

THYME

MEDITERRANEAN DINING

Hippocratic Cuisine

vegan

CHERRY TOMATOES

Cherry tomatoes / **Basil** water / **Olive** oil / Vegan cheese

VEGETABLE PIE

Herbs / Crispy phyllo pastry / **Onion** / Fennel

BEETROOT CARPACCIO

Beetroot / **Fennel** / Pear / Raspberries

BABY GEM FRICASSÉE

Baby gem / **Onion** / Herbs / Fricassée sauce

ARTICHOKE

Artichokes / **Peas** / **Carrots** / Sauce à la polita

CITRUS BRIDGE

Lemon / Orange / Arbaroriza

CELERIAL STEAK

Celeriac steak / Mushroom demi-glace / **Carrot**

RICE MILK

Rice / **Almond** milk / Hazelnut / Maple syrup / Red fruits

80,00€ per person

Hippocrates, the father of modern medicine, was the one who first highlighted the rationality of medicine, through the harmony of everyday life which came from the peace of mind and a balanced diet. His diet was clearly based on products that came from nature, herbs, vegetables, fruits, shoots and greens, while fruits and roots also had a special place in the Hippocratic diet.

Hippocrates' famous statement about nutrition is:

“Let the food be the medicine and medicine be the food”

Local Cuisine

CHERRY TOMATOES

Cherry tomatoes / Fish / Gazpacho / Kopanisti cheese

SHRIMP KATAIFI

Shrimp / Taramas / **Kritamos** / Ouzo

BEETROOT CARPACCIO

Beetroot / Blueberry / Pear / Prosciutto / **Carob** honey

CRAFT RAVIOLI

Crayfish / Ravioli / Bouillon / Kakavia

GEMISTA

Rice / Tomato / Feta / Sourdough bread

CITRUS BRIDGE

Lemon / Orange / Arbaroriza

BABY VEAL

Baby veal / Kokkari / Potato / Sourdough bread

KATIMERIA

Traditional crispy pie / Sweet tomato / Anthotyro / **Basil**

100,00€ per person

The local cuisine of Kos, like that of any other place, reveals the secrets of the indigenous ingredients as well as the daily lives of its people. The cuisine of Kos has strong characteristics deriving from the local vegetables and fruits produced, meat and seafood, but also deep flavors through the strong spices that were brought by the Greeks of Asia Minor. Herodotus (485 - 425 BC) referring to the biodiversity and rich production of Kos, said:

"Those whom Kos has nourished, not even Egypt can nourish".

The Multiple Health Benefits of Herbs & Plants *

Basil contains Vitamin A, Vitamin K, Iron, Manganese, Calcium, and essential oils. It can benefit our digestive and nervous system and ensures that we have an optimal digestion. Basil contains potent essential oils with healing properties that can help cleanse our skin from within. It also contains adaptogen, an anti-stress substance. Therefore, recent research shows it helps deal with anxiety as well as the regulation of our energy and happiness-inducing hormones.

Beetroot is a vegetable rich in nitrates antioxidants and polyphenolic compounds. It was part of natural medicine in Roman times. It is also one of the few vegetables that contain a group of highly bioactive pigments, which give beetroot its wonderful color and have been linked with reducing oxidative stress. It was also used as a poultice in wounds against fainting.

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, folates, vitamin K and provides fiber.

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.

Carrot are a rich source of nutrients that support overall health. They are a good source of fiber, as one carrot provides 6% of the recommended daily intake. Fiber is a substance with multiple beneficial effects on our health, such as intestinal health. Carrots are an excellent source of vitamin A, as one serving will cover more than 50% of the recommended daily intake. Their orange color comes from carotenoids, compounds with strong antioxidant activity, that contribute, among other things, to good eye health.

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 Vitamins, Calcium and Iron.

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 oils have calming and hypnotic effects, thus helping get a good night's sleep. Furthermore, its leaves may act as good mouth and breath freshener.

Garlic

was used as a diuretic and laxative. The stem was used to treat fistulas, the head for purging after childbirth, it lowers blood pressure, assists with symptoms of arteriosclerosis, asthma and 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.

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 cold and flu symptoms by supporting the immune system. A single 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.

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

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

Commercially responsible: Epsimos Christos | Αγορανομικά υπεύθυνος: Έψιμος Χρήστος