



“THEA”

It is twenty years now since we decided to dive deep in the precious gastronomic legacy which was delivered to us from our parents and grandparents.

A legacy rooted in the „once upon a time“ Hellenic East.
It was twenty years ago today (as the great song says) since we taught our band to play in the kitchen.

Cooking imaginative harmonies based on traditional recipes blended with our very personal touch, strong and gentle at the same time.
Every bite you will try offers a great number of tastes created by the wise use of rare spices and the pure and fresh ingredients we always use.

It is a matter of principal for us to guarantee your total satisfaction!
This was and will always be our mission and vision accompanied with the finest wines Greece.

Last but not least:
THEA, OEA when written with Greek capital letters stands equally for 2 meanings. Goddess and View.

WELCOME TO THEA AND ENJOY YOUR STAY WITH US!

Appetizers

“Ampelosarmades”

Rolled wine leaves with rice, pine nuts and raisins
(An old traditional recipe of Constantinople. The old Greeks used to say that a good housewife could prepare them as small that she was able to put 13 pieces of them into a tablespoon), vegetarian choice
€ 8,00

Roll of salmon & spinach

Roll of smoked salmon, spinach, cream cheese and herbs served with a yoghurt dip. € 11,00

Roasted Eggplant with Feta cheese

Roasted skinned eggplant from the grill with tomatoes, Feta cheese, garlic and herbs, vegetarian choice, vegetarian choice
€ 10,00

Stuffed mushrooms baked in the oven

Mushrooms filled with a little fresh butter from the island of Paros topped with several types of cheese from Mitilini baked in the oven , vegetarian choice
€ 8,00

Pie from “Caesarea”

An old Mezze from Capadocia, traditional recipe with various types of cheese, marinated dried meat (pastourma), tomatoes. Spicy! A speciality of Thea, vegetarian choice € 11,00

Armenian Soutzouki

Traditional Armenian Sausage with a lot of herbs, grilled
€ 7,00

Famous spicy Thea-sausage

Grilled spicy beef country-style, grilled
€ 7,00

Spinach Saganaki

Local, organic spinach with herbs and gratinated with a variety of chesses, vegetarian choice € 8,00

Fresh Vegetable Pie

Pie with traditional batter filled with a variety of organic vegetables, organic, vegetarian choice
€ 9,00

Summer creation with avocado, shrimps and salmon in the glass

Mousse of avocado with smoked salmon, marinated shrimps topped with a light yoghurt dip
€ 11,00

Feta cheese Saganaki

Pie with traditional batter filled with feta and served with homemade marmelade of Santorini cherry tomatoes , vegetarian choice
€ 8,00

Salads

Thea´s eggplant salad with yoghurt

Local marinated grilled cold eggplant with different herbs, tomatoes, cucumber and Greek yoghurt
€ 10,00

Traditional “Korkoto” Salad

Bulgur (Korkoto in Greek Pontian Dialect) with cherry tomatoes , rucola with olive oil and lemon dressing
€ 10,00

Summer Salad with soft local cheese

Variety of organic local green lettuces with soft local cheese topped with aged balsamic vinegar and pomgranate-sirup dressing
€ 9,00

Mediterranean broccoli salad

Broccoli, cherry tomatoes, Feta cheese, spring onion and dried tomatoes topped with a dressing of Dijon mustard , white balsamic vinegar and olive oil
€ 9,00

The healthy choice

Local organic lettuce, local organic tomatoes as well as cucumber served with a dressing of Balsamico, honey and olive oil
€ 8,00

Green Lettuce with caramelized Champignons

Green lettuce with caramelized mushroom, local orange filets served with a dressing of fresh orange juice, white balsamic vinegar and honey

All salads are vegetarian choices

Vegetarian Choices

Homemade traditional Briam

Old traditional family recipe with different kinds of organic vegetables and local tomatoes, slightly cooked in the oven
€ 8,00

Cycladic traditional chickpeas

Very old delicious recipe of the cycladic island. Chickpeas baked in the traditional way. € 7,00

Oriental apricot-tomato-ragout with cashew-nuts

Slowly cooked organic apricots with local tomatoes in vegetable broth, fried cashew-nuts served a rice cooked in coconut milk with oriental herbs
€ 16,00

Organic homemade zucchini spaghetti

Spaghetti made of sliced zucchini with organic cherry tomatoes and a light sauce of tomatoes, basil and local olive oil topped with Peccorino-flakes
€ 14,00

Pasta Dishes

Mediterranean Spaghetti

Spaghetti with cherry tomatoes, local rucola and olive oil accompanied with Parmesan cheese on the side
€ 11,00

Spaghetti with smoked salmon and Vodka

Traditional recipe of Thea Restaurant, Spaghetti with light sauce, smoked salmon, tarragon and a little Vodka.
€ 15,00

Main Dishes

Lamb the traditional Cappadocia way

Local lamb cooked with dried apricots and olive oil, herbs, boneless and lean (Old recipe from the Greek region of Cappadocia)
€ 21,00

Famous recipe of Constantinople with chicken

Slowly cooked chicken drumstick with dried plums, onions, oriental herbs served kurkuma-rice

(Traditional recipe from our grandmother given to our mother. It was our traditional saturday´s family lunch)

Rabbit from countryside of Smyrna

Rabbit prepared with special cooking traditon of Smyrna. Contains pine nuts and a sweet red wine called „Mavrodaphne“. (Another very old recipe imported from the Greeks from the Asian Minor)

€ 17,00

Light beef ragout with fresh mushrooms

Boneless Greek local beef tenderly cooked with fresh mushrooms and yoghurt served with long grain rice

€ 18,00

Chicken fillet in light Mozzarella-sauce and cherry tomatoes

Grilled lean chicken fillet with cherry tomatoes served with a light Mozzarella-sauce with basil served with long grain rice

€ 18,00

“Tatarberek”

Old-style recipe of our father, origin of Caucasus. Made of minced beef, pistachios, onions, yoghurt and sumak.

€ 15,00

“Atzem Pilaf”

The well-known pilaf of Constantinople

Famous dish with pork fillet and roasted crunchy pasta, rice, chilli pepper served with yoghurt on the side

€ 15,00

“Yiaourtlou”, original Byzantine kebab

Tender minced beef and pork kebab with very spicy tomato sauce on pita bread with yoghurt on the side.

(The name of the dish derives from the word yoghurt of course)

€ 18,00

Minced meat patty “Paros style”

Patty of prime quality minced beef and pork meat with side dishes of your choice

€ 14,00

“Oriental Fillet”

Prime quality beef fillet with roasted tomatoes, caramalized onions, parsley and pita bread

(The recipe was created by the idea to offer a special, unique and delicious kind of souvlaki) € 25,00

Beef fillet, speciality of the house

Our well known prime quality beef fillet and the secret way of preparing it have a long time history in Thea Restaurant served with side dishes of your choice (With our kind of preparing the dish you will not need to marinate the beef or serve it with any sauce or dip)

€ 25,00

T-bone steak

Prime quality Beef T-Bone Steak prepared to your liking. Served with side dishes of your choice

per kilo € 45,00

Beef Steak on the bone

Prime beef from the meadows of central Greece, the meat will be grilled to your choice and served on a traditional wooden platter, served with side dishes of your choice

€ 18,00

Fish

Fillet of seabass in a light green sauce

Fillet of seabass in homemade spring onion - lemon sauce, served with local organic mountain greens „critamo“ and organic green beans

€ 16,00

Fillet of seabream in special orange-wine sauce

Fillet of seabream in a homemade orange-anise-wine sauce with fresh orange pieces served with organic boiled carrot, broccoli and potatoes

€ 17,00

Please ask our service for daily fresh fish

prepared grilled and with side dishes of your choice

Dessert

Please ask our service for fresh seasonal desserts such as:

- Traditional homemade Mousse au chocolat with honey
(Our sisters secret mouthwatering preparation, you can not resist)

- Nutmeg, custard

(A wellknown specialty of our house)

- Light summer lemon mousse with yoghurt

- Lime and blood orange sorbet with vodka

- Yoghurt cream with lime, homemade cookies and grapes served in layers in a glass topped with white chocolate