



CREMNOΣ

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.

RAW	From the Sea <i>a curated selection of small expressions from the Greek sea</i>	26.00 €
	"Augofeta" <i>marinated beef, bottarga, aged gruyère cream</i>	per piece 10.00 €
	Aegean Tartare <i>soft egg, tuna, smoked roe, citrus</i>	24.00 €
	Amberjack <i>raw amberjack, Greek salad components</i>	25.00 €
	Mutton tartare <i>crisp phyllo, cured yolk, béchamel with tyromalama cheese</i>	22.00 €

SALADS	Greek Salad <i>tomatoes, cucumber, olives, feta cheese, onions, capers, sea fennel</i>	18.00 €
	From the Garden <i>seasonal vegetables, herbs & flowers, Kariki cheese vinaigrette</i>	20.00 €

FIRST COURSES	Octopus Revithada <i>roasted octopus, crispy chickpeas, caper leaves, fresh herbs</i>	26.00 €
	Scallops Bianco <i>seared scallops, prosciutto Evritanias, delicate bianco sauce</i>	30.00 €
	Fennel Pie <i>hand-rolled phyllo, fennel greens, Sfela cheese</i>	25.00 €
	Gamopilafo <i>Slow cooked rice in lamb stock, Staka, burnt lemon</i>	27.00 €

MAIN COURSES	Sea Bream of the Aegean <i>smoked eel, aubergine, sunchokes, Assyrtiko wine sauce</i>	41.00 €
	Sea Bass Avgolemono <i>zucchini, mussels, wild greens, egg-lemon sauce</i>	40.00 €
	Bread-Crusted Red Porgy <i>fresh bean Ladera, sea fennel, carrot, olive oil sauce</i>	42.00 €
	Beef Striploin <i>roasted carrots, toasted hazelnuts, summer greens vinaigrette, grilled cucumber jus</i>	44.00 €
	Slow-Cooked Lamb <i>xinohontros, braised artichoke, yogurt, lamb jus</i>	40.00 €
Roasted Chicken <i>creamy Trahanas, confit thigh, crispy Metsovone cheese</i>	37.00 €	

TO SHARE	Catch of the day <i>prepared in three ways Kindly ask your server for today's selection.</i>
	Greek Wagyu A5 <i>At Cretnos, we serve only Greek Wagyu A5, with a daily selection of cuts. Kindly ask your server for today's offering.</i>

All the main courses for 2 served with potatoes oftes & Cretan gruyere puree gratin.

DESSERTS	Tsoureki <i>Mastiha Chiou ice-cream, citrus, cardamom</i>	15.00 €
	Mexique Metaxa <i>crème mexique, grue de cacao tuille, cognac</i>	16.00 €
	Melomakarono <i>Greek coffee crème, pomegranate rose, Loukoumi, vanilla ice-cream</i>	14.00 €
	Aubergine Confit <i>aubergine, Vinsanto ice-cream, carob honey namelaka, carob crumble</i>	14.00 €
	South Aegean cheeses <i>7 pieces of the rarest cheeses from South Aegean</i>	22.00 €

