



## The Guest Villa Migliaressis Estate

*Dear Guests,*

*Greek cuisine, with a millennia long history and closely associated with the culture of this country and its people, is among the tastiest in what is known today as Mediterranean cuisine.*

*Our goal is to offer you the opportunity to experience the gastronomic tradition of Cephalonia as well as of other parts of Greece and the rest of the Mediterranean – a gastronomic safari – with our ‘wizard’ Greek chef **Yolanda**, who enjoys a reputation for dazzling culinary creativity.*

### NOTE:

- The **R** stands for recommended by our cook-chef
- The **VG** stands for vegetarian

## BITE SIZE APPETIZERS/FINGER FOOD

- Warm Cheese Canapé – with egg & feta cheese
- 'Melitzanosalata' Dip – roasted eggplant with garlic, lemon juice & olive oil **VG**
- 'Taramosalata' Dip – taramas (salted & cured fish roe) with lemon juice & olive oil
- Guacamole Dip – avocado with tomato, lime & coriander **VG**
- Tomato or Eggplant Bruschetta **VG**

## SALADS

- Greek Salad – tomatoes, cucumber, onion, feta cheese, capers **R**
- Caprese Salad – tomatoes, mozzarella, basil
- Cretan 'Dakos' Salad – dry bread topped with tomatoes & feta or mizithra cheese **R**
- Baby Tomato-Avocado Salad – with basil & white balsamic dressing **VG**
- Tomato Salad – with feta cheese, olives & mint
- Rocket Salad – with peach, mozzarella, prosciutto & vinaigrette dressing **R**
- Goat Cheese Salad – baby lettuce, dried tomato, figs, goat's cheese & mustard vinaigrette
- Chef Salad – with tomatoes, cheese, ham, lettuce, hard-boiled eggs & thousand islands dressing
- Steamed String Bean & Zucchini Salad – with oil & vinegar **R VG**
- Black-Eyed Pea Salad – with onion & parsley **VG**
- Lentil Salad – with tomatoes, onion & mint leaves **VG**
- Tabbouleh – finely chopped parsley with tomatoes, mint, onion, bulgur, olive oil & lemon juice **VG**

## COLD APPETIZERS

- Sea Bass Ceviche **R**
- Carpaccio – sea bass or tuna
- Melon with Parma Ham
- Prawns with Avocado & Thousand Islands Sauce
- Octopus – marinated in oil and vinegar

- 'Fava' (yellow split pea dip) – with octopus & caramelized onions **R**
- 'Fava' – topped with capers, onion & olive oil **VG**

## HOT APPETIZERS

- Grilled Shrimps – on a julienne of assorted vegetables
- Shrimp 'Saganaki' – oven cooked shrimps with tomato sauce & feta cheese **R**
- Greek Striftopita/Spiral Cheese Pie
- Cheese Soufflé
- Zucchini Tart
- Potatoes Au Gratin
- Zucchini Fritti – with Tzatziki Dip (yoghurt mixed with cucumber, garlic & olive oil) **VG**
- Imam Bayildi – eggplant topped with tomato, onion & garlic **R VG**
- 'Strapatsada' – scrambled eggs with tomato & feta **R**

## SOUPS

- Bouillabaisse – fish stew with herbs & spices
- Gazpacho – cold tomato soup with katiki cheese **R**
- Curry & Apple Soup **VG**
- Leek & Broccoli Soup **VG**
- Cold Melon Soup **VG**
- Cold Cucumber Soup **VG**

## PASTA & RISOTTO

- Penne a la Gorgonzola – penne with gorgonzola, pear & walnuts
- Farfalle al Salmone – farfalle pasta with smoked salmon & cream
- Pasta Napolitana – linguini with fresh tomato sauce & basil **VG**
- Pappardelle with Veal Filet Stroganoff **R**
- Shrimp Pasta – linguini with sauteéd shrimps & tomato sauce **R**
- Lobster Pasta – linguini with grilled lobster & tomato sauce **R**
- Aglio Olio e Peperoncino – spaghetti with chilli, garlic & olive oil **VG**
- Pasta Au Gratin – pasta bake with cheese, bacon & cream sauce
- Spaghetti Bolognese

- Spaghetti Carbonara
- Risotto with porcini mushrooms & parmesan cheese **R**
- Risotto with prosciutto & zucchini **R**
- Risotto with pesto, spinach & prosciutto

## MAIN DISHES – GREEK SPECIALTIES

- **'Moussaka'** – oven cooked layers of eggplant & minced meat topped with béchamel sauce **R**
- **'Pastitsio'** – oven cooked layers of macaroni & minced meat topped with béchamel sauce
- **'Gemista'** – tomatoes & green peppers stuffed with rice, raisins & pine nuts **R**
- **Stuffed Courgettes** – with rice, minced meat & lemon sauce **R**
- **'Stifado'** – veal, lamb or chicken with baby onions & tomato sauce
- **'Briam'** – Greek ratatouille of assorted vegetables **VG**
- **'Giouvetsi'** – oven cooked veal with orzo (short-cut pasta) & tomato sauce
- **'Giouvarelakia'** – veal & rice meatballs with avgolemono sauce **R**
- **'Lahanodolmades'** – fresh cabbage leaves stuffed with minced meat & rice in 'avgolemono' (egg & lemon) sauce
- **'Soutzoukakia'** – meatballs with tomato sauce
- **'Ladera'** – fresh beans or peas cooked with tomato & olive oil **VG**

## MAIN DISHES – MEAT

- **BBQ Mixed Grill**<sup>1</sup> – burgers, souvlaki, steak, chicken, veal fillet, pork, sausages
- **Pork or Chicken Stroganoff** – with basmati rice **R**
- **Chateaubriand** – with béarnaise sauce & French fries
- **Pork or Veal Schnitzel** – with French fries, potato purée or basmati rice
- **Pork Souvlaki** – with pitta bread, tomatoes, onion & tzatziki sauce
- **Filet Steak or Rump Steak** – with French fries, potato purée or basmati rice
- **Fried Meatballs** – with French fries, potato purée or basmati rice

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<sup>1</sup> Not more than once a week

- **Hare** – prepared the Cephalonian way **R**
- **'Kokkinisto'** – veal cooked in tomato sauce **R**
- **'Lemonato'** – veal cooked in lemon sauce
- **Hünkar Begendi** – veal stew on a bed of aubergine purée

## MAIN DISHES – POULTRY

- **Organically Fed Rooster** – prepared the Cephalonian way, with pappardelle **R**
- **Chicken in Lemon Sauce** – with basmati rice
- **Roast Chicken** – with roasted potatoes
- **Chicken a la Marocaine** – chicken breasts with basmati rice, saffron, plums & almonds

## MAIN DISHES - FISH<sup>2</sup> **R**

- **Salmon en Croute** – fresh salmon in puff pastry with cream cheese and herbs
- **Grilled Char (fresh salmon)** - with boiled green vegetables
- **Salt Crusted Sea Bass** (baked), Italian recipe.
- **Red Mullet** – fried
- **Fried Calamari**
- **Lobster** – grilled
- **Sea Bass** – grilled or boiled
- **White Seabream/Sargo** – grilled
- **Grouper** – grilled
- **Dentex** – grilled
- **Red Snapper** – grilled
- **White Grouper** – grilled
- **Bream/Dorade** – grilled or oven cooked
- **Golden Grouper** – grilled
- **Sword Fish** – grilled

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<sup>2</sup> All fish and seafood is fresh – due to high demand and dependence on the local fishermen's 'catch of the day' please inform the chef 1-2 days in advance for such dishes.

## CHEESE

- Local Cheese Platter – feta, graviera etc.

## DESSERTS

- Cheesecake
- Tiramisu **R**
- Mousse au Chocolat
- Crème Caramel
- Mille-Feuille **R**
- Soufflé au Chocolat a 2 Sauces **R**
- Tarte Tatin – oven cooked upside down pastry with caramelised apples **R**
- Bananas Flambés – with vanilla ice-cream
- Peaches 'Imperial' – peaches cooked in 'mavrodafni' wine, served with cream or vanilla ice cream
- Pavlova – meringue dessert topped with fruits & whipped cream
- 'Karidopita' (Walnut Cake) – served with vanilla ice cream **R**
- 'Baklavas' – served with kaimaki or vanilla ice cream **R**
- Banoffee Pie – cream & toffee combined on a crumbled biscuit base
- 'Portokalopita' – orange cake with syrup
- Semifredo – with meringues & chocolate sauce<sup>3</sup> **R**
- Ekmek Kadayifi
- Home-Made Ice Cream – a variety of flavours available
- Fruit Salad

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<sup>3</sup> Please inform the chef 2 days in advance for this dessert

## ASIAN-THAI MENU

- **Thai Salad** – thin cut lettuce & red cabbage, cucumber, celery, spring onion, mint, tomato, carrot & peanuts with a lemon-chilli dressing **VG**
- **Egg Fried Noodles** – with vegetables & either chicken, beef, pork or prawns
- **Egg Fried Rice** – with vegetables & either chicken beef, pork or prawns
- **Red Curry** – chicken, beef or pork in red curry, coconut milk, peppers, aubergines & zucchini
- **Chicken, Beef or Pork with Ginger** – stir fried pieces of chicken, beef or pork with ginger, peppers, carrot, onion, celery, shallots, mushroom, soy sauce & oyster sauce.

## KIDS MENU

- **Pasta Napolitana** – linguini or penne with fresh tomato sauce & basil **VG**
- **Spaghetti Bolognaise**
- **Chicken or Pork Souvlaki** – with French fries, potato purée or basmati rice
- **Fried Meatballs in Tomato Sauce** – with French fries, potato purée or basmati rice
- **Chicken Schnitzel** – with French fries, potato purée or basmati rice
- **Burgers** – with French fries, potato purée or basmati rice
- **Homemade Pizza** – a variety of toppings available