

Efmaria



7-day Indicative Menu

A very rich and nutritious breakfast of your choice is served every morning.

Lunch and dinner are also tailor-made to meet your exact preferences and dietary requests.

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Day 1

Lunch

Fisherman's Soup "Kakavia"

Quinoa with Fresh Aromatic Flavours and Shrimps

Fried Zucchini Balls with Herbal Yogurt

Fava Beans with Olive Oil and Boiled Octopus

Fried Red Mullet, Capers, Black Olives and Tomato

Passion Fruit Panna Cota with Caramele Biscuits



Dinner

Tomato and Watermelon Gazpacho with Basil Oil

Green Leafy Mixed Salad, Glazed Figs in Red Wine,

Warm Goat Cheese and Roasted Sesame

Sausage and Pickled Jalapeno Pizza

Chocolate Pumpkin Brownies



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Day 2

Lunch

Mixed Salad with Black Forest Ham, Eggs and Brie Cheese

Steak Tartare made of Finely Chopped Beef Fillet,
Spices and Herbs Smoked Aubergine Dip

Roasted Lamb with Celery Cream and Vegetable Roll

Chocolate Caramel Pie with Chocolate Pie Crust



Dinner

Avocado and Prawn Salad with Green Goddess

Dressing Beetroot Crisps with Coriander

Houmous Risotto Negro with Mussels and Chives

Lime Sorbet with Fresh Mint Leaves



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Day 3

Lunch

Grouper Carpaccio with Cucumber, Spaghetti and Lemongrass Clams “on the rocks”

Quinoa, Pistachio and Honeyed Carrot Salad Sea-bream with Carrot Cream and Mini Vegetables with Lemon Foam

Lemon and Earl Grey Tart with Buttermilk and Vanilla



Dinner

Warm Vegetable Salad with Lemony Feta and Coriander Dressing

Fried Mozzarella Balls with Truffle, Salt and Red Pepper

Steak Frites Recipe with Lemon Herb

Butter Dark Chocolate Ice Cream



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Day 4

Lunch

Geek Salad

Fried Tomato Balls “Santorini” with Greek Yogurt Dip

Sliced “Apaki” (Smoked Pork Meat)

Fava Beans with Onion and Capers

Moussaka traditional dish

Greek Baklava with Pistachio



Dinner

Traditional Ntakos with Tomato, Feta Cheese, Oregano and Olive Oil Fried Fresh Potatoes with Oregano Grilled Pita Bread

“Saganaki” fried Cheese from Mytliene island

BBQ of Lamb Chops, Sausages, Beef Burgers, Pork Skewers, Kebab and Chicken Chops Loukoumades with Honey and Walnuts



Efmara

Day 5

Lunch

Steamed Mussels in White Wine, Lemon and Parsley
Green Salad with Fennel, Anise and Marinated Squid
Fish Roe Dip with Black Olives
Orzo Pasta with Lobster in Fresh Tomato Sauce
Double-baked Chocolate Souffles with Whiskey Sauce



Dinner

Salad with Melon, Prosciutto and Roasted Almonds
Quiche Lorraine
Baked Baby Potatoes with Smoked Salt and Parsley
Tagliata Angus Argentino Seasoned with Herbs
Profiteroles with Patisserie Cream, Vanilla Ice Cream and Hot Chocolate Sauce

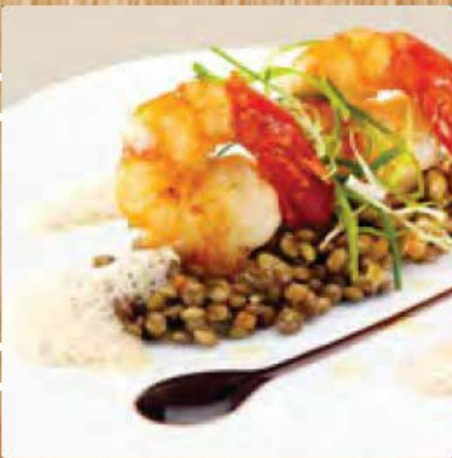


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Day 6

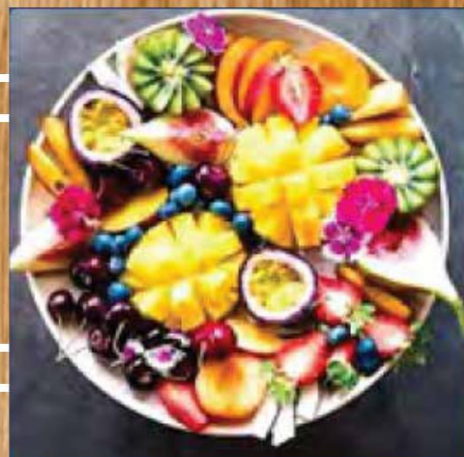
Lunch

Herb Tabbouleh with Pomegranate and Za'atar
Dressing Prawns with Espresso and Cream Lentils
Grilled Vegetables with Rosemary and Molasses
Sauteed Sea-bass with Spinach Puree and Zucchini with
Mint Dressing White Chocolate Creme Brulee



Dinner

Salad with Spinach Baby Leaves, French Roquefort, Dried
Tomato and Chicken Sticks
Pigs in Blankets with Piri Piri Sauce
French Fries
Corned Beef Burgers with Irish Cheddar
Cheese Summer Fruits Assortment

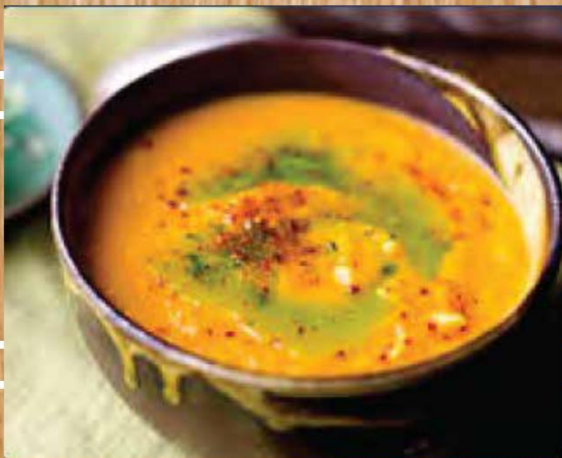


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Day 7

Lunch

Creamy Thai Carrot and Sweet Potato Soup
Iceberg Salad with Red Tuna, Avocado and Mango
Dressing Noodles with Shrimps, Cardamon Seeds
and Coconut Cream Assortment of Parfait Ice Cream



Dinner

Rocket Salad with Cranberries, Parmigiano Regiano and Pomegranate
Molasses Foie Gras with Coffee, Cherries, Yogurt and Hazelnuts
Mashed Potatoes with Caramelised Onions and Red Pepper
Beef Fillet with Mini Onions, Mashed Potatoes and Porto
Wine Sauce Bailey's Irish Cream Cheesecake

