








ALANA
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restaurant





-  gluten free
-  vegetarian
-  best seller
-  frozen
-  fried in sunflower oil

Cold appetizers and raw food

CRETAN APPETIZER PLATTER

dakos, vine leaf rolls, graviera cheese, tzatziki, aubergine humus, fish roe spread
(for 2 persons) €16,50

VEAL FILLET CARPACCIO

rocket, pickled artichokes, olive oil, coarse salt, fresh ground pepper €13,80

SEA BASS CEVICHE

citrus flavors, salt, pepper, olive oil, green chilli, cucumber, peach, €13,50

CHERRY TOMATO TARTARE

buffalo mozzarella, herbs, basil olive oil, grape molasses vinaigrette €8,50

TZATZIKI

yogurt, cucumber, garlic, dill, house made croutons, olive oil €5,00

KOPANISTI

feta cheese, chilli, olive oil, crispy bread €5,00

BEEF TARTARE

beef tenderloin, egg yolk, dijon mustard, fresh herbs, anchovies paste, crispy bruschetta, potato straws €14,40

TUNA TARTARE

avocado, cucumber, soya, sesame, radish, chilli, olive oil €15,00

DAKOS

house made barley rusks, grated fresh tomato, feta cheese, oregano, olive oil and olives €7,00

AUBERGINE HUMMUS

chickpeas, smoked aubergine, olive oil, tortilla chips €5,00

HOUSE MADE SOURDOUGH BREAD & ACCOMPANIMENTS

Two types of bread, rusks, black eyed beans, olives, olive oil 1,80 // person



Salads

GREEK SALAD ●

tomato, cucumber, onion, olives, capers, house made barley rusk, oregano, feta and olive oil €8,00

BOILED GREENS 🌿 ●

seasonal greens, zucchini, tomato vinaigrette, pickled onion, sour cheese 'galomyzithra' €9,50

VEGETABLE BANQUET 🌿 ● B

mixed baby leaves, cherry tomato, walnuts, seasonal fruits, grilled cheese 'manouri', carob-honey dressing €10,20

QUINOA ●

green apple, fennel, croutons, fresh onion, sweet oil-lemon sauce €9,00

KANTAIFI ● B

mixed green salad, traditional pastry base (kantaifi), feta cheese mouse, fig chutney, halva ice cream €10,50

GREEN 🌿 ●

mixed lettuce, cucumber, avocado lime, radish, raisin, verjuice, pumpkin seeds, dill €8,00

Hot appetizers

FETA CHEESE SAGANAKI B ●

cereals and nuts crust, fig marmalade, breadcrumbs €9,80

GRILLED AUBERGINE ●

bulgur, raisins, garlic, olive, lemon, walnut, sour cream cheese €8,50

ORGANIC PORK SAUSAGE

spiny chicory, pepper and tomato sauce, feta mousse, pitta bread €11,00

VINE LEAF ROLLS 🌿

stuffed vine leaves, mince meat, rice, herbs, egg-lemon sauce €8,00

SAUTEED MUSHROOMS B

garlic, thyme, olive oil, lemon, chimichurri sauce €8,50

SHRIMP TEMPURA B ●

fish roe spread, cuttlefish ink, shrimp cracker, saffron aioli €14,50

STEAMED MUSSELS 🌿

onion, leek, celery, dill, ouzo, oil and lemon sauce €10,50

BAKED POTATOES

poached egg, staka-butter cream, jamon iberico, crispy onion €8,00

BIO PORK 'APAKI' (CURED PORK TENDERLOIN)

toasted bread, graviera cheese cream, sun-dried wine, potato straws €9,00

FRIED POTATOES 🌿 ● ●

sea salt blossom, oregano €6,00

GARLIC BREAD

sourdough house made bread with garlic butter and parmesan €2,00 // person



Main Dishes



YOGURT CHICKEN B

sweet wine, tarragon, raisins, quinoa, sesame, pumpkin seed €16,00

MUSHROOM RISOTTO B ●

wild mushroom variety, parmesan flakes, mushroom chips, truffle oil €14,50

PORK TENDERLOIN

onion puree, wine sauce, baked potato, fig chutney €17,00

BEEF FILLETS CAPONATA

aubergine, capers, raisins, pine-nut, tomato, olives €20,00

SEA FOOD SPAGHETTI CHITARA

shrimps, mussels, tomato, feta cheese, vegetables, basil, cuttlefish ink €17,00

SLOW COOKED LAMB SHANK B

potato mash, gravy sauce 21,00

GRILLED CHICKEN THIGHS

bulgur wheat, grilled onion, yogurt, garlic 13,50

GRILLED PORK CHOP

fried potatoes, pita bread, house made bbq sauce €13,00

BEEF PATTIES

fried potatoes, pita bread, spicy yogurt €12,50

BEEF BURGER B

ground beef, iceberg, tomato, cheese from Naxos 'arseniko', pastrami, caramelised onions, spicy mayo €15,00

SEA BASS FILLET B

sautés zucchini, baby leaves, butter peas, citrus sauce €20,50

BEEF FILLETS PASTICCIO B

papardelle, ragu sauce, cheese 'graviera' bechamel €19,50

SHRIMPS 'SPETSIOTA'

roasted tomato, spicy couscous, vegetables, shellfish broth €19,50

CHICKEN PENNE

mushrooms, tomato, thyme, smoked pork "apaki", cheese 'graviera' €14,00

SUCKLING LAMB WITH "SKIOUFICHTA"

tomato, onion, honey, traditional pasta grated 'anthotyro' cheese €19,00

BEEF CHEEKS 'YOUVETSI'

tomato, orzo pasta, cheese 'graviera' €16,50

LAMB PICANHA (RUMP CAP)

fried potatoes, vegetables, gravy sauce €18,00

GRILLED VEAL LIVER

Cretan herbs marinade, olive oil and lemon sauce, fried potatoes €12,50

VEGAN BURGER BEYOND ❄️ ●

iceberg, mushrooms, caramelised onions, truffle mayo, avocado cream €14,00



Steaks...

We suggest **medium, medium rare and rare** for optimum results

LIMOUSINE

CHATEAUBRIAND FOR TWO

Greek breeding. With pepper and bearnaise sauce €56,00 // 450gr

SIRLOIN STEAK

Greek breeding €23,50 // 300gr

BLACK ANGUS

RIB - EYE AUSTRALIA

Aberdeen Black farm, Australia
€45,50 // 300gr

PICANHA USA

Creekstone farms, USA
€29,00 // 300gr

WAGYU

STRIPLOIN A5 JAPAN

Kobe, Japan (170min. - 250max.)
€48,50 // 100gr

served with baked potatoes and vegetables

TENDERLOIN STEAK

Greek breeding €26,00 // 200gr
€35,00 // 300gr

RIB - EYE

Greek breeding €30,00 // 300gr

served with mixed salad and grilled onions

RIB - EYE NEW ZEALAND

Ocean Beef, New Zealand
€39,50 // 300g

STRIPLOIN CHILE

Creekstone farms, USA
€33,50 // 300gr

served with grilled asparagus and shimeji mushrooms

RIB - EYE MS 5-6 AUSTRALIA

Jack's creek farm, Australia
€57,50 // 200gr

SAUCES: Pepper // Bearnaise // Gorgonzola // Chimichurri
BBQ // Gravy €2,50

Seafood - Fish

TUNA FILLET

sun dried tomato, artichoke cream, quinoa tabuleh, pickled artichoke €21,50

GRILLED OCTOPUS

beans salad, aubergine hummus €18,00

GRILLED JUMBO SHRIMPS

quinoa salad, lemon, aioli
(1 piece) €27,00 // (2 pieces) €48,00

GRILLED LOBSTER

lobster custard, asparagus, sweet oil 'n'
lemon sauce €110,00 // 1000gr

Prices are inclusive of 13% I.V.A. We accept cash, Visa, Mastercard, Amex, Maestro.
Please inform us of any food allergies you may have and we can suggest alternative dishes. The consumer is not obliged to pay if the notice of payment has not been received. The restaurant is obliged to have special complain form next to the entrance