



2026

The promise of our Ingredients

Our fish never come from fish farms and never travel by airplane.”

All fish and seafood are sourced from local fishermen who practice ethical fishing methods, supporting our Boat to Table philosophy.

All meats and meat products are of Greek origin and supplied by local butchers.

Our cheeses come from artisanal dairies in Varvara, Halkidiki and Dorkada, Thessaloniki.

We use certified organic vegetables from carefully selected producers, supporting local agriculture and sustainable farming practices.

We cook with organic extra virgin early-harvest olive oil sourced from the wider Kassandra region.

Occasionally, and with limited reuse, we also fry in sunflower oil.

The vast majority of our remaining ingredients follow the Locavore Philosophy, coming from producers operating within a radius of 150 km.

In our kitchen, we embrace sustainability by utilizing every part of our ingredients, from the head-to-tail approach to fish to a creative zero-waste philosophy for vegetables, ensuring that every dish reflects respect for nature and for the producer.

Since our beginnings in 1983 and throughout our culinary journey, the promise we made continues to be whispered on our lips every day.

RAW | CURED | SHELLFISH

Oysters*	5/pcs
Grilled King Scallops, basil olive-lemon dressing	6.5/pcs
Traditional Constantinople-style Cured Bonito (Lakerdá), onion, early-harvest olive oil	13
Catch of the Day Carpaccio, simply dressed with olive oil and lemon	16
Tuna Sashimi, early-harvest olive oil, black fish roe	18
Tuna or Swordfish Crudo, citrus fruits	20

FISH CELLAR

CHOOSE YOUR FISH** FROM THE FISH MARKET

1.Charcoal Grilled | Whole fish or fish steak (cutlet style)

2.Monastic Gastronomy | Whole fish or fish steak (cutlet style)

“Steamed Monk’s Style”, cooked in a traditional pan with olive oil, lemon, salt and pepper

“Mount Athos Bianco”, cooked with leek, celery, potatoes, onion broth, olive oil, lemon, salt and pepper

“Bourdeto”, cooked with Florina sun-dried pepper sauce, red pepper, eggplant purée, olive oil, salt and pepper

3.Fried in Olive Oil | Whole fish or fish steak (cutlet style)

Served with tartar sauce

*limited availability

**Daily prices vary according to the species and are displayed at the fish counter

CUISINE MENU

STARTERS

Homemade bread selection, tomato paste and Halkidiki olives	2.8/pax
Pan-fried potatoes	5.5
Taramas, sumac, dried seaweed and early-harvest olive oil	8
Pan-fried zucchini, graviera cheese, PDO feta mousse and yogurt	9
Macedonian spicy cheese spread with hot peppers	9
Pan-fried Ladotyri cheese from Mytilene with oak honey	11.5

SALADS | OVEN-BAKED SPECIALTIES

Boiled seasonal wild greens with olive oil and lemon dressing	10
Tomatoes carpaccio “Ekstasis”, fresh sea fennel and tomato vinegar	12
Our legendary oven-baked eggplants and peppers with fresh tomato and PDO feta cheese	13.5
Kassandra’s Salad – our interpretation of the traditional Greek village salad	14
Caesar Salad with smoked trout, lettuce, anchovy dressing, pecorino cheese, semi-sun-dried cherry tomatoes and crispy panko crumbs made from day-old bread	16.5

CLASSICS

Mussels with olive oil and lemon dressing, PDO feta cheese and fresh herbs	13
Smoked mackerel with green pea fava purée	13
Pan-fried squid with black garlic aioli	15
Fish ‘n’ Chips, made in Greece, filet of the day	16
Charcoal-grilled octopus with eggplant mousse, olive oil vinaigrette and thyme	20

CUISINE MENU

PASTA MADE TO ORDER

Linguine Aglio e Olio with kings scallops 3/pcs	24
Shrimp pasta with bouyiourdi sauce	25
Grouper Giouvetsi with roasted tomato sauce	29
Trizoni Giouvetsi “Paella” with the catch of the day seafood	33

LOCAL GASTRONOMY MEATS OF OUR LAND

Beef grilled meatballs, roasted lemon potatoes and Thessaloniki mustard	15
The authentic Moussaka	15
“Hünkar Beğendi”, slow-braised beef scallopini, smoked eggplant purée and graviera cheese (Traditional Constantinopolitan recipe)	17
Oven-roasted lamb or goat, “Psimma”, served with pilaf rice and fresh herbs (Traditional Easter recipe from Kriopigi)	25
Beef striploin tagliata, early-harvest olive oil and crisp green salad	25

DESSERTS & HOMEMADE ICE CREAM

Ice Cream	4/scoop
Seasonal Fruits	5/pax
Lemon Sorbet	7
Chocolate Roll Cake with Banana and Caramel Ice Cream	10
Trizoni Donuts, served with honey or praline and Vanilla Madagascar ice cream	11
Trizoni Halva “Semolina” with Cinnamon ice cream	12
Orange Pie with Julep Ice Cream	12



All dishes are prepared to order.
Please inform us in advance of any allergies or dietary intolerances.

All prices include applicable taxes and legal charges.

Customers are not obliged to pay if they have not received the legal receipt or invoice.

We accept cash, bank transfer, IRIS payments, and all major credit and debit cards except American Express.

Person Responsible Under Market Regulations: Georgios Sousouras