

théros

Available from 08:00 to 11:00

17.90€ per person / 8.90 per child

BREAKFAST EXPERIENCE

Includes:

Filtered coffee or Tea & Fresh orange juice
Bread & pastry basket (fruit jam & butter)

CHOOSE ONE MAIN

EGGS & BACON

2 eggs any style, crispy bacon

GREEK OMELETTE

3-egg omelette with feta, tomato & oregano

AVOCADO TOAST

Avocado & scrambled eggs on toast
Served with chives & a drizzle of olive oil

HOMEMADE PANCAKES OR WAFFLE

Honey & walnuts or Banana & chocolate spread

GREEK YOGHURT & FRUIT BOWL

Greek yoghurt with seasonal fruit, honey & granola

ADD-ONS

Sausage 2€ · Bacon 1.50€ · Baked beans 1€ · Fries 2.50€ ·
Extra egg 1.5€ · Grilled tomato 1€ · Mushrooms 1€ ·
Peppers 1€ · Feta 1.50€ · Petite salad 2.50€

EXTRAS

ESPRESSO/AMERICANO	4.00€
DOUBLE ESPRESSO/FREDDO ESPRESSO	4.50€
CAPPUCCINO	5.00€
DOUBLE CAPPUCCINO/FREDDO CAPPUCCINO	5.50€
LATTE/ICED LATTE	5.50€
MIMOSA	7.00€

théros

Day Kitchen & Pool Bar 11:00 – 17:30

by The Eléa Concept Hotel & Suites

BRUNCH SIGNATURES

AVOCADO TOAST avocado, bacon, 2 poached eggs on sourdough bread Served with salad	13.50€
CRETAN STYLE EGGS 2 fried eggs, tomatoes, feta & wild oregano Served with sourdough bread	12.50€
EGGS BENEDICT 2 poached eggs, bacon, Hollandaise sauce & chives on English muffins Served with salad	14.50€
EGGS ON FRIES 2 fried eggs, feta cheese, wild oregano, smoked paprika & chives on crispy fries	12.50€
OMELETTE ham, cheese & tomato Served with sourdough bread & salad	12.00€
FRENCH TOAST seasonal fruit & honey	11.00€
CROQUE MONSIEUR crispy toasted bread layered with ham & melted cheese, finished with rich béchamel sauce Served with salad	14.50€
BELGIAN WAFFLE Served with butter & maple syrup	12.00€
MAMA'S PANCAKES Served with chocolate spread, cookie crumble, banana & whipped cream	12.00€
ENERGY BOWL yoghurt, granola, peanut butter, honey & seasonal fruits	10.00€

SALADS

ORGANIC GREEK SALAD fresh vegetables, feta, olives & oregano Served with pitta bread	12.00€
TOMATO & MOZZARELLA tomatoes, mozzarella, pesto, fresh basil & olive oil Served with sourdough bread	13.00€
THE WELLNESS BOWL grilled chicken fillet, grilled halloumi, quinoa, mixed greens, fresh cucumber ribbons & a mustard dressing	16.00€
CHICKEN CAESAR grilled chicken fillet, bacon, parmesan, homemade croutons, iceberg lettuce & Caesar dressing	14.00€
HOMEMADE COLESLAW	7.00€

BITES

FRIES Add bacon +1€ Add cheddar sauce +1€	5.00€
SWEET POTATO FRIES Served with a truffle mayo sauce	7.00€
MAC & CHEESE STICKS Served with a fresh tomato & olive oil sauce	8.00€
SPRING ROLLS Served with a sweet chilli sauce	8.00€
ONION RINGS Served with a homemade pink sauce	8.00€
MOZZARELLA STICKS Served with a homemade marinara sauce	8.00€
FRIED CHICKEN STRIPS Served with a homemade pink sauce	10.00€
SHRIMP TEMPURA Served with sweet chill sauce	10.00€
PITTA BREAD PLATE Served with a hummus & tzatziki dip	8.00€

SIGNATURE BURGERS

Served with fries

TRUFFLE MAYO BURGER beef patty, cheddar, rocket, truffle mayo & caramelised onions	17.00€
SIGNATURE CHEESEBURGER beef patty, cheddar, tomato, pickles & house sauce Add bacon +1.50€	15.00€
CRISPY CHICKEN BURGER fried chicken strips, cheddar, coleslaw & house sauce	16.00€
GRILLED VEGETABLE BURGER grilled vegetables, onion rings, avocado, yoghurt sauce, rocket & house sauce Add cheese + 1€	14.50€

SANDWICHES & WRAPS

Served with fries

CLASSIC CLUB 3 slices of toasted bread, sliced turkey, cheese, bacon, lettuce, tomato & mayonnaise	14.00€
THÈROS CLUB focaccia, crispy chicken, bacon, cheddar, tomato, lettuce & our homemade tender sauce	16.50€
TURKEY BAGEL tender turkey slices, cream cheese, avocado, fresh tomato, mayo & lettuce layered on a delicious bagel bread	13.50€
TUNA FOCACCIA tuna, cucumber, onion, lettuce, tomato & mayo	15.00€
GRILLED CHICKEN WRAP grilled chicken, avocado, lettuce, tomato & mayonnaise Add bacon +1.50€	14.50€
FALAFEL WRAP falafel, hummus, tomato, lettuce & onions Add bacon +1.50€ Add Halloumi +1.50€	12.50€

PASTA

CRETAN RAVIOLI spinach & graviera cheese ravioli, smoked Cretan pork, creamy sauce & parsley	16.50€
CHICKEN ALFREDO tender pieces of chicken fillet, bacon, tagliatelle & a homemade creamy sauce	16.00€
PENNE POMODORO tomato sauce, basil & parmesan Add chicken +3.50€	12.50€

PIZZA

PROSCIUTTO & ROCKET a classic Italian combination of thinly sliced prosciutto paired with fresh rocket on a crispy pizza dough, finished with a touch of olive oil	16.50€
GREEK a Mediterranean inspired pizza topped with olives, fresh tomato, peppers, onions & creamy feta cheese, offering a rich & savory flavor	15.00€
MARGHERITA fresh tomato sauce, mozzarella cheese & basil	12.50€
THÈROS a Thèros special pizza with pepperoni, bacon, cheese, peppers, tomato, mushrooms & homemade fresh tomato sauce	16.00€

GRILLED SPECIALTIES

THE "SOUVLAKI" grilled pork skewers, tzatziki & pitta bread, fries or salad	15.50€
THE CHICKEN "SOUVLAKI" grilled chicken skewers, mustard aioli & pitta bread, fries or salad	16.50€
GRILLED CHICKEN FILLET Served with salad or fries	16.50€
"GIAOURLLOU" Greek lamb kebab, grilled tomatoes, onions, yoghurt sauce & pitta bread	17.00€
"GYROS" PLATTER pork or chicken gyros, tzatziki sauce, pitta bread, tomato, onions & fries	16.50€
GRILLED GARDEN VEGETABLES seasonal veg, herb oil Add grilled chicken fillet + 3.90€	13.00€
THÈROS MIXED GRILL (for two) a generous selection of grilled meats, including chicken fillet, pork souvlaki, sausage, pork gyros & lamb kebab Served with crispy fries, warm pitta bread, tomato, onion & tzatziki	34.00€

DESSERTS

APPLE PIE	12.00€
Served with vanilla ice cream & whipped cream	
BANANA SPLIT	11.50€
banana, chocolate, vanilla & strawberry ice cream, nuts, chocolate & strawberry syrup & whipped cream	
GREEN THÈROS PISTACHIO ICE CREAM	9.00€
Served over a cookie crumble finished with salt & olive oil	
CHURROS	8.00€
Served with chocolate	
ICE CREAM (per scoop)	3.50€
chocolate, vanilla, strawberry, pistachio	
THE CHOCO LAVA PIZZA	12.00€
warm oven baked pizza dough covered with rich, melted chocolate & topped with crunchy cookie crumble	

MILKSHAKES

OREO	8.00€
CHOCOLATE	8.00€
VANILLA	8.00€
STRAWBERRY	8.00€

SMOOTHIES

MANGO DREAM	7.00€
mango & pear	
PASSION STORM	8.00€
peach, pineapple, papaya, passion fruit, guava & aloe vera	
STRAWBERRY FANTASY	7.00€
strawberry & banana	
ACAI KICK	8.50€
acai, blueberry, mango & strawberry	

LITTLE SUN MENU

For our younger guests (up to 12 years)

FISH FINGERS	7.00€
Served with fries	
CRISPY CHICKEN BITES	8.00€
with fries & yoghurt dip	
MAC & CHEESE STICKS	8.00€
with a fresh tomato & olive oil sauce	
LITTLE PASTA POMODORO	7.00€
Add chicken +2€	
MINI PANCAKES	7.00€
honey or chocolate	
BABYCCINO	3.50€

BEVERAGE LIST

COFFEE & TEAS

SINGLE ESPRESSO	4.00€
DOUBLE ESPRESSO	4.50€
CAPPUCCINO	5.00€
DOUBLE CAPPUCCINO	5.50€
LATTE	5.50€
ICED LATTE	5.50€
FRAPPE	4.00€
FREDDO ESPRESSO	4.50€
FREDDO CAPPUCCINO	5.50€
AMERICANO	4.50€
GREEK COFFEE	4.00€
NESCAFE	4.00€
SELECTION OF TEAS	4.00€
FRESH ORGANIC MINT TEA	4.50€

SOFT DRINKS

THÈROS HOMEMADE LEMONADE	6.50€
COCA COLA	3.50€
COCA COLA ZERO	3.50€
FANTA LEMON	3.50€
FANTA ORANGE	3.50€
SPRITE	3.50€
PINK GRAPEFRUIT	3.50€
TONIC WATER	3.50€
SODA WATER	3.50€
SMALL SPARKLING WATER	2.00€
LARGE SPARKLING WATER	3.00€
SMALL STILL WATER	1.00€
LARGE STILL WATER	2.50€

JUICES

ORANGE JUICE	4.50€
APPLE JUICE	4.50€
PINEAPPLE JUICE	4.50€
MIXED FRUIT JUICE	5.00€

ICED TEAS

PEACH	5.00€
LEMON	5.00€

BEERS

MYTHOS 330ml	5.50€
CRETAN KINGS LAGER 330ml	6.00€
HEINEKEN 330 ml	6.00€
CORONA 330ml	6.50€
FIX 0% ALCOHOL BEER 330ml	5.00€

SPIRITS

VODKA STOLICHNAYA	6.00€
VODKA ABSOLUT	6.00€
GORDON'S PREMIUM PINK	7.00€
TANQUERAY GIN	6.00€
TANQUERAY 10	8.50€
CAMPARI	6.00€
JOHNNIE WALKER BLACK LABEL	8.50€
TEQUILA JOSE CUERVO	6.00€
BACARDI	6.00€

WINES

HOUSE WINE

WHITE | RED

GLASS 150ml	6.50€
KARAF 500ml	15.00€
KARAF 1Lt	25.00€

BY THE BOTTLE

MEDITERRANEAN WHITES

DÍO IROES Sauvignon Blanc & Thrapsathiri 25.00€
Fresh & vibrant white blend with citrus aromas, tropical fruit notes & a crisp finish balanced by delicate Cretan character.

VIDIANO 36.00€
Aromatic Cretan white wine with notes of ripe stone fruit, citrus & delicate floral aromas, balanced by a crisp, refreshing finish.

SPINAS MUSCAT 36.00€
Bright & aromatic white wine with floral notes, hints of peach & citrus & a smooth, refreshing finish.

DANDÈS Chardonnay 32.00€
Rich & well-balanced Chardonnay with notes of tropical fruit, vanilla & soft buttery undertones, finished with a smooth, refreshing acidity.

ROSÉ

DÍO IROES Merlot & Liatiko 25.00€
Fresh & fruit-forward rosé blend with notes of red berries, soft floral aromas & a smooth, refreshing finish.

ROSSO

DÍO IROES Syrah & Kotsifali 25.00€
Smooth & full-bodied red blend with notes of dark berries, subtle spice & soft tannins balanced by a rich Cretan character.

COCKTAILS

MOJITO	10.00€
A refreshing blend of white rum, fresh lime juice, mint leaves, sugar & soda water.	
PINA COLADA	11.00€
A tropical mix of rum, coconut cream & pineapple juice. Served chilled.	
STRAWBERRY DAIQUIRI	12.00€
A fruity cocktail made with rum, fresh strawberries, lime juice & simple syrup.	
MAI TAI	12.00€
A classic tiki cocktail with rum, lime juice, orange liqueur & orgeat syrup.	
PORNSTAR MARTINI	11.50€
A vibrant mix of vanilla vodka, passion fruit puree & a shot of prosecco.	
APEROL SPRITZ	11.00€
Aperol, prosecco & soda water. Served over ice with a slice of orange.	

SIGNATURE COCKTAILS

MEDITERRANEAN MULE	13.50€
A unique blend of melon liqueur, fresh lime juice, lemon verbena, rosemary, mint & traditional raki spirit.	
THÈROS SPRITZ	12.50€
Campari, prosecco & pink grapefruit soda. Served over ice with a slice of orange.	
AEGEAN KINGS	13.00€
Fresh lime juice, basil syrup, cucumber syrup & premium gin.	
SWEEETY MARTINI	13.50€
Fresh lime juice, orange liqueur, salted caramel syrup, passion fruit puree & vodka.	

RESPONSIBLE UPON MARKET INSPECTION: IOANNIS KALIAKAKIS

ALL TAXES ARE INCLUDED IN PRICES

PLEASE INFORM OUR STAFF OF ANY ALLERGIES OR INTOLERANCES

THE CUSTOMER IS NOT OBLIGED TO PAY IF NO RECEIPT / INVOICE HAS BEEN MADE