

KRITI

CRETE, AS IT HAS ALWAYS BEEN

This menu is shaped by Crete - its land, its seasons, and the traditions passed from one generation to the next.

Ingredients are local, guided by what grows and what endures, and each dish reflects a deep connection to place and to the island's way of life.

Vegetables, grains, olive oil and fire-led preparation define a way of eating that is both straightforward and deeply rooted.

Uncomplicated in appearance, rich in flavour and meaning.
Experience Crete through its food.













A handwritten signature in dark ink, appearing to read "Dimitri C. Cretan". The signature is written in a cursive, slightly slanted style.

Gluten free bread is available
Please inform your server if you have any food allergies or special dietary requirements.
Although we take great care, traces of allergens may still be present

ikos™

Meze

Small plates to share and savor - expressions of Cretan hospitality

-     **"Dakos"** Barley rusk, tomato, "Xynomyzithra" cheese, olive oil and oregano 14€
"Dakos" Κρίθινο παξιμάδι, ντομάτα, τυρί «Ξινομυζήθρα», ελαιόλαδο και ρίγανη
"Dakos" Ячменный сухарь, томаты, сыр «Ксиномизитра», оливковое масло и орегано
Inspired by the simple nourishment of Minoan harvesters, this dish is built around barley rusk, a traditional twice-baked bread rooted in Cretan cuisine.
-   **Cretan Mushrooms "Bourbourista"** pan-fried with rosemary, vinegar and carob honey 16€
Κρητικά μανιτάρια "Μπουρμπουριστά" τηγανισμένα με δεντρολίβανο, ξίδι και χαρουπόμελο
Κριτικές грибы «Бурбуриста» обжаренные на сковороде с розмарином, уксусом и рожковым мёдом
Named after the lively bourbour sound of mushrooms sizzling in the pan, this dish reflects the tradition of gathering wild ingredients in the Psiloritis foothills
-    **"Sfakia" handmade savory pies** with cheese, honey, sesame and green herbs 16€
Χειροποίητες πίτες "Σ φακιανές" με τυρί, μέλι, σουσάμι και μυρωδικά χόρτα
Домашние пироги "Сфакианес" с сыром, мёдом, кунжутом и ароматными травами
Originating in the high villages of the White Mountains, these hand-pressed pies reflect the warm hospitality of Sfakia
-    **Green Split Peas Spread** with purslane, onion bulb, red pepper, and ladopita 12€
Άλειμμα από πράσινα μπιζέλια με γλιστρίδα, κρεμμυδόβολβο, κόκκινη πιπεριά και λαδόπιτα
Паста из зелёного гороха с портулаком, луковицей, красным перцем и ладопитой
A refined take on the traditional "fava", this vibrant spread is rooted in the fertile plains of eastern Crete.

 Local dish

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 Celery /  Cereal containing gluten /  Crustaceans /  Eggs /  Fish /  Lupin /  Milk
 Mollusks /  Mustard /  Nuts / - Peanuts /  Sesame seeds /  Soya /  Sulphur Dioxide

Meze

Small plates to share and savor - expressions of Cretan hospitality

-  **Cretan Salad** Carobusk, tomato, courgette, aubergine, olives and "Graviera" cheese 22€
Κρητική σαλάτα χαρουποπαξιμάδα, ντομάτα, κολοκύθι, μελιτζάνα, ελιές και τυρί "Γραβιέρα"
Критский салат сухари из рожкового дерева, томаты, кабачки, баклажаны, оливки и сыр "Г равьера"
Centred around Crete's carob rusks, often referred to as the island's "Black Gold", this dish brings a rich, earthy depth to a classic salad.
-  **Grilled Seasonal Greens** with lemon-infused olive oil, coriander, sumac and "Galomizithra" cheese 25€
Χόρτα εποχής στη σχάρα με ελαιόλαδο αρωματισμένο με λεμόνι, κόλιανδρο, σουμάκ και τυρί "Γαλομιζήθρα"
Сезонная зелень на гриле с оливковым маслом с ароматом лимона, кориандром, сумачом и сыром "Галомизитра"
Inspired by the traditional horta of Crete, this dish pairs mountain greens with the gentle smokiness of the grill.
-  **"Prosfai" Cheese** Grilled fresh cheese with spearmint, Xygalo cream, pomegranate and carob vinaigrette 20€
Τυρί "Προσφάι" ψητό φρέσκο τυρί με δυόσμο, κρέμα ξυγάλου, ρόδι και vinaigrette χαρουπιού
Сыр "Просфай" обжаренный свежий сыр с мятой, кремом из ксигало, гранатом и рожковым винегретом
Fresh cheese from the Cretan countryside, with a delicate acidity and a soft, slightly elastic texture.
-  **"Dolmadakia"** Stuffed vine leaves with rice, herbs, Greek strained yoghurt and olive oil 18€
"Ντολμαδάκια" αμπελόφυλλα γεμιστά με ρύζι, μυρωδικά, στραγγιστό ελληνικό γιαούρτι και ελαιόλαδο
"Долмадакия" виноградные листья, фаршированные рисом, зеленью, греческим густым йогуртом и оливковым маслом
-  **Villagers' Fries** with staka cream and fried egg 18€
Πατάτες χωριάτικες με στάκα και τηγανητό αυγό
Картофель по-деревенски со сливками стака и жареным яйцом
Inspired by the comforting dishes of Crete's mountain tavernas, this dish pairs simple ingredients with rich, satisfying flavours.

 Local dish

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 Celery /  Cereal containing gluten /  Crustaceans /  Eggs /  Fish /  Lupin /  Milk
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Cretan Land

Traditional meat dishes, slow-cooked and rooted in village kitchens

-     **Stuffed Aubergines** with "Xinochontro" pasta, tomatoes and Cretan Gruyère
Γεμιστές μελιτζάνες με ξινοχόντρο, ντομάτες και κρητική γραβιέρα
Фаршированные баклажаны с ксинохондро, томатами и критским сыром
"Гравьера"
Centred around "Xinochontro", a traditional ingredient made from cracked wheat and fermented milk, this dish reflects a staple of the Cretan pantry 18€
-     **"Tsigariasto" Braised Lamb** with Cretan pilaf and wild stamnagathi
Αρνάκι "Τσιγαριαστό" με κρητικό πιλάφι και άγρια σταμναγκάθι
Ягнёнок "ц игариасто" т у шёный с критским пилавом и диким стамнагати
A speciality of the White Mountains, this slow-simmered lamb follows a traditional method of cooking in its own juices until tender and golden 20€
-     **Clay Pot Chicken and Onion Stew** with bulgur pilaf and yoghurt
Κοτόπουλο με κρεμμύδια στη γάστρα με πιλάφι πλιγουριού και γιαούρτι
Курица с луком в глиняном горшке с булгуром и йогуртом
Inspired by the slow-cooking traditions of Cretan mountain homes, this dish is gently braised in a clay pot to retain its rich, aromatic depth 16€
-     **Slow-Cooked Beef in Carob Leaves** with "oftes" potatoes and Gruyère
Μοσχάρι αργομαγειρεμένο σε φύλλα χαρουπιάς με οφτές πατάτες και γραβιέρα
Говядина, медленно приготовленная в листьях рожкового дерева с картофелем "офτες" и сыром "Г равьера"
Slow-roasted in the oven, the beef absorbs the deep, honeyed notes of carob 16€
-     **"Skioufichta" Pasta** Handmade with fresh mizithra cheese and cracked pepper
Ζυμαρικά "Σκιουφιχτά" χειροποίητα με φρέσκια μυζήθρα και σπασμένο πιπέρι
Паста "Скиуфихта" домашняя с свежим сыром мизитра и дроблёным перцем
Named after the twisting motion used to shape each piece, this handmade pasta reflects a long-standing tradition of the Cretan kitchen 16€
















 Local dish

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Cretan Sea

A reflection of Crete's coastal heritage

-    **Grilled Sea Bass Fillet** with lemon oil, coastal greens and steamed potatoes 22€
Φιλέτο λαβράκι στη σχάρα με ελαιόλαδο λεμονιού, παραθαλάσσια χόρτα και πατάτες στον ατμό
Филе сибаса на гриле с лимонным оливковым маслом, прибрежной зеленью и картофелем на пару
Inspired by the clear waters of the Libyan Sea, this dish reflects the daily catch of Crete's coastal villages
-     **Grilled Squid Fricasse** with wild aromatic greens and olive oil 24€
Γεγριλτε Καλαμάρι φρικασέ στη σχάρα με άγρια αρωματικά χόρτα και ελαιόλαδο
Кальмар фрикассе на гриле с дикими ароматными травами и оливковым маслом
Inspired by coastal cooking, this dish pairs tender grilled squid with the peppery notes of wild greens from the Cretan mountains
-     **Coral Pasta with octopus, capers, olives and oregano** 24€
Ζυμαρικά "Coral" με χταπόδι, κάπαρη, ελιές και ρίγανη
Паста "Coral" с осьминогом, каперсами, оливками и орегано
Inspired by the Cretan coastline, this dish reflects the deep coral tones found beneath its waters
-     **Giouvetsi" with Prawns, Lemony orzo, fennel, virgin olive oil and thyme** 28€
"Γιουβέτσι" με γαρίδες κριθαράκι λεμονάτο, μάραθος, παρθένο ελαιόλαδο και θυμάρι
"Гювечи" с креветками лимонный орзо, фенхель, оливковое масло extra virgin и тимьян
A coastal interpretation of the traditional clay-pot bake, where the sweetness of prawns meets the brightness of lemony orzo

 Local dish

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Glyka

Traditional Cretan sweets made with local dairy, honey and mountain herbs

-     **"Xerotigana"** Cretan fried honey pastries, walnuts, cinnamon ice cream and anothotiro cheese mousse 14€
"Ξεροτήγανα" τηγανητά κρητικά γλυκά με μέλι, καρύδια, παγωτό κανέλας και μους ανθότυρου
"Κσεροτιγανα" традиционные критские жареные сладости с мёдом, грецкими орехами, мороженым с корицей и муссом из сыра антотиро
A festive classic of the Cretan table, these hand-folded spirals are fried until olden and finished with pure island honey
-     **Carob Chocolate Mousse** Soft cookies with carob molasses and chocolate ice cream 14€
Μους σοκολάτας με χαρούπι μαλακά μπισκότα με πετιμέζι χαρουπιού και παγωτό σοκολάτα
Шоколадный мусс с рожковым деревом мягкое печенье с сиропом из рожкового дерева и шоколадным мороженым
A rich, velvety tribute to Crete's "Black Gold", where carob takes on a deeper, more indulgent expression
-     **Kissamos Cheese Pastries** with local Anothotiro cheese, honey, sesame and vanilla ice cream 10€
Καλτσούνια Κισσάμου με τοπικό ανθότυρο, μέλι, σουσάμι και παγωτό βανίλια
Сырные пирожки Киссамоса с местным сыром антотиро, мёдом, кунжутом и ванильным мороженым
Crispy, handmade pies filled with myzithra, offering a harmonious balance of warm and cold with a vibrant Cretan character
-   **Ice cream selection (Vanilla, Chocolate, Strawberry, Banana)** 10€
Επιλογή παγωτών (Βανίλια, Σοκολάτα, Φράουλα, Μπανάνα)
Ассортимороженого (Ваниль, Шоколад, Клубника, Банан)
- Seasonal fruit salad with lemon dressing** 10€
Σαλάτα φρούτων εποχής με dressing λεμονιού
Салат из сезонных фруктов с лимонной заправкой
- Sorbet** Mango, Lime 10€
Σορμπέ (Μάνγκο, Λάιμ)
Сорбет (Манго, Лайм)

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Vegan Menu

Meze

Small plates to share and savor - expressions of Cretan hospitality

-    **"Dakos"** Barley rusk, tomato, olive oil and oregano 15€
"Ντάκος" κρίθινο παξιμάδι, ντομάτα, ελαιόλαδο και ρίγανη
"Дакос" ячменный сухарь, томаты, оливковое масло и орегано
Inspired by the simple nourishment of Minoan harvesters, this dish is built around barley rusk, a traditional twice-baked bread rooted in Cretan cuisine.
-    **Cretan Salad** Carob rusks, tomato, courgette, aubergine, olives 18€
Κρητική σαλάτα χαρουποπαξιμάδα, ντομάτα, κολοκύθι, μελιτζάνα, ελιές
Критский салат сухари из рожкового дерева, томаты, кабачки, баклажаны, оливки
Centred around Crete's carob rusks, often referred to as the island's "Black Gold", this dish brings a rich, earthy depth to a classic salad.
-   **"Sfakia" handmade savory pies** with sesame and green herbs 15€
Χειροποίητες πίτες "Σ φακιανές" με σουσάμι και μυρωδικά χόρτα
Домашние пироги "Сфакιανес" с кунжутом и ароматными травами
Originating in the high villages of the White Mountains, these hand-pressed pies reflect the warm hospitality of Sfakia
-   **Green Split Peas Spread** with purslane, onion bulb, red pepper, and ladopita 15€
Άλειμμα από πράσινα μπιζέλια με γλιστρίδα, κρεμμυδόβολβο, κόκκινη πιπεριά και λαδόπιτα
Паста из зелёного гороха с портулаком, луковицей, красным перцем и ладопитой
A refined take on the traditional "fava", this vibrant spread is rooted in the fertile plains of eastern Crete.
-   **"Dolmadakia"** Stuffed vine leaves with rice, herbs, and olive oil 15€
"Ντολμαδάκια" αμπελόφυλλα γεμιστά με ρύζι, μυρωδικά, στραγγιστό και ελαιόλαδο
"Долмадакия" виноградные листья, фаршированные рисом, зеленью, греческими оливковым маслом
A classic of the Cretan table, these delicate vine leaves are hand-rolled with aromatic herbs and rice
-    **Villagers' Fries** 16€
Πατάτες χωριάτικες
Картофель по-деревенски
Inspired by the comforting dishes of Crete's mountain tavernas, this dish pairs simple ingredients with rich, satisfying flavours.

 Local dish










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Vegan Menu







Garden

The essence of Cretan cuisine - seasonal, fresh and satisfying

-    **Stuffed Aubergines** with "Xinochontro" pasta, tomatoes 22€
Γεμιστές μελιτζάνες με ξινοχόντρο, ντομάτες
Фаршированные баклажаны с ксинохондро, томатами
Centred around "Xinochontro", a traditional ingredient made from cracked wheat and fermented milk, this dish reflects a staple of the Cretan pantry
-    **Cretan Mushrooms "Bourbourista"** pan-fried with rosemary, vinegar 22€
Κρητικά μανιτάρια "Μπουρμπουριστά" τηγανισμένα με δεντρολίβανο, ξίδι
Критские грибы "Бурбуриста" обжаренные на сковороде с розмарином, уксусом и
Named after the lively bourbour sound of mushrooms sizzling in the pan, this dish reflects the tradition of gathering wild ingredients in the Psiloritis foothills
-    **Coral Pasta** with capers, olives and oregano 22€
Ζυμαρικά "Coral" με κάπαρη, ελιές και ρίγανη
Паста "Coral" с каперсами, оливками и орегано
Inspired by the Cretan coastline, this dish reflects the deep coral tones found beneath its water

Glyka

Traditional Cretan sweets made with local dairy, honey and mountain herbs

-    **"Xerotigana"** Cretan fried pastries, walnuts, cinnamon ice cream and anothotiro cheese 21€
Μους mousse
"Ξεροτήγανα" τηγανητά κρητικά γλυκά, καρύδια, παγωτό κανέλας και μους ανθότυρου
"Κσεροτιγана" традиционные критские жареные сладости с грецкими орехами, мороженым с корицей и муссом из сыра антотиро
A festive classic of the Cretan table, these hand-folded spirals are fried until golden and finished with pure island honey
-    **Carob Chocolate Mousse** Soft cookies with carob molasses and plant based 10€
chocolate ice cream
Μους σοκολάτας με χαρούπι μαλακά μπισκότα με πετιμέζι χαρουπιού και παγωτό σοκολάτα
Шоколадный мусс с рожковым сиропом мягкое печенье с сиропом из рожкового дерева и шоколадным мороженым
A rich, velvety tribute to Crete's "Black Gold", where carob takes on a deeper, more indulgent expression

Seasonal fruit salad with lemon dressing

Σαλάτα φρούτων εποχής με dressing λεμονιού

Салат из сезонных фруктов с лимонной заправкой

Sorbet selection (Mango, lime)

Επιλογή сорμπέ (Μάνγκο, Λάιμ)

Ассорти сорбетов (Манго, Лайм)

 Local dish

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Toddlers Menu

-   **Cream of green vegetables, rice, and olive oil** 10€
Κρέμα πράσινων λαχανικών με ρύζι και ελαιόλαδο
Крем из зелёных овощей с рисом и оливковым маслом
-   **Cream of chicken, potato, carrots, and celery** 10€
Κρέμα κοτόπουλου με πατάτα, καρότα και σέλερι
Крем-суп из курицы с картофелем, морковью и сельдереем
-   **Cream of poached fish fillet, zucchini, carrots, and potatoes** 10€
Κρέμα φιλέτου ψαριού ποσέ με κολοκύθι, καρότα και πατάτες
Крем-суп из филе припущенной рыбы с кабачками, морковью и картофелем
-   **Cream of seasonal fruits and biscuits** 10€
Κρέμα φρούτων εποχής με μπισκότα
Крем из сезонных фруктов с печеньем

 Local dish

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Kids Menu

Starters

-     **"Dakos"** Barley rusk, tomato, "Xynomyzithra" cheese, olive oil and oregano 10€
"Ντάκος" κριθίνο παξιμάδι, ντομάτα, τυρί "Ξινομυζήθρα", ελαιόλαδο και ρίγανη
"Дакос" ячменный сухарь, томаты, сыр "Ксиномизитра", оливковое масло и орегано
Inspired by the simple nourishment of Minoan harvesters, this dish is built around barley rusk, a traditional twice-baked bread rooted in Cretan cuisine
-     **Cretan Salad** Carob rusks, tomato, courgette, aubergine, olives and "Graviera" cheese 17€
Κρητική σαλάτα χαρουποπαξιμάδα, ντομάτα, κολοκύθι, μελιτζάνα, ελιές και τυρί "Γραβιέρα"
Критский салат сухари из рожкового дерева, томаты, кабачки, баклажаны, оливки и сыр "Гравьера"
Centred around Crete's carob rusks, often referred to as the island's "Black Gold", this dish brings a rich, earthy depth to a classic salad.
-    **"Dolmadakia"** Stuffed vine leaves with rice, herbs, Greek strained yoghurt and olive oil 17€
"Ντολμαδάκια" αμπελόφυλλα γεμιστά με ρύζι, μυρωδικά, στραγγιστό ελληνικό γιαούρτι και ελαιόλαδο
"Долмадакия" виноградные листья, фаршированные рисом, зелению, греческим густым йогуртом и оливковым маслом
A classic of the Cretan table, these delicate vine leaves are hand-rolled with aromatic herbs and rice
-     **Villagers' Fries** with staka cream and fried egg 11€
 **Πατάτες χωριάτικες** με στάκα και τηγανητό αυγό
Картофель по-деревенски со сливками стака и жареным яйцом
Frites du village, accompagnées de crème staka et d'un œuf au plat
Inspired by the comforting dishes of Crete's mountain tavernas, this dish pairs simple ingredients with rich, satisfying flavours.

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Main Dishes


















-     **Slow-Cooked Beef in Carob Leaves** with "oftes" potatoes and Gruyère 18€
Μοσχάρι αργομαγειρεμένο σε φύλλα χαρουπιάς με οφτές πατάτες και γραβιέρα
Говядина, медленно приготовленная в листьях рожкового дерева с картофелем
"οφτες"и сыром "Гравьера"
Slow-roasted in the oven, the beef absorbs the deep, honeyed notes of carob
-     **"Skioufichta" Pasta** Handmade with fresh mizithra cheese and cracked pepper 19€
Ζυμαρικά "Σκιουφιχτά" χειροποίητα με φρέσκια μυζήθρα και σπασμένο πιπέρι
Паста "Скиуфихта" домашняя с свежим сыром мизитра и дроблёным перцем
Named after the twisting motion used to shape each piece, this handmade pasta reflects a long-standing tradition of the Cretan kitchen
-   **Grilled Sea Bass Fillet** with lemon oil, coastal greens and steamed potatoes Gegrilltes 19€
Φιλέτο λαβράκι στη σχάρα με ελαιόλαδο λεμονιού, παραθαλάσσια χόρτα και πατάτες στον ατμό
Филе сибаца на гриле с лимонным оливковым маслом, прибрежной зеленью и картофелем на пару
Inspired by the clear waters of the Libyan Sea, this dish reflects the daily catch of Crete's coastal villages
-    **Coral Pasta** with octopus, capers, olives and oregano 18€
Ζυμαρικά "Coral" με χταπόδι, κάπαρη, ελιές και ρίγανη
Паста "Coral" с осьминогом, каперсами, оливками и орегано
Inspired by the Cretan coastline, this dish reflects the deep coral tones found beneath its water
-     **Clay Pot Chicken and Onion Stew** with bulgur pilaf and yoghurt 18€
 **Κοτόπουλο με κρεμμύδια στη γάστρα** με πιλάφι πλιγουριού και γιαούρτι
Курица с луком в глиняном горшке с булгуром и йогуртом
Inspired by the slow-cooking traditions of Cretan mountain homes, this dish is gently braised in a clay pot to retain its rich, aromatic depth

 Local dish

Gluten free bread is available. Please inform your server if you have any food allergies or special dietary requirements. Although we take great care, traces of allergens may still be present.


 Celery /  Cereal containing gluten /  Crustaceans /  Eggs /  Fish /  Lupin /  Milk
 Mollusks /  Mustard /  Nuts / - Peanuts /  Sesame seeds /  Soya /  Sulphur Dioxide

And More...

-     **Kids beef burger with tomato, lettuce and french fries** 18€
Παιδικό burger μοσχαρίσιομε ντομάτα, μαρούλι και πατάτες τηγανητές
Детский бургер из говядины с томатом, салатом и картофелем фри
-    **Chicken nuggets with tomato, cucumber and French fries** 14€
Κοτομπουκιές με ντομάτα, αγγούρι και πατάτες τηγανητές
Куриные наггетсы с томатами, огурцом и картофелем фри
-     **Fish fingers with tomato, cucumber and French fries** 14€
Ψαροκροκέτες με ντομάτα, αγγούρι και πατάτες τηγανητές
Рыбные палочки с томатами, огурцом и картофелем фри
-    **Pizza margherita with mozzarella and tomato sauce** 14€
Πίτσα Μαργαρίτα με μοτσαρέλα και σάλτσα ντομάτας
Пицца Маргарита с моцареллой и томатным соусом
-    **Penne pasta with tomato sauce** 14€
Ζυμαρικά πέννες με σάλτσα ντομάτας
Паста пенне с томатным соусом

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Glyka

Traditional Cretan sweets made with local dairy, honey and mountain herbs

-     **"Xerotigana"** Cretan fried honey pastries, walnuts, cinnamon ice cream and anothiro cheese mousse 14€
"Ξεροτήγανα" τηγανητά κρητικά γλυκά με μέλι, καρύδια, παγωτό κανέλας και μους ανθότυρου
"Κσεροτιγана"традиционные критские жареные сладости с мёдом, грецкими орехами, мороженым с корицей и муссом из сыра антотиро
A festive classic of the Cretan table, these hand-folded spirals are fried until golden and finished with pure island honey
-     **Carob Chocolate Mousse** Soft cookies with carob molasses and chocolate ice cream 10€
Μους σοκολάτας με χαρούπι μαλακά μπισκότα με πετιμέζι χαρουπιού και παγωτό σοκολάτα
Шоколадный мусс с рожковым сиропом
мягкое печенье с сиропом из рожкового дерева и шоколадным мороженым
A rich, velvety tribute to Crete's "Black Gold", where carob takes on a deeper, more indulgent expression
- Seasonal fruit salad with lemon dressing** 10€
Σαλάτα φρούτων εποχής με dressing λεμονιού
Салат из сезонных фруктов с лимонной заправкой
-  **Ice cream selection (Vanilla, Chocolate, Strawberry, Banana)** 12€
Επιλογή παγωτών (Βανίλια, Σοκολάτα, Φράουλα, Μπανάνα)
Ассорти мороженого (Ваниль, Шоколад, Клубника, Банан)
- Sorbet selection (Mango, lime)** 12€
Επιλογή сорμπέ (Μάνγκο, Λάιμ)
Ассорти сорбетов (Манго, Лайм)

 Local dish

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