

TINOS  
*Kalopsia*  
EPITOME OF MEDITERRANEAN CUISINE  
GIORGOS STYLIANOUDAKIS



# MENU TO SHARE

## FROM THE SEA

### SEA URCHIN

Sea urchin with olive oil and lemon juice

25€

### SHRIMP

Semi-salted shrimp with citrus fruits, cherry tomatoes, cucumbers, avocado, oranges, olive oil, and coriander

18€

### TARTAR A LA SPETSIOTA

Fish tartar with caramelized onions, parsley, basil, olive oil, and tomato consommé

18€

### SEA BREAM

Lightly marinated sea bream fillet with citrus fruits, herbs, wild arugula salad, baked beetroot, fennel, and mustard dressing

15€

### TARTAR OF STEW

Beef fillet tartar with fresh tomato sauce, herbs, and cumin

18€

### SMOKED FISH ROE DIP

With potato chips

€10€

### ANCHOVIES

Crispy anchovies with caramelized tomatoes, olive oil, and oxymel

8€

### CUTTLEFISH

Tagliatelle of cuttlefish with crab wraps, capers, herbs, graviera cheese, and anchovy sauce

20€



### **OCTOPUS**

Braised octopus with fava, caramelized onions,  
dill, capers, and oxymel dressing  
19€

### **SKATE FISH**

Skate fish with herbs, celery, olive oil, and lime  
15€

### **STUFFED SARDINES**

Marinated sardines with tomato tartar, herbs, garlic,  
and traditional crispy crackers  
12€

### **SMOKED EEL**

Smoked eel with organic lemon-flavored chickpeas  
20€



# FROM THE LAND

## MEZE

Graviera cheese, traditional Tinian cheese ball, petroma (unsalted fresh cheese), pickled artichoke, cherry tomatoes, louza (dry cured pork), and homemade Tinian cold cuts  
26€

## AUBERGINES

Braised beef cheeks with tomato confit, aged arseniko cheese of Naxos, and beef stew sauce  
19€

## LAMB MEATBALLS

Herb gremolata with yoghurt crème and lime, marinated cucumber and radish  
12€

## TSIGARISTO

Slow-cooked side of lamb with lime and fresh herbs  
16€

## ARTICHOKE TART

Artichokes with herbs, spring onion, and graviera cheese  
12€

## STUFFED AUBERGINES

With onions, fresh tomatoes, parsley, thyme, pine nuts, and feta cheese  
12€



# FROM OUR GARDEN

(Organic vegetables)

## SALADS

### GREEK SALAD

Tomato, cucumber, galomizithra cheese, peppers, olives, capers, mint, basil, and olive oil

10€

### WATERMELON SALAD

Watermelon with capers, olives, graviera cheese of Tinos, feta cheese, almonds, mint, basil, and olive oil

10€

### BULGUR QUINOA

Bulgur and quinoa with finely chopped grilled shrimp, artichokes, cocktail cucumbers, cherry tomatoes, spring onions, herbs, avocado, olives, capers, and oxymel dressing

16€

### SUMMER SALAD

A mix of summer greens with summer fruits, pine nuts, goat cheese, and balsamic with honey dressing

12€



# MAIN DISHES

## SHOULDER OF LAMB FOR 2

Slow-cooked shoulder of lamb with courgettes and potatoes  
34€

## LOBSTER WITH ORZO

Orzo with lobster broth, fresh tomato, and basil  
58€

## TRAHANOTO

Sauteed shrimp with shellfish broth and herb gremolata  
26€

## BEEF

Braised Black Angus tri tip with aubergines, herbs,  
and Metaxa cognac sauce  
30€

## LAMB RUMP

Lamb rump with artichoke spreads, potatoes, courgettes, and lamb sauce  
28€

## ORGANIC CHICKEN

Chicken with okra, mini potatoes, herbs, and roast meat sauce  
18€

## CRETAN STEW

Beef brisket with potatoes, onions, and cumin sauce  
30€

## FRICASSEE

Cod with spinach, peas, carrots, chervil, parsley,  
dill, cooked in egg and lemon sauce with saffron  
36€



## FROM THE WOOD FIRE

### FISH, SEAFOOD AND MEAT

**Whole fresh fish A'**  
(per kilo) 110€

**Whole fresh fish B'**  
(per kilo) 60€

**Grilled lobster or Lobster pasta**  
(per kilo) 110€

**Grilled shrimp or Shrimp pasta**  
(per kilo) 60€

**Black Angus Ribeye**  
500gr 85€

**Japanese A5 kagoshima Wagyu**  
250gr 140€

### SIDE DISHES

**Boiled Greens and vegetables of the season**  
8€

**Grilled vegetables of the season**  
7€

**Sauteed green beans with parsley, tomatoes, and olive oil**  
8€

**Sauteed potatoes**  
6€

