



# Lunch

Working hours: 12:00 - 16:30

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08/29/2025



## Cheese

### Graviera

Graviera is a semi-hard cheese made from goat's or sheep's milk, or a combination of both. It has a rich, nutty flavor with a slight sweetness and a buttery texture.



### Feta

Feta is a soft, white cheese made from sheep's or goat's milk. It has a tangy, salty flavor and a crumbly texture.



## Salad

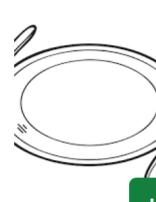
### Choriatiki Salad

A traditional Greek salad made with tomatoes, cucumbers, onions, olives, and feta cheese.



### Mixed Vegetable Sa...

A colorful and nutritious salad made with a variety of chopped vegetables, dressed in a vinaigrette.



### Dakos Salad

A traditional Cretan salad made with barley rusks, tomatoes, feta cheese, and olive oil.



## Main-dishes

### Chicken with Musta...

A flavorful dish made with chicken cooked in a creamy mustard sauce, often served with vegetables or rice.



### Gemista

Vegetables (usually peppers, tomatoes, or zucchini) stuffed with a mixture of rice, minced meat, herbs, and spices.



### Pesto Pasta

Pasta tossed in a vibrant green sauce made with basil, pine nuts, Parmesan cheese, and olive oil.



### Spinach and Feta Pie

A savory pie filled with spinach, feta cheese, and often other ingredients like onions or dill.



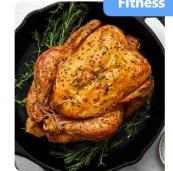
### Rigatoni Pasta with ...

Rigatoni pasta cooked in a tomato-based sauce, often with vegetables and herbs.



### Roasted Chicken

Chicken roasted in the oven, often marinated in herbs and spices, and served with various sides.



### Penne Alla Crema

Penne pasta cooked in a creamy sauce, often made with cream, butter, and Parmesan cheese.



### Special Pizza

A pizza with a variety of toppings, often customizable based on personal preference.



### Pork Souvlaki

Marinated pork cubes grilled on skewers.



## Baked Fish

Fish baked in the oven, often with herbs, lemon, and olive oil.



## Green Beans in Tom...

Green beans cooked in a tomato-based sauce, often with onions and other vegetables.



## Garnish

### Tomato Pasta

Pasta cooked in a tomato sauce, similar to a simpler version of a marinara sauce.



### Steamed Rice

Plain white rice cooked by steaming, often served as a side dish.



### Yogurt

A dairy product made by bacterial fermentation of milk. It's often used as a condiment, side dish, or ingredient in various dishes.



### Vegetable Rice

Rice cooked with a mixture of vegetables, such as peas, carrots, and corn.



### Fried Vegetables

Vegetables coated in batter or breadcrumb and deep-fried until crispy.



## Fruit

### Apples

A versatile fruit that can be eaten fresh, cooked, or juiced, apples are a good source of fiber and antioxidants.



### Bananas

A convenient and portable fruit, bananas are rich in potassium and fiber.



## Dessert

### Syrup Cake

A dessert made with bread soaked in syrup and topped with various toppings.



### Bougatsa

A flaky pastry filled with custard and topped with syrup.



### Lychnarakaia

A traditional Greek dessert made with filo pastry, nuts, and syrup.



Total: 5 Menu Items



The Polytechnic of Crete has a fully equipped restaurant located in its privately owned facilities in the Polytechnic of Crete in Kounoupidiana Akrotiri. The student club has the ability to serve 250 people at the same time, and its operation and management have been entrusted, following an international tender, to a private contractor.

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