
"Our menu opens its arms like a warm Cretan home. Every dish is made with fresh, local ingredients and the aromas we grew up with – olive oil, herbs from the mountains, slow-cooked recipes passed down from our mothers and grandmothers. Choose the menu that feels right for you, and let us cook for you as we would for our own family. A journey of taste, memories, and simple happiness... flavors that will always remind you of your holidays in Crete."
Cook4you Team

Breakfast & Brunch

The most important meal of the day starts with us!

STANDARDS ON THE TABLE

Freshly squeezed orange juice
Fresh toasted bread
Homemade marmalade
Milk – Tea – Filter coffee
Greek butter & local thyme honey
Greek yoghurt & Muesli

CHOOSE ONE FOR EACH DAY

Croque Madame à la Crete
Cretan interpretation of the classic Croque Madame, crafted with sourdough bread, premium apáki and aged Cretan graviera. A silky béchamel infused with thyme honey, topped with a fried egg and a drizzle of extra virgin olive oil.

Cretan Omelet with Mushrooms & Apáki
Fluffy omelets with fresh eggs, grated graviera, Cretan apáki, thyme-sautéed mushrooms and Florina red pepper.

Kagianas Eggs with Tomato & Feta
Slow-cooked eggs with fresh tomato, extra virgin olive oil and herbs, gently finished with creamy barrel-aged feta.

Avocado & Boiled Egg Sandwich
Fresh round bun filled with avocado blended with boiled egg, baby spinach, cucumber, tomato and aromatic basil mayo. Served with green salad and light balsamic dressing.

Pancakes
Fluffy pancakes served with your choice of Nutella, banana & almonds or honey, strawberries, raspberries & blueberries.

Sweet Potato Pancakes
With Apáki & Poached Egg
With honey & fruits

Cretan BBQ

FAMILY STYLE

APPETIZERS

Dakos: Cretan rye rusks with chopped fresh tomato, mitzithra cheese

Tzatziki : Greek dip with yogurt and garlic

Grilled vegetables with balsamic sauce

Greek pita pies with oregano

GREEK SALAD

Tomato, onion, cucumber, green bell peppers, feta cheese, caper, oregano, olives and olive oil

MAIN COURSE

Cretan local sausages, pancetta , pork and chicken skewers, chicken wings , beef burger accompanied with Jacket potatoes and Cretan herbs

DESSERT

Loukoumades : Greek fritters with thyme honey, cinnamon and sesame

Vegan & Vegetarian: Vegetable Burgers, and vegan Tzatziki,
Kaltsounia vegan- Louckoumades with agave syrup

Sea- Fish Menu

APPETIZERS

Grilled octopus with Fava: yellow split pea puree
Saganaki: shrimps with feta and Greek Ouzo or wine
Sardines with fresh tomato, spring onion, parsley and olive oil
Greek potato–garlic purée (Skordalia)

GREEN MIX SALAD

Mixed greens (Lolla green & Rossa, lettuce, arugula) with walnuts, orange fillet, avocado, Cretan graviera cheese, croutons, and citrus vinaigrette

DESSERT

Homemade Lemon Pie

CHOOSE ONE MAIN COURSE

Sea bass fillet accompanied with olive-oil lemon dressing and marinated beetroot with olive oil, vinegar, and garlic

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Salmon with sauté spinach, zucchini, cherry tomatoes, lemon dressing, thyme and hazelnuts

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Cretan-style seafood pasta with mussels, shrimp, fresh tomato, and basil

**For lobster-Greek open sea fish over 1 kg- Solt baked Fish, under request for pricing and availability

Surf and Turf Menu

APPETIZERS & SALAD

Grilled octopus with Fava: Yellow split pea puree
Saganaki shrimps with feta cheese
and Ouzo
Tzatziki : Greek dip with yogurt and garlic
Kalitsounia: small local pies with local cheese and greens

CRETAN SALAD

Tomato, Dakos, onion, cucumber, green bell peppers, local mitzithra cheese,
caper, oregano, olives and olive oil

FAMILY STYLE 50/50

Sea bass BBQ fillet with olive-oil lemon dressing accompanied with celeriac purée and green pea purée

&

BBQ Cretan local sausages-pancetta-pork and chicken skewers- chicken wings & beef burger accompanied with Jacket potatoes and Cretan herbs
Greek pita pies with oregano

DESSERT

Greek Mosaico (Chocolate & Biscuit Log)

Vegan & Vegetarian :Vegetable Burgers, and vegan Tzatziki, Kaltsounia vegan and vegan dessert

Lamb Lover’s Menu

APPETIZERS & SALAD

Sourdough bread bruschetta's with
feta dip and lamb “tsigariasto”
Dolmadakia: Stuffed vine leaves
with rice and mints
Tzatziki : Greek dip with yogurt and garlic

GREEK GREEN SALAD

Fresh lettuce, fresh onion, dill and lemon dressing with olive oil

CHOOSE ONE MAIN COURSE

Traditional Lamb with potatoes, zucchini, tomato, onions, carrots and
feta cheese in the oven

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‘’Kleftiko’’: pouch with lamb and a variety of local chesses,
peppers baked in Greek filo dough

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Lamb with tomato and orzo the famous “Giouvetsi”

DESSERT

Cretan cheese cake with local goat fresh cheese

Chicken Traditional Menu

APPETIZERS & SALAD

Chicken bites with graviera cheese in Kadaifi dough nests

Saganaki cheese with feta in Greek filo dough with honey and sesame

Grilled red Florina's peppers with feta cheese and balsamic sauce

CABBAGE SALAD

Red and white cabbage, carrots Florin's peppers, walnuts, lemon and olive oil

CHOOSE ONE MAIN DISH

Farm chicken in tomato sauce and local homemade pasta ''Skioufixta''
and kefalotyri cheese

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Pouch with chicken and variety of local chesses, bell peppers cherry tomatoes potatoes and onion baked in Greek filo dough

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Roast stuffed chicken with variety of Cretan cheeses, peppers, herbs and sweet potatoes' pure

DESSERT

Galaktoboureko: Greek custard pie with cream and honey syrup

Greek Beef Menu

APPETIZERS & SALAD

Feta cheese in clay pot with tomato and peppers

Smoked Eggplant salad with garlic feta cheese and parsley

Dakos: Cretan rye rusks, chopped fresh tomato and local mitzithra cheese

BEETROOT SALAD

Beetroots, Greek yoghurt, arugula walnuts, garlic and balsamic sauce

CHOOSE ONE MAIN COURSE

Stifado: Stew Beef with baby onions accompanied with fresh fried potatoes

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Soutzoukakia: Meet balls with tomato sauce, parsley and rice or potato pure

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Greek style stew beef with grape molasses accompanied with orzo pasta and Graviera local cheese

DESSERT

Baklava Traditional Greek phyllo pastry with walnuts, cinnamon & honey syrup

Loving A Pork Menu

APPETIZERS & SALAD

Crispy zucchini fritters with Greek yogurt and fresh dill on the side

Spicy feta dip with extra virgin olive oil and smoked paprika

Greek-style sausage pan with peppers, cherry tomatoes, and feta

GREEN SALAD

Green salad with arugula, parmesan, cherry tomatoes, and lemon vinaigrette

CHOOSE ONE MAIN COURSE

Roast stuffed pork with variety of local cheeses, peppers, bacon, herbs accompanied with roasted and sweet potatoes

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Boneless Pork in the pot with roasted potatoes, honey, mustard, plum and herbs baked in a clay pot

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Slow-baked Greek pork shank in parchment paper with local cheese and potatoes

DESSERT

Homemade Choux with ice cream bitter chocolate and almonds

Greek’s Beloved Menu

APPETIZERS & SALAD

Feta cheese in clay pot with fresh tomato and green bell peppers
Tzatziki : Greek dip with yogurt and garlic with Greek pita pies
Dakos: Cretan rye rusks, chopped fresh tomato and fresh local mitzithra cheese

GREEK SALAD

Tomato, onion, cucumber, green peppers, feta cheese, caper, oregano, olives and olive oil

CHOOSE ONE MAIN COURSE

Moussaka: ground beef, potatoes, eggplants and homemade béchamel

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Pastitsio: ground beef, spaghetti and homemade béchamel sauce

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Giouvetsi: beef or chicken with Greek orzo pasta and Kefalotyri cheese

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Stuffed vegetables: tomatoes, eggplants, zucchini, peppers with rice and herbs

DESSERT

Loukoumades : Greek fritters with thyme honey, cinnamon and sesame

Our Vegetarian Menu

APPETIZERS

Zucchini patties with feta cheese
Tzatziki Greek traditional dip of yoghurt with cucumber, garlic and olive
Dakos: Cretan rye rusks with grated fresh tomato, mizithra cheese, olive oil and oregano
Greek pita pies with oregano

MIX VEGETABLES SALAD

Boiled and grilled vegetables (potatoes, cuter flower, broccoli Florina's peppers, carrots) arugula, hazelnut and feta cheese dressing

CHOOSE ONE MAIN COURSE

Stuffed vegetables: tomatoes, eggplants, zucchini, peppers with rice and herbs

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Eggplants in tomato sauce, onion, feta cheese and parsley

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Spinach lasagna with creamy béchamel and cheese

DESSERT

Orange pie with Greek Phyllo Pastry and ice cream

All Vegan Menu

APPETIZERS

Greek-style chickpea fritters

Kalitsounia: small local pies with local potherbs

Bruschettas with lemon hummus and spring onion

MIX VEGETABLES SALAD

Grilled and boiled vegetables (potatoes, cauliflower, broccoli, Florina peppers, carrots) with arugula and pesto dressing

DESSERT

Vegan chocolate roll -Greek “kormos”

CHOOSE ONE MAIN COURSE

Stuffed vegetables: tomatoes, eggplants, zucchini, peppers with rice and herbs

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Eggplants in tomato sauce, onion, vegan cheese and parsley

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Gigades: Greek baked giant dry beans with tomato, onion and parsley

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Briam: varieties of summer vegetables in the oven with tomato sauce, onion and parsley

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Creamy orzo risotto with sun-dried tomato and fresh basil

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Traditional Greek spinach and rice with fresh lemon

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Vegetarian moussaka with mushrooms

Kid's Menu

SIMPLE & DELICIOUS

We know that little food lovers enjoy tasty and comforting meals! Our kids' menu offers a selection of fresh, homemade dishes made with fresh, local ingredients

MAIN COURSE

Pasta with Fresh Tomato Sauce & Cheese

A classic favorite with homemade tomato sauce and a sprinkle of cheese.

Crispy Chicken Nuggets & Fresh Fried Potatoes 🍗

Tender, golden-brown chicken nuggets served with perfectly crispy, hand-cut potatoes.

Mini Cheese Pita Pizzas

🍕 A fun and tasty twist on pizza, made with Cretan pita bread, fresh tomato sauce, and melted cheese.

Mini Greek Salad (No Onions) 🥗

Fresh cucumbers, tomatoes, olives, and feta, perfect for little ones.

Cook4you

Breakfast & Meals

Extra dishes under request for the breakfasts

- Banana Bread
- Apple Pie
- Cheese Pie
- Local Potherbs & Cheese Pie
- Vanilla & Chocolate Cake and more
- Bougatsa
- Spinach Pie
- Chicken Pie

FOR CUSTOM MENUS UNDER REQUEST

Appetizers

- Tomato fritters (Ntomatokeftedes)
- Cretan smoked pork (Apaki)
- Fresh homemade fried potatoes
- Zucchini pie
- Vegetable saganaki with feta cheese
- Spicy feta cheese balls with honey and chia
- Steamed mussels
- Red Florina peppers stuffed with feta and anthotyro
- Fried zucchini and eggplant slices
- Meatballs
- Cheese pies in crispy phyllo pastry
- Stuffed mushrooms with smoked cheese and peppers
- Chicken and Cretan cheese phyllo pouches
- Chaniotiki pie with lamb and cheese
- Cabbage dolmades (Lachanodolmades)
- Pastirma mini pies
- Giant beans with country-style sausages
- Fried snails (Boubouristoi)

Main dishes

- Traditional Cretan lamb with stamnagathi
- Beef stew in tomato sauce (Kokkinisto) with pasta
- Chicken fillet with lemon–oregano and potatoes
- Pork/chicken gyros platter with pita, tzatziki fresh fried potatoes, tomato and onion
- Shrimp linguine
- Seafood orzo (Kritharoto)
- Octopus and pasta
- Grilled calamari stufed with rice or feta with olive oil, oregano and fresh fried potatoes
- Greek-style carbonara
- Pasta with minced meat (Makaronia me kima)
- Creamy chicken pasta with peppers and cheeses

CRETAN SPECIALS

- Gamopilafo (Cretan wedding risotto)
- Tender lamb fillet stuffed with Cretan cheeses, roasted peppers and sun-dried tomato, wrapped in delicate vine leaves and served over creamy sweet potato purée.

COOKING LESSONS

WE LOVE TO COOK WITH YOU AND SHOW YOU THE SECRETS OF OUR CRETAN AND MEDITERRANEAN CUSINE & QUALITY

APRONS ON AND READY TO COOK AND HAVE FUN WITH US!

1 **Appetizers**

Tzatziki : The Greek famous dip

Kaltsounia: Cretan local pies with local cheese, greens and mints

Dolmadakia: Stuffed grape leaves with rice and mints in the pot

2 **Cretan Salad**

Tomato, onion, cucumber, green peppers, mizithra cheese, Cretan rusks, caper and olive

3 **Kleftiko** : pouch with lamb, feta cheese and vegetables in the oven

&

Stuffed vegetables with rice and mints in the oven

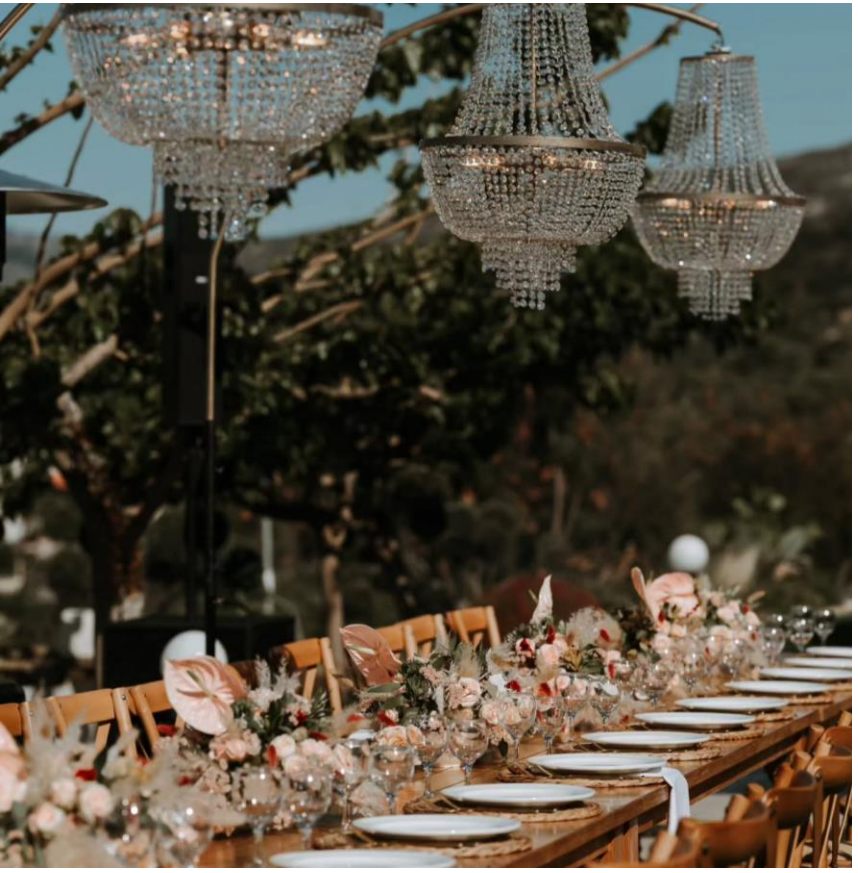
4 **Dessert**

Louckoumades: Greek fritters with thyme honey cinnamon and sesame

After the lesson you can enjoy the dishes cooked by you!!

Get ready to enjoy and have great time cooking with us!

Thank you!
We can't wait to Cook4You!



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