

ΨΟΜΙ & ΑΛΑΤΙ

ΓΙΑΝΝΗΣ ΛΟΥΚΑΚΟΣ

W H I T E W I N E

7 5 0 m l

ΨΟΜΙ & ΑΛΑΤΙ	Moshofilero	18.00 €
ΨΟΜΙ & ΑΛΑΤΙ	Chardonnay	18.00 €
VOROINOS SILVA DASKALAKI	Vidiano	26.00 €
ATMA THYMIΟPOULOS	Malagouzia, Xinomavro	27.00 €
LANTIDIS ESTATE LITTLE ARK	Malagouzia, Asirtiko	27.00 €
LANTIDIS ESTATE ERGO	Sauvignon Blanc	28.00 €
SEMELI ESTATE AETHERIA	Malagouzia, Chardonnay	29.00 €
VIOGNER SKOURAS	Viogner	30.00 €
ALPHA ESTATE single vineyard 'Turtles'	Malagouzia	31.00 €
DOMAINE SIGALAS Am	Assyrtiko-Monemvasia	32.00 €
CHATEAU N. LAZARIDI CAVALIERI	Sauvignon Blanc, Assyrtiko	32.00 €
ALPHA ESTATE	Sauvignon Blanc	35.00 €
KTIMA BIBLIA CHORA OVILOS	Semillon, Assyrtiko	45.00 €

R E D W I N E

7 5 0 m l

ΨΟΜΙ & ΑΛΑΤΙ	Agiorgitiko	18.00 €
ΨΟΜΙ & ΑΛΑΤΙ	Merlot	18.00 €
KTIMA KIR-YIANNI PARANGA	Syrah, Merlot, Xinomavro	26.00 €
LANTIDIS ESTATE LITTLE ARK	Agiorgitiko, Xinomavro	27.00 €
LANTIDIS ESTATE ΧΡΥΣΑΜΠΕΛΟ	Cabernet Sauvignon	28.00 €
AVANTIS ESTATE SYRAH	Syrah	33.00 €
CHATEAU LAZARIDI CAVALIERI	SANGIOVESE, CABERNET FRANC, CABERNET SAUVIGNON	35.00 €
KTIMA KIR-YIANNI DYO ELIES	Syrah, Merlot, Xinomavro	36.00 €
EARTH & SKY THYMIΟPOULOS	Xinomavro	38.00 €
ALPHA ESTATE	Syrah, Merlot, Xinomavro	42.00 €
KTIMA TSELEPOS KOKKINOMYLOS	Merlot	48.00 €

R O S E W I N E

7 5 0 m l

ΨΟΜΙ & ΑΛΑΤΙ	Syrah, Agiorgitiko	18.00 €
LANTIDIS ESTATE LITTLE ARK	Moshofilero	26.00 €
ALPHA ESTATE ROSE	Xinomavro	35.00 €
DOMAINE COSTA LAZARIDI MERLOT	Merlot	35.00 €
CHATEAU D'ESCLANS WHISPERING ANGEL	Grenache, Rolle, Syrah, Tibouren	45.00 €

S E M I - S W E E T W I N E

7 5 0 m l

WHITE SEMI – SWEET MOSCATOS LIMNOU	Muscat of Alexandria	25.00 €
ROSE SEMI – SWEET: FAIRYTALE	Moscato, Mavrodafni	28.00 €

W I N E B Y T H E G L A S S

1 8 0 m l

WHITE: House Wine	Moshofilero	5.00 €
WHITE: House Wine	Chardonnay	5.00 €
WHITE: ALPHA ESTATE 'Turtles'	Malagouzia	7.50 €
WHITE SEMI – SWEET	Moscato Limnou – Muscat of Alexandria	5.00 €
RED: House Wine	Agiorgitiko	5.00 €
RED: House Wine	Merlot	5.00 €
RED: ALPHA ESTATE	Syrah, Merlot, Xinomavro	10.00 €
ROSE: House Wine	Syrah, Agiorgitiko	5.00 €
ROSE SEMI-SWEET: ACHEON WINERY FAIRYTALE	Moscato, Mavrodafni	6.50 €
MOSCATO D' ASTI	Moscato	6.50 €
PROSECO		6.50 €

B E E R S

BEPIINA LAGER 330ml	4.50 €
SEPTEM MONDAY'S PILSNER 330ml	6.00 €
ODYSSEY WHITE RHAPSODY 330ml	6.00 €
DELPHI DARK ALE 330ml	6.50 €
CRETAN KINGS LAGER 330ml	6.50 €
FRESH CHIOS BEER PALE ALE 330ml	6.50 €
IKARIOTISA ALE 330 ml	6.50 €
KIRKI NIKI LAGER 330ml	7.00 €
DELPHI PILSNER 750ml	14.00 €

W A T E R / S O F T D R I N K S

STILL WATER (1lt)	2.50 €
ZAGOPI SPARKLING (250ml/750ml)	3.00 €/5.00 €
GREEN LEMONADE (250ml),	3.00 €
GREEN ORANGEADE (250ml)	3.00 €
GREEN COLA STEVIA (250ml)	3.00 €
COCA COLA (250ml)	3.00 €
THREE CENTS PINK GRAPEFRUIT (200ml)	4.50 €
THREE CENTS CHERRY (200ml)	4.50 €

8 ELEFThEROTON SQUARE, 15232 CHALANDRI – TEL.: +30 210 68 48 178

website: www.yiannislucacos.gr – facebook: [chef.lucacos & psomialati](#) – instagram: [yiannislucacos](#) – e-mail: info@psomialati.gr

Person responsible for market inspections: Lucacos Panagiotis. Prices include all legal taxes. The restaurant provides print forms for the submission of grievances.

ΨΟΜΙ & ΑΛΑΤΙ

ΓΙΑΝΝΗΣ ΛΟΥΚΑΚΟΣ

M E N U

SALADS & COLD DISHES

CAESAR

lettuce iceberg & baby gem, parmesan, crouton, light Caesar's dressing
based on yogurt, crispy chicken | 12.00 € - *gf** / 9.00 € - *vg**

CHERRY TOMATOES & BURRATA

mozzarella burrata, carob rusks, berries
vinaigrette, basil | 13.00 € - *vg, vn**

PASSION

mixed salad greens with crispy shrimp, cherry tomatoes,
avocado & orange vinaigrette
| 17.00 € / 10.00 € - *vn, gf*

SPINACH & SALMON

house smoked salmon, fennel, beetroot, cucumber,
mango - lime & honey vinaigrette
| 14.00 € - *gf* / 9.00 € - *vn, gf*

SEA BASS CEVICHE

passion fruit & aji amarilo sauce, avocado cream
& baby corn | 17.00 € - *gf*

BEEF TARTAR

mustard, pickled cucumber, capers, confit egg yolk
& white truffle oil | 14.00 € - *gf**

HOT APPETIZERS

POTATOES & EGGS

baked eggs, shoe string potatoes, salami
& parmesan cream | 8.50 € - *vg*, gf**

CHICKEN WRAPS

tandoori style marinated chicken
& yogurt sauce - 2 pcs | 5.00 €

TOMATO ARANCINI

crispy tomato rice croquettes, feta cheese cream,
tomato confit | 8.50 € - *vg*

«SAGANAKI»

cheese filling, crispy panko crust, spicy sweet & sour sauce with orange,
ginger & cranberries | 8.50 € - *vg*

«PIZZETTI»

homemade pita bread, roasted cherry tomatoes,
mozzarella burrata, prosciutto, basil | 9.50 € - *vg*

CRISPY POTATOES

smoked paprika & white truffle mayonnaise dip | 6.50 € - *vg, vn**

MEATBALLS

spicy tomato sauce, yogurt, potato chips | 8.50 € - *vg*

PASTA

SHRIMP RISOTTO

tomato essence, basil, lime | 17.50 € - *gf* / 12.00 € - *vn*

SKIOUFIHTA

traditional pasta with mushrooms, white wine, thyme, parmesan
& white truffle oil | 14.00 € - *vg, vn**

TAGLIATELLE

slow cooked veal cheeks,
goat cheese cream | 14.00 €

MAINS

SALMON

marinated in soy sauce, luke warm salad with black rice & herbs,
avocado cream, lemon & chili sauce | 17.00 €

FISH OF THE DAY

daily price

CHICKEN TANDOORI

chicken thigh marinated tandoori style, couscous with dry fruits, almonds
& yogurt sauce | 13.00 € - *gf**

CUTLET MILANESE

crispy pork cutlet in panko crust, crispy potatoes
& truffle mayonnaise | 15.00 €

BRAISED BEEF CHEEKS

slow cooked chuck eye in spicy tomato sauce, roasted eggplant, yogurt
cream, baked feta cheese | 15.00 € - *gf*

BURGER

Black Angus chuck eye, mushrooms, goat cheese, caramelized onions,
truffle & parmesan mayonnaise | 15.00 €

FALAFEL BURGER

aromatic chickpea falafel, beetroot hummus, tahini sauce, spicy tomato salsa,
arugula, crispy potatoes | 12.00 € - *vn*

PICANHA

American Black Angus (250gr), fresh herbs sauce
& side of choice | 23.00 € - *gf**

FLAP STEAK

American Black Angus (250gr), fresh herbs sauce
& side of choice | 29.00 € - *gf**

RIB EYE

American Black Angus (300 gr), fresh herbs sauce
& side of choice | 37.00 € - *gf**

BREAD & SALT

Grilled bread with olive oil & salt / person | 1.50 €

vg = vegetarian dish

vn = vegan dish

*vn** = vegan with minor changes

gf = gluten free

*gf** = gluten free with minor changes

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The oil used in fried dishes is sunflower oil; fresh oil is pure virgin olive oil. Calamari and shrimps are frozen.

Our restaurant provides a specific warning list of allergens. In case of an allergy or intolerance to any of those, please notify your server.