

DAILY KITCHEN

CRETAN HOME COOKING AT ITS FINEST

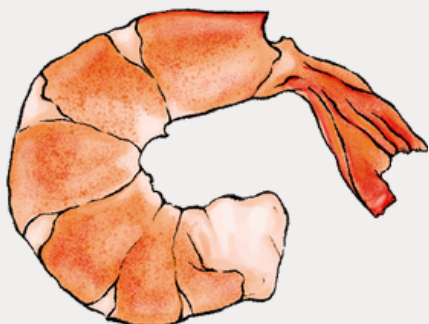
THE CHEF'S SPECIAL

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



MEZZE

- 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
- TRIADA €8
A Holy Trinity of tzatziki, fava and spicy cheese dip served with pita



FROM THE SEA

- PRAWNS AVOCADO €12
Relive those Berni Inn date-nights in the 70's with our modern take on avocado prawns
- PRAWNS SAGANAKI €15
Ouzo flavoured prawns baked in a tomato sauce with oregano and feta
- MUSSELS SAGANAKI €15
A super yummy Greek appetizer for mussels in a rich, aromatic tomato sauce with Greek feta and herbs
- 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

- TZATZIKI €6
Chef's take on yoghurt, cucumber and garlic with warm pita. The perfect poolside dip
- MILLIONAIRES TZATZIKI €8
As above, pimped to sumptuously luxurious levels with avocado from local trees
- FAVA €6
A Cretan Fa-fa-fa-favourite - a dip made of yellow split peas blended with onion, olive oil and lemon
- TIROKAFTERI €6
Creamy feta whipped with hot peppers in a tangy, spicy dip. Grrrrrrr!
- MELIZANOSALATA €6
Roasted aubergine meets olive oil, red wine vinegar in a dip with just a little parsley to cut the garlic

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



DRINKS

- | | | | |
|--------------|----|---------------|------|
| SOFT DRINK | €3 | BEER (300ML) | €4.5 |
| ORANGE JUICE | €4 | BEER (500 ML) | €5.5 |
| PROSECCO | €6 | WINE | €5 |
| ICED COFFEE | €3 | DESSERT WINE | €6 |

ASK FOR THE WINES MENU

- GARLIC BREAD €4
Wondered why we don't have any vampires at the Mistral? Try this and see!
- KALITSOUNIA CHEESE PIES €7
Who cooked all the pies? Manolis did, four authentic Cretan style with mizithra goat's cheese
- KALITSOUNIA COCKTAIL €7
The Minotaur's favourite amuse bouche - four mizithra cheese pies layered with spinach
- CHEESE SAGANAKI €10
A succulent morsel of pan-seared cheese with a crisp outside served with lemon

- TOSTAKI €7
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 €8
Egg and chips - unchanged since Sir Walter Ralieggh bought the humble spud back from the Americas
- MANOLIS' SPECIAL €8
Chef Manolis' twist on a **jacket potato**. Baked, crushed, fried, then anointed with melted mizithra goat cheese. Veggie heaven!
- PATATES TIRI €7
Cheesy chips Cretan style - fried in olive oil with 3 types of grated cheese - what's not to love?



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!
- MAROULI

€8.5
- Crisp lettuce topped with mixed nuts, croutons and parmesan then blessed with balsamic honey vinegar
- 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

€12
- Prawns** on a salad base with peppers, boiled egg and cocktail sauce



PIZZA

- MARGARITA

€10
- Cheese, tomato and a pinch of oregano
- PROSCIUTTO

€13
- One for the purists - a margarita pizza dialled-up to another level with strips of dry-cured ham.
- 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

€9
- '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

€12
- With minced pork and veal and chef's tomato sauce topper with grated cheese
- DOMATA

€9
- One for the purists - spaghetti with tomato sauce and grated cheese
- CARBONARA

€14
- 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
- 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.



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?
- SEAKIANI 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
- ICE CREAM

scoop €2
- Ask us for available flavours and toppings

AND FINALLY

- TROUFAKIA

€6
- One should never trifle with a Chef as brilliant as Manolis - but that doesn't mean you cant 'truffle' with him. His home-made chocolate balls, coated with coconut flakes, will melt in your mouth

