

• Dishes Of The Day

- Soup Of The Week
- Please contact us on 25104604 for more information's€3.50

• Hot Dishes

- Oven Baked Salmon
- Fresh salmon fillet with choice of wild rice or quinoa, and side green salad€14.00
- Homemade Beef Burger
- Homemade beef burger served with choice of quinoa, wild rice or potato salad, and side green salad€11.00
- Chicken Breast
- Chicken breast served with choice of quinoa or wild rice, and side green salad€11.00
- Prawns In Creamy Tomato Sauce
- served with vegetables and salad, choice of wild rice or quinoa€12.00
- Pork Loin In Creamy Spinach Sauce
- with salad, choice of wild rice or quinoa€10.00
- Ovenbaked Seabream Fillet
- with salad and a choice of wild rice or quinoa€13.00

• Breakfast

- Coconut & Banana Oats With Honey And Nuts
- Oats cooked in coconut and almond vanilla milk overnight, combined with fresh bananas, homemade peanut butter, chia seeds topped with banana and coconut flakes, honey and pistachio nuts€4.20
- Yoghurt With Fresh Fruit And Coconut Trimmings
- Low fat yoghurt with coconut sugar, fresh blueberries, fresh redcurrants and coconut trimmings€4.20
- Poached Eggs
- 2 poached eggs. Choose between cottage cheese and avocado spread, both accompanied by chia seeds and black sea salt flakes€5.00
- Scrambled Eggs On Toasted Bread

- Topped with black sea salt flakes and rucola leaves€5.00
- Butter Croissant With Cottage Cheese And Fresh Fruits
- Filled with cottage cheese and freshly cut fruits with honey€6.50
- Multigrain Croissant With Tuna And Super-Food Filling
- Mayonnaise, spring onions, dry fruits, parsley and light tuna in brine€6.00
- Plain Butter Croissant€2.50
- Oat Pancakes
- With fresh cut fruits, homemade peanut butter, chia seeds and honey€5.70
- Multigrain Croissant With Homemade Strawberry Marmalade€2.50
- Virginia Tostado
- Toast bread with cheddar cheese and Virginia ham slices€4.00
- Salmon Bagel
- Whole-wheat bagel with avocado spread, cream cheese and smoke salmon€6.50
- Bagel With Cream Cheese€3.50
- Bagel With Avocado Spread€3.50

• Sandwiches

- Open-Faced Sandwich With Peanut Butter
- Whole-wheat, poppy seed bread, with bananas, walnuts, homemade peanut butter, chia seeds and honey. Served cold€3.20
- Open-Faced Sandwich With Smoked Salmon
- Sourdough activated charcoal bread, with avocado spread, Philadelphia cheese and topped with smoked salmon. Served cold€3.80
- Open-Faced Sandwich With High Protein Bread
- Low carb and high protein bread, topped with avocado spread, boiled egg and black sea salt. Served cold€3.20
- Charcoal Brioche With Celery And Prawn Salad Sandwich
- Celery, rucola leaves, carrots, prawns and vegan mayonnaise. Served with potato salad. Served cold€7.50
- Fresh Turkey Fillet In White Artisan Baguette Sandwich

- Freshly cooked turkey breast, cranberry cheese, homemade strawberry marmalade, rucola leaves and radish. Served with potato salad. Served cold €7.00
- Sun-Dried Tomato Ciabatta Sandwich
- Choose 3 different sandwiches. Served cold €6.80
- Chicken Wrap
- With mixed lettuce, vegetables and balsamic vinegraitte €6.50
- Veggie Wrap
- With mixed leaves, mixed vegetables and avocado spread €6.50
- Platter Of 12 Pieces
- Choose 3 different sandwiches. Served cold €18.00
- Platter Of 24 Pieces
- Platter of 24 Pieces €36.00

• Poke Bowls

All poke bowls are served cold

- Poke Bowl With Chicken
- Combination of brown and black rice, chopped tomatoes, chopped cucumber, sweetcorn, chicken cubes, carrots and lemon dressing €9.00
- Poke Bowl With Prawns And Fresh Salmon
- Combination of brown and black rice, avocado, cucumber, tomato, bell pepper, prawns, fresh salmon in cubes and Ponzu dressing €13.00
- Vegan Poke Bowl With Rice And Jack Fruit
- Combination of brown and black rice, carrots, edamame beans, seaweed salad, red cabbage, radish, Jack fruit and ponzu sauce €8.00

• Salads

- Quinoa Salad With Feta Cheese
- Mixed three coloured quinoa, rucola leaves, coji berries, raisins, dry apricots, pine nuts, pomegranates, chopped cucumber, feta cheese and lemon dressing €9.00
- Fresh Salmon Salad

- Oven baked fresh salmon fillet, seaweed salad, sliced carrots, edamame beans, radishes, rucola leaves, cherry tomatoes and Ponzu dressing€12.00
- Noodle Salad
- Freshly cooked noodles, cabbage, carrots, sweetcorn, cherry tomatoes, edamame beans, seaweed salad, marinated Jack fruit and Ponzu dressing€7.50
- Avocado Chicken Salad
- Freshly mixed greens, avocado, chicken, parmesan cheese, pomegranate, cherry tomatoes and balsamic vinaigrette€8.50
- Beetroot Salad
- Mixed leaves with beetroot, feta cheese, pistachio nuts and sweet balsamic dressing€9.00
- Chef's Salad
- Mixed leaves combined with egg slices, Virginia ham, Cheddar cheese and avocado spread dressed with lemon oil sauce€9.00
- Factory's Salad
- Juicy red cubes of tomatoes, fetta cheese and oregano on a bed of Cretan Dakos€7.00
- Vegan Quinoa Salad
- red cabbage, cucumber, bell peppers, seaweed salad, edamame beans, sweet corn, marinated jack fruit and cherry tomatoes. Served with Ponzu dressing€8.50

• Yogurts

- Yoghurt With Fresh Fruit And Coconut Trimmings
- Low fat yoghurt with coconut sugar, fresh blueberries, fresh redcurrants and coconut trimmings€4.20

• Desserts

- Healthy Peanut And Cocoa Sugar-Free Bar
- Peanuts, oats, honey, chia seeds and cocoa€2.50
- Freshly Homemade Carrot Cake
- Contains nuts, dairies and gluten€2.50
- Vegan Brownie
- Contains nuts, gluten and coconut sugar€2.50

- Lemon Oats Tart
- Contains gluten-eggs and dairy products€4.00
- Sweet Yoghurt
- Yogurt-coconut sugar-walnuts-honey€3.60

• Hot Coffees

- Cappuccino(2 shots of espresso)€2.80
- Latte€2.80
- Flat White€2.80
- Americano€2.50
- Espresso€1.60
- Espresso Double€2.00
- Espresso Macchiato€1.70
- Mocha€3.20
- White Mocha€3.20
- Cyprus Classic Double€2.00
- Cyprus Organic Double€2.50
- Cyprus Decaf Double€2.50

• Cold Coffees

- Freddo Espresso€2.80
- Freddo Cappuccino€3.00
- Iced Latte€3.20
- Iced Americano€2.80
- Iced Mocha€3.00
- Iced White Mocha€3.00
- Cold Brew€3.50

• Naughty Coffee

- Amaretto Latte
- Amaretto, Almond milk, espresso€5.00

- Baileys White Mocha
- Baileys-white chocolate, espresso-milk €5.00

• Teas

(ORGANIC PREMIUM LOOSE LEAF TEA)

- China Sencha (Green Tea) Green Tea €2.50
- English Breakfast Black Tea €2.50
- Earl Grey €2.50
- Chamomile Blossoms €2.50
- Ginger Lemon €2.50
- Wild Berry €2.50
- Mango Blood Orange €2.50

• Matcha Tea

Hot or Cold

- Lemon/Mint €3.80
- Matcha Lattewith almond milk €4.00
- Honey/Lemon €4.00
- Vanilla/Cinnamon €4.00

• Chocolate Factory

- Classic Chocolate
Made with coconut milk €2.80
- White chocolate
Made with coconut milk
- Vegan Chocolate €3.00

• Fresh Juice

- Morning Law Juice
- Green apple juice with ginger. Served in 250ml bottle and made every morning€3.40
- Citrus Passion Juice
- Sweet orange and red grapefruit. Served in 250ml bottle and made every morning€3.20
- Natural Sensation Juice

Orange, celery, cucumber and beetroot. Served in 250ml bottle and made every morning€3.60

- Blending Magic Juice
- Carrot, fresh green apple, sweet orange and ginger. Served in 250ml bottle and made every morning€3.40
- Homemade Lemonade
€3.40
- Homemade Lemonade
- Homemade Lemonade With Fresh Fruits
€3.40
- Green Juice
- Celery-cucumber-ginger-apple€3.40
- Beetroot Madness
- Beetroot-carrot-apple-orange€3.40

• Smoothies

- Banana Biscuit Smoothie
- Banana biscuit, yogurt, milk and brown sugar€3.40
- Berry And Strawberry Smoothie
- Berries, strawberries, homemade honey syrup,yogurt and coconut milk€3.20
- Green Factory Smoothie

- Celery, cucumber, apple, milk, fresh lemon, honey and matcha€3.40

• Drinks

- Soft Drinks Coca-Cola Zero€1.20
- Soft Drinks Coca-Cola€1.20
- Soft Drinks Soda€1.20
- Soft Drinks 7up€1.20
- Soft Drinks 7up Diet€1.20
- Organic Human Shot Of Ginger€3.00
- Organic Human Shot Of Turmeric€3.00
- Organic Human Shot Of Antioxidant€3.00
- Organic Human Shot Of Ginseng€3.00
- Perrier Sparkling Water 330ml€1.80
- Mineral Water 500ml€1.00
- Soft Drinks Pink Grapefruit€1.20
- Oh My Gutness Water KefirGinger and lemon flavour€3.20
- Mastixoua Water€3.00
- Tonic Water€1.00
- Captain Kombucha€3.40
- Artisan Figi Water 500ml€2.00

• Alcoholic Drinks

Alcohol consumption is prohibited by law to all individuals under 17 years of age. ID might be required upon delivery for age verification purposes.

- Boutari 200ml Rose Wine€4.00
- Prosecco Brut 200ml€5.00
- Paros Pilsner Beer 56 Isles€4.50
- Boutari 200ml Red Wine€4.00
- Moet & Chandon 200ml€20.00
- Boutari 200ml White Win€4.00