

MENU – FOR LASITHI BIKING DAY – TOUR

Greek traditional homemade food in Tavern at Psychro

APPETIZERS

DAKOS



Ingredients:

- round cretan rusk
- small ripe tomatoes, coarsely grated
- feta cheese, crumbled or grated
- extra virgin olive oil
- Greek oregano (rigani)

TSATZIKI



Ingredients:

- Strained yogurt
- cucumbers
- salt
- extra virgin olive oil
- garlic

FAVA



Ingredients:

- Yellow Split peas
- onions
- salt
- extra virgin olive oil
- lemon

NTOLMADAKIA



Ingredients:

- Vine leaves
- mixed vegetables
- rice
- salt
- extra virgin olive oil
- lemon

Greek Salad



Ingredients:

- tomatoes
- onions
- cucumbers
- salt
- extra virgin olive oil
- feta
- green pepper

MAIN COURSE

Grilled Pork chop or beef burger or chicken and fried potatoes.



MAIN COURSE FOR VEGETERIANS

GEMISTA (STUFFED VEGETABLES)



Ingredients:

- tomatoes
- pepper
- zucchini
- potatoes
- extra virgin olive oil
- onion
- rice
- dill
- salt and pepper

The appetizers and the salad are for every 4 persons. Main course is per person.

Drinks / refreshments are on charge.