

Dinner menu

KOIA RESORT

Let the food be the medicine.
And the medicine be the food
- Hippocrates

Thyme's concept is inspired by the genuine love of Christos Epsimos, the founder of KOIA, for the herbs, their aromas and health benefits.

Having majored in Hippocrates philosophy, Thyme pillars are the maintenance of balance, healthy eating, high quality of the raw ingredients alongside with the nutritional benefits of the herbs and spices. The menu has been created by the Michelin-starred chef, Giannis Parikos using innovative techniques in authentic Greek recipes. Familiar tastes, flavours and textures are combined with unique ingredients and new cooking approaches.

Serving genuine Greek flavors with a contemporary twist, Thyme menu bursts with character and flavour. Enjoy the Thyme gastronomical journey.

STARTERS | ΟΡΕΚΤΙΚΑ

Balk carpaccio marinated with citrus fruits, kumquat, chili and sea greens € 18
Λαβράκι καρπάτσιο μαριναρισμένο με εσπεριδοειδή, κουμ κουάτ, τσίλι και αλμυρίκια

Crab on crispy brioche with celery and green apple, avocado cream and basil emulsion € 20
Καβουρόψυχα σε τραγανό μπριός με σέλερυ και μήλο, κρέμα αβοκάντο και γαλάκτωμα βασιλικού

Beef carpaccio dry aged 60 days with cyano cream, the Greek Roquefort, mustard pickle, € 18
truffle vinaigrette with honey and roasted hazelnut
Μοσχαρίσιο καρπάτσιο ξηρής ωρίμανσης 60 ημερών με κρέμα κυανού (ελληνικό ροκφόρ), Πίκλα μουστάρδας, vinaigrette τρούφας με μέλι και καβουρδισμένο φουντούκι

Artificial risotto potato with leek, crispy poached egg, and fresh truffle € 12
Ριζότο πατάτας με πράσο, τραγανό αυγό ποσέ και φρέσκια τρούφα (V)

Grilled scallops with marjoram crust, flavored butter with herbs and parsnip puree € 24
Χτένια ψητά με κρούστα μαντζουράνας, αρωματικό βούτυρο και πουρέ παστινάκι

Roasted aubergine with red pepper cream, basil, pickled onion, € 12
local cheese aged in wine -krasotiri - and pine nuts
Ψητή μελιτζάνα με κρέμα πιπεριάς Φλωρίνης, βασιλικό, πίκλα κρεμμυδιού, κρασοτύρι και κουκουνάρι (V)

Grilled meat pie with tomato confit, graviera, and mint emulsion € 14
Κρεατόπιτα στη σχάρα με κονφί ντομάτας, γραβιέρα από την Κω και γαλάκτωμα δυόσμου

SALADS | ΣΑΛΑΤΕΣ

Stringless beans and slider with nectarines, roasted almonds, € 14
local cheese aged in wine -krasotiri- and pepper

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Αμπελοφάσουλα και γλιστρίδα με νεκταρίνια,
αμύγδαλο καβουρδισμένο, κρασοτύρι και πιπέρι (V)

Baby spinach with crispy leaf crust, aromatic herbs, goat's trunk and lemon and oil € 14
Baby σπανάκι με τραγανό φύλλο κρούστας, αρωματικά βότανα, κατσικίσιο κορμό και λαδολέμονο

Rainbow cherry tomatoes marinated with tomato juice, goat cheese, € 14
mustard leaves, carob rusk and oregano oil
Χρωματιστά ντοματίνια μαριναρισμένα με χυμό ντομάτας,
κατσικίσιο τυρί, φύλλα μουστάρδας, χαρουποπαξιμαδο και λάδι ρίγανης (V)

MAIN COURSES | Κ Υ Ρ Ι Ω Σ

Grilled sea bass with fennel risotto, bottarga, black garlic and dill oil € 28
Λαβράκι ψητό με ριζότο μάραθου, αυγοτάραχο, μαύρο σκόρδο και λάδι άνηθου

Linguini with shrimps, bouillabaisse sauce, lemon confit and cherry tomatoes € 22
Λιγκουίνι με γαρίδες, σάλτσα μπουγιαμπέσας, κονφί λεμόνι και ντοματίνια

Crispy bread sea bream fillet with pea cream, grilled broccolini, steamed mussels and saffron € 26
Τραγανό φιλέτο τσιπούρας με κρέμα αρακά, ψητά μπροκολίνια, μύδια αχνιστά και σαφράν

Baby pork with crispy crust, cereal with raisin, almond, carrot cream and harissa paste € 24
Baby χοιρινό με τραγανή κρούστα, δημητριακά με σταφίδα, αμύγδαλο, κρέμα καρότου και Harissa

Milk-fed lamb slow-cooked for 12 hours in vacuum, eggplant puree, € 28
croquette, yogurt and red pepper
Αρνί γάλακτος σιγομαγειρεμένο για 12 ώρες σε κενό αέρος, πουρέ μελιτζάνας,
κροκέτα, γιαούρτι και πιπεριά Φλωρίνης

Calf Sirloin, asparagus, pickled onion and mustard aioli € 32
Sirloin νεαρού μόσχου, με σπαράγγια, πίκλα κρεμμυδιού και αϊολί μουστάρδας

Free-range chicken breast with marjoram-szechuan crust and mushrooms, € 18
spinach and pine nuts stuffed pasta
Στήθος κοτόπουλου ελευθέρας βοσκής, με κρούστα μαντζουράνας-σετσουάν
και γεμιστά ζυμαρικά με μανιτάρια, σπανάκι και κουκουνάρι

DESSERTS | Γ Λ Υ Κ Α

Baklava with pistachio financier, pistachio parfait, traditional tomato sweet, € 12
rose ice cream and rose petals syrup
Μπακλαβάς με financier φιστικί, parfait φιστικί, παραδοσιακό γλυκό ντοματάκι,
παγωτό τριαντάφυλλο και σιρόπι με ροδοπέταλα

Caramelized white chocolate with hazelnut praline and crunchy vanilla € 12
Καραμελωμένη λευκή σοκολάτα με πραλίνα φουντουκιού και τραγανή βανίλια

Dark chocolate mousse with forest fruits in tomato with milk monte and chocolate "soil" € 12
Μους μαύρης σοκολάτας με φρούτα του δάσους σε ντοματάκι με μοντε γάλακτος και "χώμα" σοκολάτας

Cheesecake with red pepper, crispy carob cookie and traditional sweet quince € 12

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Cheesecake με κόκκινο πιπέρι, τραγανό μπισκότο χαρουπιού και παραδοσιακό γλυκό κυδώνι

Service and Taxes are included in the prices.

Please inform our service staff for any food allergies. The above dishes may contain freshly frozen ingredients.

All dishes are prepared with extra virgin olive oil and finest quality sunflower oil for any fried meals.

The hotel reserves the right to alter prices, operating hours and days of the restaurant without prior notice.

The establishment is obliged to have a printed form available in a special location near the exit for the registration of any complaints.

CONSUMER IS NOT OBLIGED TO PAY IF THE NOTICE OF PAYMENT HAS NOT BEEN RECEIVED (RECEIPT - INVOICE)

Αγορανομικά υπεύθυνος: Έψιμος Χρήστος

Οι τιμές συμπεριλαμβάνουν όλες τις νόμιμες επιβαρύνσεις./Για οποιαδήποτε αλλεργία παρακαλώ απευθυνθείτε στον σερβιτόρο μας.

Στις ανωτέρω παρασκευές ενδέχεται να χρησιμοποιηθούν και φρεσκοκατεψυγμένες πρώτες ύλες.

Σε όλες τις παρασκευές μας χρησιμοποιείται έξτρα παρθένο ελαιόλαδο και αρίστης ποιότητας ηλιέλαιο για τηγανητά εδέσματα.

Το ξενοδοχείο διατηρεί το δικαίωμα αλλαγής των τιμών, του ωραρίου και των ημερών λειτουργίας του εστιατορίου χωρίς προηγούμενη ειδοποίηση.

Η επιχείρηση είναι υποχρεωμένη να διαθέτει έντυπα δελτία σε ένα ειδικό χώρο κοντά στην έξοδο για την καταγραφή τυχόν παραπόνων.

Ο ΚΑΤΑΝΑΛΩΤΗΣ ΔΕΝ ΕΧΕΙ ΥΠΟΧΡΕΩΣΗ ΝΑ ΠΛΗΡΩΣΕΙ ΑΝ ΔΕ ΛΑΒΕΙ ΤΟ ΝΟΜΙΜΟ ΠΑΡΑΣΤΑΤΙΚΟ (ΑΠΟΔΕΙΞΗ - ΤΙΜΟΛΟΓΙΟ)

Commercially responsible: Epsimos Christos

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The Multiple Health Benefits of Herbs & Plants *

Asparagus

Asparagus is packed with nutrients, including vitamins A, C, E, K, and B6, iron, potassium, copper, calcium, and protein and may help lower blood pressure. Plus, it's a rich source of antioxidants and it is considered as an anti-aging food that may help slow the aging process. Asparagus is also full of folate, a B vitamin that can lift your spirit. A natural antidepressant.

Basil

Basil contains Vitamin A, Vitamin K, Iron, Manganese, Calcium, and essential oils. It can benefit your digestive and nervous system and ensures that you have optimal digestion. Basil contains powerful and healing essential oils that cleanse your skin from deep inside. It also contains adaptogen, an anti-stress substance. Therefore, recent research shows it helps deal with anxiety, control your energy and happiness-inducing hormones.

Carob

Ancient Greeks were the first to grow carob trees. Carob is naturally high in fiber and has no caffeine, ideal for people with high blood pressure. The low sugar and fat content also makes it a great dietary addition or chocolate substitution for people looking to lose weight. The high levels of vitamins, such as vitamins A and B-2, are good for skin and eye health.

Dill

Dill weed is a good source of calcium, manganese, and iron. As an antioxidant food, it provides anti-inflammatory and antiviral properties. The calcium content of dill might help maintain bone health. Dill essential oil has calming and hypnotic effects, thus helping get a good night's sleep. Furthermore, its leaves may act as good mouth and breath fresheners.

Marjoram

Marjoram is a member of the mint family and is considered a cousin of the oregano. It contains nutrients such minerals as iron, calcium, magnesium, vitamins A, C and D, antioxidants. Marjoram may help relieve muscle pain associated with headaches and fevers. It promotes heart health, is good for blood circulation. It helps in coping with stress and anxiety. The antioxidants in marjoram oil are beneficial for the skin and hair as it can help prevent signs of premature aging, such as fine lines and wrinkles.

Mint

Mint is the name for over a dozen plant species, including peppermint and spearmint, that belong to the genus *Mentha*. Mint leaves are known as an amazing appetizer. It helps to promote the digestive system by stimulating digestive enzymes. They can also improve memory power and mental alertness. Mint boosts metabolism to help in losing weight and its tea is a great refreshing calorie-free beverage to promote weight loss. Mint is an ancient medicine to treat skin related problems like acne, scar.

Onion

Onions are nutrient-dense, meaning they're low in calories but high in vitamins and minerals. They are particularly high in vitamin C, vitamin B and a good source of potassium. Red onions are rich in anthocyanins, which are powerful plant pigments that may protect against heart disease and help control blood sugar. Also, onion consumption is associated with improved bone mineral density in several studies.

Oregano

The name oregano is derived from the Greek "oros" (meaning mountain) and "ganos" (meaning joy). The literal translation means "mountain of happiness". Oregano is highly rich in antioxidants and has strong antibacterial and anti-inflammatory properties. It also improves gut health and helps manage diabetes.

Rose

Wild roses are sedative, antiseptic, vulnerary, nervine and digestive. They are a rich source of vitamin C,

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D, E, B3, and A, as well as zinc and they relieve colds and flu symptoms by supporting the immune system. Just one cup of rose hips contains the same amount of vitamin C as 60 oranges. They also have antioxidant as well as anti-inflammatory, antibacterial, and antiviral properties.

Tahini | Sesame seeds

Tahini is a paste made from toasted sesame seeds and a plant-based protein. Tahini is a great source of phosphorus, calcium and manganese that play vital roles in bone health and is full of antioxidants. Sesame seeds and tahini are also a rich source of B vitamins that boost energy and promote brain health. Additionally, tahini contains good fats that limit the risk of cardiovascular disease and stroke.

Thyme

Thyme is rich in vitamins A and C, in potassium, calcium and iron. Since ancient times, thyme has been associated with bravery and even used as a natural anti-depressant. Thyme is rich in vitamin A, one nutrient particularly beneficial for vision health. Packed with vitamin C, it helps boost immunity and stops that oncoming cold right in its tracks. A few drops of thyme essential oil will help relieve headaches and can be beneficial to relieve stress.

Wheat

Whole wheat with its vitamin B content may help provide the body with energy, prevent metabolic disorders and overall boost your metabolism. Zinc, selenium and vitamin E in wheat help nourish your skin, fight acne, prevent sun damage and help promote healthy hair. Moreover, may help improve eye health and act as a mood booster.