



THYME

MEDITERRANEAN DINING

LUNCH

**“LET THE FOOD BE THE MEDICINE & 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 & their health benefits & designed by the Michelin-starred chef, Giannis Parikos.

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

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

Welcome to Thyme gastronomical journey.

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BREAD & SPREADS | ΨΩΜΙ & ΑΛΟΙΦΕΣ



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



Greek salad, soft feta cheese, organic *thyme** & caper
Χωριάτικη με μαλακή φέτα, *θυμάρι** & κάπαρη 10€

"Kserohimisi" - Green beans with fresh tomato sauce,
*basil**, cream cheese & toasted hazelnuts
«Ξεροχύμηση» Αμπελοφάσουλα με σάλτσα ντομάτας,
*βασίλικό**, κρεμά τυριού & ψητά φουντούκια 10€

Steamed sea greens with fresh onions,
tomato & lime
Αλμυρίκια αχνιστά με φρέσκο κρεμμύδι,
ντομάτα & μοσχολέμονο 6€

Greek couscous with orange, cucumber, *mint**
& tomato vinegar dressing
Πλιγούρι με πορτοκάλι, αγγούρι, *δυόσμο**
& dressing από ξύδι ντομάτας 8€



VEGETARIAN | ΧΟΡΤΟΦΑΓΙΚΑ

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



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



Authentic Greek sausage with poached egg,
crispy potatoes & fresh tomato sauce
Χωριάτικο λουκάνικο με αυγό ποσέ,
τραγανές πατάτες & σάλτσα ντομάτας 14€

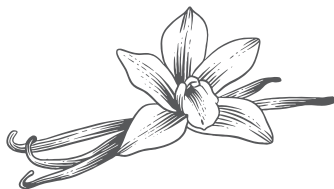
Grilled meatballs with emulsion of sour milk
& *mint** oil
Μπιφτεκάκια ψητά με γαλάκτωμα από ξινόγαλο
& λάδι *δυόσμου** 16€

"Pasha Makarouna" Lasagna with ground meat
& aromatic fresh herbs
«Πασσά Μακαρούνα» Λαζάνια με κιμά
& αρωματικά βότανα 15€

Traditional sizzling pork with herb salsa
Καβουρδιστή χοιρινή τηγανιά 12€

Kebab with tomato confit & tandoori yoghurt
Κεμπάπ με ντομάτα κονφί & γιαούρτι με ταντούρι 16€

DESSERTS | ΓΛΥΚΑ



“Varvara” wheat, *tahini**, honey, roasted almonds,
*peppermint** & cinnamon gelato
«Βάρβαρα» σιτάρι, *ταχίνι**, μέλι, κουκουνάρι, αμύγδαλο,
*μέντα** & παγωτό κανέλα

8€

Orange pie with citrus flavoured cream
& *mastic** gelato
Πορτοκαλόπιτα με κρέμα αρωματισμένη με εσπεριδοειδή
& παγωτό *μαστίχας**

8€

Bavaroise yoghurt with apricot, *basil**
& apricot carrot ginger sorbet
Bavaroise γιαούρτι με βερίκοκο, *βασιλικό**
& σορμπέ βερίκοκο καρότο τζίντζερ

8€

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 (ΑΠΟΔΕΕΗ - ΤΙΜΟΛΟΓΙΟ)

Αγορανομικά υπεύθυνος: Έψιμος Χρήστος

