

ΕΠΙΣΗΜΑΝΣΗ ΑΛΛΕΡΓΙΟΓΟΝΩΝ

ΠΡΟΣΦΕΡΟΜΕΝΟ ΠΙΑΤΟ	ΓΛΥΤΕΝΗ	ΨΑΡΙΑ & ΤΑ ΠΡΟΪΟΝΤΑ ΤΟΥΣ	ΚΑΡΚΙΝΟΓΕΝΗ & ΤΑ ΠΡΟΪΟΝΤΑ ΤΟΥΣ	ΓΑΛΑ & ΠΡΟΪΟΝΤΑ ΜΕ ΒΑΣΗ ΤΟ ΓΑΛΑ	ΣΕΛΗΝΟ	ΜΑΛΑΚΙΑ & ΠΡΟΪΟΝΤΑ ΜΕ ΒΑΣΗ ΤΑ ΜΑΛΑΚΙΑ	ΞΗΡΟΙ ΚΑΡΠΟΙ	ΑΥΤΑ & ΠΡΟΪΟΝΤΑ ΜΕ ΒΑΣΗ ΤΑ ΑΥΤΑ	ΜΟΥΣΤΑΡΔΙΑ - ΣΙΝΑΠΙ	ΣΟΥΣΑΜΙ
Ψωμί	•									
Ταραμάς, καβιάρι, αυγοτάραχο		•								
Παστά ψάρια (λακέρδα, αντζούγια, σκουμπρί, καλιός)		•								
Τζατζίκι, τυροκαυτερή				•						
Καρπάτσιο, ταρτάρ		•								
Αχινোসαλάτα, κτένια, κυδώνια, γυαλιστερές, μύδια						•				
Καπνιστός σολομός, καβουρροσαλάτα										
Πιπεροσαλάτα				•						
Μελιτζανοσαλάτα				•						
Κολοκυθοκεφτέδες	•			•				•		
Ψαρόσουπα		•			•					
ΤΗΓΑΝΙΤΑ (τυράκια φέτα, Μετσόβου καπνιστό)	•			•						
Κροκέτες	•			•				•		
Μπακαλιάρος τηγανιστός	•	•								
ΤΥΡΙΑ (παρμεζάνα, φέτα, ροκφόρ, Μετσόβου καπνιστό, γραβιέρα)				•				•		
ΨΑΡΙΑ ψητά και ανχιστά (σαρδέλα, γούρος, γαλέος, μπακαλιάρος, σκουμπρί, καλιός, κουτσομούρα, φαγκρί, συναγρίδα, τσιπούρα, λαυράκι, σαργός, μουσμούλι, μουρμούρα, γλώσσα, στήρα, ροφός)		•								

Έχετε αλλεργία σε κάποια ή κάποιο τρόφιμο; Ρωτήστε μας!



Στις τιμές συμπεριλαμβάνονται Φ.Π.Α., δημοτικός φόρος και λοιπές νόμιμες επιβαρύνσεις.
Στις τιμές συμπεριλαμβάνονται τα νόμιμα ποσοστά σερβιτόρων.

Αγορανομικός υπεύθυνος: Πιάργος Μιχαλάκης

liandris.gr

EN



7 SEAS
SEAFOOD RESTAURANT

Our goal is to follow the principles of the Cretan-Mediterranean diet (for our eating habits), since our traditional products are at a global nutritional standard, which makes them an ideal choice for everyone. Fish and seafood are selected daily by local fishermen always with the aim of optimal quality and freshness.

The constant search for quality and nutritionally meaningful lifestyle led us to a journey full of flavours, aromas, and images which we want to share with you.

We always create with quality in mind and the best combination of it with value. With this in mind, we use raw materials and techniques with the least possible processing and intervention.

Have a good trip to the 7 seas of flavors.

The menu has been edited and coordinated by
Chef George Michelakis

Aperitivo Cocktails

Aperol Spritz_10,00

Limoncello spritz_10,00

Greek Spritz_10,00
masticha Chiou, prosecco, soda

Basil Smash_11,00
Gin, lemon juice, basil

Espresso Martini_11,00
Espresso, coffee liqueur, vodka

Mojito_10,00

Daquiri Strawberry_11,00

Negroni_10,00
Gin, campari

Margarita_11,00
tequilla, orange liqueur, lime

Passion fruit punch_12,00
tequilla, orange liqueur, lime

Paloma_11,00
Tequilla, lime, grapefruit

Dry Martini_10,00
Gin, dry vermouth

Amaretto Sour_10,00

Pina Colada_11,00



WILD FISH / MEAT

Grilled fish of the day
with fresh vegetables and lemon-olive oil sauce +5€ 80.00€ / kg

Grilled lobster
with fresh vegetables and lemon-olive oil sauce +5€ 120.00€ / kg

Lobster Thermidor (500-600g)
with steamed vegetables 65.50€

Flank steak (Argentinian Black Angus)
with fried potato wedges and grilled vegetables 33.80€

Rack of lamb
with aroza potato, carrot puree and mint sauce 32.50€

Grilled chicken fillet
with fried potato wedges and grilled vegetables 17.80€

Grilled pork steak (Tomahawk)
with fried potato wedges, vegetables, and sweet & sour sauce 19.80€


All meats are served with pepper sauce

DESSERTS

Jamaica
dark chocolate, salted caramel and aged rum 7.50€

Crunchy Millefeuille
with vanilla cream and strawberry syrup 7.50€

Profiteroles
with vanilla cream and warm chocolate 8.00€

 Brownies & poached pear
with dark chocolate and vanilla ice cream 7.50€

Pavlova
with forest fruits and cream cheese 7.50€

Traditional Sfakian pie
with honey and walnuts 6.50€

 gluten free  vegan  *frozen

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MAIN COURSES

FISH

FILETS

Sea bream fillet and shrimp wrapped in prosciutto with seasonal greens, celery root cream and lemon	22.80€
Grilled salmon fillet with smoked eggplant purée and seasonal vegetables	21.50€
Teriyaki salmon fillet with finely chopped vegetables, pineapple and sushi rice	22.80€
Sautéed sea bass fillet with lemon, dill, mashed potatoes and vegetables	20.80€
Fresh tuna fillet (tagliata-style) with sautéed vegetables, pastrami crumble and caramelized ginger	22.80€
Monkfish souvlaki wrapped in bacon, served on pita bread with smoked eggplant cream, potatoes and tzatziki	21.50€
Whole grilled sea bass (400–500g) served with summer vegetables	33.80€
Seafood moussaka with monkfish, shrimp and summer vegetables on celery root cream	22.50€

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APPETIZERS

Trilogy of sauces tzatziki - tarama salad - spicy cheese sauce Accompanied by crispy pies	9.80€
Yellow split pea purée with grilled octopus caper leaves, fresh onion and organic olive oil	14.80€
Guacamole with crispy shrimp and spicy romesco sauce	16.80€
Grilled octopus with fresh onion, olive oil, grape molasses and lemon	16.50€
Ouzo shrimp with cream, fresh tomato and chorizo powder	16.80€
Grilled shrimp with thyme and lemon-olive oil sauce	15.80€
Panko-crusted shrimp with sweet & sour sauce	16.80€
Grilled halloumi with eggplant and tomato grape molasses sauce, balsamic and mint	15.80€
Thick - cut fried potatoes	6.80€
Grilled calamari with pine nuts and lemon-olive oil sauce	15.80€
Calamari and shrimp with pistachio pesto and parmesan	17.50€
Marinated anchovies on quinoa tabbouleh with bulgur and parsley oil	12.80€
Tuna tataki with ginger, sesame and teriyaki sauce	16.50€
Tuna tartare with avocado, lime, yuzu, cucumber and crispy ginger	16.50€

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APPETIZERS

Crispy rolls with fresh Cretan cheese, mint and lemon chutney	14.80€
Handmade spring rolls with finely chopped shrimp, calamari and vegetables	15.80€
Daily fish carpaccio with lemon, olive oil, and fleur de sel	16.80€
Ceviche with sea bream and salmon marinated in lime with pickled onions, chili pepper, mango, and passion fruit	17.50€
Steamed mussels with fennel, lemon and basil	13.80€

SALADS

 Seasonal salad with fresh vegetables, avocado, green apple and aromatic croutons from homemade bread	10.50€
Cretan salad with Chania-style fresh cheese, tomato, capers, olives, egg, potato, barley rusk, and cucumber	10.80€
Grilled halloumi salad with iceberg, lettuce, lollo, melon, aloe, and goji berry	11.80€
Traditional Greek village salad with sun-dried tomato dressing	11.50€

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RISOTTO AND PASTA

Seafood linguine with crayfish, mussels, shrimp, calamari and fresh tomato	21.50€
Chicken linguine with summer vegetables, fresh tomato and parmesan	17.80€
Pappardelle with scallops & shrimp Spanish chorizo, cherry tomatoes, yogurt, and tarragon	21.50€
Organic salmon penne with fresh salmon, dill pesto and yogurt	20.80€
Handmade ravioli with anothyro cheese, mint, basil sauce	17.50€
Handmade lobster tortelloni with ouzo sauce, dill, fennel on celery root cream	27.50€
Mushroom risotto with porcini, parmesan, and truffle oil	18.50€
Risotto with fish carpaccio with asparagus, spinach, passion fruit, lime and yogurt	21.80€
Lobster & crayfish risotto with fennel, cherry tomatoes, finely chopped zucchini, pastrami crumble and lemon sauce	37.50€
Kritharoto (orzo risotto) with shrimp, monkfish, zucchini and fresh tomato	21.50€
Lobster pasta for two (600–700g) with fresh tomato and basil	65.50€

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