

# DAILY KITCHEN

CRETAN HOME COOKING AT ITS FINEST



## THE CHEF'S SPECIAL

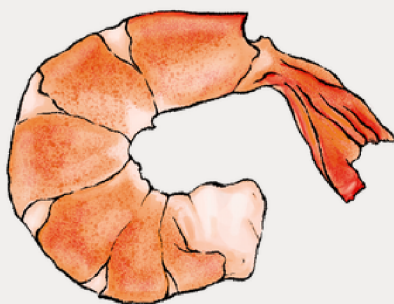
Meet Manoli, head honcho in the Mistral Kitchen.  
We think he's special. He thinks you're special.  
He'd love you to try his Cretan home cooking

## DISH OF THE DAY

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

## COLD STARTERS

- **CRETAN DAKOS** €7  
Olive oil drizzled rusk with grated tomato, oregano, cheese and black olive topping
- **MEZE GIA ENA** €9  
Chef's selection of **cold starters** served as a single portion for one
- **PIKILIA TIRI** €10  
A selection of local hard and soft cheeses served with fruits and nuts



## FROM THE SEA

- **PRAWNS AVOCADO** €12  
Relive those Berni Inn date-nights in the 70's with our modern take on avocado prawns
- **SHRIMPS SAGANAKI** €15  
Ouzo flavoured shrimps baked in a tomato sauce with oregano and feta
- **FRIED CALAMARI** €14  
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** €5.5  
Chef's take on yoghurt, cucumber and garlic with warm pita. The perfect poolside dip
- **MILLIONAIRES TZATZIKI** €7  
As above, pimped to sumptuously luxurious levels with avocado from local trees
- **TRIADA** €8  
A Holy Trinity of tzatziki, fava and spicy cheese dip served with pita

## MEATY BITES

- **APAKI** €12  
Rosemary-fried local smoked pork fillet served with fried potatoes
- **LOUKANIKA** €11  
Posh smoked sausage and chips, potatoes fried in golden olive oil, lemon on the side
- **KEFTEDES** €9  
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 |

ASK FOR THE WINES MENU

## WARM STARTERS

- **GARLIC BREAD** €3  
Wondered why we don't have any vampires at the Mistral? Try this and see!
- **KALITSOUNIA** €7  
**Three spinach or mizithra goat's cheese pies** - so traditional we reckon the recipe dates back to King Minos
- **COURGETTE FRITTERS** €7  
Fabulous little taste bombs, these courgette, herb, and feta fritters go perfectly with a squeeze of lemon
- **CHEESE SAGANAKI** €10  
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** €6  
What's not to like about a plate of golden extra virgin **olive-oil fries** pimped with oregano - easy on the ketchup!
- **AVGA PATATES** €7  
**Egg and chips** - unchanged since Sir Walter Ralieggh bought the humble spud back from the Americas
- **MANOLIS' SPECIAL** €7  
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

\$8
- The most served dish in all of Greece - tomatoes, cucumber, green peppers and black kalamata olives topped with feta
- KRITIKI

€8.5
- 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

€9
- Rocket, green salad, sun-dried tomatoes, walnuts, croutons and sweet balsamic dressing - the legacy of over 400 years of Venetia rule
- KOTOPOULO

€10
- 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

€11
- Prawns** on a salad base with peppers, boiled egg and cocktail sauce



PIZZA

- MARGARITA

€10
- Cheese, tomato and a pinch of oregano
- VEGGIE SPECIAL

€12
- A margarita pimped with courgette, aubergine, mushrooms and peppers
- DIAVOLA

€13
- A margarita with spicy salami and chilli - ideal with a Bloody Mary
- MISTRAL

€14
- 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

€12
- Pan-fried **sole** with fries or grilled veg
- PERKA

€14
- 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

€13
- 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

€12
- Cretan smoked pork and oregano

€10
- Cheese, ham, turkey. mushrooms etc. etc.

€9

GRILL

- KOTOPOULO

€13
- Grilled chicken** with a choice of fries or grilled veg.
- BRIZOLA

€14
- Juicy **pork steak** served with fries or grilled veg.
- PANTSETA

€13
- Crispy smoked pork belly** - our equivalent of Italian pancetta. Served with fries or grilled veg.
- SOUVLAKI

€13
- The original Greek fast street-food - **pork or chicken grilled on a skewer** with a side of fries or grilled veg.
- PAIDAKIA

€16
- Greece's signature dish of well-done **grilled lamb chops**. Ask if you like yours 'pink'. Served with fries of grilled veg.
- KEBAB

€12
- Normally a big 'out out' late night Saturday special, our version, with fries or grilled veg, works perfectly for lunch?
- BIFTEKIA

€12
- 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

€6
- Creamy Greek yoghurt with an exotic topping of bergamot confit - you don't get that in Waitrose?
- SFAKIANI PITA

€6
- Cretan cheese pies drizzled with honey - sweet and savoury in every bite!
- YOGHURT NUTS HONEY

€6
- Yoghurt with honey and nuts - a pure and simple Cretan classic
- PORTOKALOPITA

€6
- An orange-filled filo pastry pie served with vanilla ice cream
- MOSAIKO

€6
- 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

