

**“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.**

**THYME**  
MEDITERRANEAN DINING



## 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 *βασίλικού*\*

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 foam with leek, crispy poached egg,  
ragu mushrooms & fresh truffle (V)

Αφρός πατάτας με πράσο, τραγανό αυγό ποσέ,  
μανιτάρια ραγού & φρέσκια τρούφα (V)

18€ **HB**

Grilled scallops with *marjoram*\* crust,  
flavoured butter with herbs & potato puree

Χτένια ψητά με κρούστα *μαντζουράνας*\*,  
αρωματικό βούτυρο & πουρέ πατάτας

24€ **HB**

Roasted aubergine with red pepper cream, *basil*\*,  
pickled onion, local cheese aged in wine "krasotiri" & pine nuts (V)

Ψητή μελιτζάνα με κρέμα πιπεριάς Φλωρίνης, *βασίλικό*\*,  
πίκλα κρεμμυδιού, κρασοτύρι & κουκουνάρι (V)

14€ **HB**

Mini grilled meat pies with tomato confit,  
"graviera" cheese & *mint*\* emulsion

Κρεατοπιτάκια στη σχάρα με ντομάτα κονφί,  
τυρί γραβιέρα & γαλάκτωμα *δυόσμου*\*

14€ **HB**

## SALADS | ΣΑΛΑΤΕΣ



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

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

16€ **HB**

Baby spinach with crispy leaf crust, pomegranate, aromatic herbs, "manouri" cheese with sesame & balsamic vinaigrette

Baby σπανάκι με τραγανό φύλλο κρούστας, ρόδι, αρωματικά βότανα, μανούρι με σουσάμι & βινεγκρέτ βαλσάμικο

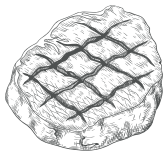
14€ **HB**

Rainbow cherry tomatoes marinated with tomato dressing, feta cheese, bread rusk & *basil oil*\* with tomato water

Χρωματιστά ντοματίνια μαριναρισμένα με ντρέσινγκ ντομάτας, φέτα, παξιμάδι & λάδι βασιλικού\* με νερό ντομάτας

14€ **HB**

## MAIN COURSES | ΚΥΡΙΩΣ



*Grilled sea bass with fennel risotto,  
bottarga, grilled broccolini, black garlic & dill oil\**  
Λαβράκι ψητό με ριζότο μάραθου, αυγοτάραχο,  
ψητά μπροκολίνια, μαύρο σκόρδο & λάδι άνηθου\*

28€ **HB**

Linguini with shrimps, bouillabaisse sauce & cherry tomatoes  
Λιγκουίνι με γαρίδες, σάλτσα μπουγιαμπέσας & ντοματίνια

24€ **HB**

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

26€ **HB**

Baby pork with crispy crust, cereal with raisin,  
almond, carrot cream & baby carrots  
Baby χοιρινό με τραγανή κρούστα, δημητριακά με σταφίδα,  
αμύγδαλο, κρέμα καρότου & καρότα baby

28€ **HB**

Milk-fed lamb slow-cooked for 12 hours in vacuum,  
eggplant spread, croquette, yoghurt  
Αρνί γάλακτος σιγομαγειρεμένο για 12 ώρες σε κενό αέρος,  
μελιτζανοσαλάτα, κροκέτα, γιαούρτι

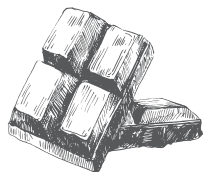
30€

Calf Sirloin, asparagus, pickled onion,  
mustard aioli & crispy potatoes  
Sirloin νεαρού μόσχου, με σπαράγγια, πίκλα κρεμμυδιού,  
αϊολί μουστάρδας & τραγανές πατάτες

38€

Free-range chicken breast, with crispy skin,  
baked potato puree, green beans, baby carrots  
& chicken jus with tomato  
Στήθος κοτόπουλου ελευθέρας βοσκής, με τραγανή πέτσα,  
πουρέ πατάτας φούρνου, φασολάκια, καρότο baby  
& ζου κότας με ντομάτα

20€ **HB**



Baklava with traditional tomato sweet,  
rose ice cream & *rose petals\** syrup  
Μπακλαβάς με παραδοσιακό γλυκό ντοματάκι,  
παγωτό τριαντάφυλλο & σιρόπι με *ροδοπέταλα\**

12€ **HB**

Caramelized white chocolate  
with pistachio praline & monte vanilla  
Καραμελωμένη λευκή σοκολάτα  
με πραλίνα φιστικιού & μοντέ βανίλια

14€

Dark chocolate mousse with forest fruits,  
grated hazelnut, milk monte & chocolate "soil"  
Μους μαύρης σοκολάτας με φρούτα του δάσους,  
τριμμένο φουντούκι, μοντέ γάλακτος & «χώμα» σοκολάτας

14€ **HB**

Cheesecake with red pepper, crispy carob cookie  
& traditional sweet tomato  
Cheesecake με κόκκινο πιπέρι, τραγανό μπισκότο χαρουπιού  
& παραδοσιακό γλυκό ντοματάκι

12€ **HB**

# 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 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, 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.

# THYME

MEDITERRANEAN DINING

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 (ΑΠΟΔΕΞΗ - ΤΙΜΟΛΟΓΙΟ)

Αγορανομικά υπεύθυνος: Έμμισος Χρήστος

HB: Halfboard