



Mediterranean Ayurvedic Fusion Kitchen

One of the things that makes food in Crete so delicious is the quality of the products: fresh goat and sheep milk products, Mediterranean fruits and vegetables, olive oil, black olives and honey are just some of the products that the island is famous for.

We add to this the Ayurvedic ancient knowledge of the use of spices for lunch and dinner, and you get food that is both healthy, balanced, fresh and extremely tasty.

Below are some examples of some of the things you can expect in each meal. We will work with you to finalise the menu according to your needs and budget:

Breakfast

- Eggs cooked in different ways.
- Fresh vegetables and fruits
- Porridge with spices
- Seasonal salad
- Dips
- Fresh bread

You can also have Shakshuka: poached eggs with some spices cooked with onion tomato and some coriander

Lunch

Lunch will include:

- Dishes based on rice, potatoes or other grains.
- Cooked vegetable dishes
- Fresh yogurt (curd) variations
- Lentil/ beans variations
- Tofu
- Fish, or meat (for non vegan)

This is an indicative 5-day lunch menu:

Day 1:

- Basmati rice
- Dhal: lentils with potatoes, coriander, ghee, turmeric, cumin, a hint of chilli and lemon
- Raita: curd with tomatoes, onion, cucumbers green chilli and fresh mint
- Palak Paneer: Spinach cooked and mashed into a kind of creamy soup with local fresh goat cheese

Day 2:

- Rice with green peas and spices
- Curd with Aubergine and 4 spices
- Tahini with lemon sauce

- Tomato salad with fresh coriander and green chili
- Green salad

Day 3:

- Fried rice with vegetables, tofu or eggs or chicken
- Carrots, green beans, ginger garlic, soya sauce and peanut butter
- Cooked Beetroot with sweet and sour sauce
- Green salad

Day 4:

- Pasta with grilled capsicum, skinless tomatoes, garlic, black olives, oregano, and black pepper. With parmesan cheese or local fresh goat cheese
- Grilled capsicum in vinegar sauce
- Green salad

Day 5:

- Fish in the oven with mild salsa
- Potato, sweet potato and vegetables in the oven
- Green salad

Dinner

Dinner can vary and can be a light or a more hearty meal depending on the needs of each group. Here are only a few ideas, our menu can be more diverse:

- Soups with seasonal vegetables
- Salad mixes with greens, grains, nuts and fruit
- Pizza in a wooden oven
- Seasonal vegetables in the oven
- Pad Thai
- Various dips with seasonal ingredients

- It is possible to have wine and beer, if people like to buy

- In between meals fruits and snacks will be available in the coffee tea area