

# Lunch menu

KOIA RESORT

Let the food be the medicine  
and the medicine be the food  
- Hippocrates

Thyme's lunch menu is inspired by the genuine love of Christos Epsimos, the founder of KOIA, for the herbs and their health benefits and designed by the Michelin-starred chef, Giannis Parikos.

Combining their passion for authentic recipes and Chef's prime gastronomical heritage, the menu blends the tradition with fine flavors and aromas.

Believing in Hippocrates quote and aiming to offer healthy eating, we carefully select seasonal fresh raw ingredients, rich in taste, alongside nutritional the herbs and spices and create contemporary small Greek dishes to share.

Welcome to Thyme gastronomical journey.

## BREAD & SPREADS | ΨΩΜΙ ΚΑΙ ΑΛΟΙΦΕΣ

House fresh break bread Φρεσκοψημένο ψωμί από το αρτοποιείο μας	€ 2.5
Taramasalata bottarga and carob rusks Ταραμοσαλάτα με τρίμα αυγοτάραχου και χαρουμοπαξιμαδα	€ 5
Smokey aubergine spread with red pepper Καπνιστή μελιτζανοσαλάτα με πιπεριά Φλωρίνης	€ 6
Hummus with roasted pine nuts and basil oil Χούμους με ψητό κουκουνάρι και λάδι βασιλικού	€ 4
Traditional tzatziki spread   Τζατζίκι	€ 4
Herring spread with marjoram herb   Ρεγγοσαλάτα με μαντζουράνα	€ 8

## GREENS | ΣΑΛΑΤΕΣ

Greek salad, soft feta cheese, organic thyme and caper Χωριάτικη με μαλακή φέτα, θυμάρι και κάπαρη	€ 10
"Kserohimisi" - Green beans with fresh tomato sauce, basil, cream cheese and toasted hazelnuts "Ξεροχύμηση" Αμπελοφάσουλα με σάλτσα ντομάτας, βασιλικό, κρεμά τυριού και ψητά φουντούκια	€ 10
Steamed sea greens with fresh onions, tomato and lime Αλμυρίκια αχνιστά με φρέσκο κρεμμύδι, ντομάτα και μοσχολέμονο	€ 6
Greek couscous with orange, cucumber, mint, and tomato vinegar dressing Πλιγούρι με πορτοκάλι, αγγούρι, δυόσμο και dressing από ξύδι ντομάτας	€ 8

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## VEGETERIAN | ΧΟΡΤΟΦΑΓΙΚΑ

"Katimeria" Traditional small pies with "krasotiri" local cheese aged in wine and thyme honey "Κατιμέρια" Παραδοσιακά πιτάκια με κρασοτύρι και θυμαρίσιο μέλι	€ 8
Fluffy zucchini balls with yogurt and mint Αφράτοι κολοκυθοκεφτέδες με γιαούρτι και δυόσμο	€ 8
"Strapatsada" Scrambled eggs with zucchini and thyme "Στραπατσάδα" Αυγά με κολοκυθάκια και θυμάρι	€ 6
Roasted aubergine with local cream cheese, basil and fresh tomato Ψητή μελιτζάνα με κρέμα από ξυνοτύρι, βασιλικό και φρέσκια ντομάτα	€ 9
Crispy potatoes with truffle mayonnaise   Τραγανές σπαστές πατάτες με μαγιονέζα τρούφας	€ 6

## SEA | ΘΑΛΑΣΣΙΝΑ

Greek donuts of cod with aioli sauce   Λουκουμάδες μπακαλιάρου με αϊολί	€ 14
Fried calamari with tarama and lime   Καλαμάρι τηγανιτό με ταραμά και μοσχολέμονο	€ 16
Octopus carpaccio with fava beans and vinaigrette mint-pepper Χταπόδι καρπάτσιο με φάβα και vinaigrette δυόσμου πιπεριάς	€ 17
Sea bream in bread crust, aubergine mousse and mixed wild greens Τσιπούρα σε κρούστα ψωμιού με μους μελιτζάνας και χόρτα	€ 18
Shrimps orzo with local cheese "graviera"   Κριθαρότο με γαρίδες και γραβιέρα από την Κω	€ 18
Shrimps "Saganaki" with tomato "krasotiri" local cheese aged in wine and fresh oregano Γαρίδες σαγανάκι με ντομάτα, κρασοτύρι και φρέσκια ρίγανη	€ 18

## LAND | ΚΡΕΑΤΙΚΑ

Authentic Greek sausage with poached egg, crispy potatoes and fresh tomato sauce Χωριάτικο λουκάνικο με αυγό ποσέ, τραγανές πατάτες και σάλτσα ντομάτας	€ 14
Grilled meatballs with emulsion of sour milk and mint oil Μπιφτεκάκια ψητά με γαλακτώμα από ξινόγαλο και λάδι δυόσμου	€ 16
"Pasha Makarouna" Lasagna with ground meat and aromatic fresh herbs "Πασσά Μακαρούνα" Λαζάνια με κιμά και αρωματικά βότανα	€ 15
Traditional sizzling pork with herb salsa   Καβουρδιστή χοιρινή τηγανιά	€ 12
Kebab with tomato confit and tandoori yogurt Κεμπάπ με κονφί ντομάτας και γιαούρτι με ταντούρι	€ 16

## DESSERTS | ΓΛΥΚΑ

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"Varvara" Wheat, tahini, honey, roasted almonds, peppermint and cinnamon gelato "Βάρβαρα" σιτάρι, ταχίνι, μέλι, κουκουνάρι, αμύγδαλο, μέντα και παγωτό κανέλα	€ 8
Orange pie with citrus flavored cream and mastic gelato Πορτοκαλόπιτα με κρέμα αρωματισμένη με εσπεριδοειδή και παγωτό μαστίχας	€ 8
Bavaroise Yogurt with apricot, basil and apricot carrot ginger sorbet Bavaroise γιαούρτι με βερίκοκο, βασιλικό και σορμπέ βερίκοκο καρότο τζίντζερ	€ 8

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, 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

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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.