

**“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.

THYME
MEDITERRANEAN DINING

BREAD & SPREADS | ΨΩΜΙ & ΑΛΙΟΦΕΣ



House fresh break bread
Φρεσκοψημένο ψωμί από το αρτοποιείο μας 5€

Taramasalata bottarga
& *carob** rusks
Ταραμοσαλάτα με τρίμα αυγοτάραχου
& *χαρουμποπαξιμάδα** 8€

Smokey aubergine spread with red pepper
Καπνιστή μελιτζανοσαλάτα με πιπεριά Φλωρίνης 9€

Hummus with roasted pine nuts
& *basil** oil
Χούμους με καβουρδισμένο κουκουνάρι
& λάδι *βασιλικού** 8€

Traditional tzatziki spread
Τζατζίκι 8€

Herring spread with *marjoram** herb
Ρεγγοσαλάτα με *μαντζουράνα** 10€

GREENS | ΣΑΛΑΤΕΣ



Greek salad, soft feta cheese, organic *thyme** & caper
Χωριάτικη με μαλακή φέτα, *θυμάρι** & κάπαρη 12€

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

Steamed sea greens with fresh onions,
tomato & lime
Αλμυρίκια αχνιστά με φρέσκο κρεμμύδι,
ντομάτα & μοσχολέμονο 10€

Greek couscous with orange, cucumber, *mint**
& tomato vinegar dressing
Πλιγούρι με πορτοκάλι, αγγούρι, *δυόσμο**
& dressing από ξύδι ντομάτας 10€



<p>"Katimeria" Traditional small pies with "krasotiri" local cheese aged in wine & <i>thyme</i>* honey «Κατιμέρια» Παραδοσιακά πιτάκια με κρασοτύρι & <i>θυμαρίσιο</i>* μέλι</p>	12€
<p>Fluffy zucchini balls with yogurt & <i>mint</i>* Αφράτοι κολοκυθοκεφτέδες με γιαούρτι & <i>δυόσμο</i>*</p>	10€
<p>"Strapatsada" Scrambled eggs with zucchini & <i>thyme</i>* «Στραπατσάδα» αυγά με κολοκυθάκια & <i>θυμάρι</i>*</p>	8€
<p>Roasted aubergine with sour cream cheese, <i>basil</i>* & fresh tomato Ψητή μελιτζάνα με κρέμα από ξυνοτύρι, <i>βασιλικό</i>* & φρέσκια ντομάτα</p>	9€
<p>Crispy potatoes with truffle mayonnaise Τραγανές σπαστές πατάτες με μαγιονέζα τρούφας</p>	9€



Greek donuts of cod with aioli sauce Λουκουμάδες μπακαλιάρου με αϊολί	14€
Fried calamari with tarama & lime Καλαμάρι τηγανιτό με ταραμά & μοσχολέμονο	18€
Grilled Octopus with fava cream Χταπόδι ψητό με φάβα	16€
Sea bream, aubergine mousse & mixed wild greens Τσιπούρα με μους μελιτζάνας & χόρτα	16€
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€



LAND | ΚΡΕΑΤΙΚΑ

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€



Chocolate Sufflet with Vanilia ice cream
Σουφλέ σοκολάτας με παγωτό βανίλια 12€

Orange pie with citrus flavoured cream
& *mastic** gelato
Πορτοκαλόπιτα με κρέμα αρωματισμένη με εσπεριδοειδή
& παγωτό *μαστίχας** 12€

Bavaroise yoghurt with apricot, *basil**
& apricot carrot ginger sorbet
Bavaroise γιαούρτι με βερίκοκο, *βασιλικό**
& σορμπέ βερίκοκο καρότο τζίντζερ 10€

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, 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.

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 & φρεσκοκατεμυγμένες 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: Έμμος Χρήστος