



THYME

MEDITERRANEAN DINING

DINNER

“LET THE FOOD BE THE MEDICINE & 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 & 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 & spices.

The menu has been created by the Michelin-starred chef, Giannis Parikos using innovative techniques in authentic Greek recipes. Familiar tastes, flavours & textures are combined with unique ingredients & new cooking approaches.

Serving genuine Greek flavours with a contemporary twist, Thyme menu bursts with character & flavour.

Welcome to Thyme gastronomical journey.

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STARTERS | ΟΠΕΚΤΙΚΑ



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

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

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

Potato risotto with leek, crispy poached egg
& fresh truffle (V)
Ριζότο πατάτας με πράσο, τραγανό αυγό ποσέ
& φρέσκια τρούφα (V) 12€

Grilled scallops with *marjoram* crust,
flavoured butter with herbs & parsnip puree
Χτένια ψητά με κρούστα *μαντζουράνας*,
αρωματικό βούτυρο & πουρέ παστινάκι 24€

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

Grilled meat pie with tomato confit, "graviera" cheese
& *mint** emulsion
Κρεατόπιτα στη σχάρα με ντομάτα κονφί, τυρί γραβιέρα
& γαλάκτωμα *δυόσμου** 14€

SALADS | ΣΑΛΑΤΕΣ



Stringless beans & slider with nectarines, roasted almonds, local cheese aged in wine "krasotiri" & pepper (V)

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

14€

Baby spinach with crispy leaf crust,

aromatic herbs, goat's trunk & lemon & oil

Baby σπανάκι με τραγανό φύλλο κρούστας,

αρωματικά βότανα, κατσικίσιο κορμό & λαδολέμονο

14€

Rainbow cherry tomatoes marinated with tomato juice, goat cheese, mustard leaves, carob rusk

& *oregano oil** (V)

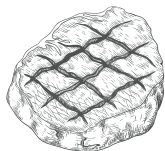
Χρωματιστά ντοματίνια μαριναρισμένα με χυμό ντομάτας,

κατσικίσιο τυρί, φύλλα μουστάρδας, χαρουποπαξιμαδο

& *λάδι ρίγανης** (V)

14€

MAIN COURSES | ΚΥΡΙΩΣ



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

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

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

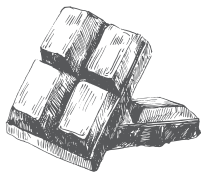
Baby pork with crispy crust, cereal with raisin,
almond, carrot cream & Harissa paste
Baby χοιρινό με τραγανή κρούστα, δημητριακά με σταφίδα,
αμύγδαλο, κρέμα καρότου & πάστα Harissa 24€

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

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

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

DESSERTS | ΓΑΥΚΑ



Baklava with pistachio financier, pistachio parfait,
traditional tomato sweet, rose ice cream
& *rose petals** syrup

Μπακλαβάς με financier φιστίκι, parfait φιστίκι,
παραδοσιακό γλυκό ντοματάκι, παγωτό τριαντάφυλλο
& σιρόπι με *ροδοπέταλα**

12€

Caramelized white chocolate with hazelnut praline
& crunchy vanilla

Καραμελωμένη λευκή σοκολάτα με πραλίνα φουντουκιού
& τραγανή βανίλια

12€

Dark chocolate mousse with forest fruits,
milk monte & chocolate "soil"

Μους μαύρης σοκολάτας με φρούτα του δάσους,
μοντε γάλακτος & «χώμα» σοκολάτας

12€

Cheesecake with red pepper, crispy carob cookie
& traditional sweet tomato

Cheesecake με κόκκινο πιπέρι, τραγανό μπισκότο
χαρουπιού & παραδοσιακό γλυκό ντοματάκι

12€

THE MULTIPLE HEALTH BENEFITS OF HERBS & PLANTS*

ASPARAGUS

Asparagus is packed with nutrients, including vitamins A, C, E, K, & B6, iron, potassium, copper, calcium, & protein & may help lower blood pressure. Plus, it's a rich source of antioxidants & 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, & essential oils. It can benefit your digestive & nervous system & ensures that you have optimal digestion. Basil contains powerful & 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 & happiness-inducing hormones.

CAROB

Ancient Greeks were the first to grow carob trees. Carob is naturally high in fiber & has no caffeine, ideal for people with high blood pressure. The low sugar & 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 & B-2, are good for skin & eye health.

DILL

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

MARJORAM

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

MINT

Mint is the name for over a dozen plant species, including peppermint & 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 & mental alertness. Mint boosts metabolism to help in losing weight & 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 & minerals. They are particularly high in vitamin C, vitamin B & a good source of potassium. Red onions are rich in anthocyanins, which are powerful plant pigments that may protect against heart disease & 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) & "ganos" (meaning joy). The literal translation means "mountain of happiness". Oregano is highly rich in antioxidants & has strong antibacterial & anti-inflammatory properties. It also improves gut health & helps manage diabetes.

ROSE

Wild roses are sedative, antiseptic, vulnerary, nervine & digestive. They are a rich source of vitamin C, D, E, B3, & A, as well as zinc & they relieve colds & 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, & antiviral properties.

TAHINI | SESAME SEEDS

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

THYME

Thyme is rich in vitamins A & C, in potassium, calcium & iron. Since ancient times, thyme has been associated with bravery & 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 & stops that oncoming cold right in its tracks. A few drops of thyme essential oil will help relieve headaches & can be beneficial to relieve stress.

WHEAT

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

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Service & 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 & finest quality sunflower oil for any fried meals. The hotel reserves the right to alter prices, operating hours & 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)

Commercially responsible: Epsimos Christos

Οι τιμές συμπεριλαμβάνουν όλες τις νόμιμες επιβαρύνσεις./Για οποιαδήποτε αλλεργία παρακαλώ απευθυνθείτε στον σερβιτόρο μας. Στις ανωτέρω παρασκευές ενδέχεται να χρησιμοποιηθούν & φρεσκοκατεψυγμένες πρώτες ύλες. Σε όλες τις παρασκευές μας χρησιμοποιείται έξτρα παρθένο ελαιόλαδο & αρίστης ποιότητας ηλιέλαιο για τηγανητά εδέσματα. Το ξενοδοχείο διατηρεί το δικαίωμα αλλαγής των τιμών, του ωραρίου & 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)

Αγορανομικά υπεύθυνος: Έψιμος Χρήστος

