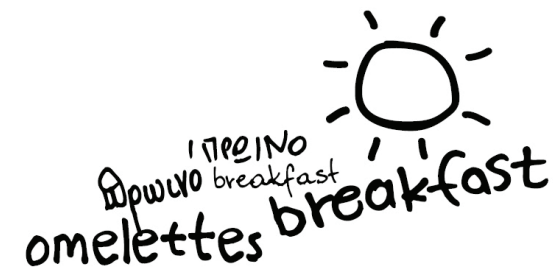
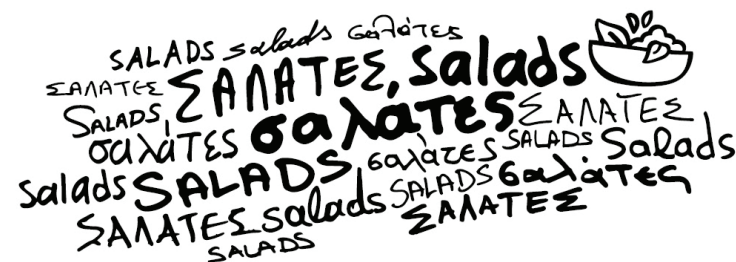


Espresso 2.50	Americano 3.70
Espresso double shot 3.70	Café latte 4.20
Espresso macchiato 3.70	Flat white 4.20
Espresso freddo 3.70	Greek coffee 2.00
Cappuccino 3.70	Greek coffee double : 3.00
Cappuccino double 4.30	Filter coffee 4.00
Cappuccino freddo 4.30	Instant coffee hot/frappé 3.70

Coffees are also available in decaf. The milk used is organic, while non-dairy milk is also available.



- ☛ **Toasted sourdough bread***
with basil pesto,
roasted tomato and fried eggs.
9.50
**add sausage_or_bacon_1.5*
- ☛ **Frouitalia From Andros island**
Traditional Greek omelette
with beef sausage, potato, zucchini,
mushroom, grated gruyère cheese
9.50
- ☛ **Strapatsada**
Greek scrambled eggs with fresh tomato,
red peppers, onions & feta cheese
8.50
- ☛ **Greek yoghurt with granola**
seasonal fruits and honey
7.00
- ☛ **Caramelised French Toast**
with Greek sweet bread, served with
sour cherry sweet and whipped cream
8.50



- ☛ **Kindness***
Mixed greens salad with orange
(or other seasonal fruits) raisins, nutmegs
and citrus fruit vinaigrette
9.50

**add chicken_1.50*

- ☛ **Empathy**
Beluga lentils with roasted vegetables,
feta cheese and sun-dried tomato,
vinaigrette with thyme
9.00

- ☛ **Solidarity**
An all-time-classic tabbouleh salad
with bulgur, cucumber, tomato,
parsley, freshly-squeezed
lemon juice &
various aromatic herbs
8.50

- ☛ **Understanding**
in a bread bowl
Greek salad with roasted tomato,
cucumber, pepper, feta cheese,
caper leaves
9.50



- ☛ **Whole-meal striftaria**
(traditional cretan pasta) with
tomato sauce, cream, mushrooms, zucchini*
11.00

**Add apaki (smoked leanpork marinated in herbs
& olive oil, originally from the island of Crete) +1.5*

- ☛ **Juicy & tender pork fillets**
with baby potatoes & pomegranate sauce
13.50

- ☛ **Grilled chicken fillet**
served with roasted vegetables
12.00

- ☛ **Grandma's Briam**
A traditional Greek dish of peppermint
flavored roasted vegetables with tomato sauce
(Seasonal)
8.00

- ☛ **The Orange pumpkin soup**
9.00

Ask us about
the dish
of the day



- ☛ **Coffee Banana Fuel**
almond butter,
milk, cocoa powder, honey
8.00

- ☛ **Green Apple Energizer**
pear, yoghurt and banana
7.00

- ☛ **Creamy Avocado Fusion**
Banana, avocado,
yoghurt and pear
7.50



- ☛ **Haloumi cheese bites coated**
with oats and served with beetroot jam

- Bruschetta with apaki*
hummus, and grilled pepper sauce
**smoked leanpork marinated in herbs & olive oil*
7.00/13.00

- ☛ **Pickled cucumber rolls with yogurt, feta mousse**
dill, garlic, topped with sun-dried tomatoes

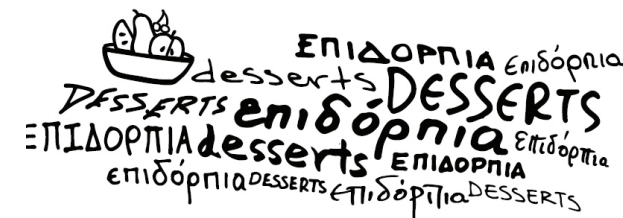
- ☛ **Mini bruschettas with sundried tomato,**
pesto & pickled cucumber, cashews cherry tomato
& olive paste
7.00/13.00

- ☛ **Sautéed mushrooms with wine,**
katiki Domokou (a creamy white cheese made
of goat and sheep milk) and rosemary
served on sourdough bread

- Bruschetta with apaki*
hummus, and grilled pepper sauce
**smoked leanpork marinated in herbs & olive oil*
7.00/13.00

Make your own dish by selecting
(for two, or four people)
13.00/24.00

Make your own platter
with any tapas of your choice.
(for two, or four people)
13.00/24.00



- ☛ **Semolina halva**
by pastry
chef Stelios Parliaros
6.00

- ☛ **Madagascar Vanilla ice cream**
with homemade marmalade,
topped with extra virgin olive oil
6.00

- ☛ **Triple Chocolate ice cream**
with sour cherry
6.00

- ☛ **Chocolate mousse**
made with coconut milk & dark chocolate
7.50

- ☛ **Fruit salad**
5.00



WHITE WINES

- TO KALO BLANC (SHEDIA)
PGI Peloponnese
Nemea (organic) 5 | 20

- AROTRO SAUVIGNON BLANC (Opsimos)
ΠΓΕ Peloponnese (organic) 24

- "Turtles" Single Vineyard PGI
Florina, Alpha Estate, Malagouzia 26

ROSE WINES

- TO KALO ROSE (SHEDIA)
PGI Peloponnese,
Agiorgitiko (organic) 5 | 22

- Rodinos PGI Magnissia,
Apostolakis Estate,
Xynomavro/Grenache Rouge 24

RED WINES

- TO KALO AGIORGITIKO BIO (SHEDIA)
PGI Peloponnese, 5 | 22

- Orivatis PGI,
Akriotou Wines, Pinot Noir 24

- Naoussea Naoussa PDO,
Estate Foundi, Xinomavro 26

SPARKLING WINES

- Prosecco
Moscato d'asti 5



- ☛ **Fairplay**
Tortilla with hummus, grilled tomatoes
and aubergines dressed with yoghurt
tahini sauce
8.00

- ☛ **Shedia special**
Sourdough carob bread with tomato,
chicken fillet, gruyère cheese, mayonaise
and Dijon mustard sauce
9.00

- ☛ **Shediart**
Grilled vegetables with basil pesto,
haloumi cheese
In whole-meal sourdough bread
8.00

**Sandwiches are served
with side salad*



by Petros
Mytilinaios

- Greek Gin & Tonic
Votanikon Gin, Tonic, olive
10

- Athenian Spritz
Otto's Athens Vermouth,
Prosecco, Tonic, Orange
10

- Salty Skin
Skins Mastiha Spirit, Lemon,
Greek white wine, salt, Sparkling
water, Olive
12

- Greek Sangria
Otto's Athens Vermouth, Rose whine,
Vanilla, Cranberry juice
7

Non Alcoholic

- Virgin Glühwein
Red fruits tea, honey, cranberry
juice, cinnamon
5

- Cucumber Fresh
Mastiqua cucumber, lemon juice, honey
5