

IT's all about bio eggs



Poached eggs

on traditional corn bread with quinoa taboule
and avocado 9,00

Boiled egg

on walnut bread, avocado cream, granola
and cherry tomatoes 7,00



Scrambled eggs

with smoked salmon 11,00

Sunny side up eggs in the oven

with tomato sauce, chorizo, fresh potato
chips and feta cheese 10,00



Omelette with mushrooms

goat cheese and fresh thyme 8,00



White eggs omelette

with asparagus and smoked turkey 10,00

Pancakes with sunny side up eggs

crunchy bacon, aromatic cottage yogurt and avocado 9,00

Betty's handmade bread

100% organic flour, sea salt and water 1,50

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Croque madame

on brioche with ham, cheese and egg in the oven 9,00

Croque monsieur

with besamel cream, gruyere, ham and fresh potato chips 9,00

Fresh fried potatoes

with sunny side up eggs , feta cheese
and rosemary 4,80 / 3,80 (without egg)

The IT salad

Green Caesar salad

with fresh chicken and bacon 9,00

Green salad

with prosciutto, dried figs, walnuts, manouri cheese
and balsamic dressing 10,00



Quinoa salad

with avocado, feta cheese and tahini dressing 10,00

Baby spinach salad with omelet flakes

edamame beans, mushrooms, fresh coriander,
cashew nuts and sesame oil 10,00

As main as IT gets

Beef Burger

with caramelized onions, gruyere and oven potatoes 11,80

Sunday Burger

with eye egg, mushrooms, crispy bacon, baked haloumi, carob and oven potatoes 13,00



Chicken burger

with green salad and sweet & sour dressing 12,00

Carbonara

with fresh tagliatelle, poached egg and smoked pancetta 13,00

Pappardelle Bolognese

with parmesan cream 13,00

Put IT on the side

Fresh potato chips

with truffle oil, fresh thyme and parmesan 4,50



Quinoa (bio)

with avocado and lemon-oil dressing 6,50



Green salad

with mint, cherry tomatoes and carrot 4,50

As sweet as IT gets

French toast

with muesli, cinnamon and honey 8,00

Pancakes

with biscuits and praline ice cream 8,00

Chocolate fondant

with orange ice cream 6,50

Lemon mousse

with meringue and berries 5,50

Tart of the day 6,00

Prices are final with all legal charges included.

Complaint notes are provided at the stores' entrance.

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

We use extra virgin olive oil in our salads and sunflower oil for frying.

* frozen product

Coffee & tea

Espresso 2,70
Espresso double 3,30

Brazilian Espresso
with lime zest 3,30

Cappuccino 3,10
Cappuccino double 3,60

Freddo spresso 3,10
Freddo Cappuccino 3,60

 **Matcha Latte** 4,80

Iced latte 3,80

Frappe 3,10























Hot / Cold Chocolate 3,90

Organic filter coffee
direct distillation 3,60

 **Organic tea in various flavors** 3,10
(see our tea menu)

 **Matcha green booster** 4,50
(Matcha Ninja®, ginger, stevia and mint)

Fresh juices

-   **Orange juice** (250ml / 400 ml) 2,70 / 3,90
-   **Pomegranate / Orange pomegranate juice** (250ml / 400 ml) 4,20 / 4,30
-   **Sunrise smoothie**
orange, banana, yogurt, honey 4,30
-   **Energy Bliss smoothie**
orange, banana, pear, apple, honey and nuts 4,30
-   **Good-day** (250ml / 400 ml)
pear or seasonal fruit, banana, orange 3,30 / 3,90
-   **Spicy apple** (250ml / 400 ml)
apple, banana, cinnamon and ginger 3,30 / 3,90
-   **Fruit Must smoothie**
orange, banana, seasonal fruit, yogurt, honey 4,30
-   **Monkey Business smoothie**
apple, banana, apple juice, peanut butter 4,30
-   **Four seasons**
seasonal fruit, grapefruit, banana and mint 4,30
-   **Spinapple**
spinach, apple juice, lime, banana 4,30
-   **Super beet**
beetroot, orange, yogurt, honey, walnut, ginger 4,30

Refreshments

Coca Cola / Light / Zero 2,00
(250ml)

Greek Sparkling Water 2,20
(330ml)

Mastiqua sparkling drink
with mastiha water (330ml) 3,80

Natural Spring Water 2,00
(1,5lt)

Three Cents 2,50
(Aegean tonic, Gentlemen's soda, Pink Grapefruit soda,
Ginger beer - 200ml)

Lemonades

Homemade lemonade 2,80
with mint (250ml)



Lemonade 4,20
with mastic and stevia (250ml)

Beer

Nisos Pilsner 5,00
(330ml)

Sol 5,00
(330ml)

Erdinger Weiss 5,00
(330ml)

Fix Hellas 3,00
(330ml)

Fix Hellas Dark 3,50
(330ml)

Volcan Blonde 5,50
(330ml)

Buckler alcohol-free beer 3,50
(330ml)

Distillates

Ouzo Idoniko 3,00 / 8,00
(50 / 200ml)

Cretan tsikoudia 4,50 / 8,50
(100 / 200ml)