

anthós

Anthós is a celebration of the richness and diversity of the Greek cuisine, and a tribute to the diligent farmers, producers and people who make it all possible. Our commitment to Phāea Initiatives, regional sourcing and sustainable practices, ensures every dish tells a story of Greek land, sea, and heritage.



Phaea Framers Program – Supporting our Staff to farm organically and supply our restaurant

Phāea Plan Bee Initiative – Producing our own flower honey.

Phāea Farmers Olive Oil – We use 100% Bio Extra Virgin Olive Oil produced by our own staff the Phaea Farmers

Certified Organic Gardens at Phāea Blue – Supplying our restaurant with fresh, seasonal vegetables

All our eggs are free-range, sourced from Elia Village farm, Heraklion.

Staka butter, milk, and traditional sheep's yogurt sourced from farms in Neapoli, Lassithi.

Artisanal Cheeses sourced from Amari Dairy, Rethymno and Siteia.

PDO Feta Cheese from Trikala, Thessalia.

Cured Meat Apaki from Galatas Village, Heraklion.

Organic Bulgur Wheat from Mount Voion farm, Western Macedonia, Greece.

Organic Tahini from Thessaloniki.

This Menu is printed on recycled paper.



MEZZE

SPICY SPREAD 20

PDO Xygalo Cheese | PDO Feta Cheese | Chilli Pepper | EVOO (Prepared at your table)

HORTOPITA 19

Wild Greens| Galomizithra Cheese | Onion | EVOO

SQUID ^F 25 ¹

Bulgur | Herbs | Lemon Sauce | Spiny Chicory | EVOO

“APAKI” MEATBALLS 22 ¹

Smoked Yogurt | Cured Meat | Cherry Tomato Compote | Mint

OCTOPUS 25 ²

Kalamata Olives | Black Lentils | EVOO

CHARRED DOLMAS 19

Vine Leaves | Frumenty | Greek Strained Yogurt | Herbs | Roasted Nuts

POTATO ROCKS 16.5

Staka Cretan Butter Sauce | Aged Anthotyro Cheese

TUNA 22

Citrus Juice | Onions | Capers | Dill | Cucumber| EVOO| Local Chili Peppers

SALADS

GREEK 18

PDO Feta Cheese | Kalamata Olives | Tomatoes | Cucumber | EVOO | Dry Oregano

HORTA ^V 17

Wild Leafy Greens | Tomato Pulp | Herbs | PDO Feta Cheese

ARTICHOKE 20

PDO Graviera Cheese | Free Range Egg | Onion | Datterini Tomatoes | Aged Vinegar | Simit Bread

BULGUR 22 ¹

Shrimps | Avocado | Cucumber | Tomato | Onion | Dijon Mustard | EVOO

MAIN TO SHARE

FROM OUR CHARCOAL OVEN

GUNA 39

Sea Bass | Zucchini | Garlic | Mint Chili | Sea Salt Flakes | Lemon Oil Sauce

SHRIMPS ^F 57 ³

Tomato | Greek Ouzo | PDO Feta Cheese | Herbs

SOUVLAKI 52

Pork Shoulder | Spicy Pepper Sauce | Cretan Butter Yogurt Cream | Herb Salad

LAMB CHOPS 65 ²

Tomato Relish | Warm Aubergine | Yogurt | Garlic Confit | Herbs

CORN FED GRILLED HALF CHICKEN (SERVES 2) 48

Lemon Oil Sauce | Bread Cremolata

DRY AGED STEAK (SERVES 2) 165 ⁵

Cretan Chimichurri | Raw Spiny Chicory | EVOO

CELEBRATORY DISHES



ANTIKRISTO (SERVES 2) 68 ⁴

Greek Lamb Shoulder Cooked in Open Wood Fire
(takes 30 minutes)

GAMOPILAFO (SERVES 2) 39

Rice, Goat-Chicken Broth, Cretan Cheese "Anthotyros"
(takes 30 minutes)

PLANT BASED

CHARCOAL BEETROOT ^V 22

Greek Strained Yogurt | Walnut Pesto | Vinaigrette

AUBERGINE ^V 20

Organic Tahini | Garlic Oil | Parsley | Crispy Kale | Walnuts | EVOO

SIDES

GRILLED PEPPERS 11

Verjuice | EVOO | Smoked Sea Salt

BAKED BABY POTATOES 11

Greek Yogurt | EVOO | Thyme

WILD LOCAL GREENS 11

Lemon Oil Dressing | Sea Salt

DESSERTS

TRADITIONAL "MIZITHROPITA" CHEESE PIE 16

Flower Honey

CAROB CHOCOLATE 18

Dark Chocolate Mousse | Vanilla Sauce

HOMEMADE CHEESECAKE 20

Local Soft Cheese | Flower Honey | Grapes | Syrup

SORBET VARIETY | ICE CREAM VARIETY 7

price per scoop

FRUITS OF THE SEASON VARIETY 14

V = Vegetarian option | **F** = May contain frozen ingredients

Please let us know if you have any allergies or special dietary needs.
Extra charge for half board dining around: (1) 10€ | (2) 15€ | (3) 20€ | (4) 40€ | (5) 55€

All prices are in euros (€) and include all applicable taxes.
A printed complaint form is available upon request.