



Welcome to the 'Elia' restaurant, of the Alas Resort & Spa hotel. Here begins a journey of flavors based on Greek Mediterranean cuisine.

At the restaurant's lunch list you can enjoy local homemade recipes.

While at night, the place gets creative aspect of Mediterranean cuisine, with imagination and originality in dishes with color full of flavors.

Every day we offer you fresh organic seasonal products from the Alas Garden , from local producers & fishermen, such as vegetables, fruits and herbs, selected meats, fish and other products produced in this blessed place.



Appetizers

<i>Cheeses of Monemvasia and cold cuts, goat cheese, oil cheese, gruyere with red pepper flakes, wine cheese, gruyere with pepper, singlino of Mani, prosciutto, loutza, salami from Lefkada dried apricots, grapes and breadsticks</i>	22,00 €
<i>Grilled octopus with a fish roe mousse and mini Bruschettas with cuttlefish ink</i>	14,00€
<i>Homemade Loutza, ksmoked pork marinated in red wine and aromatic herbs, accompanied by aged kefalotyri in rocket leaves and handmade breadsticks</i>	11,00€
<i>Salty, smoked salmon cheesecake with mascarpone cheese, Greek yogurt and aromatic herbs</i>	11,00€
<i>Grilled talagani cheese with tomato chutney</i>	8,00€
<i>Traditional 'Tsaitia' with handmade phyllo dough, greens of our land and feta ice cream</i>	8,00€
<i>Lakonia's Land Fava beans with shrimps, tomatoes confit, capers and virgin olive oil</i>	12,00€
<i>Grilled sardine fillet, Florina pepper, seasonal greens with lemon-oil sauce</i>	11,00€



Salads

<i>Smoked salmon salad, with spinach arugula, mushrooms, peppers, cherry tomatoes, radishes, carrots, sea fennels, lupine , fennel and mustard sauce with basil</i>	14,00€
<i>Mixed greens and herbs salad with singlino of Mani, quinoa, grilled oyster mushrooms, gratineed sfela and balsamic vinegar garnish</i>	12,00€
<i>Salad leaves with shrimps, cherry tomatoes, dried fruits, nuts and citrus vinaigrette</i>	13,00€
<i>Green salad with chicken, pears, bacon, croutons, parmesan flakes, valerian and balsamic vinaigrette</i>	11,00€
<i>Greek, Laconian Land salad, with carob rusks and sea fennel</i>	11,00€
<i>Seasonal greens with pomegranate, grape juice syrup and singlino of Mani</i>	10,00€

Pasta - Rizoto

<i>Black cuttlefish linguine with crayfish and fresh tomatoes</i>	18,00€
<i>Local Skioufichta spaghetti with organic chicken, fresh mushrooms and truffle oil</i>	13,00€
<i>Ravioli with mozzarella and tomato filling, salmon and cream sauce flavored with Kozani saffron</i>	15,00€
<i>Organic pens with spinach, tomatoes and vegetables from our land</i>	10,00€
<i>Seafood risotto with shrimp, mussels, squid, octopus and fresh tomatoes</i>	16,00€
<i>Mushroom risotto, with parmesan and truffle oil</i>	12,00€

*In case of allergies, please inform our staff
Prices include all taxes*



Main Dishes

Lamb shank in risotto, flavored with Kozani saffron	19,00€
Pork tenderloin with smoked Metsovone cheese in a pistachio crust, accompanied by celery root puree	16,00€
Organic chicken fillet stuffed with sun-dried tomatoes and feta cheese, accompanied by couscous and lemon-oil sauce	14,00€
Fillet grouper or sea bream with herbs, boiled vegetables and lemon oil	30,00€
Grilled salmon with aromatic herb crust, beetroot puree, steamed vegetables and wasabi sauce	17,00€
Sea bass fillet in quinoa tabbouleh accompanied by roasted beetroot	18,00€
Black angus tagliata , asparagus, grilled potatoes with aromatic butter	28,00€

Fish & Seafood

Fresh fish of the Laconian Gulf with boiled seasonal vegetables (per kilo)	65,00€
Fresh lobster or Mediterranean slipper lobster with linguine, cherry tomatoes and herbs or on the grill with flavored butter (per kg)	90,00€
Grilled No.1 shrimp , with lemon-oil sauce (per kilo)	55,00€

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For our little friends

<i>Fried chicken nuggets with french-fries, mustard and mayonnaise dip</i>	8,00€
<i>Spaghetti with “Napoli” sauce</i>	7,00€
<i>Spaghetti with ground beef and tomato</i>	8,00€
<i>Grilled beef patties with French fries</i>	9,00€

Desserts

<i>Soufflé with liquid chocolate lava and vanilla ice cream</i>	7,00€
<i>Panna cotta with thyme, strawberry sauce and crispy meringue</i>	5,00€
<i>Traditional pecan pie with vanilla ice cream</i>	7,00€
<i>Orange pie with chocolate creme, dried kiwis and swedish meringue</i>	6,00€
<i>Crème brulee accompanied by peach and chocolate syrup</i>	6,00€
<i>Fruit salad with yogurt mousse and hibiscus</i>	5,00€
<i>Seasonal fruits (for 2 people)</i>	6,00€