



AVA MEDITERRAEGEAN

A Psarotaverna in WinterPark - FOH Team Menu, Culinary Ethos, Terroir, Terminology Briefing



AEGEAN AND CYCLADIC ISLANDS

Islands of southern Greece within the Aegean Sea which is within the greater Mediterranean Sea

REGIONS INSPIRING OUR MENU OUTSIDE OF MICRO FOCUS OF THE CYCLADES



WHAT IS A TAVERNA V. RESTAURANT

Tavernas are primarily enjoyed in the evening and often involve entertainment, dancing, and alcoholic beverages, such as local wine. While a restaurant is simply a place that you eat, a taverna provides not only food, but also a good time.

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BASIC CULINARY VERBIAGE NEEDED

- Roulade
- Julienne
- Emulsify
- Braise
- Chiffonade
- Tagine
- PDO (Protected Designation Of Origin)
- Mille Fuille -Thousand Leaves
- Xorta- Seasonal local produce (market veg)
- Botarga- Mullet Roe
- Caviar v. Roe
- Fleur de sel
- Black Cyprus Salt
- Zalook
- Colotura

MENU WALK THROUGH

MEZE

- Mixed Olives 8
Marinated selection of olives
- Eggplant Caviar 14
Olives, fresh herbs, garlic, lemon juice
- Crispy Zucchini 18
Lightly fried zucchini, romesco, grated manouri cheese
- Hummus 14
Paprika, tear drop pepper, shallot, olive oil
- Koftedes Meatballs 20
Homemade stuffed meat balls, fresh herbs, lemon, served with tzatziki
- Spanakopita 16
Filo dough, feta cheese, spinach, leek, scallions, fresh herbs
- The Greek Spreads 20
Tzatziki, tarama, tirokafteri, served grilled pita

STARTERS

- Grilled Haloumi 16
Organic blossom honey, sesame seeds, Ouzo-flambéed
- Gemistes Vegetables 18
Trio of stuffed local farm vegetables stuffed with ground beef, pine nuts, onion, AVA spices, fresh herbs, olive oil
- Truffle Pita Pizza 28
Homemade dough, manouri cheese, onion creme fraiche, black truffle
- Beef Carpaccio 28
Kefalograviera cheese, arugula, fig balsamic vinegar, olive oil

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RAW BAR

Oysters 18

AVA Mignonette

Ora King Salmon Tartare 22

Greek yogurt, sesame seeds, capers, red onion

Maine Lobster Crudo 28

Turmeric-blood orange, red drop pepper,
preserved lemon, basil, poppy seeds

Tuna Crudo 26

Confit tomato, olive, caper, basil emulsion

AVA Whole Dorade Sashimi 70

Served with 3 dressings: anchoïade, basil
emulsion, EVOO-citrus emulsion

Seafood Tower 95

Oysters, shrimp cocktail, king crab roll, lobster
crudo, marinated langoustine, smoked scallop-
truffle vinaigrette, salmon tartare

MEDITERRAEGEAN ROLLS rice free

Tabbouleh 12

Grape leaf, fresh herbs, cucumber,
tomato, fig-balsamic reduction

Salmon 18

Cured Salmon, smoked tarama, dill,
trout roe

Tuna Tartare 20

Turnip, hummus, sesame seeds

KingCrab 28

Avocado, Krystal caviar, tzatziki

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SALADS

Horiatiki | Greek Salad 24

DOP barrel aged feta cheese, local farm tomato, cucumber, green bell pepper, red onion, wild mountain oregano, kalamata olive

Garden Salad 15

Baby kale, micro lettuce, radish, almond, greek cheese espuma, preserved lemon

Tabouleh 13

Couscous, tomato, onion, fresh herbs,

Corinth raisin, lemon juice, olive oil

Chilled Octopus Salad 20

Black eye pea, red onion, oregano, lemon

THALASSA | SEA

Grilled King Salmon 28

dill-fennel marinade, caramelized lemon

Grilled Jumbo Octopus 22

Kalamata olive tapenade, charred lemon

Psarosoupa 28

Greek bouillabaisse, market fish and shells, fennel, tomato, saffron, rouille sauce

Grilled Maine Lobster 65

Athenian-style, angle hair, tomato-basil pesto

Fish Market MP

Choice of grilled, Spetsiota style-baked, or salt-crusted. Served carved and flambéed with mastiha tableside

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EARTH

Chicken Tagine ³⁴

Fennel, zucchini, dry fruits, AVA
spices, green olives, couscous

Filet Mignon ⁴⁵

Choice of Sarawak black pepper
sauce or avgolemono

Rack of Lamb ⁶⁰

Marinated New Zealand lamb, carved
table side, lemon, rosemary, olive oil

Whole Tomahawk Rib eye^{MP}

SIDES | VEGETBALES

Sautéed Xorta ¹²

Market vegetables, garlic, EVOO,
lemon

Sautéed Broccolini ¹²

Pesto, garlic chips

Grilled Fennel ¹⁴

Fennel puree, dill, EVOO, lemon

Ratatouille ¹²

Zucchini, eggplant, tomato, bell
peppers, basil, olive oil

Marble Potatoes ¹⁴ Oregano, lemon

Seafood Orzo ¹⁸

Calamari, mussel, saffron, bell pepper

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DESSERTS

GreekYogurt 12

Pine honey, caramelized poached fig
Baklava 14

Pistachio cream, honey, sorbet
Chocolate Lava Cake 14

Zephyr caramel insert, dark chocolate
coulis, mastiha gelato, almond
streusel

Sorbet & Ice Cream Daily Selection 12

Bronzino:



Also known as: “European Bass”

This fish mainly lives in the warm waters of the Mediterranean Sea, but can also be found in the Eastern Atlantic Ocean from Norway to the Black Sea. It can grow up to 3 pounds, but most grow up to 1 or 2, making it a perfect fish for two.

Flavor profile: mild, delicate white fish that has a subtlety sweet flavor

Texture: Medium flake

Dorade

Also known as: “gilt-head seabream” or “Red Drum” or “Orata”

Dorade can be found in the coastal waters of the Mediterranean Sea, Atlantic, and also the coast of Australia and New Zealand. On average, it grows about 2 lbs. It's a small fish with big flavor.

Flavor profile: rich, succulent

Texture: meaty, large flakes, similar to pompano or snapper





Dover Sole

Also known as: “common sole” “black sole”

A long flat fish (flounder) that lives mainly in the shallow waters of the Mediterranean and North Sea. It is a highly sought after fish for its unique flavor and texture.

Flavor profile: a mild, sweet flavor

Texture: known for its “meat like” texture when cooked



(Not our Dish but Example Post Cook)

John Dory



John Dory lives mainly in the North Atlantic as well as cooler parts of the South Pacific. An extremely thin, flat fish with a greenish-grey color. This fish is known as one of the ugliest fish in the world with absolutely no relatives.

Flavor profile: Mild flavor with a hint of sweetness.

Texture: The flesh has a firm texture when cooked with good moisture and a fine flake

Lane Snapper

Is a medium fish with a pinkish hue. This fish lives mainly in the Gulf of Mexico, Caribbean, and the West Atlantic (Carolina's to Brazil).

Flavor profile: clean, Robust and yet subtle flavor. The flavor Not Distinct/Unique enough to offend those who prefer blander Fish (tilapia Aficionados) ... the flavor and meat texture is capable of standing up to Vibrant and dominant flavors and providing the Perfect Canvas that doesn't get overpowered and works harmoniously with Bold Sauces

Texture: The flesh is lean and firm when cooked



Madi Snapper



Also known as "European Red Bream" Madai is known for its beautiful, coppery-red color and large head with a curved back profile. All Madai are Sea bream(TAI) not all sea bream are Madai. Not all Madai are equal...Best in the world come from Seto sea (stronger currents=fish work harder=A++) Other TAI we may use - Kurodai-Kinedai -Aodai... Most madai are Deep ocean farmed now

Flavor profile: very distinct sweet and nutty flavor Fantastic Raw

Texture: lean and moist with a firm texture



Acadian RedFish

Also known as "Atlantic redfish" "Acadian Rockfish". This fish is native to the deep waters of the Northwestern Atlantic. Acadian is a reddish/orange colored fish with a white flesh.

Flavor profile: It has a mild and slightly sweet

Texture: medium firm, moist, and flaky

Rouget



Also known as:"striped goat fish" "red mullet"

This fish lives mainly off the coast of West Africa. The skin is an iridescent mix of orange, red-gold, and rose-y pink.

Flavor profile: The a delicate white meat that is rich in fat. Once cooked the flavor is full, sweet and rich like that of sweet shrimp or scallop

Texture: medium oily texture with a small flake

Langostines

Also known as "Norway Lobster". This little lobster lives mainly in the Atlantic Ocean and the Mediterranean.

Flavor profile: It has a sweet, elegant flavor. They pack some of the sweetest meat in the sea, Bright almost Floral

Texture: crispy and firm



Cervette Imperiale



Also known as “Carabineros” (spain) And “red king Prawn”. This little critter is native to the eastern Atlantic Ocean and the Mediterranean Sea.

Flavor: It is a larger deep-sea shrimp with a rich, sweet flavor

Texture: Meaty, Buttery, Delicately Crisp

*Tail meat Is sweet, and rich

**We advise when served with the head to suck the head, Head juices after roasting are deep, robust, Dark caramelized sweet notes of the ocean ... Elixir of the ocean ...that balances the tails meaty texture

- Marinated Olives



- Castelvetrano (green)(sicily)
- Jumbo Kalamata (peloponnese)
- Vassilikos Green (vasi-likos)(Zakynthos)
- Xourmades (Mesta Castle south of Chios)
- Amfissas (central mainland greece near Athens)

OLIVE LOCATIONS



Mille Fuille



Spanakopita

Spinach, Onions, Feta, Stuffed
wrapped in Phyllo Dough



MEDITERAGEAN ROLLS

- Grape Leaf / Tabouleh/ Pomegranate Fig
 - Marinated Potato/ Nicoise Juliene/ Truffle Tapenade Vinaigrette
 - Cucumber/ King Salmon/ Tarama/ Smoked Trout Roe/ Dill
 - Avocado/ King Crab/ Tzatziki/ Krystal caviar
 - Daikon/ Ratatouille/ Citrus
 - Pickled Daikon/ Tuna Tartar/ Hummus/ Sesame
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RAW BAR

- Tuna Crudo
- Lobster Crudo
- King salmon Tartar
- Red Prawn Crudo
- Scallop Crudo
- Whole dorado Crudo
- Oysters on the 1/2 shell
- Ava Agean Tower

Key Points

- Cornucopia of seafood
- Simplistic Natural Beauty let the seafood shine







STARTERS

- Grilled Haloumi (David Dequasie Honey)
- Truffled Pita
- Beef Carpaccio
- Chilled Octopus
- (*Seared Foie & Dolmas*)





SALADS

- Greek Salad/Horiatiki
- Greek Garden Salad



SEA

- Grilled King salmon
- Grilled Octopus
- Grilled Maine Lobster
- *Grilled Tuna*
- Psarosoupa
- Whole Dover Sole (MP)
- *White Spetsiota Style whole Fish (MP)*
- *Yellow Spetsiota Style whole Fish (MP)*
- Red Spetsiota Style whole Fish (MP)
- Bronzino in salt Crust (MP)
- Any Whole fish simply Grilled (MP)

Key Points

- Aroma & Rustic Nostalgia*
- It is here that we are really going to elevate ourselves to the top not just within Florida*
- Extensive training both on the Physical procedures and techniques but also on the stories/inspirations/and history*
- Captrains & managers need to be able to do these steps with such ease that they can simultaneously carry on a conversation about the history while doing it.*
- Sourcing a range of fish is key (entry level priced fish is a must)*



DOVER SOLE PRESENTATIO N





A La Spetsiota

Fish Cooked in the Style of
the Isle of spetses

- 1. Tomato braise whole fish
- 2 White Wine Colotoro
- (Garum) Braise'd whole fish
- 3 Saffron Fennel braised
Whole fish







EARTH / GIA

- Rack Of Lamb
- Fillet Mignon
- Tomahawk Ribeye
- Chicken Tagine

-Te Mana Lamb

-11 months

-Fat Marble similar in ratio to

Wagyu beef

-Bred in high country and
finished on chicories and herbs
for 30 days before slaughter

-Higher Omega-3's



TE MANA LAMBTM

NEW ZEALAND HIGH COUNTRY BRED

Manna (Hebrew / Old Testament) – Food from heaven

Mana (Māori) – Prestige, status and spiritual power

TE MANA LAMBTM has emerged from an unprecedented 10-year programme with lambs specifically bred in the New Zealand high country and finished on chicory herb pastures.

TE MANA LAMBTM is finely marbled and rich in naturally occurring Omega-3 fats.

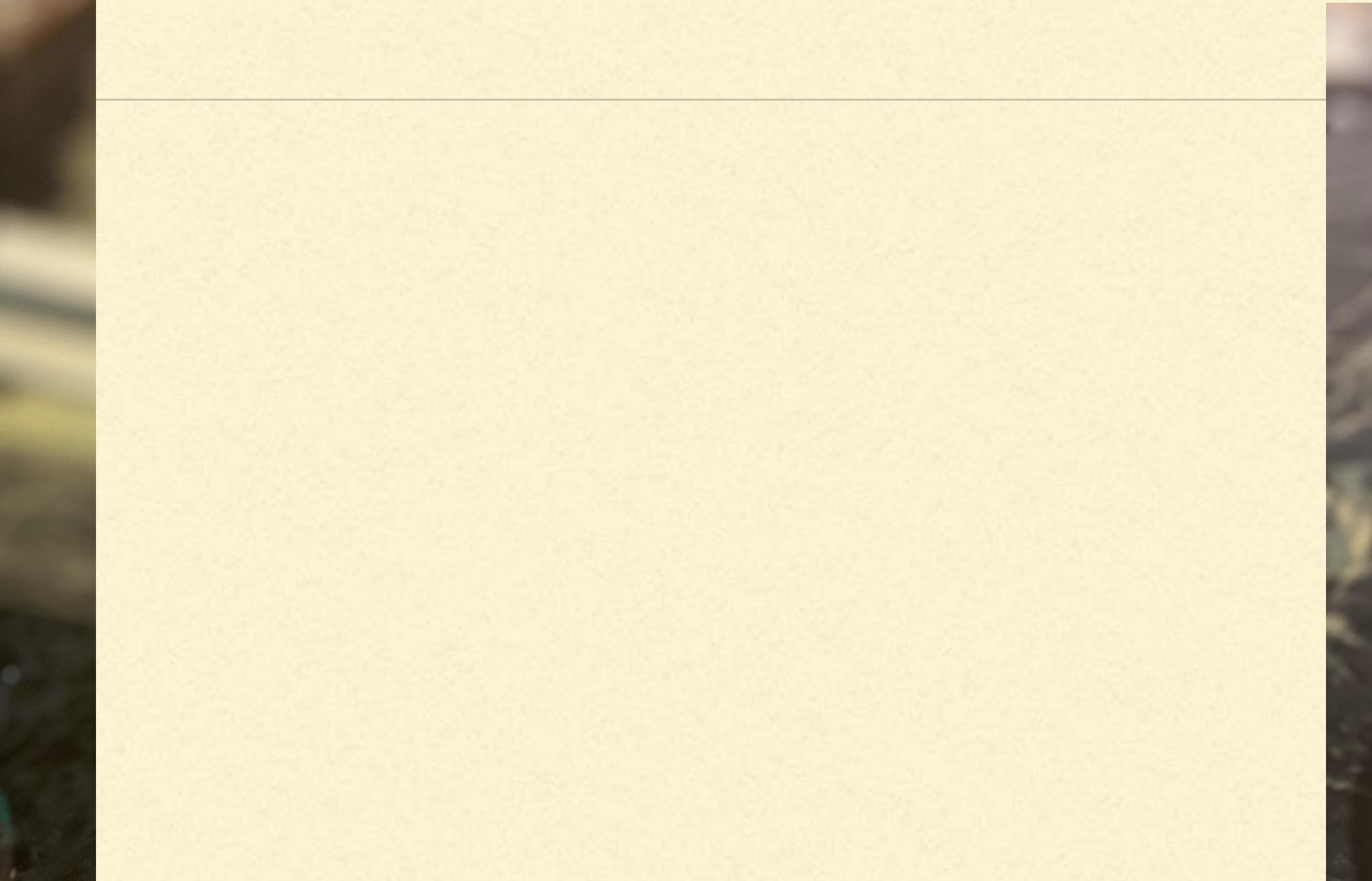
You can have absolute confidence in the consistency and quality of this lamb, which is produced to rigorous new standards.

The unique qualities of TE MANA LAMBTM allow for innovative preparation and dish creation, conveying new levels of delicacy, mouth feel, texture and health properties.

The result is an entirely new kind of lamb. Produced by our farming families for you.

SIDES

- Xorta
 - Broccolini
 - Grilled Fennel
 - Tabouleh
 - Ratatouille
 - Marble Potatoes
 - Seafood Orzo
 - Zaalouk
 - Gemistes baby Vegetables
 - Angel hair Pasta w/ tomato Basil
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DESSERT



WHY THE TABLE SIDE FOCUS

- Visually Unique, Viral Capabilities
- Key openings for servers when doing table side to create an experience through the dishes inspiration
- Traditional and Authentic to Psarotaverna Cuisine and Experience
- Very little Market Presence (I found nothing in the market for whole fish table presentations)

OUR RULES FOR TABLE SIDE

-It must be more than Just for the show, ie it is not a gimmick

***** The show Must be for one of the following:**

-It brings an aroma that enhances the flavor and nuances of the dish

-There is and truly unique ingredient that we want to draw the guests attention to (we are the only ones around that have it ideally in the state)

-There is a history or story (this requires a time and place and must help transport the guest and elevate the experience)

-The cooking method/technique Requires Table side interaction

TYPES OF TABLE SIDE DISHES

- -Butchery & Plating/Transfer (this is the hands down the hardest for the FOH..Training is already planned)
 - Carving and Plating/Transfer
 - Whole Fish Presentations & Plating/Transfer
 - Flambe
 - Saucing, Pouring, Mixing
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FUN GREEK WORDS

-Astako Makaronda: a popular Greek dish made with lobster in a tomato-based sauce and served with fresh pasta
Astakos=lobster Makaronada=Spaghetti

-Anchoïade [ahn-show-YAHD]: a classical Provençal spread made from anchovies, olive oil, vinegar, garlic

-Horiatiki [whore-YA-tee-kee]: Greek salad

-Kefalograviera [keh-fah-lo-grahv-YAIR-ah] cheese: a hard yellow cheese, usually made from a mixture of sheep and goat milk. salty, nutty flavor (Parmigiano Reggiano esque)

-Kataifi [kuh-tay·fee]: a fine vermicelli like pastry commonly used in Mediterranean & Middle Eastern cuisine

-Masticha [mahs-TEE-ha]: a greek liquor with a slight pine or cedar flavor