

# MINTHIS

*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

## APPETIZERS

- Beef Carpaccio** **D S U** €14  
Marinated Angus beef fillet, eggplant caviar salted dry Anari, cherry tomatoes and kale leaves
- Bruschetta** **G D N S** €12  
Village sour dough bread with authentic grilled Halloumi cheese, basil salsa, confit cherry tomatoes and “Epsima” Glaze
- Octopus** **M C S U** €13  
Grilled marinated octopus legs with herb vinaigrette, caramelized red onion and caper berries
- Halloumi Saganaki** **G D K E** €11  
Village Halloumi coated with panco breadcrumbs, thyme infused honey and toasted sesame seeds
- Soup of the day** €8  
(Please ask your waiter for more information)  
Made fresh with nutrient-dense and locally sourced ingredients. Served with Cypriot pita croutons

## SALADS

- Caprese** **N D S** €15  
Our own style salad with Buffalo Mozzarella, heirloom tomato textures, roasted pine nuts, basil and balsamic pearls
- Maximus** **G U E F D** €15  
Marinated grilled chicken, baby salad leaves, Parmesan, light anchovy vinaigrette, smoked pancetta and pita grissini
- Bulgur (vegan)** **N V K P G** €14  
Cooked in aromatic broth, seasonal grilled vegetables, wild rucola, pomegranates and carob ‘Pastelaki’
- Minthis** **V G D** €13  
Village salad with tomato, cucumber, pepper, Kalamon olives, Feta and organic olive oil from the Minthis olive groves

## SANDWICHES

- Steak Sandwich** **D G U E** €17  
Angus beef fillet, panini bread, sauteed mushrooms, grated cheese, sweet onion and grain mustard mayonnaise
- Chicken Pita** **D G U E** €15  
Cypriot pita bread filled with grilled chicken breast, crispy bacon, Halloumi, spicy coleslaw, cucumber and tomato
- Burger** **D G U E** €17  
Black Angus beef patty in a Brioche bun, Cheddar cheese, Minthis sauce, grilled bacon and pickled cornichons
- Vegetarian Ciabatta** **D S U E** €14  
Flavoured with tomato and basil, root vegetable selection, melted fresh Mozzarella, pesto sauce and baby spinach
- All served with homemade skin on fries and freshly baked breads**

## MAIN COURSES

- Chicken Souvlaki** **D G U S** €17  
Corn fed grilled chicken thighs marinated with garden herbs, fried potatoes, refreshing crudity salad, ‘Talatouri’ and Cypriot Pita bread
- Rack of Lamb** **D G U** €30  
Slow cooked aged matured Halloumi crust, smoked aubergine puree, baby potatoes and mint jus
- Angus Rib Eye Steak** **D G C E** €36  
Grilled to perfection, roasted potatoes, glazed baby vegetables and Commandaria jus infused with truffles
- Salmon Fillet** **D G F C** €28  
Pan seared salmon, refreshing tabouleh, sauteed vegetables, avocado cream and coriander sauce
- Seabass Fillet** **F** €28  
Pan seared fresh seabass, sauteed seasonal green leaves, roasted fennel with Cypriot “Tsakistes” olives and citrus vierge
- Mushroom Risotto** **D S** €22  
Wild forest mushrooms risotto infused with black truffles and crunchy parmesan tuile
- Pasta Pomodoro** **D G E** €15  
(vegan Pasta and homemade Parmesan available on request)  
Spaghetti ala chitarra with tomato sauce infused with basil, cherry tomatoes and 36 months aged Parmigiano Reggiano
- Seafood Panciotti** **D G E B F** €25  
Prawn and scallop filled pasta with parma rosa sauce, seared with bok choy and ikura caviar
- Pork Chop** **D** €22  
Grilled loin and belly served with hand cut potato fries, traditional Greek salad and Tzantziki

## DESSERTS

- Minthis Nest** **E G D N** €10  
Chocolate shell with homemade local carob ice cream and crumble, warm Valrhona caramelia sauce
- Meringue** **E G D N** €9  
Lavender flavoured with seasonal fruits, Ivoire chocolate Namelaka with lime and strawberry sorbet
- Kaimaki** **E G D N** €9  
Crispy kateifi with masticha “Ekmek” cream, cherry compote and Nescafe ice cream
- Portokalopita (vegan)** **N G** €9  
Orange pie with filo pastry soaked in citrus syrup, orange gel and candied zests with dark chocolate sorbet
- Ruby Chocolate Tart** **E G D N** €10  
Shortcrust pastry with raspberry jelly and pink chocolate cremeux, forest fruits, homemade pistachio praline and ice cream
- Ice Cream** **D E** €3 (Per scoop)  
Select your flavour from Vanilla, Chocolate, Strawberry Sorbet

Prices inclusive of VAT

## ALLERGEN INFORMATION

Dishes in our menu may contain allergens as indicated below

- B** Seafood / Θαλασσινά
- C** Celery / Σέλινο
- D** Dairy / Γαλακτοκομικά
- E** Eggs / Αυγά
- F** Fish / Ψάρι
- G** Gluten / Γλουτένη
- K** Sesame / Σουσάμι
- L** Lupin / Λούπινο
- M** Molluscs / Μαλάκια
- N** Nuts / Καρποί με κέλυφος
- P** Peanuts / Φυστίκια
- S** Sulphites / Θειώδη
- U** Mustard / Μουστάρδα(Σινάπι)
- S** Soy / Σόγια
- V** Vegetarian / Χορτοφαγικό