



CABBANES

ELEVATED MEDITERRANEAN CUISINE

LEGENDSM

Preferred

HOTELS & RESORTS

THE PHILOSOPHY OF “FLAME” AS TRANSFORMATION AND OF “NOURISHMENT”
AS CARE— “TO FEED” AS AN ACT OF CONSCIOUS CHOICE AND “TO TASTE”
AS THE JOY OF MATTER; THE UNITY OF “DINING TOGETHER”
AND THE TRUTH OF “MEASURE”—LEAD US TO THE REALIZATION OF “BECOMING”
... TO THE CONCEPTION AND CREATION OF THE “FLOGA” MENU.

A MENU BORN FROM THE POWER OF FIRE AND THE RESPONSIBILITY
OF NOURISHMENT: FROM PURE, PRIME INGREDIENTS THAT RESPECTS PLACE AND
SEASONALITY; FROM TECHNIQUE THAT DOES NOT SHOW OFF BUT SERVES;
FROM BALANCE THAT DOES NOT LIMIT PLEASURE BUT ELEVATES IT.

THE DYNAMICS OF COMPLEXITY—AND NOT COMPLICATION—ALLOWS
THE “MARRIAGE” OF MEMORY WITH TRADITION, BRINGING BACK
WHAT IS FAMILIAR AND ESSENTIAL THROUGH A CONTEMPORARY AESTHETIC.
THROUGH SEASONALITY, PRECISION IN PREPARATION, A ZERO-WASTE MINDSET,
AND FAITH IN THE HUMAN CHAIN BEHIND EVERY RAW MATERIAL,
THE PURITY AND HIGH QUALITY OF FOODS REVEAL - BECOMING THE
FOUNDATION OF A GASTRONOMIC JOURNEY OF REMEMBRANCE
AND EXPLORATION, WITH A FINAL DESTINATION
NOT MERELY SATISFACTION BUT EUPHORIA.

AT OUR MENU “FLOGA”,
WE INVITE OUR GUESTS TO EXPERIENCE THE STORY OF TASTE, TO SHARE IT,
AND TO CONTINUE IT WITH US—AS NOURISHMENT, AS RITUAL, AS LIFE.

(Φ)λόγα

-(phlogä). accusative singular of φλόξ (phlox).
Greek. edit. Etymology. edit.
From the Ancient Greek φλόξ (phlox).

Our Menu

(Ά)ρτος

From Ancient Greek ἄρτος (ártos, “bread”).

Pronunciation. IPA: /'ar.tos/; Hyphenation: άρ-τος. Noun. ἄρτος (ártos) m (plural ἄρτοι).



Handmade bread with Butter with fermented tomato paste (V) (VG) **7€/per person**

(Ά)λειμμα

-Inherited from Ancient Greek ἄλειμμα (áleimma), from ἀλείφω (aleíphō), ἀλειφ- + -μα (-ma, suffix for neuter nouns).

Pronunciation IPA: /'a. li.ma/. smearing, spreading, anointment

“Tzatziki”	(GF) (VG)	11€
Dill/ vinegar/ EVOO/ yogurt		
Eggplant spread	(LF) (V)	12€
Tomato/ Parsley/ onion/ eggplant textures		
Spicy feta	(VG)	11€
Chili/ crispy fyllo/ feta D.O.P		
Fava	(LF) (V)	11€
Balsamic vinegar/ onion textures		
(Add grilled pita bread)	(V)	7€

(Μ)εζέ

- /'mezei/ MEZ-ay; also spelled mezze or mezé) is a selection of small dishes served as appetizers in Eastern Mediterranean cuisines.

One bite “Kebab”	(LF)	14€
Grandma’s Kofte/ Kebab’ sauce/ onion/ cumin		
Meat balls		20€
Mint emulsion/ tomato / Feta D.O.P/ fresh herbs		
Calamari	(LF) (GF) (P)	21€
Chili/ mayonnaise/ coriander		
Octopus	(LF) (GF) (P)	22€
Octopus under pressure/ fava from Santorini / onion textures		
“Spanakopita”	(VG)	14€
Spinach/ feta cheese / crispy tarhana		
“Saganaki”	(P)	19€
Shrimp/ gyoza/ Feta D.O.P/ “saganaki” sauce		



(Α)λμύρα

Etymology. From Byzantine Greek ἅλμυρα (halmúra). Noun. αλμύρα (almýra) f (plural αλμύρες). saltiness, salinity



Seabass	(LF) (GF) (P)	21€
Fermented tangerine/ tangerine kosho salt/ marinated fennel		
Red shrimp*	(LF) (GF) (P)	26€
Apple smith textures/ jalapeno peppers/ Melon- mint sorbet		
Langoustine 0.0	(LF) (GF) (P)	25€
Oyster emulsion with cumquat/ pecan/ langoustine powder		
“Spinialo” *	(LF) (P)	26€
Asparagus/ scallops/ orange mayonnaise		
“Kreatopita” *	(LF)	26€
Beef tartare/ egg yolk/ brick pastry/ leek/ chili/ onion		

Αρχή, το ήμισυ του παντός



Traditional, via Ancient Greek; quoted by Aristotle in his Politics.

Proverb. Well, begun is half done. Much depends on the beginning of an endeavor.

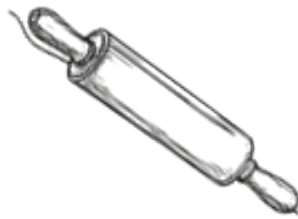
"Athenian"	(LF) (P)	20€
Seabream/ carrots/ zucchini/ capers		
Ravioli	(GF) (VG)	18€
"Kopanisti" from Mykonos orange from Laconia/ walnuts/ beetroot textures		
'Imam'	(VG)	18€
Eggplant in osmosis/ onion/ Feta D.O.P/ garlic/ tomato		
Lobster*	(LF) (P)	38€
"Kakavia" sauce/ caviar ossetra/ chives/ chili		
"Giouvarlakia"	(LF) (GF) (P)	23€
Fish balls/ Rice/ dill/ egg- lemon sauce		

(Σ)ίτος

Etymology. Inherited from Byzantine Greek σιτάρι (sitári),

from Ancient Greek σιτάριον (sitáριον, "wheat"). Noun. σιτάρι • (sitári) n (plural σιτάρια).

Shrimp pasta	(P)	27€
Calamarata/ Shrimp tartare/ bisque/ burned noisette		
Rooster's "Pastitsada"		25€
Traditional Greek pasta / Metsovone cheese D.O.P/ rooster's sauce		
"Spanakorizo"	(GF) (VG)	22€
Spinach risotto/ feta D.O.P/ orange		
Lobster (500gr)*	(P)	70€
Lobster sauce/ tomato		



(Χ)ώμα

-comes from Ancient Greek, meaning "soil," "earth," or "ground,"

derived from the verb khōnnūmi (χώννυμι, "I heap up")

Greek salad	(VG)	19€
Cherry tomatoes/ cucumber/ capers/ peppers/ feta D.O.P olives from Kalamata/ carob rusks		
Baby Lettuce	(LF) (V)	20€
Baby gem/ orange from Lakonia/ avocado/ cherry tomatoes pumpkin seeds/ saffron vinaigrette		
Tarama	(GF) (P)	19€
Burned iceberg lettuce/ tarama cream/ Cretan gruyere		
Potato salad	(LF)	18€
Potato "jacket"/ Cretan smoked pork/ spearmint sauce capers/ tomato/ bonito emulsion		
Ceasar's		20€
Greens/ crispy chicken/ egg		
Lentils	(LF) (P)	18€
Marinated Greek anchovies/ lentils/ orange from Lakonia spearmint emulsion/ beetroot/ honey- vinegar vinaigrette		

Main courses



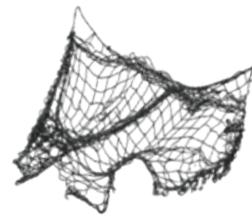
(Τ)αία

- comes from the Ancient Greek word γαῖα (Gaia), meaning "earth," "land," or "soil," a related form of γῆ (gē), also meaning "earth"

Baby chicken "Lemonato"		28€
Oregano- lemon sauce/ baked potato cream		
Short rib "Sofrito"		32€
Parsley root/ beef jus/ vinegar/ potato pave		
Lamb*	(LF)	39€
Jerusalem artichoke textures/ dill emulsion / egg- lemon sauce		
Cheek pork "Prasoselino"*		33€
Greco negro pork / burned leeks/ celeriac cream/ celery sauce		
Moussaka		26€
Bechamel sauce/ minced meat/ eggplant/ potato		
Rib Eye (300gr)*	(LF) (GF)	49€
Creekstone Farms, USA		

(ΤΤ)έντατος

-comes from Ancient Greek for "sea" or "open sea"



Cod at 46°	(GF) (P)	34€
Garlic potato cream/ cod sauce/ handmade "Lagana" bread		
Grouper Fricassee*	(LF) (GF) (P)	39€
Grouper in lettuce/ Egg- lemon sauce/ wild greens		
Seabass "Savoro"	(LF) (P)	30€
Grilled seabass/ "savoro" sauce/ chickpea cream semi dried cherry tomatoes		
Salmon	(GF) (P)	32€
Asparagus textures/ tarragon		

Per kilo choices

To Share ...

Catch of the day*	(LF) (GF)	100€
Lobster*		140€
King Crab legs*		140€
Slow cooked Short Rib 60 hours*	(LF)	90€
Premium cuts of the day (Feel free to ask our team)		

Sauces

Beef jus		5€
Egg - lemon	(VG) (LF)	5€
Bearnaise	(VG)	5€
Butter with garlic and herbs	(VG)	5€
Chimichurri	(LF) (GF) (V)	5€
Lemon-oil	(LF) (GF) (V)	5€

On the side

Avocado on fire	(LF) (V)	10€
Baby veggies	(LF) (GF) (V)	10€
French fries	(LF) (GF) (V)	10€
Corn ribs	(LF) (GF) (V)	10€

Vegetarian (VG) | Vegan (V) | Pescetarian (P) | Gluten Free (GF) | Lactose Free (LF)

Dishes with the asterisk (*) there is a supplement charge of 40% on the menu item price, for all guests under half-board meal basis

Executive chef, Konstantinos Milios

Our Menu contains allergens, if you suffer a food allergen or intolerance, please let a member of the restaurant team know upon placing your order

Consumer is not obliged to pay if the notice of payment has not been received. (Receipt-Invoice)
All taxes are included. Gratuity is not included.