Gastronomy

Creative Cretan Dining

5* History – steeped hotel set in a 16th century olive grove. An entire village was rebuilt hiding memories and moments of the past. Traditional Cretan food prepared with a gourmet twist & modern techniques, using locally sourced ingredients and premium olive oil.
Breakfast at Kapsaliana Village Hotel

Delicious Greek Breakfast Buffet — Served Daily 8.30 – 11am:

Cheese & Charcuterie —
- Local Cheese (Sheep, Goat or Cow milk),
- Homemade Deli Meats (Chicken, Turkey or Pork)

Dairy —
- Yogurt (Sheep, Goat or Cow milk), Kefir

Pies & Bakery —
- Traditional Greek Pies made daily,
- Apple Pie
- Fruit Cake
- Olive Oil Cake
- Homemade Bread, Multi seed, Wholegrain, Plain Bread
- Homemade Cookies & Cretan flour bites
- Cretan Lichnarakis - with myzithra cheese, cinnamon

Options made daily:
- Avocado, white 'galomyzithra' cheese and herbs
- Cubed raw tomato, cucumber, white crumbled cheese & herbs
- Cubed raw tomato with eggs, olives, white cheese & herbs

Super foods —
- Almonds, Walnuts, Prunes, Dried Figs, Apricots, Energy Mix, Oats, Oat Bran, Sesame seeds

Honey, Jams & Spreads —
- Thyme & Flower honey from local Producers, Jams, Tahini, Tahini with Cacao, Peanut Butter

Fruits & Juice Bar —
- Fruit Bowl, whole fruits basket,
- Freshly Squeezed Orange, Grapefruit Juice & Smoothies,
- Fruit compotes

Sweets —
- Homemade Spoon Sweets (Low Sugar)
- Marmalades made with Kapsaliana fruit preserve
- Rice Pudding ('Ryzogalo') made with goat milk

Vitality Water —
- Infused with Mint & a selection of fresh fruits

Coffee & Teas —
- Herbal Teas,
- Carob Tea,
- Hot Options - Filter coffee, Espresso, Cappuccino,
- Cold Options - Freddo Espresso, Freddo Cappuccino

Farm Eggs Menu —
- Simply Boiled or Fried
- Omelet of the Day
- Eggs with 'Stakovoutyro' — Traditional Cretan butter made with sheep & goat milk
- Poached Eggs, Cretan Avocado & Whole wheat toast
- Egg White Omelette with cherry tomatoes & rocket
- Omelette with Homemade Charcuterie
- Fried Eggs with Bacon
- ‘Strapatsada’ Eggs – Scrambled with tomato & white cheese

Hot Breakfast —
- Grilled sausages
- Bacon rashers
- Grilled tomato
- Roasted potatoes, mushrooms & vegetables
Breakfast at Kapsaliana Village Hotel

Farm Eggs Any Style:

Three Egg Omelette made from local farm-fresh eggs, served with homemade charcuterie and your choice of toast

Poached Eggs with sliced Cretan avocado, sprouts, arugula and sliced country bread

Fried Eggs with ‘Stakovoutyro’ – Cretan butter made from a mix of sheep & goat milk

Healthy Egg White Omelette with cherry tomatoes & rocket from our garden

Daily Buffet Options:

‘Strapatsada’ Eggs – Greek style scrambled eggs cooked in grated tomato, local white cheese & olive oil

OR

‘Horiatiki’ Omelette - Fresh mushrooms, green peppers, onions and tomatoes, topped with melted artisanal Cretan cheese (*vegetables upon season)

Fried Eggs with Bacon cooked in extra virgin olive oil

Simply Fried eggs with crispy bottom and runny yolk on top of a whole wheat toast

Boiled eggs - Hard or soft its up to you
Degustation Dinner
at Kapsaliana Village Hotel

MENU:

Sea Bream, Okra, Beans – Amaro Olive Oil
Accompanied by Rose Prinos, Mandilari – Syrah, Diamantakis Winery – Crete

Beef Tail, Pasta, Touloumotiri – Mint Oil
Accompanied by Red Monemvasios, Mavroudi – Agiorgitiko, Tsimpidis Winery
– Monemvasia

Corn Soup, Smoked Eel, Black Tomato – Tsounato Olive Oil

Lamb, Eggplant, Wild Mushrooms, Lemon – Koroneiko Olive Oil
Accompanied by White Diamantopetra Assyrtiko – Vidiano, Diamantakis
Winery – Crete

Pre dessert
Mirabellles Sorbet

Cretan Cream Cheese, Beetroot & Fig Ice Cream
Accompanied by Sweet Aureo – Liatiko, Tilaki Winery – Crete

(Price 60€ per person*
50€ without Wine)

Executive Chef: Vasilis Leonidou
Private Dinner
In your Room Terrace at Kapsaliana Village Hotel

Whether you’re celebrating a special occasion with your better half or just looking to spoil yourselves and your loved ones; our acclaimed Chef undertakes to concoct a fabulous candlelit dinner at your private suite.

Just sit back, savor the moment and let our discreet service take care of everything else.

Menu – (Tailor made according to your dietary preferences).

1. Egg, Cream cheese, Pork & Greens
2. Garden salad, Fresh cherry vinegar & Province green olive oil
3. Sea urchin, Wild damson & Tsounato olive oil
4. Dentex, Citrus air, Amaranth & Franci delicate olive oil
5. Stuffed vine leaves with sea food
6. Iberico pork, Aubergine & Ziros olive oil
7. Picanhya black angus, Corn, Goat cheese & Pamako olive oil
8. Crème, Local cheese, Red fruits & Beetroot dessert spoon

Choice:
- 5 dishes with 5 wines (80 € per person)
- 7 dishes with 7 wines & 7 exquisite Olive Oils (150 € per person)
Breakfast in Bed:

The ultimate ‘Breakfast in Bed’ welcome with traditional flavors on the first day of your stay! Just let us know at the reception the night before at the reception desk.

- Coffee
- Bakery
- Butter, Jams, Marmalade & Honey
- Freshly Squeezed Fruit Juices
- Yogurt
- Milk
- Superfoods & Nut Mix
- Fruit Salad
- Fresh whole fruits
- Dessert of the day

Extra Options:

- Omelet of your choice
- Bruschetta
- Greek Pies
- Cheese & Deli Meats
**Breakfast in Bed:**

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<thead>
<tr>
<th>Coffee:</th>
<th>Extra Options:</th>
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<tbody>
<tr>
<td>Filter Coffee</td>
<td>Omelet of your choice:</td>
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<tr>
<td>Cold – Freddo Espresso or Cappuccino</td>
<td>○ Please check our fresh farm eggs menu</td>
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<tr>
<td>Hot – Espresso or Cappuccino</td>
<td>○ Fresh tomato, cucumber &amp; herbs</td>
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<tr>
<td>White</td>
<td>Bruschetta:</td>
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<tr>
<td>Wholegrain</td>
<td>○ ‘Sfakiani’ pita – Traditional thin slices of whole wheat cheese pie filled with ‘mizithra’ white cheese &amp; topped with honey and / or jam</td>
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<tr>
<th>Bakery:</th>
<th>Greek Pies:</th>
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<tbody>
<tr>
<td>Plain White</td>
<td>○ ‘Lychanrakia’ – Round, fluffy pies topped with cinnamon, filled with ‘mizithra’ cheese and crumbled ‘anthotyro’</td>
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<tr>
<td>Wholegrain</td>
<td>Cheese &amp; Deli Meats:</td>
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<tr>
<th>Freshly Squeezed Fruit Juices:</th>
<th>○ Homemade chicken, turkey &amp; pork deli</th>
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<tbody>
<tr>
<td>Orange Juice</td>
<td>○ Traditional Cretan graviera, tyrozouli &amp; anthotyro cheese (sheep &amp; goat milk)</td>
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<tr>
<td>Grapefruit Juice</td>
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Cooking Lesson at Kapsaliana Village Hotel

Discover Authentic Cretan flavors –
The healthiest cuisine worldwide

Its all about a farm to table experience! Lets begin with a tour at our botanic garden filled with fresh vegetables, leafy greens, edible colourful flowers, Mediterranean fruit, Cretan olive trees, as well as aromatic culinary herbs and spices.

Our Executive Chef and his team will now take you to the main kitchen of the hotel where a two-hour class takes place. The lesson consists of hands-on demonstrations to prepare an entire gourmet yet classic Cretan menu.

Learn first-hand authentic Cretan recipes and tips used in traditional homes, handed over from one generation to the other.

Enjoy your cooking instruction, find out culinary techniques, including how to make real dough as well as various cooking methods; how to properly grill or stew meat, prepare hors d’oeuvres and cook with herbs and spices.

Menu* & Process:
- Short Wine Tasting
- Short Olive Oil Tasting
- Dolmades: Stuffed vine leaves with rice
- Stuffed tomatoes with rice, pine nuts, raisins, grated carrots & zucchini
- Lamb slowly cooked in red wine sauce & legumes
- Artisanal cheese & herbs pies - ‘Myzithropitakia’ or ‘Hortopitakia’
- ‘Staka fried eggs’
- Dessert

Now enjoy the Kapsaliana meal made by you!

(*Menus upon season)
Price per person: 100 €
Min 2 People - Max 8 People*)
For a wholesome day of outdoor pursuits, let us tailor your picnic basket and fill it with delicious Cretan snacks and refreshing beverages.

Whether it’s a day spent at the Cretan mountains or by the beach, our team will arrange your delicious picnic basket, according to your dietary preferences as well as drive you to a dreamlike destination.

Example menu (Vegan Options available):

- **Cretan Delicacies** - Graviera cheese, homemade sourdough bread or crunchy rusks, olives, cherry tomatoes & other vegetables of the season
- **Homemade charcuterie** – Turkey, chicken or pork
- **‘Dolmades’** – Stuffed vine leaves with rice
- **Fava dip** – Split peas puree
- **Traditional pies** filled with crumbled cheese greens and Cretan herbs
- **Fresh fruits**
- **Wine**
- **Cold beverages**
Olive Oil Tasting at Kapsaliana Village Hotel’s Olive Grove

Live the ultimate experience in our historic olive grove which dates back to 1763.

The Old Olive Mill at Kapsaliana Village Hotel used to belong to the historic Arkadi Monastery, was a ‘source of life’ for more than 200 years and the reason Kapsaliana village was built.

- Get a deeper insight into olive oil history, production and practices (video) and unravel how this oily treasure gets to the bottle.

- During your olive oil tasting session, our Executive Olive Oil Chef, Vasilis Leonidou will guide you in the magic ‘Pitharia’ (: giant jars filled with oil in the ancient times) room in the ‘monastic’ area of our museum.

- Learn to appreciate the aromas of olive oil, such as the smell of fresh-cut grass, cinnamon, tropical fruits .

- Find out once you sip or swallow whether it leaves you with a peppery sensation, a nutty, or a buttery flavour in your throat .

- Recognize what qualities make olive oil perfect in a manner of appearance and tasting balance.

**Seminar Summary:**
- Dateback to the history of olive oil
- Acquaintance with the nutritional values & properties
- Organoleptic characteristics & defaults of olive oil
- Food Pairing

Price per person: 50€
Min 2 People -- Max 6 People*)
Pool Bar

Drinks & Cocktails Menu:
12.00 – 19.00

- Freshly Squeezed Juices – 5 €
- Smoothies with Milk or Yoghurt & Fruits – 6 €
- Aegean Spritz (with Martini Rossato or Aegean Tonic) – 8 €
- Kapsaliana Mojito (Gin, Lime/syrup & Lavender) – 7 €
- Kapsaliana Negroni (Gin, Campari & Sweet Wine) – 8 €
- Cucumber Martini (Gin, Lime, Ginger Syrup & Cucumber) – 8 €
- Mai Tai (Havana, Cointreau, Lime & Orgeat Syrup) – 9 €
- Bergamot Breeze (Gin, Saint Germain, Gentlemen Soda) – 8 €
- Mojito (Rum, Syrup, Mint) – 7 €
- Caipirinha (Cachacha, Lime & Syrup) – 7 €
- Margarita (Tequila, Cointreau & Lime) – 7 €
Honeymoon Experience

At Kapsaliana Village Hotel, we have created an exclusive and romantic honeymoon package to experience the honeymoon of your dreams.

Our offer combines customized gastronomic surprises with wellness treats for the newlyweds.

- **Suite upgrade** with breathtaking views overlooking the Cretan sea or Mount Ida and the White Mountains

- The ultimate ‘Breakfast in Bed’ filled with traditional flavors as a ‘Welcome’ on the first day of your stay

- Cretan gourmet ‘Aperitivo’ under the lemon trees with tasty Cretan drinks, a selection of local cheese, fresh vegetables and delicious ingredients sourced from our estate’s orchards

- Discount for a 60min ‘Massage’ with all natural oils.

Complete your honeymoon escape by adding one or more of our tailor-made experiences to your trip.

Let us spoil you with a **Private Dinner** on your room terrace prepared by our Executive Chef with. Options include 6 or 8 – dish menus, prepared according to your dietary preferences, paired with fascinating wines from indigenous Cretan varieties.

Experience an ultimate romantic feast and savor exquisite flavors under the stars!

(*Extra charge)

(*3 Days minimum Stay)