

AVLI
CREATIVE CUISINE



Breakfast





Begin your day full of energy

The secret to a good health and longevity had always been simple for the Cretans. They would eat the produce offered by their fertile land and would start their day with a rich breakfast.

The attention given to breakfast by the ancient Cretans seems to coincide with the views today expressed by dieticians and it reflects the wisdom of an old saying:

***“I’ve heard it from an old housewife and it said:
Watch out for all those who wake up and do not eat
breakfast”.***

The breakfast of the rural family included bread, olives, cheese, milk, and yogurt. It was accompanied by honey, eggs, soups, chondros, fruits or dry nuts, which would be part of the morning choice.

Even the left overs from the dinner that had been served on the previous night or what was being prepared for the next lunch would find a place on the table.

In the cities, breakfast was even richer in variety, even if the urban population would eat smaller quantities of food in the mornings.

Many of us still remember that, during the cold mornings, they would drink a glass of red of wine in the Cretan villages before embarking on the daily adventure of life.

The elderly from Mylopotamos, Agios Vasilis and in the villages of Pediada, would dip a Cretan rusk in their wine every morning, reminding us of the ***akratisma***, or dipping a Cretan rusk in their wine, the established breakfast of the ancient, which for centuries was also the typical breakfast of the Greek.

It is not surprising at all that such habits have survived in Crete during the 19th and 20th centuries. On our island, not only the habits and the cooking methods of the ancient have remained untouched, but also their names!

Words like ***chondros***, ***chochlioi*** (snails), ***ega*** (goat), ***sizouma*** (pasta boiled in goat broth) have been heard on the island for thousands of years and we hope them to live on for thousands more...

Our own Breakfast

Avli, one of the pioneers in Cretan hospitality and gastronomy, is among the top 100 hotels in Greece serving their guests the authentic local breakfast. For this innovation, the hotel has been honoured by the Hellenic Chamber of hotels.



With pure raw materials

Each of our ingredients have been selected from the most worthy local producers, as products of the finest quality and the highest nutritional value. We offer daily to our guests those traditional dishes with a history and an identity that shape the gastronomic culture and the unique character of our island.

We invite you to taste the flavours and aromas of the Cretan land, through recipes and cooking methods that will make your senses travel and will inspire you to discover the gastronomic legacy, the local delicacies and the uniqueness of our region.

Is there any other better way to start your day?

We are glad to welcome you to our breakfast.

At Avli's breakfast table we hope to spoil you the same way our grandma Penelope used to do with us...

Our Breakfast

Fresh orange juice

Sarantavotano – Cretan herbs beverage

Tea

Greek coffee boiled in the traditional coffee pot briki

Filter coffee

Essentials

Selected variety of bread

Anthogalo – Variety of local goat butter, produced by Skalidis from Gonia, Rethymno

Homemade jam of seasonal fruit

Thyme honey – produced by Manolis Deligiannakis from Sfakia, Chania

Tsimbologimata (Cretan snacks)

Dakos – barley rusks, grated tomatoes, xinomyzithra cheese, extra virgin olive oil

Graviera cheese – aged 12 months, produced by Andrea Gasparaki from Armeni, Rethymno

Anthotyro cheese from Sellia
olives, cucumber, cherry tomatoes

Kalitsounia – traditional pastries with Cretan herbs

Yogurt with thyme honey, walnuts, raisins or fresh fruit

Choose your eggs the way you like them

Fried eggs sunny side up **with staka**,
produced by Kouvarakis from Sitia

Scrambled eggs with apaki (traditional smoked pork).
and graviera cheese

Strapatsada – scrambled eggs with fresh
tomatoes or spinach

Sfougato – traditional local omelet with courgette
and anthotyro cheese

Please inform us of any allergy or special dietary requirements.

The above breakfast is served daily from **8:30 am** to **11:30 am** to our **AVLI Lounge Apartments** guests, free of charge.

For walk-in guests, we offer a special price of **22 euro per person**.

Other suggestions from the Cretan tradition

Tyrozouli - small homemade cheese produced
from fresh goat milk

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Plater of Greek cheeses and cold cuts

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Kalitsounia - small pastries from Rethymno
with myzithra cheese, mint, honey and cinnamon

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Traditional sheep yogurt in a clay pot with top
fat layer, thyme honey and walnuts

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Yogurt with choice of fresh fruits, dry nuts,
cereals, honey

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Baked double wheat bread with goat cheese,
turkey, tomato, lettuce

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Toast of homemade bread

with apaki, graviera cheese, tomato, rocket

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Wholegrain breads with spicy salami, soft cheese
spread Amarino, sun-dried tomato, cucumber

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White eggs - turkey, graviera cheese, tomato

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Sfougato - traditional Cretan omelet
with courgette, anothyro cheese

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Sunny side up eggs with apaki
(traditional smoked pork), tomato, yogurt

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Omelet with local sausages, tomato,
peppers, feta cheese

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Organic sausages stuffed with stamnagathi
(local greens), from Vavourakis farms

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Chondros - grounded wheat boiled in milk,
raisins and parsley

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Rice pudding served hot with cinnamon and lemon zest

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Sfakiani pita - traditional local pie
with myzithra cheese, honey and walnuts

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Traditional pancake with cinnamon and sugar

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Fluffy pancakes with chocolate

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Fluffy pancakes with yogurt, honey, walnuts

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Vegan – Gluten free

Almond milk
Cereals <i>with dry fruit and honey</i>
Crispy toast <i>with avocado, tomatoes, mint</i>
Fennel pie
Energy bowl – <i>quinoa with chocolate, banana and walnuts</i>
Omelet <i>with chickpea flour, vegetables and olives</i>
Vegan strapatsada <i>(scrambled eggs) with tomato</i>
Seasonal Fruit / Fruit Salad

For our young friends

Bread <i>with hazelnut spread</i>
Milk with corn-flakes <i>(hot or cold)</i>
Toasted bread <i>with cheese, turkey, tomato</i>

Sweets

Orange jelly <i>with bergamot and cocoa sponge</i>
Lemon pie
Cheesecake <i>with Cretan cheese and strawberries</i>
Profiteroles <i>with bitter chocolate</i>
Juicy chocolate cake <i>with ice cream</i>
Local Cretan milk ice cream <i>in a variety of flavours</i>

Smoothies

Apple, carrot, yogurt, oat, cinnamon
Banana, tahini, carob, milk, cocoa
Pomegranate, kiwi, yogurt, thyme honey
Orange, avocado, pear, oat

Coffees

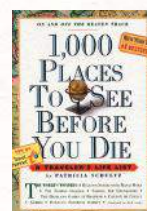
Single Greek Coffee
Double Greek Coffee
Filter Coffee
Nescafe
Frappe (iced coffee)
Frappe with ice-cream
Single Espresso
Double Espresso
Single Cappuccino
Double Capuccino
Freddo Espresso
Freddo Cappuccino
Latte
Irish coffee

Beverages – Tea – Herbal Teas

Malotira / Mountain Tea
Erodas (Dittany)
Verbena / Sage / Chamomile / Mint
Sarantovotano (<i>Cretan herbs</i>)
Tea with saffron
Carob tea
Black / Green / Flavoured tea
Rooibos tea (<i>theine free</i>)
Chocolate (<i>hot or cold</i>)
Milk (<i>hot or cold, with or without cocoa</i>)
Kanelada (<i>cinnamon beverage</i>) / Soumada (<i>orgeat beverage</i>) / Bissinada (<i>sour cherry beverage</i>)
Refreshments
Homemade Lemonade

Juices

Orange, lemon, apple, pineapple, peach, tomato juice
Fresh orange juice
Fresh mixed juice



Αγορανομικός υπεύθυνος: Κατερίνα Ζεκάλου

Consumer is not obliged to pay if the notice of payment has not been received (receipt-invoice).