

SLICED BREAD

Ham & Cheese
BLT
Tuna Mix

MULTISEED SLICED BREAD

Salmon & Cream cheese
Roasted turkey & cream cheese
Triple cheese **V**

FOCACCIA

Grilled Vegetables & Humous **V** **V**
Fresh Mozzarella & Pesto **V**

BAQUETTES

Chicken, avocado, pesto and emental cheese
Honey-Mustard chicken and cheddar cheese
Gammon, Cheddar & Coleslaw
Free-range egg, Mayo & Ham
Homemade Falafel & Humous **V** **V**

WRAPS

Peanut butter, granola, banana wheat tortilla **V** **V**
Healthy chicken
Coronation Chicken & Mango
Turkey & Cheese
Cajun chicken & BBQ sauce

HOT SANDWICHES

Club Sandwich
Ham & cheese toastie
Halloumi & cheese **V**
Ham & cheese bun
Loutza & halloumi bun
Rosto & halloumi bun
Special Triara
Sumbarine

BAKERY

Traditional Cheese Pie **V**
Cheese Pie **V** **V**
Halloumi Pie **V**
Olive Pie **V** **V**
Sausage Roll
Butter Croissant **V**
Chocolate Croissant
Almond Croissant **V**
Apple pie **V**
Philadelphia Pie **V**
Spinach Pie **V**
Coupes
Koulouri **V** **V**

V=Vegetarian **V** Vegan

PORRIDGE

2.50 Oats, almond milk, chia seeds, peanut butter banana **V** 3.00
3.50 Overnight oats, coconut milk **V** 3.00
3.50

PROTEIN BALLS

Peanut butter **V** 1.30
4.50 Chocolate-tahini **V** 1.30
3.50

EGGS

3.50 3 free-range eggs scrambled with bacon **V** 3.00

POTS

4.50 Veggie stick & Humous **V** **V** 2.00
4.50 Super Green **V** **V** 2.50
Fresh Fruit salad 3.00
4.50 Fresh Pinapple 1.80
4.50 Fresh Strawberries 1.80
4.50 Mixed Nuts 2.00

YOGURT POTS

4.50 Light Yogurt granola pot **V** 2.50
4.50 Strawberry yogurt granola pot **V** 3.00
4.00 Coconut yogurt with berries and chia seeds **V** **V** 3.50
4.00 Selection of lactose-free & plant based yogurts

SALADS

3.50 Chicken Caesar 6.00
Pasta 5.00
Mozzarella **V** 6.00
3.00 Chicken Quinoa* 6.00
2.50 Falafel **V** 6.00
2.50 Chicken Poke Bowl 7.50
2.50 Prawns Soba noodles Poke Bowl 8.00

DESSERTS

4.50 Marble Brownie 1.50
3.00 American Cookie 2.00
Muffin 2.00
Mini cookies pot 1.50
1.80 Donut 1.80
2.00 Crepes 3.00
1.80 Fresh Apple, Banana 0.70

HOT

1.80 Beef Gyros 3.00
2.00 Chicken Gyros 3.00
1.80 Chicken coujon 1.00
2.50 Nuggets 0.70
2.50 Mozzarella Sticks 0.70
2.50 Rice 1.50
1.00 Fries 1.50
Twisters 2.00
Wedges 2.00

COLD BEVERAGES

Water 0.5L
Water 1.5L
Sparkling Water
Life Juice
Ice tea
Soft drinks
Chocolate milk
Juices
Vimto
Aloe vera
HO₂ Active
Glass of milk
Iced chocolate
Frappuccino

COLD COFFEES

Frappe
Freddo Espresso
Freddo Cappuccino
Iced Americano
Iced Latte
Iced Flat White
Iced mocha
Shots: Caramel, Vanilla, Chocolate, Sugar-free
Options: Almond milk, coconut milk
Canderel, stevia, honey instead of sugar

FRESH JUICES

0.50 Orange Juice 2.00

1.00

SMOOTHIES & LEMONADES

1.40 Lemon and cucumber water 1.50

1.80 Lemonade Squash 1.50

1.00 Crushed iced lemonade 2.00

1.00 Strawberry lemonade 3.00

1.00 Strawberry banana 3.50

1.00 Berry mix 3.50

2.20 Mango 3.50

2.00 Green detox smoothie 3.50

1.00 High-protein banana smoothie 4.00

2.50

HOT BEVERAGES

Tea 1.30

(Fresh mint, Chamomile, Anise, Earl grey, Green tea, English breakfast & more)

2.00 Hot Chocolate 2.50

2.00

HOT COFFEES

2.00 Espresso 1.00

2.50 Double Espresso 1.50

2.00 Americano 2.00

2.50 Cappuccino 2.00

0.50 Latte 2.50

0.50 Flat white 2.00

Machiato 2.00

Mocha 2.50

Cyprus coffee 1.00

Double Cyprus coffee 1.80

Nescafe 1.50



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