



theodosi
RESTAURANT

Creative Cretan Cuisine

A TASTE OF CRETE

4 Course Menu

19 €

1st Course

Cretan Welcome

Dip & olive plate, Cretan bread basket with paksimadia, sour doughs & mini koulouria

2nd Course

Starter

Your choice of starter from our selection of Cretan delicacies

3rd Course

Main Dish

Your choice of main dish from our creative menu selection (max value 13 euro)

4th Course

Dessert & Cretan Liqueur

Enjoy our daily house made Dessert
& Cretan liqueur (made with local wine & Tsikoudia scented with Arbaroriza)



Starters

Cretan Dakos 6€ v

toasted barley rusks topped with freshly grated BIO tomatoes, soft goat cheese from Balantinos family P.D.O. Chania & drizzled in BIO extra virgin olive oil from Agia Triada Monastery in Chania

signature
dish

Phyllo Rolls 7€

wild mushrooms, spiced country sausage & local goat cheese, served with a sweet & sour wild berry sauce scented with arbaroriza leaves (apple geranium)

Zucchini Flower Blossoms 7€ vg gf

stuffed with wild rice scented with fresh Cretan herbs

signature
dish

Cretan Apaki (smoked pork) 9€

apaki (made by Kalogridi Mihali, Boulgaro village in Kissamos) sautéed in oxymelo sauce (thyme honey & aged marouva vinegar) with roasted BIO vegetables, handpicked mountain greens, topped with a goat cheese mousse. Served with a Sfakiani pita - a traditional pan fried cheese pie from Sfakia, Crete

Graviera Cheese Flambé 7€ v

P.D.O. cheese from Chania in a corn flake crust, seared in extra virgin olive oil, with dried mint leaves & raspberry sauce

Stuffed Mushrooms 7€

roasted mushrooms, cream cheese, Cretan herbs & spiced sausage, topped with Kaseri cheese

Smoked Cretan Sausages 9€ gf

traditional handmade pork sausages served with roasted tsakistes olives & cured wildflower bulbs (made by Kalogridi Mihali, Boulgaro village in Kissamos)

Cretan Pies 5€ v

handmade pastry dough filled with spinach, dill & soft Cretan cheeses, served with a goat cheese mousse

Fried Potato Chips 5€ vg gf

hand-cut & cooked in olive oil, sprinkled with Cretan sea salt (Vinolio Creta), wild oregano & served with balsamic aioli dipping sauce

Cheese Bread 6€ v

Ciabatta bread topped with Mozzarella cheese, fresh garlic-butter, sprinkled with poppy seeds & fresh onion

Smoked Salmon 8€

toasted bread, Cretan cheese mousse, avocado, cherry tomatoes, capers & fresh dill

signature
dish

Staka Dip 8€ v

traditional buttermilk spread with sautéed spinach & artichokes, baked in the oven with Gouda cheese, served with crispy corn tortillas

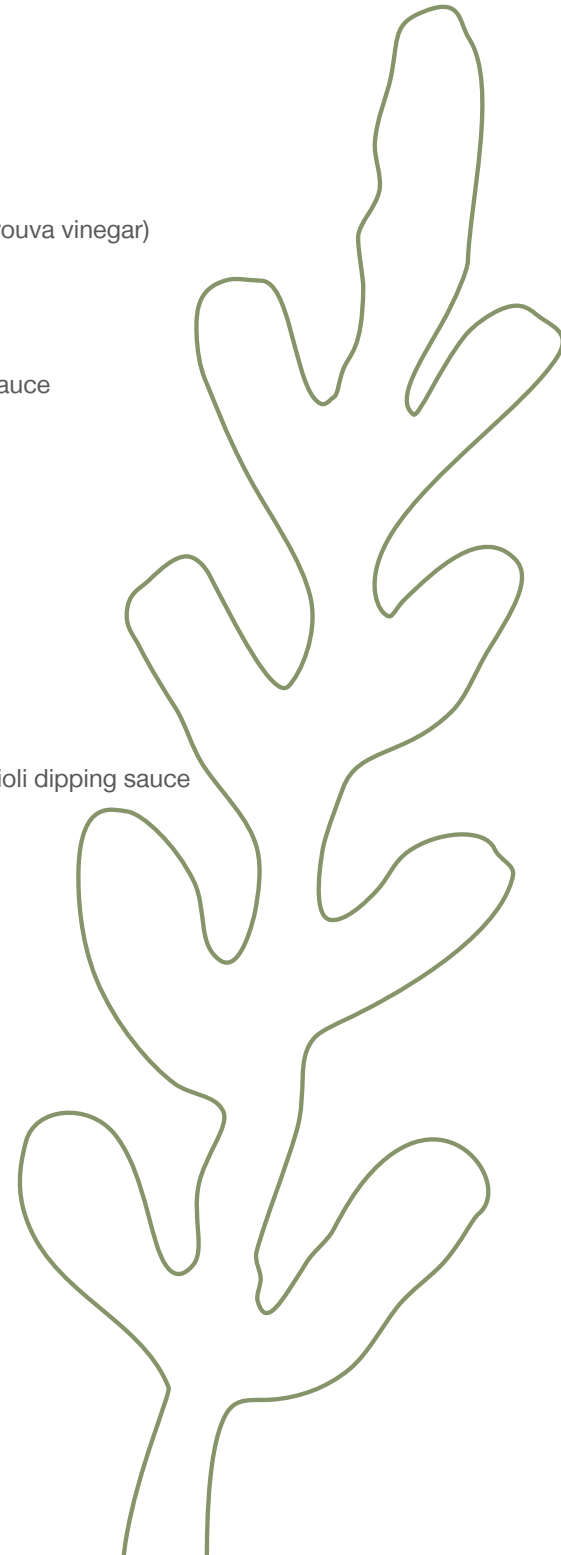
Raw

Tuna Tartare 14€

Cretan avocado, fresh thyme, lime-orange vinaigrette & BIO aloe vera cubes

Beef Carpaccio 12€ gf

wild Cretan rocket, cherry tomatoes, Graviera cheese, drizzled in BIO olive oil from Agia Triada Monastery, Chania



Salads

Cretan Salad 8€ BIO v

tomato, cucumber, peppers, onion, purslane, baked potato, tsakistes olives, Pichtogalo cheese P.D.O. Chania & handmade barley rusks. Served with a dressing made of extra virgin olive oil, aged marouva vinegar & Cretan sea salt all made by the monks at Agia Triada Tzagarolon monastery

Grilled Chicken Salad 9€

assorted leafy greens, Cretan avocado, cherry tomatoes, onion, asparagus, feta cheese, balsamic vinaigrette, with friganies made with olive oil & oregano

Apaki Salad 10€

crisp baby spinach, warm goat cheese spheres, sautéed mushrooms, cherry tomatoes, green apples, caramelized walnuts, a petimezi vinaigrette (local grape syrup) & Graviera cheese bread sticks

Rusks, friganies & bread sticks made by the Ntourountou family bakery in Sfakia

Flatbread

handmade dough made with emmer flour
(an ancient wholegrain flour, low in gluten) BIO

Spinach Flatbread 9€ v

with basil pesto, artichoke, tomato, onion, olives & feta cheese

Pasta - Rice

signature
dish

Hilopites Pasta with Prawns 14€

handmade Cretan pasta from Kritiki Gea, with butterflied prawns, asparagus, rakomelo (local spirit made of raki & honey), cherry tomatoes, local Graviera cheese & fresh cream

Skioufichta Pasta with Vegetables 8€ v

handmade Cretan pasta with sautéed artichokes, mushrooms, peppers, cherry tomatoes, capers & topped with Graviera cheese P.D.O. Chania

Grilled Chicken Penne 9€ gf

with a herbed tomato sauce, bell peppers, olives, capers & topped with aged anothiro cheese

Wild Mushroom Rice Bowl 10€ vg

carnaroli rice with wheat & barley, topped with Cretan rocket

Seafood

Appetizers

Steamed Mussels* 10€ gf

Greek mussels with garlic, Cretan Vilana wine & fresh cream

Garlic Prawns* 5 pcs 13€ gf

sautéed butterflied prawns, fresh garlic-butter, Cretan Plyto wine, lime & fresh chives

Grilled Octopus* 14€ gf

with capers, wild oregano, drizzled in a Dijon vinaigrette

Mains

Tuna Fillet 17€ gf

pan seared, pistachio crusted Greek Yellowfin tuna, with a seasonal vegetable briam & wild raspberry reduction (cooked medium-rare)

Grilled Salmon 16€ gf

marinated in aromatic dried Cretan herbs with rocket pesto sauce & roasted Cretan vegetables

Black Tiger Prawn Souvlaki* 16€ gf

grilled & served with wild rice pilaf, Cretan vegetables & celery-root skordalia

Sea Bass Fillet 18€ gf

pan seared fillet from Greek fish farms, dry herb rub, whipped ladolemono dressing, roasted BIO vegetables & handpicked wild seasonal greens

Seafood of the Day

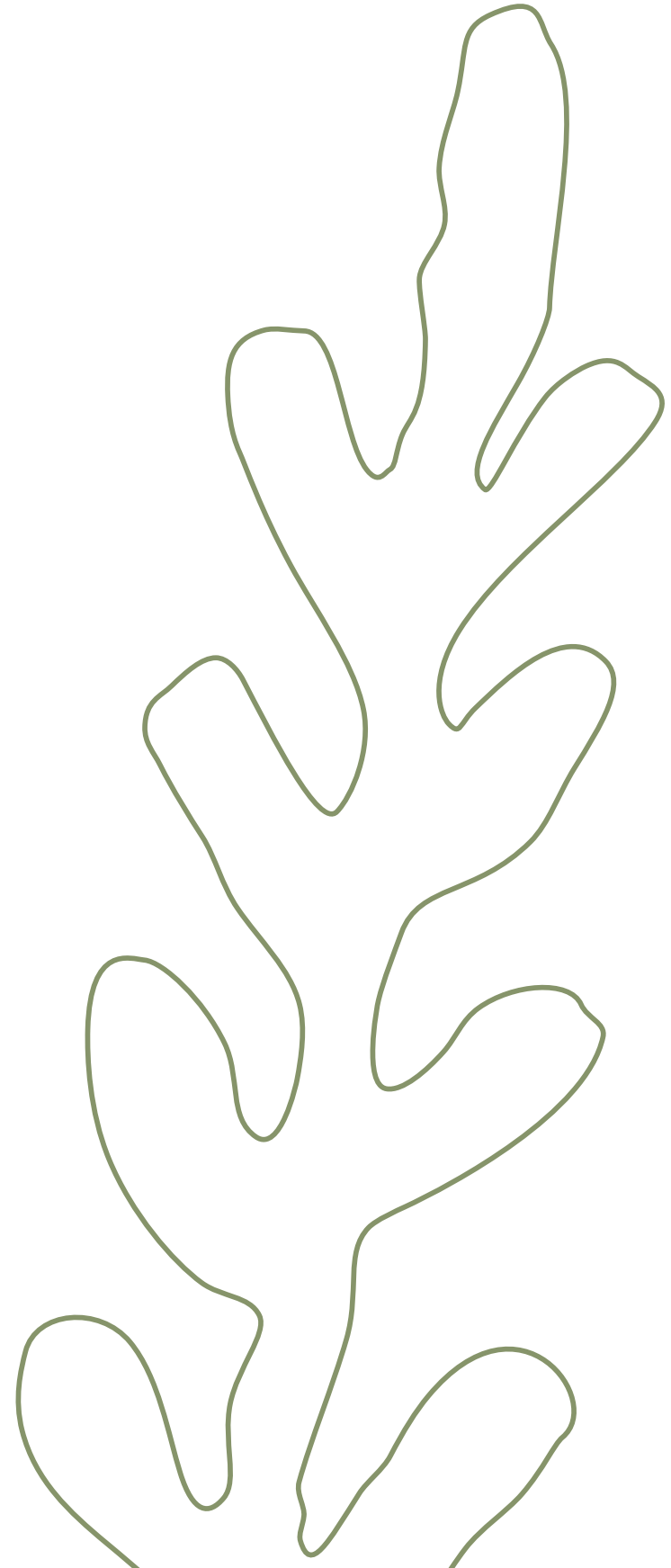
Ask us! (market price)

Trusted fresh seafood from our local fish market KOLETIS, Skalidi Street, Chania

The chef recommends no changes be made to the dishes as originally presented in order to retain the desired taste and presentation.

v vegetarian vg vegan gf gluten free BIO organically grown

P.D.O. Protected Designation of Origin



Main Dishes

Lamb Shank* 16€ gf

tender tsigariasto lamb with Greek saffron, in a spiced Greek yoghurt sauce & honey-garlic baby potatoes

signature
dish

Barbeque Ribs 14€

tender pork ribs with homemade barbeque sauce made of Cretan thyme-honey & petimezi grape juice syrup, served with a mixed leaf salad & rustic fries

Pumpkin Boureki 10€ v gf

vegetable casserole layered with pumpkin, potato & soft goat cheese, served with a baby rocket salad & Cretan cheese mousse

signature
dish

Chicken Fillet 13€

stuffed with siglino smoked pork (Kassaki Bros, Heraklion) & local cheeses, with a cream sauce made with Cretan Vidiano wine, served with wild rice vegetable pilaf scented with star anise

Cretan Vegetable Stifado 10€ BIO vg gf

stewed summer vegetables, freshly grated tomato, cooked in extra virgin olive oil, Cretan sea salt & served with hand cut chips

signature
dish

Smoked Eggplant «Mousaka» 11€ v

with xinohontro (a Cretan bulgar wheat) topped with freshly ground tomato sauce, Greek yogurt béchamel, Mozzarella cheese & fresh basil

Stuffed Summer Vegetables 10€ BIO vg gf

with wild rice, fresh Cretan herbs, served with baby potatoes

signature
dish

Pork Loin Chops 300gr 12€

served in a staka sauce with caramelized green apples, smoked bacon & sage, served with buttery mashed potatoes

Sirloin Steak 280gr 19€

served with a Portobello mushroom & Metaxa brandy cream sauce, grilled BIO Cretan vegetables & a baked potato puree (cooked medium-rare)

Rib Eye Steak 250 gr 26€

grass fed, certified Black Angus Beef grilled with Cretan sea salt & served with roasted vegetables & baby potatoes

Chicken Souvlaki 10€ gf

marinated in fresh herbs, served with a mixed leaf salad & fried potatoes

Black Angus Burger 11€

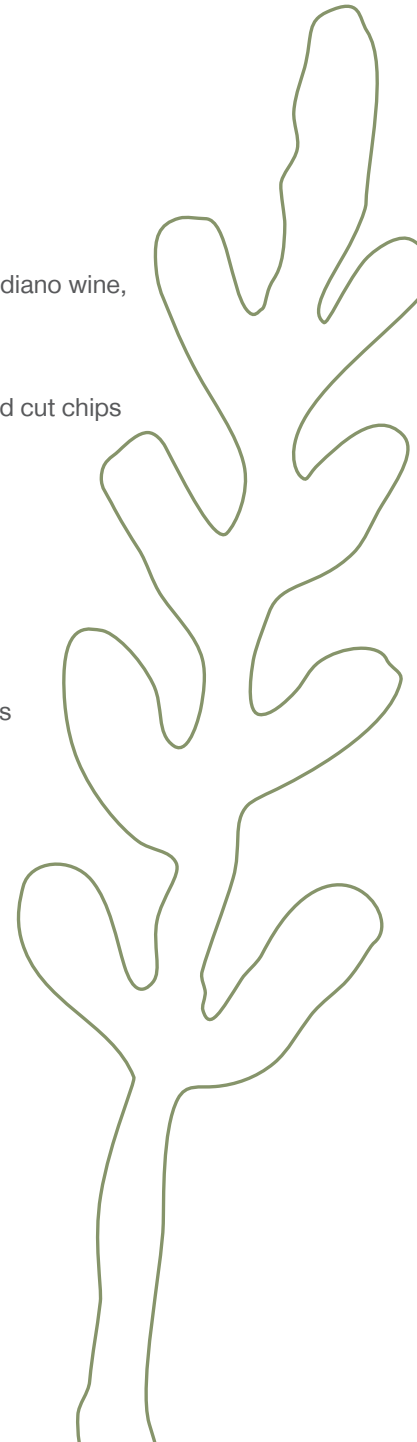
made from certified grass fed beef, topped with feta cheese pesto, smoked bacon & Mozzarella cheese. Served with a mixed green salad & rustic fries

signature
dish

Rack of Lamb* gf

with a Cretan herb crust, tapioca pearls & petimezi reduction. Served with a roasted vegetable briam & buttery mashed potatoes (cooked medium-rare)

Half Rack 22€ Full Rack 40€





Our kitchens are not gluten free, ingredients may come into contact with other gluten containing products.

Not all ingredients are listed. Please speak directly to a manager if your allergy is severe.

We use **BIO** extra virgin olive oil from Agia Triada Chania, in all our cold dishes and virgin olive oil for all our fried dishes.

Many of the products we use are from small local producers so that we can control their quality. It is possible not everything from our menu will be available.

Select frozen products*

Prices are in euros. All taxes included

Consumer is not obliged to pay if the notice of payment has not been received (receipt-invoice)

Consumers may pay with credit, debit or prepaid card

The complaint book is at the entrance of the establishment

Manager: Theo Kakavelakis

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