
Ancient Greeks fell in love with their land, the blue Sea and the warmth of the Sun that provided them with food all year round. To show their gratitude, they developed myths and told stories of a female deity called GAIA, the mother of all life.

Greeks believe that good company makes a meal taste even better. The magic of their cooking combines ingredients, memories, new ideas and the warm feeling of sitting around a table. Sharing food is considered a therapeutic time of day where families can maintain their values and rituals giving them an opportunity to talk and reflect.

ALIFES / SPREADS

Taramosalata 16
*Smoked cod roe, lemon zest,
koulouri bread (D)(G)*

Melitzanosalata 15
*Aubergine, yogurt, garlic,
parsley, tomato (D)(G)(V)*

Tzatziki 15
*Greek yogurt, garlic, cucumber,
olive oil, dill, pita bread (D)(V)*

Fava 15
*Fava beans, lemon juice,
olive oil (D)*

OMA / RAW

Tonos me Troufa / Tuna with Truffle 36
Lightly smoked tuna carpaccio, black truffle dressing (G)

Tonos kai Haviari / Tuna Caviar 48
Bluefin tuna, shallot, caviar and olive cracker (G)

Lavraki Marine / Seabass Ceviche 29
Seabass ceviche, confit tomatoes

Karpatsio Magiatiko / Yellowtail Carpaccio 34
Aioli, dashi, marinated green peppers and chilli (G)

Tsipoura / Sea Bream Carpaccio 42
Whole sea bream carpaccio (G)

Stridia / Oysters
*Ostras "Escobedo" n.2 9
Gillardeau n.3 10*

SALATES / SALADS

Choriatiki Salata / Greek Salad 29
*Mountain tomatoes, barrel aged feta and
homemade pickled olives (D)(V)*

Kounoupidi Salata / Cauliflower Salad 26
*Cauliflower, avocado, goat cheese, caramelized
walnuts and citrus dressing (D)(N)(V)*

Karpouzi Salata / Watermelon Salad 24
Watermelon, feta, almonds, basil and mint (D)(N)(V)

Astakosalata / Lobster Salad 42
*Lobster, baby gem, asparagus, red onion and
light mayo dressing (D)(S)*

Salata Kolokithi / Zucchini Salad 26
Mint, pistachio, grapes and tyrokafteri (D)(N)(V)

MEZEDES / STARTERS

Psarosoupa / GAIA Fish Soup 18
Celery, carrots and potatoes

Tiganito Kolokithia / Zucchini Tempura 22
Tzatziki, tomato sauce and lime (D)(G)(V)

Varelisia Feta Psiti / Baked Feta Cheese 24
Baked with honey, nuts and filo (D)(G)(N)(V)

Tiropita / Cheese Pie 34
*Ksinomitzithra, graviera, anthotyros, goat cheese
and black truffle (D)(G)(V)*

Spanakopita / Spinach Pie 22
Spinach and feta cheese pie (D)(G)(V)

Tiganito Kalamari / Fried Calamari 26
Fried calamari, sweet peppers and spiced emulsion (G)

Chtapodi Sti Schara / Grilled Octopus 29
Fava puree, tomato and parsley relish (A)(D)

Garides Saganaki / Prawns Saganaki 30
*Tomato sauce and basil (D)(N)(S)
Add Feta 5*

Mousakas / Moussaka 26
*Grilled aubergine, minced beef, potato, bechamel
and graviera cheese (D)*

Keftedakia / Greek Style Meatballs 24
*Beef kofia with mint, tomato sauce and yogurt
(D)(G)(N)*

**Garides Stan Ksilofourno /
Wood Oven Prawns 30**
Rosemary, harissa, lemon juice, chili and olive oil (S)

FROM THE SEA

Our Chefs will recommend the appropriate cooking technique to suit the unique quality of each fish. Our selection of whole fish are sold by the kilo at market price.

Raw

Carpaccio, Sashimi or Tartar

Grilled

Simply grilled in the charcoal oven with lemon oil

Baked Ala Speciota

With spiced tomato, Greek herbs and potatoes

Salt Crust

Steamed in salt crust with sage and orange zest

Harissa Style

Rosemary, garlic, chili, olive oil and lemon juice

Pan Fried

Served with condiments

KIRIOS PIATA / MAINS

Astakomakaronada / Lobster Pasta 72

Linguini with cherry tomato sauce (D)(G)(S)

Kriharaki / Orzo Seafood Pasta 45

Kriharaki pasta, calamari, prawns and clams with tomato sauce (D)(G)(S)

Gemista / Stuffed Vegetables 32

With rice, herbs and Eriki cheese (D)(V)

Makaronia me Mavri Troufa / Black Truffle Pasta 60

Rigatoni pasta with cream sauce, winter truffle and fried shallots (D)(G)(V)

Katsikaki / 500gr Baby Goat 69

Slow cooked in our wood oven with Basmati rice (D)

Psito Kotopoulo / Half Roasted Chicken 46

Marinated with lemon, oregano, garlic, served with parsley salad

Pidakia Arnisia / 300gr Lamb Cutlets 68

Spiced marinate, pita bread and tzatziki (D)(G)(N)

Spalomprizola / 400gr Wagyu Rib Eye 140

Grilled, pardon peppers and grilled tomato (D)(N)

SIDES

Patates Tiganites / French Fries 14

Homemade fries with oregano (V)

Rizi / Basmati Rice 12

Olive oil, garlic, sumac and chives (D)

Patates me Troufa / Truffle Potatoes 22

Grilled potatoes, fresh cheese and black truffle (D)(V)

Mprium / Baked Vegetables 14

Cherry tomato sauce and basil (V)

Brokolo / Broccoli 12

Chili, garlic and lemon oil (V)

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