

The background is a solid teal color with a repeating pattern of white line art illustrations of various herbs, including thyme, rosemary, and basil, scattered across the surface.

# 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 and their health benefits and designed by the chef, Savvas Lykidis.

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.**

**THYME**  
MEDITERRANEAN DINING



FRESHLY BAKED BREAD

from our bakery

ΦΡΕΣΚΟΨΗΜΕΝΟ ΨΩΜΙ

από το αρτοποιείο μας

4€

OUR SPREADS,

traditional tzatziki, cheese sauce, smokey aubergine spread & oil pies

ΟΙ ΑΛΟΙΦΕΣ ΜΑΣ,

τζατζίκι, τυροκαυτερή, καπνιστή μελιτζανοσαλάτα & λαδόπιτες

10€



CHORIATIKI, tomatoes with cucumber, *onion\**, olives, feta cheese, olive oil & *oregano\**

ΧΩΡΙΑΤΙΚΗ, τομάτα, αγγούρι, *κρεμμύδι\**, ελιές, φέτα τυρί, ελαιόλαδο & *ρίγανη\**

14€

CEASAR'S, French salad & iceberg, bacon, parmesan cheese, croutons & Caesar's sauce

ΚΑΙΣΑΡΑ, γαλλική σαλάτα & iceberg, μπέικον, παρμεζάνα, κρουτόν & Καίσαρα sauce

14€

GREEN SALAD WITH NECTAR HONEY, spinach, arungula, french salad, cottage & nectar honey sauce

ΠΡΑΣΙΝΗ ΣΑΛΑΤΑ ΜΕ ΑΝΘΟΜΕΛΟ, σπανάκι, ρόκα, γαλλική σαλάτα, cottage & sauce από ανθόμελο

10€

## STARTERS | ΟΡΕΚΤΙΚΑ



FRENCH FRIES with <i>oregano</i> * & shredded cheese ΠΑΤΑΤΕΣ ΤΗΓΑΝΙΤΕΣ με <i>ρίγανη</i> * & τριμμένο τυρί	8€
POTATO FRENCH FRIES, baby potatoes with truffle mayonnaise ΤΣΑΚΙΣΤΕΣ ΠΑΤΑΤΕΣ, baby πατάτες με μαγιονέζα τρούφας	10€
"ΚΑΤΙΜΕΡΙΑ" WITH HONEY, traditional Kos deep fried dough with cheese & honey "ΚΑΤΙΜΕΡΙΑ" ΜΕ ΜΕΛΙ, η τραγανή παράδοση της Κω με τυρί και μέλι	10€
SAGANAKI CHEESE, melted cheese with lemon ΣΑΓΑΝΑΚΙ ΤΥΡΙ, λιωμένο τυρί με λεμόνι	10€
FRIED ZUCCHINI with yogurt sauce ΚΟΛΟΚΥΘΑΚΙΑ ΤΗΓΑΝΙΤΑ με σάλτσα γιαουρτιού	8€
DEEPFRIED MEATBALLS, with fresh tomato sauce, ouzo, <i>cumin</i> * & feta cheese ΚΕΦΤΕΔΑΚΙΑ ΤΗΓΑΝΙΤΑ με φρέσκια σάλτσα τομάτας, ούζο, <i>κύμινο</i> * & φέτα	12€



<p>NAPOLITANA WITH SCHIOUFICHTA TRADITIONAL PASTA                  με <i>basil*</i> &amp; "xinomizithra" cheese                  ΣΚΙΟΥΦΙΧΤΑ ΝΑΡΟΛΙΤΑΝΑ                  με <i>βασιλικό*</i> &amp; ξινομυζήθρα</p>	12€
<p>ORZO PASTA WITH SAUTÉED SHRIMP with shrimp sauce,  <i>garlic*</i>, parsley &amp; parmesan cheese                  ΚΡΙΘΑΡΟΤΟ ΓΑΡΙΔΑΣ με σάλτσα γαρίδας,  <i>σκόρδο*</i>, μαϊντανό &amp; παρμεζάνα</p>	20€
<p>WHITE SAUCE WITH CHICKEN &amp; MUSHROOMS,                  linguini, spring <i>onion*</i>, garlic, white cream &amp; parmesan cheese                  ΚΟΤΟΠΟΥΛΟ ΜΕ ΛΕΥΚΗ ΣΑΛΤΣΑ ΚΑΙ ΜΑΝΙΤΑΡΙΑ,                  λιγκουίνι, φρέσκο <i>κρεμμυδάκι*</i>, σκόρδο, λευκή κρέμα &amp; παρμεζάνα</p>	16€
<p>BOLOGNESE, linguini with 100% beef ragout, tomato                  &amp; parmesan cheese                  ΒΟΛΟΓΝΕΣΕ, λιγκουίνι με 100% μοσχαρίσιο ραγού, τομάτα                  &amp; παρμεζάνα</p>	18€
<p>PENNE WITH HOME GROWN VEGETABLES,                  pomodoro sauce, capers, olives &amp; "xinomizithra" cheese                  ΠΕΝΕΣ ΜΕ ΛΑΧΑΝΙΚΑ ΑΠΟ ΤΟ ΠΕΡΙΒΟΛΙ ΜΑΣ,                  σάλτσα pomodoro, κάπαρη, ελιά &amp; ξινομυζήθρα</p>	14€

## MAIN COURSES | ΚΥΠΡΙΩΣ ΠΙΑΤΑ



MOUSSAKA, the national dish of Greece ΜΟΥΣΑΚΑΣ, το εθνικό φαγητό των Ελλήνων	18€
PORK GYROS with French fries, tzatziki, tomato, onion & pita bread ΓΥΡΟΣ ΧΟΙΡΙΝΟΣ με πατάτες τηγανιτές, τζατζικι, τομάτα, κρεμμύδι & πιτούλες	16€
VEGAN GYROS with French fries, mustard sauce, tomato, <b>onion*</b> & pita bread (V) ΓΥΡΟΣ VEGAN με πατάτες τηγανιτές, sauce μουστάρδας, τομάτα, <b>κρεμμύδι*</b> & πιτούλες (V)	20€
CHICKEN SOUVLAKI wrapped in pita bread with French fries, tomato, onion & tzatziki ΣΟΥΒΛΑΚΙ ΚΟΤΟΠΟΥΛΟ τυλιχτό σε πίτα με πατάτες, τομάτα, κρεμμύδι & τζατζικι	12€
VEGETABLE SOUVLAKI wrapped in pita bread with French fries, tomato, onion & mustard sauce (V) ΣΟΥΒΛΑΚΙ ΛΑΧΑΝΙΚΩΝ τυλιχτό σε πίτα με πατάτες, τομάτα, κρεμμύδι & sauce μουστάρδας (V)	12€
CHICKEN THIGHS fried with bbq & Caesar's sauce ΚΟΠΑΝΑΚΙ ΚΟΤΟΠΟΥΛΟ τηγανιτό με bbq & καίσαρα sauce	14€
FISH N CHIPS, fried cod with French fries & tartar sauce FISH n CHIPS, τραγανός μπακαλάρος με πατάτες τηγανιτές & ταρτάρ sauce	16€
FRIED CALAMARI, crispy calamari with ouzo, <b>mint*</b> , tartar sauce & lemon ΚΑΛΑΜΑΡΙ ΤΗΓΑΝΙΤΟ, τραγανό καλαμάρι με ούζο & <b>δυόσμο*</b> , ταρτάρ sauce & λεμόνι	16€
GRILLED OCTOPUS with green salad, cherry tomatoes & capers ΧΤΑΠΟΔΙ ΣΤΑ ΚΑΡΒΟΥΝΑ με πράσινη σαλάτα, τοματίνια & κάπρη	16€

# DESSERTS | ΓΛΥΚΑ



BANOFEE with butter caramel & biscuit	
BANOFEE με καραμέλα βουτύρου και μπισκότο	8€
CHOCOLATE MOUSSE with Frangelico & hazelnuts	
MOUSSE ΣΟΚΟΛΑΤΑΣ με Frangelico & φουντούκια	12€
ORANGE PIE with vanilla ice cream	
ΠΟΡΤΟΚΑΛΟΠΙΤΑ με βανίλια παγωτό	10€
YOGURT with honey & walnuts	
ΓΙΑΟΥΡΤΙ με μέλι και καρύδια	8€
SPOON-SWEET with mastic ice cream	
ΓΛΥΚΟ ΤΟΥ ΚΟΥΤΑΛΙΟΥ με παγωτό μαστίχα	10€
ICE CREAM scoops	
ΠΑΓΩΤΟ σε μπάλες	8€



# THE MULTIPLE HEALTH BENEFITS OF HERBS & PLANTS\*

## 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.

## 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 antioxidant as well as anti-inflammatory, antibacterial, and antiviral properties.

## OLIVE

Olives are rich in vitamin E and other antioxidants, which may help reduce the risk of health conditions like cancer, diabetes, stroke, and heart disease. Olives also contain: Vitamin A and are rich in antioxidants, with health benefits ranging from fighting inflammation to reducing microorganism growth.

## CUMIN

Cumin contains compounds called flavonoids that work as antioxidants in the body. Antioxidants can help neutralize unstable particles called free radicals that cause cell damage. By neutralizing these particles, antioxidants can help prevent diseases like cancer, heart disease, and high blood pressure. Cumin is also a good source of Vitamin Calcium and Iron



## CABBAGE

Cabbage is a nutritious vegetable that can boost your body's natural defenses against disease. Cabbage promotes cardiovascular health, supports brain health, helps manage diabetes and is a good source of potassium, folate, vitamin K and provides fiber.

## GARLIC

Garlic was used as a diuretic and laxative. The stem was used to treat fistulas, the head for purging after childbirth and it lowers the blood pressure, assists with symptoms of arteriosclerosis, asthma, bronchitis. As a poultice, it relieves rheumatic pains, heals ulcers and festering wounds. Each clove contains vitamin C, zinc, calcium, iron, potassium, magnesium, vitamin E, vitamin K, and manganese.

# 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 (ΑΠΟΔΕΙΞΗ - ΤΙΜΟΛΟΓΙΟ)

Αγορανομικά υπεύθυνος: Έψιμος Χρήστος

