



CREMNOS

THE NURTURE HOUSE



ΘΡΕΨΗ

noun

In Greek, "Threpsi" means nourishment, a gentle embrace of care, nurture, and devotion. It is the essence of what one needs to flourish, body, mind, and soul. Where tenderness meets vitality, and every moment becomes a step toward wholeness.

TO BEGIN WITH	Greek salad <i>variety of tomatoes, pickled cucumber, feta cheese cream, oregano oil</i>	20.00 €	PREMIUM CUTS (Grilled over charcoal)	Wagyu striploin <i>Kagoshima A5, 500 gr</i>	160.00 €
	Beetroot and eel <i>dashi buttermilk, taramas, crunchy quinoa</i>	26.00 €		Tomahawk grain fed <i>Australia, 1000gr</i>	165.00 €
	Octopus carpaccio <i>orange, verbena, almond butter, buckwheat</i>	23.00 €		Rib eye black angus <i>Ocean beef, 300 gr (150 days grain fed)</i>	60.00 €
	Kilados shrimps <i>strawberry vinegar, sun-dried tomatoes, basil, chili oil</i>	25.00 €		Duck breast <i>De Challans</i>	38.00 €
	Beef tartare <i>tomato pudding, salted dry egg yolk, pickled mustard seeds, potatoes</i>	22.00 €		Inside skirt steak <i>Ocean Beef, 280gr (150 days grain fed)</i>	36.00 €
HOT PLATES	Squid and caviar <i>kohlrabi, mussels beurre blanc, peas, salicornia</i>	34.00 €		Lobster <i>grilled or pasta</i>	130.00 € l kg
	Fresh tagliolini pasta <i>scallops, asparagus, anchovy garum, lemon foam</i>	30.00 €		Wild caught fish	100.00 € l kg
	Rooster ravioli <i>pastitsada sauce, Arseniko Naxos cheese, crispy onion</i>	26.00 €		*All premium cuts are served with your choice of one side	
	Baked cauliflower <i>truffle, graviera cheese, capers, raisin chutney</i>	24.00 €		SIDES	7.00 €
				<i>mac 'n' cheese/ greek salad/ padron peppers/ spinach & mushrooms</i>	
MAINS	Corn fed chicken breast <i>feta cheese polenta, corn textures, brown chicken jus</i>	33.00 €	VEGAN PLATES	Cretan salad 🌱 <i>cherry tomatoes, cucumber, onion, peppers, olives</i>	17.00 €
	Lamb saddle <i>artichoke textures, chickpeas, mastiha</i>	39.00 €		Guacamole 🌱 <i>coriander, lime, chili, crispy tortillas</i>	15.00 €
	Grouper fricassee <i>kale, lettuce, dill, white wine sauce, mussels, herring caviar</i>	42.00 €		Poke bowl 🌱 <i>chickpeas, baked sweet potato, avocado, vegetables</i>	25.00 €
	Ocean beef fillet stifado <i>potato, onion bearnaise, summer truffle</i>	43.00 €		Falafel 🌱 <i>creamed zucchini, sauteed kale, sesame seeds</i>	24.00 €
	Red mullet <i>okra, hazelnuts, fish demi-glace</i>	40.00 €		Beetroot ravioli 🌱 <i>fennel, orange, pine nuts</i>	22.00 €
			SWEET ENDINGS	Almond Tartalete 🌱 <i>peach, lemon, verbena</i>	13.00 €
				Pâté à Cigarette <i>bitter namelaka, salty caramel, hazelnut praline ice cream</i>	14.00 €
				Exotic <i>citrus cream, passion-mango compote, white chocolate montée</i>	13.00 €
				Mediterranea <i>yuzu-kalamansi cream, tsourekí, cardamom, mastiha</i>	14.00 €
				Cretan cheese board <i>Aged Graviera Anthotyros Smoked cave cheese Goat soft cheese</i> *Served with chutneys, nuts & breadsticks	19.00 €
				Freshly cut summer fruits	16.00 €

