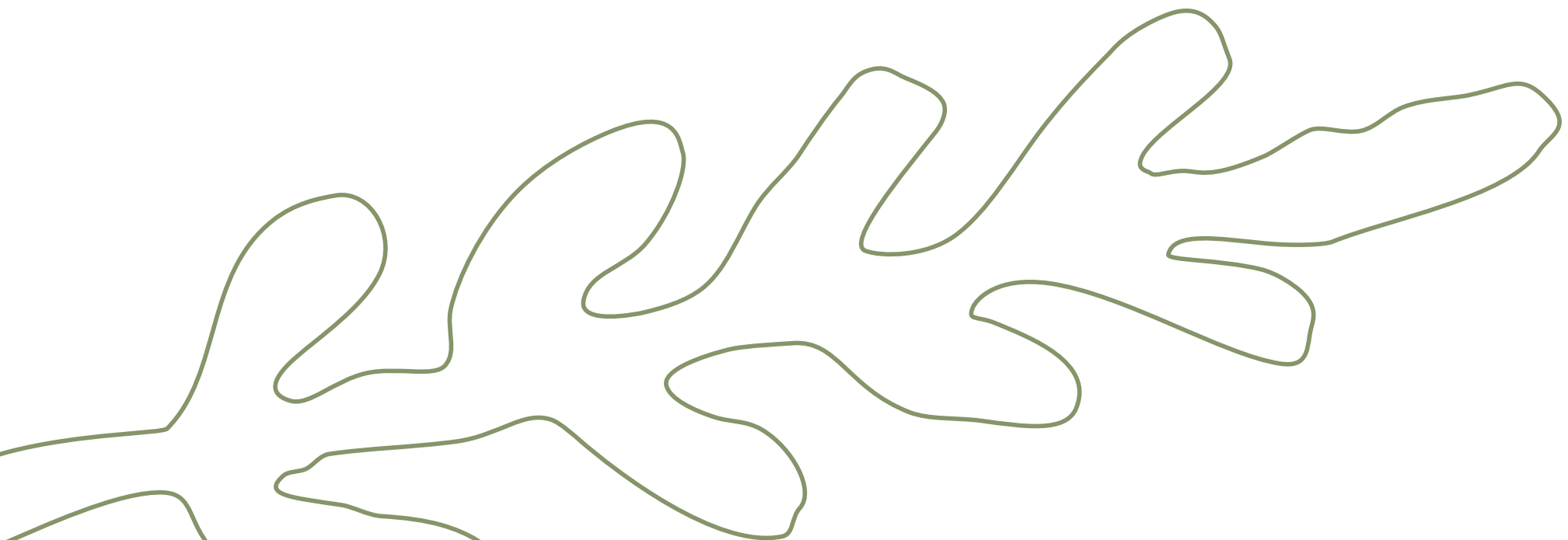




theodosi
RESTAURANT

Creative Cretan Cuisine



Starters

Cretan Dakos 5€ v

barley rusks topped with grated tomato, soft goat cheese (P.D.O. Chania, Balantinos) & drizzled in BIO extra virgin olive oil from Agia Triada Monastery, Chania

signature
dish

Phyllo Rolls 7€

wild mushrooms, spiced country sausage & local goats cheese, served with a sweet & sour wild berry sauce

Zucchini Flower Blossoms 7€ v gf

stuffed with wild rice scented with Cretan herbs & served with yoghurt from the Balantinos family in Chania - P.D.O.

signature
dish

Cretan Apaki (smoked pork) 9€

apaki (Creta Farm) sautéed in oxymelo sauce (thyme honey & red wine vinegar) with roasted BIO vegetables, stamnagathi (spiny chicory) topped with mint yoghurt. Served with a traditional pan fried cheese pie from Sfakia, Crete

Graviera Cheese Flambé 7€ v

P.D.O. cheese from Chania seared in extra virgin olive oil, with dried mint leaves & a raspberry dipping sauce

Stuffed Mushrooms 7€

spiced sausage, cream cheese, topped with Kasseri cheese

Cretan Sausages 8€

traditional handmade pork sausages served with roasted tsakistes olives & wildflower bulbs

Cretan Pies (2 pcs) 5€ v

handmade pastry dough filled with wild greens & soft Cretan cheeses

Fried Potato Chips 5€ v gf vg

hand-cut & cooked in olive oil, sprinkled with Cretan sea salt (Vinolio Creta), wild oregano, served with balsamic aioli dipping sauce

Ciabatta Cheese Bread 6€ v

topped with Mozzarella cheese, fresh garlic, basil pesto, sprinkled with poppy seeds & fresh onion

Bruschettas 8€

smoked salmon, Cretan avocado, cherry tomatoes, cream cheese, topped with capers & fresh dill

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Staka Dip 8€ v

Staka (traditional buttermilk spread) with sautéed spinach & artichokes, baked in the oven with Gouda cheese, served with crispy corn tortillas

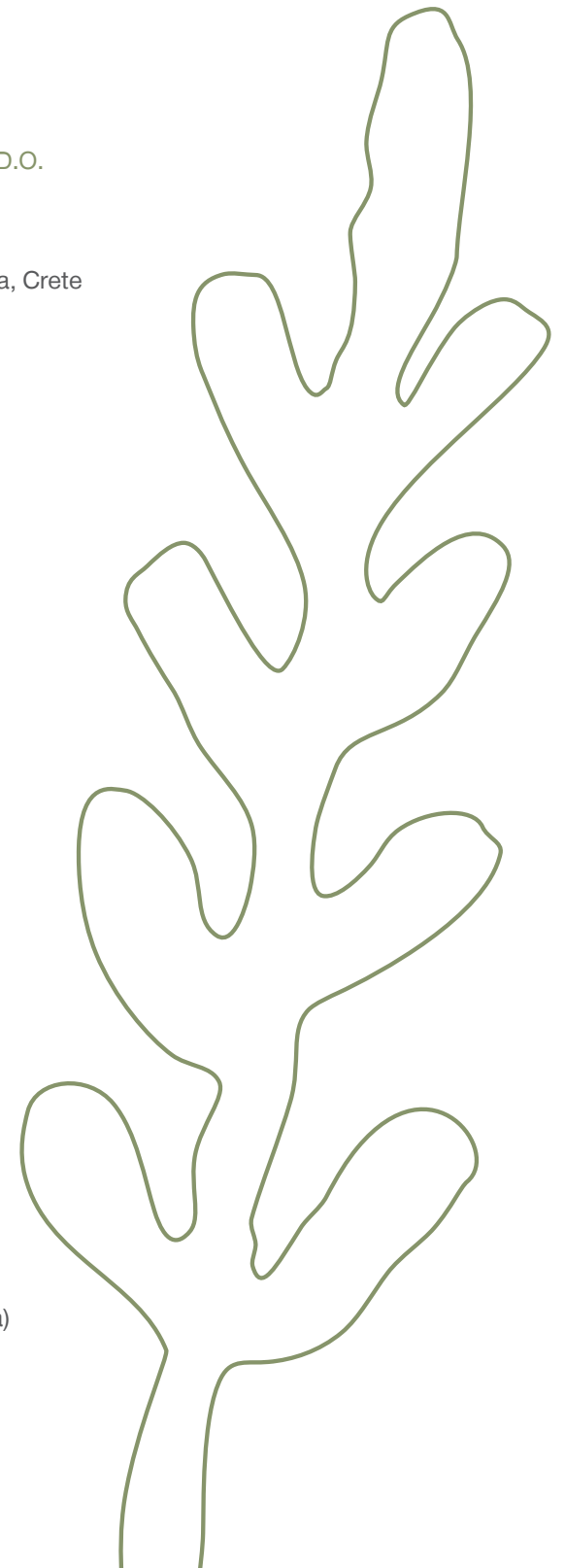
Raw

Tuna Tartare 12€

Cretan avocado, fresh thyme, lime-orange vinaigrette & black caviar


Beef Carpaccio 10€ gf

wild Cretan rocket, aged anthotyro cheese, drizzled in herb infused BIO olive oil (Agia Triada Monastery, Chania)



Salads

Cretan Salad 8€   

traditional salad made with tomato, cucumber, peppers, onion, purslane, baked potato, tsakistes olives, Pichtogalo cheese P.D.O. Chania, handmade  rusks from emmer wheat (low gluten) (Ntourountou, Sfakia Crete)

Grilled Chicken Salad 9€ 

assorted greens, Cretan avocado, cherry tomatoes, onion, asparagus, feta cheese, balsamic vinaigrette

Apaki Salad 10€ 

crisp spinach, fried goats cheese spheres, sautéed mushrooms, cherry tomatoes, green apples, roasted pecans, petimezi vinaigrette (local grape syrup)

Flatbreads

handmade dough made with emmer flour (an ancient wholegrain flour, low in gluten) 

Spinach Flatbread 9€ 

with basil pesto, artichoke, tomato, onion, olives & feta cheese

Salami Flatbread 10€

air dried salami (Creta Farm), mushrooms, green peppers & Pichtogalo cheese P.D.O. Chania

Pasta - Risotto

signature
dish

Hilopites Pasta with Prawns 14€

handmade Cretan pasta (Kritiki Gea) with butterflied prawns, asparagus, rakomelo (local spirit made of raki & honey), cherry tomatoes, local Graviera cheese & fresh cream

Wild Mushroom Risotto 10€ 

topped with Cretan rocket & creamy yoghurt

Skioufichta Pasta with Vegetables 8€ 

handmade Cretan pasta with sautéed artichokes, mushrooms, peppers, cherry tomatoes, capers & topped with Graviera cheese P.D.O. Chania

Grilled Chicken Penne 9€ 

with a herbed tomato sauce, bell peppers, olives, capers & topped with aged anothiro cheese

Seafood

Steamed Mussels* 10€

Greek mussels steamed with fresh garlic, Cretan Vilana wine & finished with fresh cream

Garlic Prawns* 13€

sautéed butterflied prawns, Cretan Plyto wine, lime & fresh chives

Grilled Octopus* 12€

with capers, wild oregano, drizzled in a Dijon vinaigrette

Halibut Steak* 15€

wild caught Halibut, poached in olive oil with a lemon dill sauce & roasted vegetables

Tuna Fillet 17€

pan seared, sesame crusted Greek Yellowfin tuna, with seasonal vegetable briam & wild raspberry reduction (cooked medium-rare)


Grilled Salmon 16€

marinated in aromatic dried Cretan herbs with basil pesto sauce & roasted Cretan vegetables

Black Tiger Prawn Souvlaki* 16€

grilled & served with wild rice pilaf, Cretan vegetables, with celery-root & yoghurt skordalia

Sea Bass Fillet 18€

pan seared fillet from Greek fish farms, with a dry herb rub, ladolemono dressing, wild greens & seasonal  vegetables

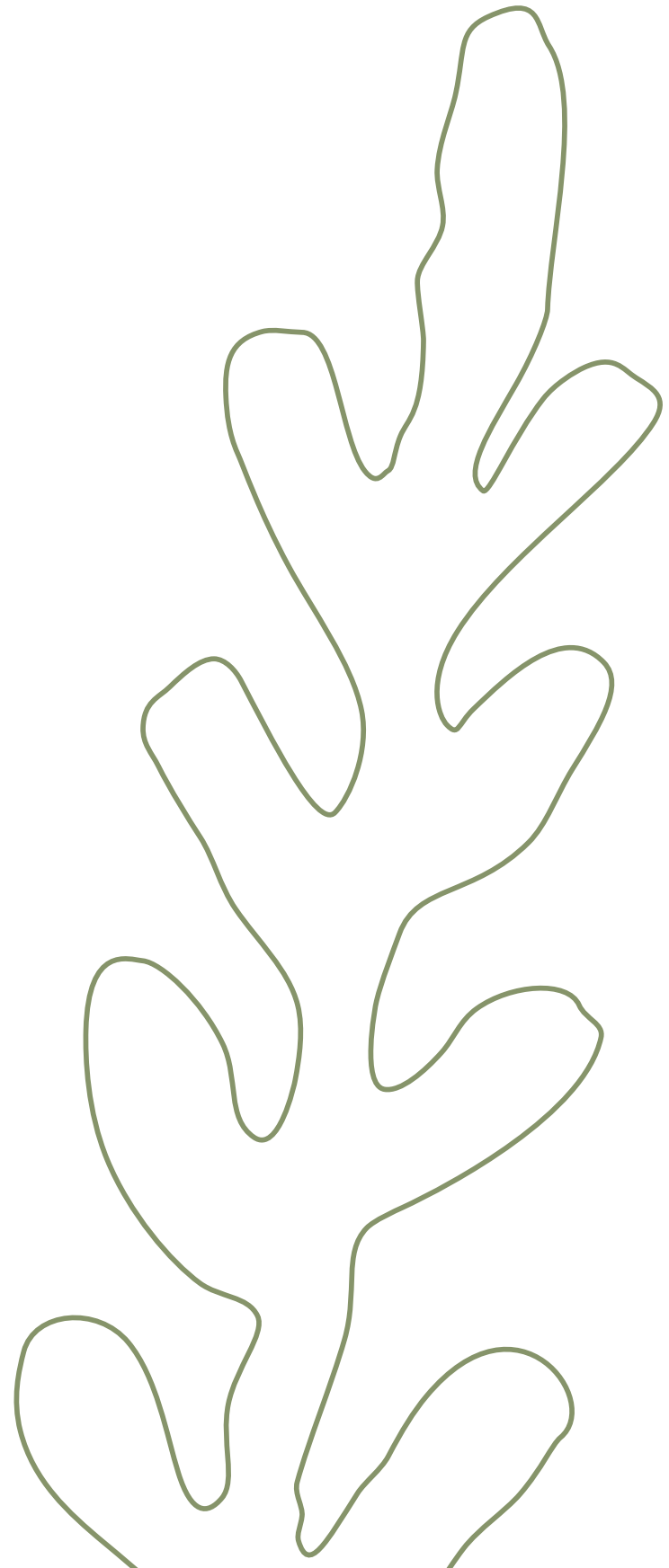
Fresh Seafood of the Day

Ask us!

Trusted fresh seafood from our local fish market KOLETIS,
Skalidi Street, Chania

 vegetarian  vegan  gluten free  organically grown

P.D.O. Protected Designation of Origin



Main Dishes

signature
dish

Lamb Shank* 15€ gf

tender tsigariasto lamb in a spiced Greek yoghurt sauce, roasted Cretan vegetables & garlic-rosemary baby potatoes

Goat with Stamnagathi (or lamb) 16€ gf

slow roasted, in fresh lime sauce with broad beans & stamnagathi mountain greens

signature
dish

Barbeque Ribs 14€ gf

tender pork ribs with homemade barbeque sauce made of Cretan thyme-honey & petimezi (grape juice syrup), served with a mixed leaf salad & rustic fries

Pumpkin Boureki 10€ v gf

vegetable casserole with pumpkin, zucchini, potato & soft goats cheese, served with a baby rocket salad & mint yoghurt dip

signature
dish

Chicken Fillet 13€

stuffed with siglino (smoked pork with sage) local cheeses, with a cream sauce made with Cretan Vidiano wine & served with wild rice vegetable pilaf

signature
dish

Smoked Eggplant «Mousaka» 10€ v

with xinohontro (a Cretan bulgar wheat) topped with a roasted tomato sauce, Greek yogurt béchamel & Mozzarella cheese

Slow Roasted Pork Belly 12€

marinated & braised in mountain sage leaves with caramelized green apples & smoked bacon, served with buttery mashed potatoes

Grilled Beef Steak 19€ gf

New York striploin served with a Portobello brandy cream sauce, grilled BIO Cretan vegetables & baked potato purée (cooked medium-rare)

Barbequed Chicken Souvlaki 10€ gf

marinated in fresh herbs, served with a mixed leaf salad, fried potatoes & yoghurt dip

Black Angus Burger 11€

made from certified grass fed beef, topped with feta cheese pesto, Creta Farm bacon & Mozzarella cheese. Served with a mixed green salad, twisty fries & peppermint yoghurt mousse

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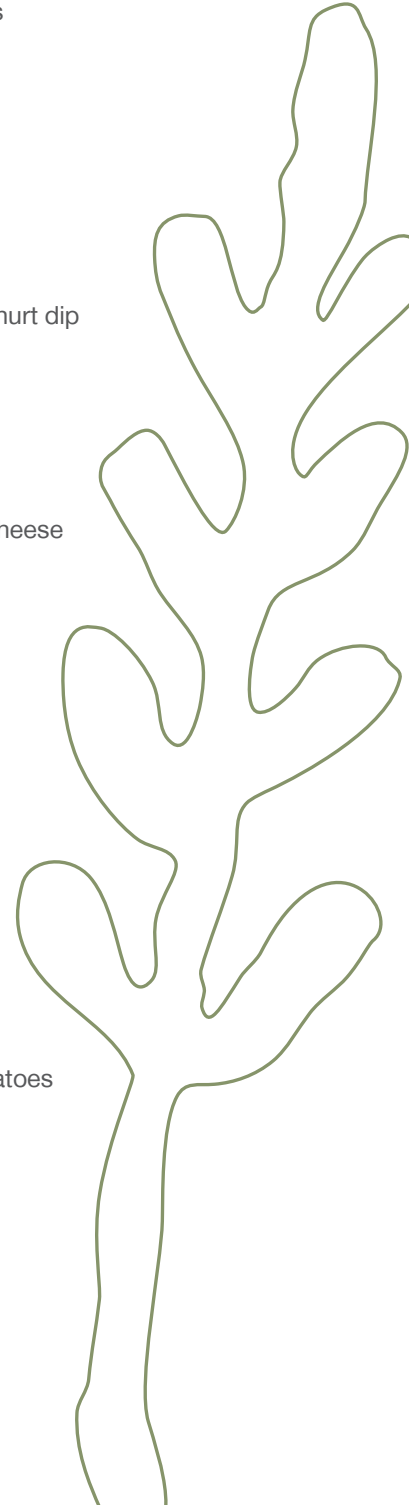
Rack of Lamb* gf


Cretan herb crust, with red grapes & petimezi reduction. Served with roasted vegetable briam & buttery mashed potatoes (cooked medium-rare)

Half Rack 19,0€

Full Rack 30,0€

The chef recommends no changes be made to the dishes as originally presented in order to retain the desired taste and presentation.





We use **BIO** extra virgin olive oil from Agia Triada Chania, in all our cold dishes and virgin olive oil for all our fried dishes.

Many of the products we use are from small local producers so that we can control their quality. It is possible not everything from our menu will be available.

Select frozen products*

Prices are in euros. All taxes included

Consumer is not obliged to pay if the notice of payment has not been received (receipt-invoice)

Consumers may pay with credit, debit or prepaid card

The complaint book is at the entrance of the establishment

Manager: Theo Kakavelakis

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