vinaigrette with thyme  
8€

### WARM DISHES

**✓ Pumpkin soup,**  
orange-scented  
6€

**✓ Briam**

a traditional Greek dish  
of peppermint flavoured  
roasted vegetables  
with tomato sauce  
6€

**✓ Cauliflower and broccoli au gratin**  
made with non-dairy cheese  
& soy milk (vegan)  
7€

**Grilled chicken fillet**  
served with roasted vegetables  
9€

**Juicy & tender pork fillets**  
with baby potatoes  
& pomegranate sauce  
10€

\*Please, let us know if you have any food  
allergies or intolerances.

✓ vegetarian ✓ vegan

## Greek Tapas

Design your  
own dish

## Wine

Organic selections  
available

## Bar

Signature  
Cocktails

## Shedia café

is a social  
project

# σχεδία menu

## GREEK TAPAS

✓ **Greek salad bites**  
✓ & **grilled aubergines**  
with cold tomato sauce,  
basil, crumbled soft,  
white cheese (anthotyro)  
(for 1 or 2 people)  
6€ / 11€

✓ **Rice with pine nuts**, raisin, tomato skin,  
yoghurt sauce with spearmint  
✓ & **cold cheese balls** with feta cheese,  
olives, coated in pistachio nuts, walnuts  
6€ / 11€

**Bruschetta with marinated anchovies**  
& Greek salad  
& **bruschetta with hummus**,  
apaki\*, grilled pepper, graviera cheese  
\* smoked lean pork marinated in herbs & olive oil  
6€ / 11€

✓ **Haloumi cheese nuggets**  
with pepper jam  
✓ & **lentil balls**  
with bulgur, dill sauce  
6€ / 11€

**Platter with all the above choices**  
(for 2 or 4 people)  
11€ / 21€

**Make your own platter**  
with any tapas of your choice.  
11€ / 21€

## DESSERTS

✓ **Semolina halva**  
by pastry chef  
Stelios Parliaros  
4€

✓ **Fruit salad**  
made with seasonal fruit  
4€

✓ **Chocolate mousse**  
made with coconut milk  
& dark chocolate  
5€

✓ vegetarian   ✓ vegan