

Greece is the cradle of our today's civilization and way of thinking.

It was **Goethe** who wrote that  
it had been the Greeks' intention to idolize humans, and not to humanize divinity.  
An attitude which has also been expressed by the Greeks' nutrition philosophy.

Having something to eat was the liberation of the senses. Eating and drinking were  
cerimonial acts breaking silence, cheering up the heart, gathering people and  
transmitting a sense of well-being into heart and soul.<sup>1</sup>

**Artistotle**

We promise you  
that we will do our utmost  
to serve you extraordinarily well.  
Any dish is freshly prepared only upon your order.  
For this reason, some minor waiting time cannot be avoided.

We wish you  
a pleasant stay,  
"KALI SAS OREXI" and "STIN IJIA SAS"

If something should not meet your expectations,  
please contact the management.

Your restaurant **EL GRECO**

APERITIFS			€
171.	<b>Martini Bianco or Rosso</b> 15%	5 cl	3.50
172.	<b>Campari, soda or orange juice</b> 25 %	4 cl	4.90
173.	<b>Prosecco</b> (glass)	0.1 l	2.80
174.	<b>Piccolo Prosecco</b> (bottle)	0.2 l	5.80

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<sup>1</sup> translation not officially confirmed

## COLD STARTERS

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1.	<b>Zaziki*</b>	yogourt with cucumbers and garlic	3.40
2.	<b>Olives and hot peppers*</b>	with olive oil	3.00
3.	<b>Taramosalata</b>	fine roe cream à la maison	3.40
4.	<b>Oktapussa salad</b>	Mediterranean octopus with olive oil dressing	6.40
5.	<b>Small appetizer*</b>	selection of typically Greek delicacies such as zaziki, Tamaras, hot peppers and olives	4.50
6.	<b>Feta cheese*</b>	original ewe's milk cheese with olives and hot peppers	4.60
7.	<b>Pikilia</b>	small appetizer for 1 person	9.60

## HOT STARTERS

11.	<b>Hot peppers*</b>	grilled with olive oil	3.60
12.	<b>Red peppers</b>	(grilled) stuffed with delicious cheese	4.90
13.	<b>Dolmades</b>	(home-made) vine leaves' rolls filled with minced meat and rice, in lemon juice	3.90
14.	<b>Mushrooms*</b>	(from the oven), stuffed with feta cheese in tomato sauce	5.90
15.	<b>Zucchini*</b>	fried courgettes with zaziki	4.90
16.	<b>Zucchini rissoles*</b>	prepared on green salad with yogourt sauce dressing	5.30
17.	<b>Giant beans*</b>	from the oven gratinated with ewe's milk cheese	4.80
18.	<b>Aubergines*</b>	eggplant in tomato sauce from the oven gratinated with ewe's milk cheese	4.80
19.	<b>Tiropitakia*</b>	puff pastry turnover with cheese filling on green salad with yogourt sauce	3.90
20.	<b>Garlic bread*</b>	roasted white bread with fresh garlic and zaziki	3.30
21.	<b>Ewe's milk cheese*</b>	from the oven (spicy)	5.40
22.	<b>Feta-Saganaki*</b>	baked ewe's milk cheese	4.90
23.	<b>Haloumi*</b>	grilled Cypriote cheese on ruccola salad with tomatoes and walnuts	5.40
24.	<b>Kefalotiri* baked</b>	spicy Greek hard cheese	5.90
25.	<b>Pikilia*</b>	plate with hot appetizers for 1 person (courgettes' rissoles - red peppers, saganaki, zucchini, zaziki and garlic bread)	9.90
26.	<b>Pikilia*</b>	plate with hot appetizers for 2 persons	17.90

*Zaziki also available without garlic*

*\* vegetarian*

**ASK US FOR THE CONVENIENT WINE**

## SOUPS

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32.	<b>Chickenbroth</b>		2.70
33.	<b>Onion soup* with croutons</b>		3.10
34.	<b>Cream of tomato soup</b> with whipped cream*		2.90
35.	<b>Bean soup*</b>		2.90

## SALADS

36.	<b>Crete salad</b>	lettuce with baked calamaries and shrimps with yogourt dressing	9.90
37.	<b>Salad plate</b>	with grilled chicken breast fillet croutons and yogourt dressing	7.90
38.	<b>Greek salad*</b>	with ewe's milk cheese, Greek-style olive oil with grilled pita	8.90
39.	<b>Salad plate</b>	with grilled baby-calamaries and garlic bread	8.90
40.	<b>Salad plate</b>	with gyros and yogourt dressing	7.50
41.	<b>Cabbage salad*</b>	home-made	2.20
42.	<b>Tomato salad*</b>	with onions and olive oil	3.20
43.	<b>Cucumber salad*</b>	with yogourt dressing	2.40
44.	<b>Small Greek salad*</b>		4.90
45.	<b>Side-dish salad*</b>	small mixed salad	2.50
46.	<b>Ruccola salad*</b>	with tomatoes, walnuts, grated Parmesan and Balsamico olive oil dressing	4.30

## SIDE-DISHES

47.	<b>Green beans*</b>	in tomato sauce from the oven	3.40
49.	<b>Vegetables rice*</b>		2.50
50.	<b>Tomato rice*</b>		2.30
52.	<b>French fries</b>		2.30
53.	<b>Grilled pita*</b>	Greek bread	1.70

\*vegetarian

## OUR CHEF SUGGESTS\*

### FROM THE OVEN

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<i>Mousaka</i>	<i>Soufflé with eggplants, minced meat and potatoes with fine Béchamel sauce and salad</i>	10.70
<i>Kokínísto - Veal from the oven</i>		
<i>Kokínísto with</i>	<i>Krítharakí, rice-shaped noodles with cheese gratin</i>	11.60
<i>Kokínísto with</i>	<i>eggplants in tomato sauce and salad</i>	11.80
<i>Kokínísto with</i>	<i>Bamías (okra pods) in tomato sauce</i>	11.80
<i>Kokínísto with</i>	<i>green beans in tomato sauce and salad</i>	11.80
<i>Kokínísto with</i>	<i>broad beans in tomato sauce and salad</i>	11.80
<i>Kokínísto with</i>	<i>Stifado, with entire boiled onions and Greek salad</i>	12.70
 <i>Leg of lamb fresh from the oven</i>		
<i>Leg of lamb with</i>	<i>Krítharakí, rice-shaped noodles with cheese gratin</i>	11.20
<i>Leg of lamb with</i>	<i>eggplants in tomato sauce and salad</i>	11.40
<i>Leg of lamb with</i>	<i>Bamías (okra pods) in tomato sauce and salad</i>	11.40
<i>Leg of lamb with</i>	<i>green beans in tomato sauce and salad</i>	11.40
<i>Leg of lamb with</i>	<i>broad beans in tomato sauce and salad</i>	11.40

\* We only prepare a certain number of servings of these dishes daily.

**ASK US FOR THE CONVENIENT WINE**

## FISH

All fish dishes are served with mixed salad

54.	<b>Stuffed calamaries</b>	calamaries fried in the pan with delicious cheese filling and side-dishes at your choice	13.90
55.	<b>Calamaries Saganaki</b>	from the oven, in tomato sauce gratinated with feta cheese, served with fresh French white bread	12.90
56.	<b>Calamaries</b>	baked with tomato rice and zaziki	10.60
57.	<b>Baby-calamaries</b>	grilled with lemon juice and vegetables rice	11.90
58.	<b>Baby-calamaries</b>	from the grill with vegetables rice and zaziki	10.90
59.	<b>Scampi</b>	7 prawns, baked or grilled with cocktail sauce and side-dishes at choice	15.90
60.	<b>Scampi with feta</b>	7 prawns from the oven with tomato sauce gratinated with feta cheese, served with fresh French white bread	15.90
61.	<b>Atlantic tongue fillet</b>	baked or grilled* with rice and lime juice and olive oil dressing	11.90
62.	<b>Pangasius fillet</b>	grilled in lemon juice and vegetables rice	10.80
63.	<b>Lindos plate</b>	calamaries and 3 prawns baked* with rice and zaziki	12.50
64.	<b>Samos plate</b>	Scampi, tongue fillet, calamaries baked* or grilled with rice and zaziki	14.90
65.	<b>Poseidon spit</b>	1 spit with roasted prawns on rucicola salad with garlic bread	14.90
66.	<b>Aegean plate</b>	grilled (for 2 persons), prawns, tongue fillet, baby-calamaries, with side-dishes at your choice, 1 serving of zaziki and two salads	29.90

\* grilled: € 0.90 extra charge

## MEAT DISHES

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### PORK

69.	<b>Gratinated gyros</b>	with Metaxa-mushroom-sauce gratinated with cheese, served with French fries and salad	11.60
70.	<b>Gyros</b>	with rice, zaziki and mixed salad	9.80
71.	<b>El Greco Gyros</b>	with pita, rice, zaziki and Greek salad with ewe's milk cheese	11.90
72.	<b>Pan Gyros</b>	from the pan in whipped cream sauce, with rice and salad	10.90
73.	<b>Gyros special</b>	in fine mushroom sauce, French fries and salad	10.40
74.	<b>Suzukia</b>	(minced steaks) grilled with rice, French fries, zaziki and salad	8.90
75.	<b>Bifteki special</b>	minced steak stuffed with ewe's milk cheese rice, French fries, zaziki and salad	10.90
76.	<b>Suflaki</b>	lean meat spits with tomato rice, French fries, zaziki and salad	10.80
77.	<b>Cheese spit</b>	meat on the spit gratinated with piquant ewe's milk cheese, with rice, French fries and salad	13.90
78.	<b>Steak à la Chef</b>	with fine mushroom sauce, rice French fries and salad	10.90
79.	<b>Gypsy-style spits</b>	pork fillets on spits with rice zaziki and salad	13.90

### POULTRY

82.	<b>Chicken breast schnitzel</b>	with French fries and salad	8.60
83.	<b>Chicken breast fillet</b>	grilled with tomato rice, herb butter and salad	9.60
84.	<b>Chicken breast fillet</b>	in lemon juice with rice and salad	10.30
85.	<b>Chicken breast fillet</b>	from the pan, with fried vegetables, tomato rice and salad	11.90

**BEEF**

€

**Entrecote:**

The sirloin steak, its juicy fatty core provides, piquancy, flavoring and good taste

87.	<b>Fillet of beef, entrecote</b>	grilled with coarse-grained pepper, roasted onions, served with side-dishes at choice and salad	13.90
88.	<b>Fillet of beef, entrecote</b>	grilled with coarse-grained pepper, herb butter, zaziki, side-dishes at choice and salad	13.90
89.	<b>Fillet of beef, entrecote</b>	in fine pepper sauce (with whole grains of pepper) with rice and salad	14.90
90.	<b>Beef's liver</b>	grilled with roasted onions, with French fries and salad	9.60
91.	<b>Beef's liver</b>	grilled, with French fries, rice, zaziki and salad	8.80

**LAMB**

93.	<b>Cutlets</b>	with side-dishes at choice, zaziki and mix. salad	12.90
94.	<b>Lamb fillet</b>	from the pan with grilled vegetables, side-dishes at choice and mixed salad	15.90
95.	<b>Lamb fillet</b>	grilled, side-dishes at choice, zaziki and salad	15.50

**MIXED PLATTERS**

97.	<b>Mykonos plate</b>	souflaki, gyros, calamaries, rice, zaziki and salad	12.90
98.	<b>Fillet plate</b>	fillet on the spit, gyros, rice, zaziki and salad	11.90
99.	<b>Poseidon plate</b>	gyros, calamaries, rice, zaziki and salad	10.90
100.	<b>Athens plate</b>	souflaki, calamaris, rice, French fries, zaziki and salad	10.90
101.	<b>El Greco plate</b>	gyros, souflaki, rice, French fries, zaziki and salad	9.90
102.	<b>Village plate</b>	gyros, souflaki, steak, rice zaziki and Greek salad	13.20
103.	<b>Apollon plate</b>	gyros, 2 suzuki, rice, zaziki and salad	9.80
104.	<b>Crete plate</b>	gyros, souflaki, liver, rice, zaziki and salad	10.80
105.	<b>Acropolis plate</b>	gyros, souflaki, suzuki, steak, rice zaziki and salad	13.20
106.	<b>Special plate</b>	fillet on the spit, suzuki, lamb cutlet, liver, rice, French fries, zaziki, ewe's milk cheese and mixed salad	15.90
107.	<b>Corfu plate</b>	fillet of lamb, lamb cutlet, gyros, zaziki, tomato rice and salad	13.90
108.	<b>Delphi plate</b>	prawn, calamaries, gyros, souflaki, rice zaziki and salad	14.90

FOR MORE PERSONS

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**Sirtaki plate**

roastbeef, 2 pork fillet spits, beef's liver gyros, 1 serving of zaziki, rice, French fries and 2 Greek salads

109. for 2 persons

33.50

110. for 4 persons

64.90

**Macedonia plate**

well-seasoned spicy pork fillets spits, suzukia, gyros with piquant mushroom sauce, rice, French fries and 2 salads

113. for 2 persons

28.80

114. for 4 persons

55.60

**El Greco plate**

gyros, calamaries, prawns, suflaki with French fries, rice, 1 serving of zaziki and 2 salads

115. for 2 persons

29.60

116. for 4 persons

57.00

Extra Metaxa-mushroom sauce 1.50

Extra Lemon sauce

1.50

Extra Zaziki (1/2 serving)

1.90

instead of mixed salad: Greek salad

1.80

Certain changes in the arrangement only on request and if possible.

**ASK US FOR THE CONVENIENT WINE**

**FOR OUR YOUNG GUESTS**

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145.	<b>Gyros</b>	with French fries and zaziki	5.50
146.	<b>Suflaki</b>	(1 spit) with French fries and zaziki	5.90
147.	<b>Calamaries</b>	with French fries and zaziki	5.90
148.	<b>Chicken breast fillet</b>	with French fries	4.90
149.	<b>Fish fingers</b>	with French fries	4.80
150.	<b>Escalope stripes</b>	breaded with French fries	4.80

**DESSERTS**

152.	<b>Greek yogourt</b>	with honey and walnuts	3.10
153.	<b>Galaktoburiko</b>	puff pastry filled with fine milk cream, and vanilla ice cream	3.20
154.	<b>Baklavas</b>	puff pastry filled with nuts in honey sirup and vanilla ice cream	3.70
155.	<b>Vanilla ice cream</b>	with hot raspberries	3.60
156.	<b>Vanilla ice cream</b>	with hot chocolate	3.60
157.	<b>Jamaica coupe</b>	chocolate or vanilla ice cream with banana slices Jamaica rum and chocolate sauce with whipped cream	3.80
158.	<b>Banana coupe</b>	with whipped cream	3.90
159.	<b>Mixed ice creams</b>	with whipped cream	2.90
160.	<b>Cup Denmark</b>	chocolate and vanilla ice cream with whipped cream, walnuts and chocolate sauce	4.10
161.	<b>Original frappé</b>	Greek coffee iced with vanilla ice cream	2.80

**HOT DRINKS**

164.	<b>Greek mocha coffee</b>		2.00
165.	<b>Coffee (cup)</b>		1.80
166.	<b>Espresso</b>		1.90
167.	<b>Cappuccino</b>		2.30
169.	<b>Tea</b>		1.70

<b>SOFT DRINKS</b>			€
175.	<b>Coke</b> <sup>1,2</sup>	0.3 l	2.20
176.	<b>Coke light</b> <sup>1,2</sup>	0.33 l 1 bottle	2.50
177.	<b>Fanta</b> (orange lemonade)	0.3 l	2.20
178.	<b>Sprite</b> (lemon lemonade)	0.4 l	2.50
179.	<b>Soda water</b>	0.4 l	2.40
180.	<b>Iced tea</b>	0.4 l	2.50
181.	<b>Mineral water</b>	0.75 l bottle	4.10
182.	<b>Mineral water</b> (still water)	0.5 l bottle	2.90
183.	<b>Spezi</b> (coke with orange juice) <sup>1,2</sup>	0.4 l	2.80
184.	<b>Bitter lemon</b>	0.3 l	2.20
186.	<b>Apple juice</b>	0.3 l	2.30
187.	<b>Orange juice</b>	0.3 l	2.30
188.	<b>Currant syrup</b>	0.3 l	2.40
190.	<b>Apple juice with sparkling water</b>	0.4 l	2.80
191.	<b>Orange juice with sparkling water</b>	0.4 l	2.80
192.	<b>Currant syrup with sparkling water</b>	0.4 l	2.90
<b>BEER</b>			
195.	<b>Kulmbacher Lager</b> , pale draft beer	0.4 l	2.50
196.	<b>Kulmbacher Pils</b> , bitter draft beer	0.3 l	2.40
197.	<b>Kapuziner Weizen</b> , pale draft wheat beer	0.5 l	2.80
198.	<b>Kapuziner Weizen</b> , dark with fine yeast	0.5 l	2.80
199.	<b>Kapuziner Weizen</b> , crystal wheat beer	0.5 l	2.80
200.	<b>Kapuziner Weizen</b> , low alcohol content	0.5 l	2.80
203.	<b>Mönchshof Schwarzbier</b> (stout)	0.5 l	2.80
204.	<b>Kulmbacher alcohol-free</b>	0.5 l	2.80
205.	<b>Radler</b> (lager mixed with lemonade)	0.4 l	2.50
206.	<b>Cola-Weizen</b> (wheat beer mixed with coke)	0.5 l	2.90
207.	<b>Russn</b> (pale wheat beer with lemonade)	0.5 l	2.90
<b>BRANDY</b>			€
208.	<b>Metaxa 5*</b> 40 %	2 cl	2.50
209.	<b>Metaxa 7*</b> 40 %	2 cl	2.90
210.	<b>Metaxa Jubiläum Porzellan</b> 40 %	2 cl	3.90

1 = with coloring matter, 2 = containing caffeine, 3 = containing quinine

<b>SPIRITS</b>			€
214.	<b>Ramazotti</b> 30 %	4 cl	2.90
215.	<b>Ouzo</b> 38 %	2 cl	1.50
216.	<b>Vodka Lemon</b> 40 %	4 cl	3.90
219.	<b>Baileys on the rocks</b> 17 %	4 cl	3.30
221.	<b>Jack Daniels</b> 40 %	4 cl	4.10
222.	<b>Jägermeister</b> 35 %	2 cl	1.70
223.	<b>Fernet Branca</b> 42 %	2 cl	1.70
224.	<b>Himbeergeist</b> 40 % (white raspberry)	2 cl	1.70
225.	<b>Williamsbirne</b> 38 % (pear)	2 cl	1.70

#### **QUALITY WINES IN GLASSES AND BOTTLES**

<b>239.</b>	<b>CHALKIDIKIS MERLOT (RED)</b>	0.2 l	4.30
	Natural Chalkidikis Topikos made from the elegant Merlot grape. Lively purple color. Scent of berries from the woods and vanilla. Rich full-bodied and mellow flavor.		
	0.75 (bottle)		14.90
<b>240.</b>	<b>RAPSANI EPILEGMENOS (RESERVE) O.P.A.P.</b>	0.2 l	4.90
	Quality wine aged in the wood butt from the slopes of Olympos from the autochthonous sorts of vine Xinomavro, Stavroto and Krasato. Ruby-colored, rich bouquet, elegant and mild.		
	0.75 l (bottle)		19,60
<b>251.</b>	<b>TSANTALI ATHIRI (WHITE)</b>	0.2 l	4.10
	Natural Makedonikos Topikos from the sort of vine Athiri. With a fine bouquet and pleasant aromatic scent, fresh in the mouth and delicious finish.		
	0.75 l (bottle)		14.50
<b>252.</b>	<b>KTIMA AMPELONAS TSANTALI (WHITE)</b>	0.2 l	4.40
	Exquisite vintage from the sorts of vine Asyrtiko and Sauvignon from the vine-growing estate Tsantali in Chalkidiki. With a scent of apricots, pineapple and lemon flower, fresh and well-balanced flavor.		
	0.75 l (bottle)		16.00

**WINE IN GLASSES 0.2l**

€

We also serve 0.5 l in carafes.

**RED**

233.	<b>Special wine dry</b> , quality wine from Nemea (Peloponis)	3.50
234.	<b>Imiglikos</b> , semi-sweet table wine	3.40
235.	<b>Makedonikos</b> , semi-dry Greek wine	3.50
236.	<b>Naousa, dry quality wine</b> from the wine town Naussa in the north of Greece	3.80
238.	<b>Mavrodaphne</b> , dessert wine	3.90

**ROSÉ**

241.	<b>dry</b> , fruity regional wine from the north of Greece	3.50
242.	<b>Imiglikos</b> , semi-sweet table wine	3.50

**WHITE**

244.	<b>Special wine, dry</b> (regional wine from the peninsula Chalkidiki)	3.40
245.	<b>Imiglikos</b> , semi-sweet table wine	3.40
246.	<b>Makedonikos</b> , semi-dry Greek wine	3.40
248.	<b>Retsina</b> , resinous traditional wine	3.30
250.	<b>Samos</b> , dessert wine	3.90
253.	<b>White or red wine with sparkling water</b>	0.3 l 3.50

Please ask for our WINE LIST. We offer you a range of exquisite wine (bottles).

## GREEK COOKERY

### AN EXAMPLE OF THE MEDITERRANEAN WAY OF NUTRITION

“Ev syn” (ef sin) mean “live well” and is deeply rooted in the Greek culture. In a wider sense it means: To constantly enjoy life while seeking higher quality.

The extent to which this attitude is still alive today can be seen nowhere else as clearly as in our Greek restaurant EL GRECO.

As to the Greek way of life you always enjoy eating and drinking in a unique gathering of merry people, giving a pertinent definition of the Greek civilization.

The famous Greek philosopher **Socrates** already wanted to express the appropriate attitude towards the old Greeks’ nutrition by the old saying “OVK EV TW ΠΟΛΛΩ ΤΟ ΕΥ” “uk en to pollé to ef” (good things are not to be measured in quantity<sup>2</sup>): “Having something to eat meant liberating one’s senses. Eating was a ceremonial act cheering up one’s heart, breaking silence, gathering people and transmitting some sense of well-being into heart and soul.”

#### **Artistotle,**

philosopher and teacher of Alexander the Great (King of Macedonia), himself recognized very early, besides the visual arts and literature, the importance of the proper nutrition to the human life.

At the times of Byzantium cooks and bakers developed the recipes of their ancestors further by benefiting from their own creativity and thus achieved high gastronomic levels. A large number of those cooks emigrated to Italy and to France, after Constantinople had fallen. Many changes and developments in the European habits of nutrition of those peoples can be retraced to that migration.

One of the most important principles of Greek nutrition philosophy is the following: cereals, bread, olive oil, fish, pulse, fruit, cheese and wine must absolutely be part of the daily nutrition. This principle of healthy nutrition has been confirmed until today.

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<sup>2</sup> Translation not officially confirmed.

**Serge Renault,**

an internationally recognized heart expert, stated that the health condition of the Europeans would be much better, if they all had eaten as the Greek had done in ancient Hellas. The Greek menu should serve as an example to the international gastronomy.”

Healthy nutrition alone can never guarantee long life. Doing sports, which was a must in the ancient world, or going for a walk are reckoned among the activities contributing considerably to well-being.

Have the correct diet. Follow the ancient Greeks'example. Take care to do sufficient physical exercises.

Gift Token

for food and drinks in the amount of €

value in letters

Cash refund of this amount is not possible! Place

Restaurant

El Greco Date

Signature

Opening hours :