

ΕΠΙΣΗΜΑΝΣΗ ΑΛΛΕΡΓΙΟΓΟΝΩΝ

ΠΡΟΣΦΕΡΟΜΕΝΟ ΠΙΑΤΟ	ΓΛΟΥΤΕΝΗ	ΨΑΡΙΑ & ΤΑ ΠΡΟΪΟΝΤΑ ΤΟΥΣ	ΚΑΡΚΙΝΟΓΕΝΗ & ΤΑ ΠΡΟΪΟΝΤΑ ΤΟΥΣ	ΓΑΛΑ & ΠΡΟΪΟΝΤΑ ΜΕ ΒΑΣΗ ΤΟ ΓΑΛΑ	ΣΕΛΗΝΟ	ΜΑΛΑΚΙΑ & ΠΡΟΪΟΝΤΑ ΜΕ ΒΑΣΗ ΤΑ ΜΑΛΑΚΙΑ	ΞΗΡΟΙ ΚΑΡΤΟΙ	ΑΥΓΑ & ΠΡΟΪΟΝΤΑ ΜΕ ΒΑΣΗ ΤΑ ΑΥΓΑ	ΜΟΥΣΤΑΡΑΔΑ - ΣΙΝΑΠΙ	ΙΜΙΣΟΥΣ
Ψωμί	●									
Ταραμάς, καβιάρι, αυγοτάραχο		●								
Παστά ψάρια (λακέρδα, αντζούγια, σκουμπρί, κολιός)		●								
Τζατζίκι, τυροκαυτερή				●						
Καρπάσιο, ταρτάρ		●								
Αχινοσαλάτα, χτένια, κυδώνια, γυαλιτερές, μύδια						●				
Καπνιστός σολομός, καβουροσαλάτα										
Πιπεροσαλάτα				●						
Μελιτζανοσαλάτα				●						
Καλοκυθοκεφτεδες	●			●				●		
Ψαρόσουπα		●			●					
ΤΗΓΑΝΙΤΑ (τυράκια φέτα, Μετσόβου καπνιστό)	●			●						
Κροκέτες	●			●				●		
Μπακαλιάρος τηγανητός	●	●								
ΤΥΡΙΑ (παρμεζάνα, φέτα, ροκφόρ, Μετσόβου καπνιστό, γραβιέρα)				●				●		
ΨΑΡΙΑ ψητά και ανκιστά (σαρδέλα, γαύρος, γαλέος, μπακαλιάρος, σκουμπρί, καλιός, κουτσομούρα, φαγκρί, συναγρίδα, τσιπούρα, λαυράκι, σαργός, μουσμούλι, μουρμούρα, γλώσσα, στήρα, ροφός)		●								
Έχετε αλλεργία σε κάποια ή κάποιο τρόφιμο; Ρωτήστε μας!										

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liandris.gr Τ.Τ.: 26310 26130

Στις τιμές συμπεριλαμβάνονται Φ.Π.Α., δημοτικός φόρος και λοιπές νόμιμες επιβαρύνσεις.

Στις τιμές συμπεριλαμβάνονται τα νόμιμα ποσοστά σερβιτόρων.

Αγορανομικός υπεύθυνος: Γιώργος Μιχελάκης

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€ 85.00€ / kg

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

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

Argentinian Black Angus Flank Steak  
with fried potato wedges & grilled vegetables 33.80€

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

Grilled Pork Chop  
with fried potato wedges, vegetables & sweet-and-sour sauce 19.80€


All meats are served with pepper sauce

## DESSERTS

Jamaica  
dark chocolate, salted caramel & aged rum 7.80€

Crunchy Millefeuille  
with vanilla cream & strawberry syrup 7.80€

Profiterole  
with vanilla cream & warm chocolate sauce 8.50€

 Brownies & poached pear  
with dark chocolate & vanilla ice cream 7.80€

Pavlova  
with forest fruits & cream cheese 7.80€

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SEAFOOD RESTAURANT

## 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	21.80€
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€

 gluten free  vegan  \*frozen

## APPETIZERS

Trilogy of sauces tzatziki – taramosalata – spicy cheese dip Served with crispy pita bread	9.80€
Taramosalata with Messolongi Bottarga	9.50€
Oysters (per piece)	6.50€
Fava with Grilled Octopus caper leaves, spring onion, organic olive oil	14.80€
Guacamole with Crispy Shrimps and spicy romesco sauce	16.80€
Grilled octopus with spring onion, olive oil, grape molasses & lemon	16.50€
Ouzo shrimp with cream, fresh tomato & chorizo powder	16.80€
Grilled shrimp with thyme and lemon-olive oil dressing	15.80€
Panko - Crusted Shrimps with sweet & sour sauce	16.80€
Grilled halloumi with grilled eggplant & tomato, molasses–balsamic–mint sauce	15.80€
Thick - cut fried potatoes	6.80€
Grilled calamari with pine nuts and lemon-olive oil	15.80€
Calamari and shrimp with Aegina pistachio pesto and parmesan	17.50€
Marinated anchovies served on quinoa–bulgur tabbouleh with parsley oil	12.80€
Tuna tataki with ginger, sesame & teriyaki sauce	16.50€
Tuna tartare with avocado, lime, yuzu, cucumber & crispy ginger	16.50€

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## APPETIZERS

Crispy rolls with fresh Cretan cheese, mint & lemon chutney	14.80€
Handmade spring rolls with finely chopped shrimp, calamari & vegetables	15.80€
Fish Carpaccio (catch of the day) with lemon, olive oil & sea salt flakes	16.80€
Sea Bream & Salmon Ceviche marinated with lime, pickled onion, chili pepper, mango & passion fruit	17.50€
Steamed mussels with fennel, lemon & basil	13.80€

## SALADS

 Seasonal salad fresh vegetables, avocado, green apple & aromatic sourdough croutons	10.50€
Cretan salad with piktogalo Chania cheese, tomato, capers, olives, egg, potato, barley rusk & cucumber	10.80€
Grilled Halloumi Salad with iceberg, lettuce, lollo, melon, aloe & goji berries	11.80€
Traditional Greek village salad with sun-dried tomato dressing	11.50€
Shrimp Salad with carrot, iceberg, quinoa, bulgur & citrus dressing	12.50€

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## RISOTTO AND PASTA

Seafood Linguine with crayfish, mussels, shrimps, calamari & fresh tomato	21.50€
Chicken linguine with summer vegetables, fresh tomato & parmesan	17.80€
Pappardelle with Scallops & Shrimps Spanish chorizo, cherry tomatoes, yogurt & tarragon	21.50€
Organic Salmon Penne with fresh salmon, dill pesto & yogurt	20.80€
Handmade ravioli with anothotyro cheese, mint & basil sauce	17.50€
Handmade lobster tortelloni with ouzo sauce, dill, fennel on celery-root cream	29.50€
Mushroom risotto with porcini, parmesan & truffle oil	18.50€
Fish Carpaccio Risotto with asparagus, spinach, passion fruit, lime & yogurt	21.80€
Lobster & Crayfish Risotto with fennel, cherry tomatoes, diced zucchini, pastrami crumble & lemon sauce	37.50€
Orzo with Seafood shrimps, monkfish, zucchini & fresh tomato	21.50€
Lobster Pasta for 2 (600–700 g) with fresh tomato & basil	65.50€

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