

DAILY KITCHEN

CRETAN HOME COOKING AT ITS FINEST



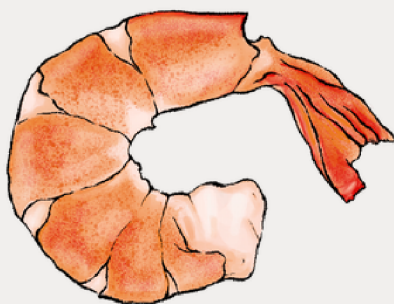
THE CHEF'S SPECIAL
 Meet Manoli, head honcho in the Mistral Kitchen.
 We think he's special. He thinks you're special.
 He'd love you to try his Cretan home cooking

DISH OF THE DAY

Today's special depends on what's fresh in the garden. Ask for details

COLD STARTERS

- **CRETAN DAKOS** €5
Olive oil drizzled rusk with grated tomato, oregano, cheese and black olive topping
- **MEZE GIA ENA** €8
Chef's selection of **cold starters** served as a single portion for one
- **PIKILIA TIRI** €9
A selection of local hard and soft cheeses served with fruits and nuts



FROM THE SEA

- **PRAWNS AVOCADO** €10
Relive those Berni Inn date-nights in the 70's with our modern take on avocado prawns
- **SHRIPMS SAGANAKI** €12
Ouzo flavoured shrimps baked in a tomato sauce with oregano and feta
- **FRIED CALAMARI** €13
A global classic but never better than when cooked in home-pressed Mistral olive oil in the Mistral Kitchen served with lemon wedges

As fishing for calamari and crustacea is prohibited during summer months, all our seafood dishes use frozen produce

DIPS

- **TZATZIKI** €5
Chef's take on yoghurt, cucumber and garlic with warm pita. The perfect poolside dip
- **MILLIONAIRES TZATZIKI** €6
As above, pimped to sumptuously luxurious levels with avocado from local trees
- **TRIADA** €7
A Holy Trinity of tzatziki, fava and spicy cheese dip served with pita

MEATY BITES

- **APAKI** €10
Rosemary-fried local smoked pork fillet served with fried potatoes
- **LOUKANIKA** €9
Posh smoked sausage and chips, potatoes fried in golden olive oil, lemon on the side
- **KEFTEDES** €7
There are meatballs and then there are Chef's keftedes - a unique confection of minced pork and veal. Ikea - eat your heart out!

DRINKS

SOFT DRINK	€3	BEER (300ML)	€4
ORANGE JUICE	€4	BEER (500 ML)	€5
PROSECCO	€6	WINE	€6
ICED COFFEE	€3	DESSERT WINE	€5

WARM STARTERS

- **GARLIC BREAD** €3
Wondered why we don't have any vampires at the Mistral? Try this and see!
- **KALITSOUNIA** €6
Spinach or mizithra goat's cheese pies - so traditional we reckon the recipe dates back to King Minos
- **COURGETTE FRITTERS** €6
Fabulous little taste bombs, these courgette, herb, and feta fritters go perfectly with a squeeze of lemon
- **CHEESE SAGANAKI** €7
A succulent morsel of pan-seared cheese with a crisp outside served with lemon

TOSTAKI €6
Toasted cheese, ham, turkey, tomato, or pepper and onion **baguettes**. Choose your flavours

POTATOES

- **TIGANITI** €4
What's not to like about a plate of golden extra virgin **olive-oil fries** pimped with oregano - easy on the ketchup!
- **AVGA PATATES** €6
Egg and chips - unchanged since Sir Walter Ralieggh bought the humble spud back from the Americas
- **MANOLIS' SPECIAL** €6
Chef Manolis' twist on a **jacket potato**. Baked, crushed, fried, then anointed with melted mizithra goat cheese. Veggie heaven!



All our lemons are fresh-picked from our own trees



SALADS

- HORIATIKI – GREEK \$7
The most served dish in all of Greece - tomatoes, cucumber, green peppers and black kalamata olives topped with feta
- KRITIKI €8
The Cretan spin on Greek salad - tomatoes, cucumber, pepper, boiled potato, boiled egg, carrot, goat's cheese, black olives, barley rusk and olive oil. Yamas!
- ROKA €7
Rocket, green salad, sun-dried tomatoes, walnuts, croutons and sweet balsamic dressing - the legacy of over 400 years of Venetia rule
- KOTOPOULO €8
Grilled **fillet of chicken** nesting on lettuce, pine nuts, parmesan and croutons with a garlic mayo dressing
- TONOS €9
Tuna on a bed of salad, onion, boiled egg, sweetcorn and cocktail sauce
- GARIDA €10
Prawns on a salad base with peppers, boiled egg and cocktail sauce



PIZZA

- MARGARITA €9
Cheese, tomato and a pinch of oregano
- VEGGIE SPECIAL €10
A margarita pimped with courgette, aubergine, mushrooms and peppers
- DIAVOLA €11
A margarita with spicy salami and chilli - ideal with a Bloody Mary
- MISTRAL €12
A margarita pimped with bacon, ham, salami, peppers and mushrooms

● TROJAN VEGETABLES €8

'Briam' is Greek for roasted or **grilled vegetables**. King 'Priam' was the ruler of Troy. We reckon Priam was a veggie and the 'P' became a 'B' due to Homer's bad handwriting. Served with traditional halloumi



FISHERMAN'S

- FISH AND CHIPS €12
Cod deep fried in crispy batter with fries and garlic dip
- GLOSSA €11
Pan-fried **sole** with fries or grilled veg
- PERKA €12
Grilled **sea perch** served with fries or grilled veg.

SPAGHETTI

- BOLOGNESE €11
With minced pork and veal and chef's tomato sauce topper with grated cheese
- PESTO €8
Spaghetti with olive oil, basil, pine nuts and grated cheese
- DOMATA €8
One for the purists - spaghetti with tomato sauce and grated cheese
- CARBONARA €11
A rich white sauce with salty bacon and - you guessed it - grated cheese
- OMELETTES
How egg-siting can you get? Basically whatever's in the kitchen we can whip up a few eggs around it. How about:
 - Prawns and feta €10
 - Cretan smoked pork and oregano €9
 - Cheese, ham, turkey, mushrooms etc. etc. €8

GRILL

- KOTOPOULO €10
Grilled chicken with a choice of fries or grilled veg.
- BRIZOLA €11
Juicy **pork steak** served with fries or grilled veg.
- PANTSETA €10
Crispy smoked pork belly - our equivalent of Italian pancetta. Served with fries or grilled veg.
- SOUVLAKI €11
The original Greek fast street-food - **pork or chicken grilled on a skewer** with a side of fries or grilled veg.
- PAIDAKIA €13
Greece's signature dish of well-done **grilled lamb chops**. Ask if you like yours 'pink'. Served with fries of grilled veg.
- KEBAB €9
Normally a big 'out out' late night Saturday special, our version, with fries or grilled veg, works perfectly for lunch?
- BIFTEKIA €10
Greek style **roasted burgers** with fried potatoes or grilled veg.

We are particularly proud that every drop of olive oil used in cooking, or as dressing, is a virgin pressing of olives from our family trees

DESSERTS

- BERGAMOT YOGHURT €5
Creamy Greek yoghurt with an exotic topping of bergamot confit - you don't get that in Waitrose?
- SEKIANI PITA €5
Cretan cheese pies drizzled with honey - sweet and savoury in every bite!
- YOGHURT NUTS HONEY €5
Yoghurt with honey and nuts - a pure and simple Cretan classic
- PORTOKALOPITA €5
An orange-filled filo pastry pie served with vanilla ice cream
- MOSAIKO €5
A chocoholic's delight! Mosaic cake made up of crushed biscuit wrapped in chocolate
- ICE CREAM scoop €2
Ask us for available flavours and toppings

