

# YA MAS

## BREAKFAST A LA CARTE

### OUR SELECTION OF FRESH JUICES

**Freshly Squeezed Orange or Grapefruit or Vegetables Juice** ( V, GF, DF, NF, LC )

**Freshly squeezed juice** ( V, GF, DF, NF, LC )  
from Beetroot, Apple, Carrot, Ginger and Lime

**Freshly squeezed juice** ( V, GF, DF, NF, LC )  
from Carrot, Pear and Green Apple

**Vegan, Protein Shake** ( V, GF, LC )  
with Almond Milk, Tahini and Pistachios

**Detox Shake** ( V, GF, DF, NF, LC )  
with Veggies, Fruits, Ginger and Honey  
**Smoothie**

with Avocado, Banana, Almonds and Almond Milk

### MILK AND HOT BEVERAGES

#### Milk

Whole, Skimmed, Semi-Skimmed, Soya, Almond, Coconut, Rice

#### Coffee

Filter, Cappuccino, Latte, Espresso or Decaffeinated

#### Tea

English Breakfast, Classic Green, Chamomile, Earl Grey, Jasmine Tea, Verbená

### CEREALS AND YOGURT

#### Choice of Cereals

(Honey Rings, Bran Flakes, Choco Crunchy, Corn Flakes)

**Full Fat or Less Calories Yogurt** ( LC )  
with Selection of Fruit

or Honey and Walnut

or Granola and Granola with Chocolate or Super Food and Seeds

**Cream Cheese**

**Cottage Cheese**

### FROM OUR OVEN

#### Homemade Bakery Selection

Breads, Croissants, Pastries

#### Cookies

**Muffins (Vanilla, Chocolate)**

### REFRESHING FRUIT

**Seasonal Fruit Platter** ( V, GF, DF, NF, LC )

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**Please Inform our Team in Case of Allergy**  
**Gluten Meals Upon Request**

**H Healthy | VVegan | VG Vegetarian | GF Gluten free | SF Soy free | DF Dairy free | NF Nut free | LC Low Calories**

V.A.T. IS INCLUDED IN PRICES (EUROS). 'CONSUMER IS NOT OBLIGED TO PAY IF THE NOTICE OF PAYMENT HAS NOT BEEN RECEIVED (RECEIPT - INVOICE)'. The restaurant / bar is legally required to issue official receipts, certified by the relevant tax office.  
Persons under 18 years of age are prohibited from consuming alcoholic beverages. The oil used on salads is olive oil. Sunflower seed oil is used for frying. Responsible of statutory regulations implementation: Hotel Operations Manager - Georgios Andreou.

# CHEF'S FAVOURITES

## **Two Organic Eggs** (NF, LC)

Served to your Preference:

Boiled, Poached, Scrambled or Fried

with a side of grilled Bacon

or (Beef, Pork or Chicken Sausage)

or Baked Beans

## **Fried Egg on Pindos North Greece Toasted Bread**

with Cream Cheese, Avocado, Cretan Mizithra Cheese and Fresh Tomato Slices

## **Poached Egg on Pindos North Greece Toasted Bread** (NF)

with Avocado Cream, Smoked Salmon and Cherry Tomatoes

## **Benedict Eggs on Pindos North Greece Toasted Bread** (NF)

with Smoky Pork and Hollandaise

## **Croque Madame or Monsieur**

with Ham, Melted Cheese, and Bechamel Sauce, Topped with a Poached Egg

## **Bagel** (LC)

with Cream Cheese, Topped with Cherry Tomatoes and Smoked Turkey

## **Healthy Breakfast**

with Grilled Mushrooms, Spinach Saute and Caramelized Cherry Tomatoes (GF, DF, NF)

## **Pancakes**

with Feta Cream Cheese, Bacon and Thyme

## **Pancakes** (VEG, NF)

with Seasonal Fresh Fruits and Maple Syrup or Chocolate

## **Mini Waffle**

with Cretan Honey or Maple Syrup and Seasonal Fruits

## **Platter with Cheese and Cold Cuts**

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