

BREAKFAST

In Athens 21

MENU No1



BASIC

Croissant
Freshly baked bread
Cake of the day
Pie of the day
Greek yogurt with cereals
Chocolate cookie
Energy bar yogurt cranberry
Homemade Jam
Organic honey
Filter Coffee or tea
Fresh orange juice or
Homemade lemonade

MENU No2



ENGLISH

Croissant
Freshly baked bread
2 organic eggs (boiled or omelette)
Beans in red sauce
2 slices of turkey
Cretan graviera (Cretan gruyere)
Cherry tomatoes
Greek yogurt
Sausages & mushrooms
Homemade jam
Organic honey
Filter Coffee or tea
Fresh orange juice or
Homemade lemonade

MENU No3



PROTEIN

Zea bread
Omelette with egg whites
Boiled turkey
Energy cereals bar
Fresh seasonal fruits
Greek Yogurt
Homemade jam
Organic honey
Filter Coffee or tea
Fresh orange juice or
Banana boost smoothie

MENU No4



LIGHT

Zea bread
Quinoa Cake
Greek Yogurt (2% fat)
Fruit salad
Salmon
Light Philadelphia (Low Fat)
Detox cereal bar with Matcha tea
Organic honey
Filter Coffee or tea
Fresh orange juice or
Homemade lemonade

MENU No5



GLUTEN FREE

Corn bread
Energy bar with medjool dates
Peanut butter cookies
Fresh seasonal fruits
Nuts
Chocolate pie
Organic honey
Homemade jam
Filter Coffee or tea
Fresh orange juice or
Homemade lemonade

MENU No6



VEGAN

Croissant
Freshly baked bread
Toast (cheese & ham)
Fresh seasonal fruits
Sausages & mushrooms
Cherry tomatoes
Homemade praline
Homemade jam
Filter Coffee or tea
- Almond milk available
Fresh orange juice or
Homemade lemonade

MENU No7



SWEET LOVERS

Croissant with patisserie cream
& homemade praline filling
Fruit salad
Chocolate cookies
Choco bites
New York red velvet Cake
Macarons
Filter Coffee or tea
Fresh orange juice or
Homemade lemonade

MENU No8



GREEK

Freshly baked bread
Lemon cake
Traditional baked eggs with
sausages and Feta (Cayenne)
Pie of the day
Cucumber, Greek feta cheese & olives
Greek yogurt with traditional spoon sweet
Organic honey
Homemade jam
Filter Coffee or tea
Fresh orange juice or
Homemade lemonade

MENU No9



KIDS MENU

Freshly baked bread
Homemade cookie
1 organic egg (boiled)
Cheese (low fat)
A slice of turkey
Cereals
Fresh Greek Milk
Homemade praline