



# Astrikas Estate **BIOLEA**

## PROJECT KAFENION

*Biolea specializes in innovative & creative Cretan cuisine with an emphasis on fresh local, seasonal and organic ingredients of course paired with our single estate organic cold pressed olive oils produced at our estate.*

*Greek “Kafenion” is not just a coffee shop – Kafenion is the village’s most important social hub, a meeting place where traditionally news and politics were discussed over coffee or raki and a light meze.*

*The food served at the Kafenion is not luxurious. The magic of each dish is its authenticity and simplicity. Olive oil was often the key that brought all the ingredients together!*

*The Kafenion is the soul of the Greek village and here at Biolea Astrikas Estate we hope to recreate this idea through our own Kafeneion “ETEA”, an ode to the memory of the old Kafenion of Manolis Papadakis who is still with us in our hearts and memories*



“There is always a place where we were, are and will be. Memories and new experiences merge into a space-time point that we carry with us wherever we go. Everything meets there, in the Cafe. Surprises and jokes from friends, a new couple, kids eating spoon sweet after school, an old song you heard from your grandfather, the smell of coffee, a wood stove, tsikoudia and snacks creating a story that continues in time and in our hearts. If you own one thing, it is this moment, the Now. Sit down... And enjoy it with everything it brings you” ~ Kostas Kakolyris

# MEZE MENU



The meze menu in our Kafeneion changes daily depending on what is seasonal and what is fresh. Everything in this menu is prepared with our branded extra virgin olive oils produced at our estate

## **“Kalitsouni” with Wild Greens 9 €**

Small traditional Cretan pies handmade stuffed with wild greens foraged from our organic olive orchards, feta cheese and herbs.  
~vegetarian

## **Dakos 8 €**

Traditional Cretan rusk baked in a wood-stove fire oven topped with freshly grated organic tomatoes, Cretan soft goat cheese myzithra, fresh oregano and extra virgin olive oil. Accompanied with salted Tsounati olives ~vegetarian

## **Graviera Aged in Extra Virgin Olive Oil 5 €**

Two and a half years aged Graviera marinated and aged in extra virgin olive oil and sage. ~vegetarian

## **Artichokes and Broad Beans 5 €**

A classic Kafeneion meze: raw artichokes and broad beans with freshly squeezed lemon juice and sea salt. ~vegan

## **Roasted Florina Peppers 5 €**

Roasted Florina red peppers marinated in olive oil, vinegar and garlic. ~vegan

## **Rustic Handmade Sausage from Nochia 8 €**

Handmade pork sausage with wild herbs from our neighbor village Nochia made by Kartakis family.

## **Traditional Spoon Sweet 5.50 €**

Creamy goat & sheep yogurt with spoon sweet syruped bergamot peel and almond fillet ~vegetarian

## **Fish Roe Salad 5 €**

Fish egg emulsion, olive oil and lemon juice accompanied by sourdough bread~vegetarian

## **REFRESHMENTS**

Our beverages are freshly made using certified organic citrus fruits of our own production and wild herbs foraged from the Cretan mountains.

**Served in Glasses of 380ml**

**Fresh Orange Juice 4.00€**

Made with organic certified oranges of our own production

**Fresh Lemonade Or Bitter Orangeade\* 4.00€**

Homemade fresh lemonade/bitter orangeade of our own production .

**Pomegranate \* 4.00€**

Sparkling or non sparkling, made with syrup of fresh pomegranate juice with arboriza leaves.

**Mountain & Olive Leaf Iced Tea 4.00€**

Our famous health-boosting recipe made with foraged wild mountain herbs and olive leaves from our organic orchards.

**Blast of Citrus\* 4.00€**

Juice from organic citrus fruits ground in a stone mill.

**\*The refreshments have the option to be either with sparkling or still water**

**DOUMBIA Sparkling Water 2.50€ glass - 5.00€ Bottle**

Protected within the rock of its source, Doumbia carbonated natural mineral water presents a consistently stable quality over time and meets the strict requirements of natural miner water legislation, in terms of its physicochemical and microbiological characteristics

## **COFFEES**

**ESPRESSO DARK ROAST**

An espresso blend of 100% Arabica beans from the historic Manolikakis company, renowned for its rich flavour, refined aromas and smooth crème, freshly roasted to perfection.

**Single Espresso 2.00€**

**Double Espresso 3.00€**

**Cappuccino 4.00€**

**Freddo Espresso 3.50€ Double Espresso shaken on ice**

**Freddo Cappuccino 4.00€ Double Espresso shaken on ice topped with chilled milk.**

**MANOLIKAKIS GREEK COFFEE 3.00€**

One of the oldest companies in the coffee industry in Greece dating back to 1886 produces a rich aromatic Greek coffee which is made slow cooked on the stove.

## **BEER**

### **CRETAN BREWERY S.A."CHARMA"**

is the first microbrewery in the prefecture of Chania Crete, who produce unfiltered and unpasteurized, full flavored pure beers without preservatives nor additives.

#### **Charma Draft Cretan Ale 300ml 4.50€**

A beer that celebrates Cretan nature. Aromatic, crisp, bitter, easy to drink but also very tasty, a perfect combination of taste and aromas of the Cretan land! Greek and Belgian malts, hops from Europe and America and Cretan citrus fruits, mix magically and give a perfectly balanced beer that we are proud to offer!

## **TSIKOUDIA**

In Italy it's called Grappa, in Spain, it's referred to as Oruja, and in the country of Georgia, it's called Chacha. In Crete, it goes by Tsikoudia or Raki. The name Tsikoudia (Τσικουδιά) comes from tsikoudo (grape pomace — the skins and seeds left after winemaking). This grape pomace brandy is the most traditional spirit consumed at the Kafenion

#### **Tsikoudia Carafe 5€**

#### **Tsikoudia Shot 1.50€**

## **COCKTAILS**

### **METAXA COCKTAIL 8.00€**

Metaxa brandy, lemon syrup, basil, sparkling water and fresh ginger.

### **BIOLEA SPRING SPRITZ 7.00€**

Homemade Pomegranate syrup, local white aromatic wine and seasonal fruits

### **PASSION OF LOVE 8.00€**

Tequila flavored with dittany, organic pink grapefruit and mandarin syrup, sea salt and carbonated water.

## WINE

Crete has been a wine producing region for over 4000 years. In the last few decades wine industry has evolved, progressed and improved dramatically. Crete boasts over 11 indigenous grape varieties as well as unique expressions of international varieties. We have carefully selected this list to showcase all the wonders Cretan wine has to offer.

### WHITE WINES

#### **MARTSAKIS AVELIOS BLEND BOTTLE 22.00€ / GLASS 5.00€**

A classic Cretan blend where Vilana provides refreshing acidity and citrus aromas, while Vidiano adds body, creaminess, and rich notes of apricot. The result is a balanced, fruity wine, perfect for light summer meals.

#### **MARTSAKIS ROMEIKO BOTTLE 24.00€**

A unique amber-colored wine with aromas of ripe fruit and nuts. It is robust and full-bodied on the palate, featuring the traditional oxidative charm of Marouvas and a long, characteristic finish.

#### **MARTSAKIS MUSCAT OF SPINA BOTTLE 24.00€**

Dry white wine with characteristic aromas of flowers and fresh stone fruits. Full mouth with structure and lively acidity

#### **DASKALAKIS SILVA PSITHIROS WHITE BOTTLE 30.00€ GLASS 7.00€**

Monovarietal, Muscat of Spina Dry wine with a special aromatic richness. It is balanced in the mouth with a persistent aftertaste. Vinified with the 'Pre-fermentative Extraction' method followed by fermentation at low temperature.

#### **DOMAINE PATERIANAKI MELISSINOS WHITE BOTTLE 30.00€**

Thrapsathiri & Sauvignon Blanc. Distinctive nose with notes of tropical fruits, notes of orange, melon and lemon, and impressions of green spices. Subtle taste of butter with beautiful acidity. Intense, complex, rounded and harmonious. Product of Organic Farming

#### **DASKALAKIS ENSTIKTO SILVA VIDIANO BOTTLE 40.00€**

It is a wine with a pale yellow color and golden highlights, characterized by intense aromas of tropical fruits, vanilla, honey. In the mouth, its rich and oily texture testifies to its stay in oak barrels for 9 months, completing the maturation for 3 months in amphorae, highlighting flavors of ripe peach and lime, while the soft acidity offers a lasting sense of freshness.

#### **LIRARAKIS DAFNI "FISHERMAN" BOTTLE 37.00€**

The salty minerality makes the lemon juice flavor of this wine particularly refreshing to the mouth. A hint of bay leaves flavors the fruit, making it elegant and interesting... a white wine that will liven up a dinner.

### ROSE WINES

#### **DOULOFAKIS DAFNIOS ROSE BOTTLE 27.00€ / GLASS 7.00€**

The wine's bright salmon-pink hue introduces aromas of fresh red fruits, such as wild cherry, providing a sense of vibrancy. Notes of dried flowers like jasmine, along with caramel and star anise, complete the profile. On the palate, it is full-bodied and slightly savory, with excellent acidity and a delightful finish.

## RED WINES

### **Monastery Toplou Liatiko Linos Bottle 27.00€ / Glass 7.00€**

A symbol of Cretan tradition since 1709, this organic Liatiko from Toplou Monastery offers a rich profile of sour cherry, ripe raisins, and complex savory notes. On the palate, it is round and full-bodied with well-structured tannins and flavors of ripe red fruits, leading to a vibrant finish with hints of spices.

### **MONASTERY TOPLOU MANTILARIA BOTTLE 35.00€**

Toplou Monastery's Mandilaria features a deep crimson color and explosive aromas of dark fruits, leather, and spices. On the palate, it is distinguished by robust tannins and intense structure, offering a rich experience with characteristic acidity and a long, powerful finish that highlights the variety's bold character.

### **PATEROMICHELAKIS MAVROTRAGANO BOTTLE 40.00€ / GLASS 10.00€**

Produced from a rare variety Mavrotragano, has a deep purple color. The aromas consist of red fruits, plums, blueberries, forest fruits, with spice aromas to follow and cocoa notes to complement its character. Full mouthfeel, with lively acidity, balanced with mature tannins and a good aftertaste.

### **DOURAKIS EUPHORIA ROMEIKO LIASTO SWEET WINE GLASS 6.00€**

A luscious sun-dried Romeiko with a deep amber hue and a complex bouquet of honey, dried apricot, and distinct medicinal notes. On the palate, it is incredibly viscous and full-bodied, featuring rich flavors of marmalade, cinnamon, and chocolate, leading to a long finish with hints of coffee.