

Sea Natra menu



cold STARTERS

SMOKED WHITE TARAMASALATA (3,4,5,8,9,13)	€6.5
<i>Lemon Zaatar, Dill Oil, Salmon Caviar</i>	
TZATZIKI (4,5,14)	€6
<i>Fresh Chives, Herb Oil</i>	
SPICY FETA (TYROKAFTERI) (4,5,14)	€6.5
<i>Feta, Kefalotyri, Chilli, Charred Red Pepper</i>	

SALADS

ROASTED BEETROOT & XINOMIZITHRA (4,5,12,13,14)	€12
<i>Oven-roasted Beetroot, Cretan Xinomizithra, Baby Leaves, Pomegranate Vinaigrette, Walnuts, Sumac, Tahini Yoghurt</i>	
CAESAR SALAD (4,5,8,9,10)	€14
<i>Iceberg, Croutons, Parmesan Cheese, Caesar Dressing and Grilled Chicken</i>	
HERITAGE GREEK SALAD (4,5,12,14)	€12
<i>Heirloom Tomatoes, Marinated Green Mammoth Olives stuffed with Almonds, Cucumber, Grilled Zucchini, Fresh Herbs, Citrus Vinaigrette, Feta Cheese</i>	
ARAGULA WITH POACHED FIGS & MANOURI (4,5,12,14)	€13
<i>Caramelised Walnuts, Pomegranate seeds, Honey Fig Balsamic Dressing</i>	

cold DISHES

SEABASS TARTAR (2,3,7,13,14)	€15
<i>Lightly Cured Sea Bass, Tomato Ponzu, Blood Orange Gel, Pickled Shallots, Dill Oil, Bottarga, Lemon Zest, Dehydrated Tomato Flakes, Micro Greens</i>	
OCTOPUS CARPACCIO (5,14)	€18
<i>Citrus Vinaigrette, Capers Confit, Caramelised Onion Cream, Fresh Herbs, Smoked Paprika, Olive Powder, Spinach Powder</i>	
BEEF CARPACCIO (4,5,12,14)	€19
<i>Black Garlic Emulsion, Kefalotyri, Toasted Almonds, Black Truffle</i>	
SEASONAL FRUIT PLATTER	€14
<i>Fruit of the season with some cheeses</i>	

hot APPETISERS

TRADITIONAL CHEESE PIE FROM SFAKIA (4,8,9,10,13)	€15
<i>Kefalotyri, Graviera, Feta, Black Truffle, Baby Aragula, Honey -Thyme glaze</i>	
CRISPY FETA SAGANAKI (4,8,9,10,13)	€10
<i>Phyllo-Wrapped Greek Feta PDO, Thyme Honey, Sesame Seed</i>	
HELLENIC LAMB GYROS TACOS (2pcs) (1,4,5,8,10,14)	€13
<i>House made Pitta, Slow cooked Pulled Lamb, Fermented Cabbage Slaw, Spiced Yoghurt Sauce, Crispy Onions</i>	

ALLERGENS / ΑΛΛΕΡΓΙΟΓΟΝΑ
1. Σέλινο / Celery 2. Γλουτένη / gluten
3. Οστρακοειδή / Crustaceans 4. Αυγό / Egg
5. Ψάρια / Fish 6. Λούπινο / Lupin
7. Γαλακτοκομικά / Milk and products
8. Μαλάκια / Molluscs 9. Μουστάρδα / Mustard
10. Ήλκοι καρποί / Nuts 11. Φιστίκια / Peanuts
12. Σουσάμι / Sesame 13. Σόγια / Soy
14. Θειώδη / Sulphur dioxide

main
DISHES

PRAWNS SAGANAKI LINGUINE (1,2,3,4,8,9,10,14) €18
Tomato Bisque Infused with Tangerine and Ouzo, Spinach Mole,
Smoked Feta, Fresh Chives

MUSHROOM HILOPITES (4,8,9,10,14) €20
Spinach, Black Tuffle, Kefalotyri, Fresh Chives

PASTA SHELLS WITH SLOW-COOKED SHORT RIB (1,4,5,7,8,9,10,14) €24
Smoked Metsovone Cream, Crispy Onions

FISH

CALAMARI & BLACK SPANAKORIZO (1,2,3,8,10,11,14) €20
Lightly Grilled Calamari, Squid Ink Spinach Rice, Lemon-Herb Pangrattato

SMOKED OCTOPUS (3,5,14) €22
Grilled to perfection, served with Warm Beluga Lentil Salad,
Florinis Pepper, Charred Onions

SEABASS FILLET (220GR) (3,5,14) €25
Buttered Peas with Leeks, Artichoke Confit, Local Trahana Sauce
infused with Kaffir Lime, Micro Green Salad

meat
DISHES

MOUSSAKA (1,4,8,9,10,14) €16
Grilled Aubergines, Zucchini, Potatoes layered with Braised Short Rib Ragu,
finished with a Light Graviera Bechamel Foam

STRIPLOIN STEAK (4,5,7,14) €38
Mediterranean Herbs, Crispy Crushed Baby Potatoes, Broccoli

HERB & PISTACHIO CRUSTED LAMB RACK (400grs) (4,5,8,10,12,14) €40
Mint & Sumac Labneh, Graviera Potato Croquettes, Charred Broccoli,
Pomegranate Reduction

CHICKEN BONELESS THIGH ANATOLICO (1,4,5,7,13,14) €20
Boneless Chicken Thigh, Harissa, Herbal Yoghurt, Broccoli, Baby Potatoes

SIDES

CRISPY CRUSHED BABY POTATOES €6

GRILLED BROCCOLI €6

EXTRA BREAD BASKET €3

DESSERTS

PISTACHIO TIRAMISU (4,8,9,12) €12
Coffee-Soaked Sponge Cake, Pistachio Tiramisu Foam,
Cocoa and Pistachio Dust

MANDARINOPITA (4,8,9,12) €12
Mandarin phyllo cake, mandarin curd, yogurt ice cream, crispy phyllo

BLACK CHOCOLATE SYMPHONY (4,8,9,12) €12
71% Chocolate Flan, Vanilla Mascarpone Cream, Chocolate Brownie,
Fresh Forest Berries, Forest Fruit Coulis