



PLOUS PODILATOU  
seafood restaurant

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### **Appetizers**

**Pan-fried feta, topped with a sesame and honey glaze**

**Fava (broad beans) with capers and fresh onions**

**Fish-roe salad (white tarama), with extra-virgin olive oil  
and eggs from king herring**

**Mediterranean anchovies marinated in olive oil and lemon**

**Small fried cod bites, crusted in corn with garlic, caper sauce**

**Baked potatoes with samphire, Santorini cherry tomatoes,  
fresh oregano, and honey & mustard**

**Grilled sardines with lemon-caper olive oil**

**Small pastry sacs filled with shrimp and cheese,  
with a sweet sauce and hot peppers**

**Baked eggplant salad with Florena peppers and  
fresh-baked bread rolls**

[Type text]

**Carpaccio octopus**

**Steamed mussels in white wine, oregano olive oil and peppers**

**Grilled octopus, topped with a red wine and balsamic olive oil sauce**

**Eggplant rolls, stuffed with cheese and mint**

**Cod cakes, with garlic egg-roe cream, with pistachios from Aegina**

**Sautéed baby calamari in basil, served on a bed of crispy potatoes**

**Fried calamari**

**Shrimp with ouzo and anise, served on a warm salad**

**Baby shrimp rice-balls with sun-dried tomatoes,  
in a parmesan sauce**

**Fried crayfish**

**Fried Chalkidiki baby shrimp**

[Type text]

## **Salads**

**Rocket salad with cherry tomatoes, smoked metsovone cheese,  
topped with an aged-vinaigrette**

**Marinated grilled vegetables, with baked talagane cheese,  
olive oil and rosemary**

**Fresh salad with chevre baked cheese and roasted almonds  
topped with a walnut vinaigrette**

**Cretan Greek salad, with tomatoes and katiki cheese, served on  
Cretan 'rusk' bread**

**Assorted green salad, with sunflower seeds, finocchio and croutons,  
topped with an apple vinaigrette**

## **Seafood Dishes**

**Kritharoto with a bisque sauce and gray-fish tails**

[Type text]

**Fresh salmon fillet, with honey and ginger on sautéed vegetables**

**Mussel rice pilaf, with baby shrimp and a white-lemon sauce**

**Spaghetti with steamed clams, Limnos Moschato wine,  
boukovo with a light touch of garlic**

**Taliolinni with shrimp with a light saffron cream sauce**

**Lobster and leek risotto**

**Grilled shrimp (10-12 pieces/kilo)**

**Lobster spaghetti with a tomato sauce  
(for two people)**

**Lobster spaghetti with olive oil, garlic and wine**

[Type text]

**(for two people)**

**Grilled gray-fish (8 pieces/kilo)**

**Grilled fish – Sea-bream, Red-snapper, Dorado, Sea-bass**

**Fresh lobster (by the kilo)**

**Boiled or sautéed vegetables**

### **Meat Dishes**

**Greek-style beef-burgers, served with French fries**

**Grilled pork tenderloin, served with French fries**

[Type text]

**Grilled beef filet, served with roasted potatoes and grilled vegetables**

**Grilled rib eye, served with French fries**

### **Desserts**

**Yoghurt mousse, with caramelized honey, on a chocolate biscuit crust**

**Walnut pie with ice cream**

**Pear with Visanto sauce, and Kaimaki ice cream**

**Panacotta with espresso sauce**

**Chocolate soufflé**

**Chocolate trilogy semifredo**

**Baklava**

**Ice cream**

[Type text]

**Vanilla with 'Gavrili-Kosmidi halva' and honey**

**Vanilla with strawberries and honey**

**Cookies**

**Vanilla with saffron 'kroko Kozanis'**