



GREEK - CORFIOT CUISINE

we can help

Uncover a world of authentic,
mouth-watering food



Corfu's cuisine is inextricably tied in with its history and this is what makes the food here so different from the rest of Greece.

Although Greek and Venetian are the strongest influences, spices from the east, cooking methods from France as well as other parts of the Mediterranean and even the remnants of British occupation, have all left their mark on the local dishes.

Corfiot cuisine is dominated by the use of wine, garlic and eastern spices, like cloves, allspice, cinnamon, lemon, olive products, tomatoes, seafood and more. Its neither spicy nor bland, but rich in the flavors of the Mediterranean. Many dishes stem back to the days when cooks would put all the ingredients in a single pot and leave it to simmer all

The four best known Corfiot dishes show their Venetian influence. These are Sofrito (sliced veal cooked with wine vinegar, garlic and parsley), Bourdeto (a peppery fish stew), Bianco (a white, garlicky fish stew) and Pastitsada (pasta and meat dish in a rich tomato sauce enriched with clove, bay leaves and cinnamon).

Lamb & Veal are traditionally the principal meats in Corfiot cooking. They can be found in dishes such as the classic Moussaka, or, cut into pieces, marinated in olive oil and lemon juice, it is grilled on skewers. Fresh oregano is commonly used with skewered lamb. Rosemary is traditional with leg of lamb.

Other common Corfiot herbs are basil, parsley, mint, and dill. Garlic and onions are, of course, an integral part of Corfiot seasoning. Pork, beef, and game are marinated, grilled and baked. Chicken is usually spit roasted or grilled.

Fish is traditionally cooked whole, with the head and tail still attached. They are often seasoned with herbs, and marinated in olive oil and lemon juice. Fish are grilled over hot fires or baked. Shrimp, octopus, and squid are also popular.

Cheese is an important part of Corfiot cuisine. Feta cheese, made from goat's milk, is white, crumbly, and very pungent. It is used in salads, meat dishes, spread on bread, or even wrapped in grape leaves and grilled.



Kefalotiri is another popular variety that is harder; it is grated and used like Parmesan.

Please note that the listed selection are recommendations. There are many more options and our team will always try their upmost to accommodate your request. Kindly take into consideration preparation times, also the ingredients seasonal availability!



Appetizers

Cheese plater

Assorted local, Intl cheeses or specific cheeses of your choice with garnish

Cold cut meat & Charcuterie plater

Assorted cured deli cold cuts with garnish

Crudités plater

Selection of fresh local raw vegetables with your choice of any of the following dips

Individual appetizer & dips

- **Tzatziki** (Yogurt dip with garlic, dill, mint, cucumber)
- **Houmous** (Ground chickpeas & sesame seeds, olive oil, lemon a hint of garlic)
- **Roasted red pepper dip** (Roasted red peppers, with feta cheese and herbs)
- **Tyrokafteri** (Feta cheese dip with olive oil, hot peppers, oregano)
- **Melinyosalata** - Eggplant dip (Roasted eggplants, lemon juice, olive oil)
- **Taramosalata** Cured fish roe mixed with olive oil, lemon juice, and a starchy base of bread or potatoes, or sometimes almonds.
- **Santorini Fava** Split pea with caramelized onions
- **Bouyiourdi** Spicy oven baked feta cheese
- **Spinach Parcels**, Spinach, leek, herbs and feta wrapped in a filo pastry parcel
- **Mediterranean Bruschetta**, Fresh tomato, basil, olive oil, garlic, cheese
- **Oven baked aubergines**, Sliced with fresh tomato sauce, herbs, melted cheese
- **Zucchini balls** Minced Zucchini, onions, herbs parmesan or feta, cheese and mint, flash fired in olive oil

Greek appetizer plater

Selection of traditional Greek mezzes, to include, Dolma (young grape leaves stuffed with a lemon-flavored mixture of rice, onion), Olives, selection of cold cut meats, selection of local hard & soft cheeses, sun dried tomato, roasted marinated red peppers

Smoked salmon crostini

Smoked salmon on toasted baguette slices with creamy ricotta cheese, fresh dill, sprinkling of lemon juice and capers

Assorted canapes

Assorted canapes with toppings of your choice

Olive tapenade

Pureed olives, capers, roasted garlic

Baked feta

Feta cheese, oven baked in a grease proof paper parcel with herbs, tomato, spring onion and peppers.



Soups

Freshly made soups with the finest and freshest ingredients

- **Tomato soup**
- **Vegetable soup**
- **Creamy mushroom soup**
- **Lobster bisque**
- **Cold Gazpacho soup**
- **Chicken broth with Greek noodles**
- **Cream of chicken soup**
- **Fish soup with fresh Perch or Cod depending on season**

Salads

Traditional Greek salad

Seasonal fresh vegetables with feta cheese, olive oil, thyme and oregano

Nicoise salad

Seasonal fresh greens with hard-boiled egg, olives, tuna, tomatoes, potatoes, dressed with a delicate vinaigrette

Caesar salad

Seasonal fresh greens with grilled chicken, Parmesan cheese

Seafood Caesar salad

Seasonal fresh greens with grilled prawns, Parmesan cheese

Sweet salad

Lettuce, spinach, iceberg, "anthotiro" cheese, walnuts, honey sauce

Caprese Salad

sliced fresh mozzarella, tomatoes, and sweet basil, seasoned with salt, and olive oil

Corfiot Salad

Rucola, pine nuts, locally thinly sliced cured beef "numbulo", spicy dried figs, kumquat vinaigrette

Kumquat Salad

Mixed seasonal greens, thinly sliced fresh kumquats, creamy feta cheese, and toasted nuts (walnuts or pistachios) with a lemon-honey-olive oil vinaigrette.



Sandwiches

Freshly made sandwiches (sandwiches indicated with D are sourced from a local delicatessen)

Classic sandwich

Gouda cheese, ham, lettuce, tomato, cucumber with light mayo (baguette)

Cocoriko sandwich (D)

Chicken fillet, peppers, sweetcorn, lettuce and Caesar sauce (panini)

Vegetarian sandwich (D)

Grilled vegetables, grilled haloumi cheese and balsamic cream (panini)

The Italian sandwich (D)

Prosciutto, mozzarella, olive oil, rocket, sundried tomato and balsamic cream (panini)

Salmon sandwich

Smoked salmon, cream cheese, capers, dill, cucumber and lettuce (baguette or panini)

Tuna sandwich

Tuna, onion, sweetcorn, cucumber, green peppers with dressing (baguette)

Gardeners sandwich (D)

Grilled vegetables and hummus (baguette or panini)

Assorted triangle sandwich plater

Assorted triangle, crustless sandwiches with fillings of your choice

Assorted mini bread roll sandwich plater

Assorted mini bread rolls sandwiches with fillings of your choice

Classic club sandwich

Smoked turkey, bacon, cheese, tomato, lettuce, mayo based dressing

Chicken club sandwich

Chicken breast, bacon, cheese, tomato, lettuce, mayo based dressing

Avocado sandwich (D)

Guacamole, egg, cream cheese, cherry tomato, arugula (ciabatta)

Mediterranean sandwich (D)

Salami, feta cheese, olive tapenade, tomato, oregano (ciabatta)



Seafood

Grilled Octopus

Tender locally caught Octopus grilled, with an olive oil, lemon and thyme dressing

Seabass, Seabream

Locally caught Seabass or Seabream, filleted with greens of your choice, accompanied with traditional olive oil and lemon dressing.

Grouper, Dentex fillet

Season dependent, locally caught and prepared on the grill

Grilled prawns

Grilled Prawns, seasoned with olive oil, lemon and thyme dressing

Lobster pasta

Sweet lobster meat in a tomato based sauce with fresh herbs, parsley with freshly made pasta

Bourdetto

Fish in a rich tomato sauce that is enriched with sweet and spicy paprika and onions

Grilled Calamari

Grilled Calamari, lemon and parsley

Mediterranean cold seafood plater

Selection of prawns, pickled octopus, calamari, pickled anchovies, seasonal shellfish with garnish.

Prawn saganaki

Sauteed prawns in olive oil deglazed with Ouzo in spicy tomato sauce with fresh herbs and mature feta cheese

Swordfish steak (seasonal)

Grilled swordfish with seasoning and dressing on the side

Grilled mixed seafood platter

Selection of seasonal seafood (Octopus, fish fillet, shellfish etc), grilled with garnish

Amberjack steak (seasonal)

Grilled amberjack with seasoning and dressing on the side



Local dishes

Sofrito

Tender veal cooked in white wine vinegar, garlic and parsley.

Moussaka (also Vegetarian option available)

Eggplant, potato, minced meat layered casserole topped with bechamel and cheese sauce

Lamb chops grilled

Seasonally dependent, prepared on the grill

Stuffed Tomato, Pepper

Stuffed tomatoes - peppers in the oven with rice, mince meat and herbs

Lamb Kleftiko

Tender lamb marinated in olive oil, herbs, onion, lemon and slowly cooked in clay dish

Grilled meat platter

Selection of various type of meat (chicken, lamb, veal, pork), grilled with thyme, oregano, basted in olive oil & lemon

Pastitsio

Layers of tubular pasta, a delicious, aromatic beef ragu, topped off with a thick and velvety béchamel sauce

Papoutsakia

Stuffed eggplants filled with seasoned ground veal, tomatoes, a sprinkling of feta cheese and bechamel sauce.

Veal (or chicken) pastitsada

Fresh tomatoes, olive oil, minced onions, garlic, white wine, cloves, bay leaf, cinnamon served over pasta. It is usually topped with grated kefalotyri or Parmesan cheese

Spetsofai

A rustic spicy Greek dish made of thick country sausages and peppers in a rich tomato sauce.

Veal lemonato

Tender veal braised in creamy lemon sauce

Souvlaki

Small pieces of meat (beef or pork or chicken) with vegetables grilled on a skewer

Veal, Beef fillet

Prime cut Veal or Beef fillet prepared to your liking





Vegeterian dishes

Moussaka Vegetarian

Eggplant, potato, layered casserole topped with bechamel and cheese sauce

Spanakorizo

Braised spinach with rice, dill, onion optionally served with feta cheese and lemon

Gigantes

Oven baked butter/giant beans, simmered diced tomatoes and fresh herbs

Risotto

Seasonal vegetable risotto

Lasagna

Seasonal vegetable lasagna

Grilled vegetables

Seasonal vegetables grilled

Pesto pasta

Freshly made pesto with pasta of your choice

MEANDER HANDLING



Desserts

Assorted freshly cut fruit plater

Selection of seasonal freshly cut fruits and berries

Cheesecake

Cherry or Strawberry topped cheesecake

Selection of local sweets

Assortment of bitesize baklava & Kataifi

Greek yogurt

Local yogurt with fresh honey or homemade conserve and walnuts

Petit four

Assorted selection of bite size sweets

Apple pie

The traditional apple pie in a flaky pastry

Ice cream

Plain or flavored ice cream. Selection of Haagen Dazs ice cream also available

Tiramisu

Freshly made, individual portions

Banoffee pie

Freshly made, individual portions

Fruit tart

Freshly made, individual portions

Brownies

Freshly made, topped with caramel and nuts

Cookies and cream

Crumbled chocolate cookies with cream in Individual small glass