



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.

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| STARTERS | Greek salad<br><i>tomatoes, cucumber, peppers, red onion, capers, sea fennel, olives &amp; Feta cheese</i>                    | 18.00 € |
|          | Cretan Dakos<br><i>barley rusk, galomizithra cheese, grated tomato &amp; oregano</i>                                          | 14.00 € |
|          | Grilled Shrimp Salad<br><i>mixed greens, avocado, summer vegetables &amp; honey vinaigrette</i>                               | 22.00 € |
|          | Seared Tuna Salad<br><i>lightly seared tuna, haricots verts, boiled egg, baby potatoes &amp; cherry tomatoes</i>              | 24.00 € |
|          | Grilled Chicken Salad<br><i>lettuce leaves, grilled chicken breast, roasted kale pesto, Cretan gruyère &amp; yogurt sauce</i> | 20.00 € |
|          | Greek Meze Selection<br><i>tzatziki, tirokafteri, taramas &amp; melitzanosalata with grilled pitta</i>                        | 15.00 € |
|          | Fries with Gruyère & Apaki<br><i>fresh-cut fries, gruyère cream, crispy apaki &amp; chives</i>                                | 11.00 € |
|          | Tuna & Melon<br><i>raw tuna, marinated melon, tsalafouti cheese &amp; valerian leaves</i>                                     | 20.00 € |
|          | Fried Calamari<br><i>crispy calamari with lemon mayo</i>                                                                      | 23.00 € |
|          | Grilled Octopus<br><i>chargrilled octopus with lemon, caper leaves &amp; extra virgin olive oil</i>                           | 23.00 € |

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| MAINS | Grilled Ribeye<br><i>beef ribeye, sea salt, aromatic butter, spinach salad &amp; confit tomatoes</i>                                                              | 36.00 € |
|       | Chicken Souvlaki<br><i>marinated chicken skewers, pitta, roasted tomato, onion, tzatziki &amp; potatoes</i>                                                       | 27.00 € |
|       | Pork Gyros<br><i>charred pork belly, pita bread, tomato, onion, tzatziki &amp; potatoes</i>                                                                       | 25.00 € |
|       | Shrimp Tagliatelle<br><i>tagliatelle with grilled shrimps, shrimp-tomato bisque, peppers &amp; fresh herbs</i>                                                    | 26.00 € |
|       | Fish Giouvetsi<br><i>fish fillet of the day with saffron orzo, bottarga powder &amp; fresh herbs</i>                                                              | 27.00 € |
|       | The Cremnos Burger<br><i>prime beef patty, tartar sauce with local herbs, Cretan gruyère cheese, homemade ketchup, crisp lettuce leaves, served with potatoes</i> | 26.00 € |
|       | The House Club<br><i>tender grilled chicken layered with tomato, fresh lettuce, melted cheese &amp; crispy bacon, accompanied by freshly cut fries</i>            | 19.00 € |

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| DESSERTS | Melomakarono<br><i>Greek coffee crème, pomegranate rose, Loukoumi, vanilla ice-cream</i> | 14.00 €          |
|          | Metaxa & Chocolate<br><i>crème mexique, Metaxa ice cream &amp; cocoa crumble</i>         | 16.00 €          |
|          | South Aegean Cheese Selection<br><i>seven rare cheeses from the South Aegean</i>         | 22.00 €          |
|          | Sorbet & Gelato Selection                                                                | per scoop 3.50 € |
|          | Fresh Summer Fruits                                                                      | 16.00 €          |

