

BBQ MENU

Amuse bouche

Greek bruschetta with fresh tomatoes, olives, capers and feta cheese

To start

Goats cheese, spinach and herb quiche garnished with prosciutto
Selection of Greek spread, tzatziki, aubergine salad,
split-pea fava dip, pitta bread

Salad

mixed leaf salad, white and red cabbage, carrot, apple,
honey and lemon and sumac dressing

On the grill

whole marinated grilled chicken off the bone
grilled pork skewers / grilled local sausages
grilled homemade beef patties / grilled corn on the cob
all served with olive oil, lemon and oregano dressing

For dessert

chefs bitter chocolate tart with vanilla ice cream

For more information about bookings, prices, please contact
Steven Baker on **(0030)6979921343** or email **sbgoldenhands@gmail.com**
or visit our web site at **www.estiasiscatering.com**

BBQ FISH MENU

amuse bouche

Greek bruschetta with fresh tomato, olives capers and fresh herbs

Starter

Greek mackerel Carpaccio, lemon, olive oil, roasted cherry tomato, capers and rocket, served with local wholemeal bread

Selection of Greek spread, tzatziki, aubergine salad, split-pea fava dip, pitta bread

Salad

mixed leaf salad, beetroot, walnut, orange, yogurt and dill dressing

On the grill

charcoal grilled fresh fish from our local fish monger served with olive oil and lemon

Grilled vegetables

For dessert

homemade lemon tart, mini meringues, and ice cream

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VEGAN MENU

Amuse bouche

Greek bruschetta with fresh tomato, olives and capers

Starter

Greek spinach and wild dill pie, topped with sunflower seeds
aubergine salad spread with pitta bread

Salad

mixed bean salad with cherry tomatoes, fresh herbs and pickled onion

For Mains a course of

Traditional stuffed vegetables with rice, nuts,
dried fruit and fresh herbs

or

roasted vegetable ratatouille with fresh tomato and basil oil

Dessert

vegan chocolate and coconut cake strawberry coulis
and caramelized hazelnuts

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VEGETARIAN MENU

Amuse bouche

Stuffed baby cucumbers with olive paste, bell peppers and dill

Starters

homemade Greek cheese philo pastry rolls with honey,
black sesame seeds and mint

Greek tzatziki with garlic, cucumber and parsley,
served with pitta breads

Salad

Cherry tomato, anthotyro cheese, rocket, capers and wholemeal rusks

Main Courses

Vegetarian rolls with tomato, goat's cheese,
roasted baby potatoes and rocket pesto

or

Orzo pasta, baby spinach, cherry tomato, black olives and fresh herbs

Dessert

Seasonal fruit tart with lemon cream and mint

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ZAKYNTHIAN MENU

Amuse bouche

Crispy wholemeal bread with fresh tomato, pickled aubergine and local cheese

Starters

Homemade courgette pie with fresh onion and dill
Yellow split pea puree with olive oil, lemon and pitta breads

Salad

Mixed leaf salad with local cured meat, walnuts, pickled cucumber, Zakynthian raisins and honey dressing

Main courses

Zakynthian rabbit with fresh tomato garlic, oregano and local cheese
or

Beef stifardo, slow cooked pieces of beef with baby onions, spices and herbs

(both dishes come with rice)

Dessert

Zakynthian Frigania, A local bread base dessert soaked in syrup with lemon cream, whipped cream, roasted nuts and cinnamon

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ITALIAN MENU

Amuse bouche

mini homemade pizza with tomato and mozzarella

Starters

Arancini, fried risotto balls with cheese and pesto cream dip
A selection of Italian bruschetta

Salad

Cherry tomato and mini mozzarella caprese
Rocket and Parmesan salad

Main Courses

Linguine seafood with shrimps, mussels and clams and gremolata sauce
or

Risotto, grilled chicken and a bed of saffron and herb risotto

Dessert

Homemade Tiramisu

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GREEK MENU

Amuse bouche

Mini cheese pies rolls with fresh onion and mint

Starters

Trio of Greek spreads , tzatziki, eggplant salad and spicy cheese salad, pitta breads

Traditional beef moussakas
(potato, aubergine, beef, and bechamel sauce)

Salad

Village salad (tomato, cucumber, pepper, onions, olives, capers, feta cheese, olive oil, oregano)

Main Courses

Greek lamb, slow roasted lamb with potatoes, garlic, rosemary, lemon, oregano

or

Mediterranean Chicken, grilled chicken fillet with cherry tomatoes, olives, caper and basil

Dessert

Baklava, Fried baklava rolls stuffed with ice cream, nuts and spices, soaked in citrus syrup

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FISH MENU

Amuse Bouche

Crispy bruschetta with marinated anchovies, cucumber and dill

Starters

Squid, Stuffed squid tails with spinach,
sweet peppers and feta cheese

Taramasalata spread served with pitta bread

Salad

Mixed salad, red and white cabbage, green leaves, carrot,
sun-dried tomato, parsley, roasted seeds and lemon dressing

Main Courses

Sea-bass, pan fried local sea bass with Moroccan couscous ,
sauteed courgette and herb oil

or

Salmon, Roasted salmon with a herb and garlic crust,
spinach and a grapefruit hollandaise sauce

Dessert

Meringue, mini meringues with lemon cream, fruit compote,
fresh fruit, caramelized nuts

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MEAT MENU

Amuse bouche

Stuffed baby mushrooms with pesto and cheese

Starters

Hummus spread with lemon and pita breads

Aubergine stuffed rolls with bacon, fresh tomato and feta cheese

Salad

mixed leaf salad with grilled manouri cheese, dried tomato, walnuts, figs, olives and house dressing

Main Courses

Pork fillet, seared pork fillet stuffed with sun-dried tomato and basil, roasted summer vegetables, herb dressing

or

Rib eye steak, seared steak, baked sweet potato, green beans, sauce Au poivre

Dessert

Homemade millefeuille with caramelized fruits and yogurt mousse

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GREEK SHARING MENU

Greek salad

Mini dakos salad with tomato, olives and capers

Baby calamari ragout with ouzo and tomato

Marinated anchovies with sea salt

Greek octopus with peppers and fresh herbs

Selection of Greek cheeses and olives and breads

Trio of Greek spreads , tzatziki, eggplant salad
and spicy cheese salad, pitta breads

Slow roasted pork belly with ouzo and mustard

Pan fried chicken with vegetables, lemon and oregano

CATERING & SERVICES

Dessert

Galaktoboureko, milk pie wrapped in philo pastry,
soaked in orange syrup

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MEXICAN SHARING MENU

Quinoa and black bean salad with grilled baby corn,
avocado and fresh herbs

Pico de Gallo salad (tomato, onion, chili, lime, coriander)

Chicken Fajita with onions, peppers and sweet chili sauce

Slow roasted pork burrito, rice, beans,
fresh herbs and cheddar cheese

Homemade spiced tortilla crisps with Guacamole,
chili dip and sour cream dip

Grilled shrimp tacos with mixed cabbage, radish,
chili, coriander, tacos cream sauce

Roasted jacket potatoes stuffed with chili con carne and cheese

Mexican rice with caramelized onions and tomatoes

Dessert

Key lime cheesecake with fresh fruits

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ASIAN SHARING MENU

Rice noodle salad with coconut cream, chili, lime and herbs

Crunchy Asian salad, cabbage, carrot, fresh onion, radish, coriander
roasted seeds and miso dressing

Grilled Shrimps skewers Yaki ebi (shrimp and fresh onion skewers
with sweet n salty marinate)

Chicken tikka masala with yogurt dip and naan bread

Fried sweet n sour pork with onions, peppers, pineapple,
served with basmati rice

Mongolian sesame beef with crispy broccoli

Bao buns with crispy chicken, pickled vegetables and sweet chili sauce

Noodles with stir fried vegetables and hoisin sauce

Egg fried rice with soy sauce

Dessert

Thai coconut rice pudding with caramelized mango

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CHILDREN'S MENU

A choice of:

Spaghetti bolognaise

Grilled chicken fillet with roasted potatoes

Roast fish with rice and lemon

Pizza Margarita

Homemade burgers with tomato and cucumber salad

Desserts A choice of

Seasonal fruits

Yogurt with honey

Ice cream

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BREAKFAST MENU

Please choose from our variety

- ✓ Fried eggs
- ✓ Scrambled eggs
- ✓ Omelet with fine herbs
- ✓ Poached eggs
- ✓ Boiled eggs
- ✓ Bacon
- ✓ Roasted village sausages
- ✓ Grilled tomatoes
- ✓ Sauteed mushrooms
- ✓ Cured meats, Ham, turkey, Salami
- ✓ Cheeses, Gouda, regato, emental
- ✓ Greek Cheeses, Feta cheese, Manoyri
- ✓ Toast bread
- ✓ Wholemeal bread from our bakery
- ✓ Greek yogurt
- ✓ Biscuits
- ✓ Pancakes with maple syrup
- ✓ Selection of jams
- ✓ Greek honey
- ✓ Chocolate spread
- ✓ Butter portions
- ✓ Selection of seasonal fruits
- ✓ Muesli bars
- ✓ Vanilla cake
- ✓ Chocolate cake
- ✓ Croissant
- ✓ Sliced tomato, cucumber
- ✓ Avocado
- ✓ Fresh orange juice
- ✓ Milk
- ✓ Coffee
- ✓ Tea

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YACHT DELIVERY MENUS

MENU 15 EUROS PER PERSON

- Greek dakos with fresh tomato, capers, basil and feta cheese.
- Ciabattas filled with herb omelet and mayonnaise.
- Homemade nachos with sweet chili dip, yogurt dips and tomato salsa dip.
- Fresh fruit platter.



MENU 25 EUROS PER PERSON

- Platter of Greek cheeses with dried fruit and bread sticks.
- Ciabattas with cream cheese, smoked turkey and salad.
- Mini hot dogs with brioche buns, caramelized onions and pickled cabbage.
- Homemade Greek spinach and feta philo pastry rolls.
- Fresh fruit platter.

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YACHT DELIVERY MENUS

(continued)

MENU 35 EUROS PER PERSON

- Premium cheese and cured meat platter with dried fruit, nuts and bread sticks.
 - Tuna mayonnaise, sweetcorn and green salad tortilla wraps.
 - Grilled chicken fillet ciabattas with basil pesto dressing.
 - Greek homemade cheese pies rolls with fresh onion and dill.
 - Mini Greek dakos with fresh tomato, marinated anchovies and capers.
 - Fresh fruit platter.
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