

Our food philosophy is about celebrating fresh local flavours, it is about enjoyment, health and enhancing the natural bounty cultivated from the land and found throughout the resort and surrounding villages. We blend the finest quality ingredients to recreate Mediterranean dishes with a modern Minthis twist.

Every dish has been carefully crafted so that it is consistent in authenticity using hand-picked nuts and figs, honey from our own beehives, herbs from the garden, fruit from the orchards, olives and olive oil from our groves – to create elegant mouth-watering dishes alive with flavour.

“Let food be thy medicine and medicine be thy food”.
Hippocrates

MINTHIS

APPETIZERS

Cold Starters & Spreads

Tahini Spread G K V D S	6
Raisins, burnt butter, smoked paprika and Cypriot pita	
Smoked Eggplant Spread V K N	6
Lemon zest, white tahini sauce and Cypriot pita	
Beef Carpaccio Y D U	22
Black Angus striploin, basil, ponzu glaze and pear	
Octopus Carpaccio M F Y U	18
Marinated in mandarin vinegar, served with bottarga, fresh cucumber, mustard and pumpkin miso sauce	
Cheese Platter G D S N	16
Served with homemade marmalade and carob rusk	

Hot Starters

Halloumi Cheese D V K	15
Steamed in local herbs, basil, honey glaze, sesame seeds	
The Giagias pie G E D	16
(Please ask your waiter for the filling of the day)	
Freshly homemade Cypriot pie crust with mastic and lemon thyme, filled with nutrient-dense and locally sourced ingredients.	
Flamed Torched Octopus M K	20
Served with hummus, onion marmalade and fresh herbs	

SALADS

Burrata D N F	20
With heirloom tomato, salsa verde, anchovy, roasted pine nuts and balsamic pearls	
Minthis Signature Caesar Salad D G K F	22
Our own version of a chicken Caesar salad with baby mixed leaves, Parmesan and a light anchovy tahini vinaigrette	
Bulgur Salad V G K P	15
Cooked in aromatic broth and served with seasonal roasted vegetables, wild rucola, pomegranates and carob 'Pastelaki'	
Village Salad V D	16
Tomato, cucumber, red onion, caper, Kalamon olives, feta and organic olive oil from Minthis' olive groves	

PASTA & RISOTTO

Mushroom Risotto D Y	24
Wild mushrooms, parmesan, black truffles and melted Gorgonzola	
Rigatoni Bolognese E G D	18
Beef ragu, parmesan, yellow curry	
Pasta Pomodoro D G E	14
Spaghetti, homemade tomato sauce, local herbs, basil, cherry tomatoes	

(Vegan pasta and vegan cheese available upon request)

MAIN COURSES

Chicken Souvlaki P K Y F	24
Corn-fed chicken thighs, marinated in herbs from our garden and peanut butter	
Served with heirloom tomatoes mini salad and oven baked potatoes	
Braised Lamb D Y	33
Slow cooked pulled lamb shank, halloumi, yellow pepper coulis, orzo and rosemary carob demi glaze	
Pan Seared Fresh Seabass F U	36
Cypriot "tsakistes" olives and citrus vinaigrette	
Served with mini refreshing salad and French fries	
Pork Chop D	30
Grilled loin and belly served with potato puree and heirloom tomatoes mini salad	
Australian Black Angus Rib Eye Cooked On The Grill (300g)	56
Served with heirloom tomatoes mini salad and French fries	

Sauces

Salsa verde	4
Citrus sauce U	4
Pepper sauce	6
Bearnaise E	6
Carob demi glaze Y	6

Some of the dishes in our menu contain certain allergens and are clearly indicated with the below abbreviations.

G Gluten **N** Nuts **V** Suitable for Vegetarians **D** Dairy **E** Egg
P Peanuts **C** Celery **F** Fish **M** Molluscs **S** Sulphur Dioxide
L Lupino **Y** Soy **U** Mustard **K** Sesame **B** Seafood

Prices inclusive of VAT