



2008
SUMMER



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LETTER_{from} the EDITOR

THERE'S MORE TO CRETAN CUISINE THAN LUKE-WARM MOUSSAKA...

I've long held the belief that quite often food is the point of entry into the core of a country's culture, and for many, a country's cuisine is the primary reason for visiting a destination. Eating what and where the locals eat is a great way to scratch below the surface of a country, to understand its history and to become a part of its community.

A summertime visit to a Greek Island offers many opportunities unique to this time of year. This is when home-grown produce is at its peak-bursting with color and flavor. And you will find no better location to indulge in this foodfest than Crete. Always celebrated as a tourist destination for beaches and antiquities, the Island, a treasure trove of wild foods and deeply rooted cooking traditions, is becoming a foodie hotspot, which could rival many of the European capitals in the gourmet game.

But finding a great meal here on the Mediterranean's 5th largest island is not an easy task, which is why Meet and Eat in Crete was created—to help you go out of the way and off the tourist track. New to the Guide this summer is a selection of some of our top chosen tavernas in and around the island. As an antidote to the ubiquitous beach scene, try one of our agrotourism tavernas in a breathtaking mountain village, such as Prinos in Ano Asites. Epicureans can indulge their fancies at Corto Maltese in Agios Nikolaos or at 7 Thalasses' New Sushi Bar and wine enthusiasts can follow the Wine Roads of Heraklion as featured in this issue. So get out there into the halcyon air and enjoy Crete's summer sensations—there are plenty of them awaiting you.

And when you return home and are reliving your trip, please tell us about your experiences on the Restaurant Reviews section of our website at www.meetandeatguides.com.



Agnes Weninger
Managing Editor

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USEFUL INFORMATION for CRETE

€ Less than 20

€€ 20-30

€€€ 30-50

€€€€ 50-75

€€€€€ over 75

Price for 2 persons
for dinner without drinks.

CC Credit Card

☂ Outdoor dining

♿ HC friendly

GENERAL

Ambulance	166
Fire	199
Coastguard	108
Roadside assistance	104
Weather	149
Tourist Police-Heraklion	2810 283190
Tourist Police-Chania	28210 53333, 28708
Tourist Police-Rethymno	28310 28156, 53450
Tourist Police Ag.Nikolaos	28410 26900

TRAVEL

Ship, plane timetables	1440
Heraklion Airport	2810 397129, 397136
Chania Airport	28210 63245, 83800
Sitia Airport	28430 24424, 22671
Port of Heraklion	2810 244912, 244956
Port of Chania	28210 98888, 52777
Port of Rethymno	28310 22276
Port of Agios Nikolaos	28410 22312, 22612
Heraklion Radio Taxi	2810 210210, 210146, 210124
Chania Radio Taxi	28210 98700-1, 98770, 94144
Rethymno Radio Taxi	28310 22316, 24316, 28316
Ag. Nikolaos Radio Taxi	28410 24000, 24100

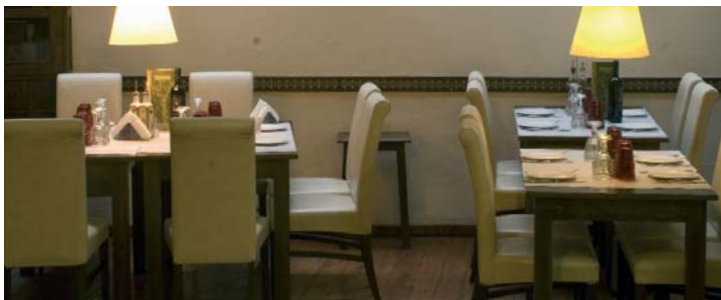
Kounies, see page 19

Corto Maltese, see page 53

Avli, see page 41



ΟΙΝΟΠΩΛΕΙΟΝ & ΕΣΤΙΑ ΕΡΕΥΝΑ
ΟΙ ΠΑΡΑΣΙΕΣ



Parases Restauarant & Wine Store, Historical Museum Square , Heraklion, TEL: 2810 225 009



THE
GRAPEVINE

LA VIE EN ROSÉ- PRETTY, PINK PLEASURES

Most of the time, wine aficionados are absorbed in the shiny new whites and big reds, and we overlook the once beleaguered and belittled rosé that is happily making a comeback in Europe and most definitely in Greece. This growing demand has encouraged wine producers to think pink, and as a result, quality and year-round availability have improved tremendously. The style of a rosé depends largely on the grape variety, but whether you choose your rosé by region, grape or because you like the label; chances are your wine won't win prizes for sophistication. Having said that, few wine lovers would disagree that one of life's greatest pleasures is sitting on a seaside terrace on a hot summer day drinking a refreshing glass of chilled rosé.

A rosé needs to provide vibrant, fresh, fragrant and fruity natural flavors to be successful for summer sipping. Cretan rosés are primarily made from the local grape varieties of Kotsifali, with some Mandilari as well as perhaps Syrah to give it more weight and a more savoury side. A straight Kotsifali rosé is similar to its Spanish counterpart made from Grenache; light, fruity and dry with crisp acidity. The addition of the more tannic Mandilari will give it a needed touch of minerality to be more complimentary with foods. Since rosés are style-wise in the middle between whites and reds, for everyday drinking they can generally accompany a wider range of foods.

WINE RECOMMENDATIONS

Lyrarakis Idyll Rosé (Kotsifali-Syrah)

5 Medals including Gold at Challenge International du Vin in 2007. Intermediate rose colour with primarily violets on the nose. Fruity and dry with crisp acidity.

Douloufakis Enotria Rosé (Kotsifali-Syrah)

This organic wine has a light rose scent with orange accents. Berryish fruit on the palate. Round and soft with a pleasureable finish.

Minos Palace Rosé (Kotsifali-Mandilari)

Bright cherry pink color with an aroma of cherries and strawberries. Lively but not lingering with a full flavor and balanced aftertaste.

Mediterra Winery's Rodeili (Kotsifali-Mandilari)

Silver medal in Austrian Wine Challenge 2007. Aromas of sour cherry, strawberry and rose petals. Full and refreshing with good acidity and a touch of minerality.



HERAKLION

The prefecture of Heraklion contains some of the most important archaeological sites on Crete. The Minoan palaces of Knossos, Malia and Phaestos, as well as Gortyna, the Roman capital of the island, are a clear reminder of the importance of the fertile Messara valley even today. The most touristy parts of the island, such as Hersonissos, Malia and the rest of the northern coast are also found in the Heraklion prefecture. However, there are still villages that have retained some or all of their traditional atmosphere, such as Arhanes, Ano Viannos and the remote village of Lendas.

Heraklion, the capital of Crete, is today a modern, particularly lively town which offers every kind of experience and form of recreation both in summer and winter, with much to do and many things worth seeing. It is a favorite choice for those seeking a dynamic restaurant, café scene and vibrant nightlife. Wine lovers should check out the new Wine Roads of Heraklion at www.winesofcrete.gr.

The annual Heraklion Summer Arts Festival takes place from July to September, bringing together internationally-renowned acts for over 70 different performances. For details, visit www.heraklion.gr. There is a Wine Festival in Arhanes each August.

PLACES OF INTEREST...

- Ancient Knossos, 5 km south of Heraklion, Open daily in summer from 8-19:30
Tel: 2810 231940
- Archaeological Museum, Open Tues-Sun from 8:30-19, Tel: 2810 226 092
- Historical Museum, Open Mon-Sat from 9-15, Tel: 2810 283 219
- Natural History Museum, Open Mon-Fri from 9-15, Sun 10-18, Tel: 2810 324 711
- Venetian Arsenal, Loggia and Fortress
- Morosini Fountain, Plateia Venizelou
- Open Air Market, Odos 1866
- Churches of Agios Titos, Agios Minas and Agia Ekaterina Sinaites

OUTSIDE THE CITY OF HERAKLION

- Crete Aquarium, Open daily in summer from 9-21, Tel: 2810 337 788
- Kazantzakis Museum, Myrtia, Tel: 2810 742 451
- El Greco Museum, Fodele, Tel: 2810 521 500
- Museum of Cretan Ethnology, Vori
- Minoan Sites of Phaestos, Malia, Gortyna and Agia Triada
- Zaros/Lake Votomos



ANCIENT KNOSSOS

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*Modern, innovative dining experience from the heart of the seven seas....
Now with new Sushi Bar!*



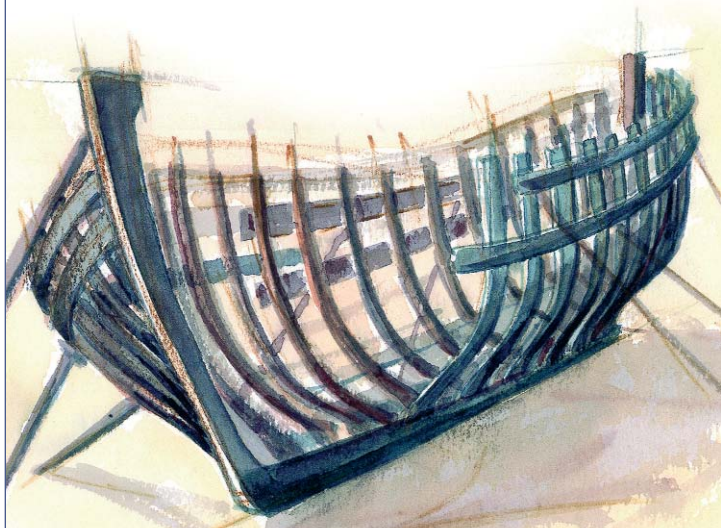
7 Thalasses, Corner of Iraklitou & Irodotou (Nea Alikarnassos), Tel: 2810 342 945, 947



HERAKLION



Ouzeri tou Terzaki



**A landmark favorite Taverna since 1982,
serving creative mezedes and inventive house specialties with care
and attention in a charming atmosphere and location.**

L. Marinelli 17 (Across from church of Ag. Dimitrios and one block from the Port)
Tel: 2810 221 444, www.terzakhs.gr





€ Less than 20 €€ 20-30 €€€ 30-50 €€€€ 50-75 €€€€€ over 75 Price for 2 persons for dinner without drinks.

HERAKLION RESTAURANT LISTINGS

CALDERA, AGIA PELAGIA BEACH, TEL: 2810 811 944

CC & ↑ €€€

This elegant restaurant and casual bar with good latin music is at the end of a long row of eateries along Agia Pelagia beach. Dining is right on the edge of the sea. Fresh fish and seafood are a must, as is the grilled Haloumi with sun-dried tomatoes and the wild bitter greens salad with fresh myzithra cheese.

ELIA + DIOSMOS, SKALANI , TEL: 2810 731 283 (SEE PG. 18)

CC ↑ €€€

Their philosophy is to take advantage of the best the Cretan land offers, and they do that extremely well. The menu changes often to reflect seasonal local products. Salads are innovative and delicious, featuring wild greens, aromatic mushrooms and bio veggies. Try the lamb chops with honey or the free-range rooster in red wine or any of the fabulous daily specials. Thoughtful and excellent selection of wines. Pleasant large porch for summertime dining. www.olive-mint.com

KOUNIES, SOFOKLES VENIZELOU 19, TEL: 2810 301 448 (SEE PG. 19)

CC & ↑ €€€

A sophisticated palate of chocolate, espresso browns and deep burgundy set the warm tones for this modern dining destination right across from the sea. A large open kitchen, wine wall and wine cellar add to the uniqueness. Choose from a mouth-watering array of starters like the house salad of 4 different greens, avocado, fennel, mushrooms and pine-nuts. Go for whatever meat is on the open fire in the „kounies”(swing). Proficient, friendly service and well selected wine list and house wines.

KYMATA, BEACH ROAD, HERSONISSOS TEL: 28970 22386

CC & ↑ €€€

A breath of fresh air along the crowded Hersonissos beach road; soothing beige/cream colours, light wood furniture are reminiscent of a Swedish summer cottage with an innovative and exciting menu and an extensive, well thought-out wine list. Try the chicken stuffed with shrimp with a marena sauce or any of the risottos, such as with seafood or wild mushrooms.

KYRIAKOS, LEOFOROS DIMOKRATIAS 53, TEL: 2810 222 464

CC & ↑ €€€

This veritable institution in Heraklion delivers squarely on the food front and offers the best cooked food (next to a Greek Mother's). Everything is excellent but some perennial favourites include the Lamb Fricasée, Artichoke ragout, Eggplant stuffed with feta, Veal with orzo and the Roka (greek Ruccola) Salad which is topped with pomegranate seeds.

LOUKOULOS, ODOS KORAI 5, TEL: 2810 224 435

CC & ↑ €€€€€

A landmark spot in Heraklion in an old renovated house on the bustling Korai street, Loukoulos serves up primarily Mediterranean cuisine with panache in up-market surroundings (white linen tablecloths and fine china). A wood-burning oven enhances the tantalizing meat and fish dishes, including wild boar and lobster, whilst a vast array of inventive pastas round out the timeless menu.

www.loukoulos-restaurant.gr

CC Credit Card ↑ Outdoor dining ♿ HC friendly

ODOS AIGAIU, AIGAIU & SPANAKI, TEL: 2810 288 266

CC ↑ €€€€

The tasteful, maritime-influenced décor with discreet lighting and a panoramic view of the port are signatures of this establishment. The modern menu showcases chiefly fish and seafood and fresh pastas combined with seafood. Some of the desserts are particularly luscious, such as the creamy chocolate cake. www.odosaigaiau.gr

PAGOPOIEION, PLATIA AGIOS TITOS, TEL: 2810 346 028

CC ↑ ♿ €€€

One of Heraklion's „coolest" restaurant-café-bars, set in the city's old ice factory. The décor is minimal, but with occasional reminders of the building's illustrious past and there is romantic outdoor seating on the square. Modern, eclectic, mediterranean and greek cuisine with good steaks and interesting salads. www.icefactory.gr

PARASIES, HISTORICAL MUSEUM SQUARE, TEL: 2810 225 009 (SEE PG. 7)

CC ↑ ♿ €€€

Warm, cosy, upscale taverna with comfortable chairs and an open wood-burning grill kitchen that takes center stage. Go for the MEAT, which is top quality. Try the melt-in-your-mouth smoked pork chop or the enormous steaks, reminiscent of Argentina. The vegetables are organic and the salads inventive with unique wild greens. Leave room for the home-made doughnuts. Impressive wine cellar.

7 THALASSES, IRAKLITOU & IRODOTOU, TEL: 2810 342 945 (SEE PG 13)

CC ↑ ♿ €€€

This comfortably hip new fish & seafood restaurant has a decidedly summer cottage feeling with its diverse assortment of whitewashed chairs and benches with pale green and orange accents. Floor to ceiling windows overlook a sweet little city park and square with summer dining here as well. Interesting list of starters include a to-die-for feta baked in phyllo with black sesame seeds and honey or grilled haloumi in an eggplant & tomato tian. Main courses include mussels in many different ways, risottos and even Paella. For aficionados, there is a Sushi Bar once a week.

SYNTAGES, ODOS KOZIRI 3, TEL: 2810 241 378

CC ↑ €€€

A relatively new gem on the fine dining restaurant scene set in a renovated old house tucked just behind the bustling Eleftherios Square. There is strong focus on more general Mediterranean tastes and flavors, with an emphasis on grilled meats and a special dedication to fresh salads with interesting greens and cheeses. Leave room for the creamy, decadent desserts like Pannacotta and Chocolate Soufflé. Closed for the month of August.



Our Award-winning Restaurant artfully combines the traditional tastes of yesterday with the influences of today, sourcing only the finest local, fresh, seasonal products.

ELIA + DIOSMOS, Skalani, Heraklion, Tel: 2810 731 283, www.olive-mint.com, 10 minutes from Heraklion.

KOYNIES

T A B E P N A



Urban chic dining with close view to the sea » **Traditional** tastes from the modern, open kitchen with wood-burning grills » **Wine** cellar and private dining room » **Terrace** on a lively square

Kounies. Sofokles Venizelou 19.(Historical Museum Sq.) Telephone: 2810 301 448

€ Less than 20 €€ 20-30 €€€ 30-50 €€€€ 50-75 €€€€€ over 75 Price for 2 persons for dinner without drinks.

HERAKLION TAVERNA LISTINGS

ISTIOPLOIKOS, HERAKLION HARBOUR, TEL: 2810 228 118

CC ↑ €€€

This great little gem of a fish taverna, which belongs to the Sailing Club is situated right on the edge of the harbour. Don't miss the freshest of fish, wonderfully grilled. They even do gavros (anchovies) on the grill, which nobody else does. Also very good are the lachanodolmades (stuffed cabbage) and baked eggplant with tomato and cheese. Professional, knowledgeable service.

KEGOS, MAIN STREET, ROG DIA, TEL: 2810 841 393

♿ ↑ €€

A friendly, efficient, family-run operation found at the very end of the high-up village of Rogdia. There is a fabulous unobstructed view of Heraklion either day or night from the terrace or through the open windows. Traditional taverna fare with the addition of lamb on the spit, as well as many hard-to-find offal specialties are featured.

LADOKOLLA, AG. TITOS SQUARE 18, TEL: 2810 256 391

CC ♿ ↑ €€€

This trendy new tavern has some whimsically creative touches such as cheese graters and pasta strainers as wall sconces and chandeliers of spoons & forks. In keeping with its name, grease paper adorns the tabletops. An extensive list of seafood starters include some decidedly original items such as tiny anchovies stuffed with feta and peppers. They also have the hard-to-find smoked Metsovo cheese, grilled. The unique house salad consists of greens, poached salmon, mozzarella, sun-dried tomatoes and mustard vinaigrette. House wines are unique, well chosen and excellent.

LYKASTOS, MAIN SQUARE, ANO ARHANES, TEL: 2810 752 433

♿ ↑ €€€

This atmospheric small taverna in a renovated old house is located in the heart of the bustling central square of the village, with a rustic interior and tables on the square. On order are a large variety of local mezedes (starters) and meat dishes, all artfully cooked. Try the unique „gardoumakia with zucchini" or the lemon rabbit or rooster. The house wines are from the local cooperative, and are imminently drinkable, especially the white on a hot summer day. www.lykastos.gr

OUZERI TOU TERZAKI, L. MARINELLI 17, TEL: 2810 221 444 (SEE PG. 15)

CC ♿ ↑ €€€

Around for 26 years, this freshly renovated, favorite taverna across from the quaint Ag. Dimitrios church lures you inside with its soothing, earth tone décor or al fresco on the bustling sidewalk. The swank overhaul includes a new menu too, but old favorites still abound such as the artichokes stuffed with cheese. Try the house specialties which include a number of great pastas such as with rucola, smoked salmon and capers or the interesting seafood starters like cuttlefish risotto or calamari stifado. Plates are attractive shapes and sizes. www.terzakhs.gr



CC Credit Card ↑ Outdoor dining ♿ HC friendly

PARDALOS PETEINOS, L. MARINELLI 11, TEL: 6979 312 218 (SEE PG. 23)

♿ ↑ €€

The simple, unpretentious setting and surroundings don't upstage the creative Greek cuisine in this gentle little taverna on a small square a block from the sea. Everything is lovingly conceived, prepared and served. Memorable items include the spinach salad with tart apples, walnuts and fried cheese squares or the pita of homemade phyllo with pastourma (cured beef), cheese, tomatoes and peppers or turkey stuffed with almonds and apricots, wrapped in eggplant and baked. House wines are decent and the small wine list is thoughtfully chosen.

PERI OREXEOS, KORAI 10, TEL: 2810 222 679

CC & €€

Peri Orexeos means "about appetite" and you will need one to be able to eat all the delicious items. Dining is on two levels in an old renovated house with exposed stone walls and beamed ceilings. Start with multi-grain brown bread and a Chef's present of zucchini frittata. Everything is a twist on standard taverna fare, such as the burgers stuffed with spinach or the spaghetti with tomato sauce and zucchini blossoms. House wines are their own private label and are excellent value.

PRINOS, ANO ASITES, TEL: 2810 862 000 (SEE PG. 22)

CC ↑ €€

This modern day revival of the old taverna has soft, relaxing colors accented with wood and stone. Don't miss the outdoor dining under a myriad of stars, including spectacular views of the surrounding mountains and rolling hills with vineyards. All products are locally produced and grown, including the wine, honey and raki. Ofto (suckling pig) and lamb "antikristo" baked in the wood-burning oven are must-tries. This is faultless, simple, homemade comfort food at its best, with a real depth of taste. www.prinosvillage.gr

TA TRIA PEFKA, KNOSSOU 51, TEL: 2810 233 676

↑ €€

This sweet little taverna with its bricks and pale walls and watercolours of Cretan scenes, is like eating at your Grandmother's house. But don't underestimate them. They are a certified establishment and serve top-notch foods. Must-haves include their house salad which is an enormous concoction of delicious greens and a dozen other additions, as well as their daily specials, such as slow-roasted honey-baked pork shank. In the warm weather dining is on the front porch.

TIGANIA & SKARES, KNOUSSOU 120, TEL: 2810 323 430

↑ €€

The décor of stone walls and simple furnishings in this new place chimes with the neatly presented dishes that are much more complex than they first appear. The eclectic cuisine is known as politiki- a fusion of tastes from Istanbul to Thessaloniki. The very generous servings are all homemade with much love and attention. Delicious sauces abound as in the veal slices baked with eggplant purée or slow-baked lamb on pita bread. In the summer dining is on a large balcony. Service is genuinely friendly and helpful.

XAGIATI, PETROKEFALO (VOUTES), TEL: 6978 488 579

↑ €€

This tavern at the foot of the mountains is furnished in smart, contemporary taverna style with plenty of wooden beams and stone. Cuisine is Cretan and Macedonian which gives rise to many creative options including a flat pita with a layer of anthogalo cheese, baked eggplant and feta from northern Greece or country sausage with leeks. Red house wine is an excellent Xinomavro-Cabernet from Naoussa.

Prinos



Traditional Taverna

Healthy Cretan cuisine exclusively from ingredients locally farmed
and sustainably harvested and products (olive oil, raki, wine)
from Prinos' own production.

Prinos Village, Ano Asites, Heraklion
Tel: 2810 862 000, Email: info@prinosvillage.gr, www.prinosvillage.gr



o pardalos peteinos the fancy rooster

The best nutritious ingredients,
recipes and wines from all over Greece.
A unique culinary tour of the authentic
Greek cuisine and its local varieties.



11, Marineli Str., (opposite "Koule" Fort) - Heraklion, Crete
Tel.: + 30 6979 312218

www.pardalospeteinos.gr

The restaurant is air-conditioned.
Opening hours: from 13.30 daily (except for Mondays)



GIORGOS MICHALAKIS,
7 THALASSES

Describe your career path.

In 1982 in Santorini when I was looking for a job, I took a position as a Chef's helper with a very progressive Chef who was already dabbling with nouvelle Greek cuisine. He became my mentor. After that I worked in many places in Athens till 1990. I even had a short stint on Mega TV's cooking program. In 1996-97 I went to a Professional Chef School, and for 2 years I was Chef at Avli in Rethymno.

What is your earliest food memory?

As a child growing up in the south of Crete, my Mother cooked real Cretan dishes with lots of fish, wild greens and vegetables. The fresh and natural tastes stayed with me always. Her cooking instilled in me the basic understanding of natural, unadulterated tastes, with nothing artificial added.

When did you have your own establishment and where was it?

I opened my first restaurant in 1992. It was an Italian Restaurant in Rethymno called Palazzo. After that I owned several other establishments before starting 7 Thalasses just under 2 years ago. I had always wanted a restaurant in a park, so when the Municipality approached me about this opportunity, I knew I would do it.

What world cuisines interested you the most and influenced you the most?

I like several cuisines, such as Chinese and Italian and I have worked in a French restaurant as well, but I still contend that Cretan cuisine is by far my favourite from both an eating point of view, as well as working with it.

Do you feel that Greek Cuisine has been overlooked in world cuisines?

Considering that a country's cuisine is an important part of its culture, Greek cooking in the past has not played much of a role. This was the fault of Greek Chefs, who instead of trying to progress and advance their own cuisine, would mix other cuisines into Greek to change it. This has changed however in the past 5-6 years and is now on the right path. Now both Greek Chefs and the government (through various programs) are showing the world the breadth and depth of Greek ingredients and its cuisine.

What is your all-time favorite meal?

It is difficult to choose ONE, but I do prefer to mix salty and sweet tastes together. One of my favourite dishes is milk-fed Veal with prosciutto and dates.

■ WINE ROADS ■

HERAKLION



ΗΡΑΚΛΕΙΟ

■ ΔΡΟΜΟΙ ΚΡΑΣΙΟΥ ■

TASTE • DISCOVER • ENJOY

Cretan Wines

www.winesofcrete.gr



CHANIA

Many visitors to Crete consider the prefecture of Chania to be the most beautiful on the island. This western end of the island is marked by an endless, indented coastline, steep gorges and lush vegetation, as well as cultural monuments both ancient and modern. Off the southern coast is the island of Gavdos, the southernmost part of Europe. Other must-see beaches in this region include Elafonisi, a secluded islet off the southwest coast. The most outstanding geographical feature in the Chania region is Souda Bay, the largest natural harbour in the Mediterranean, now used as a naval base. The famous Samaria Gorge (the longest in Europe) is an impressive place of natural beauty, which as part of the White Mountains National Park, covers 4,900 hectares between Omalos and Agia Roumeli.

The town of Chania used to be one of the best-kept secrets of the Greek Islands, and even now that tourists come in droves, it has managed to keep its atmospheric charm, composed historically of Turkish and Venetian influences.

PLACES OF INTEREST...

- Chania Archaeological Museum, Open Tues-Sun 8:30-15, Tel: 28210 90334
- Folk Art Museum, Open Mon-Sat 9-15 & 18-21, Tel: 28210 90816
- Naval Museum, Open Mon-Sat 9-4, Tel: 28210 91875
- Cretan House Folklore Museum, Tel: 28210 90816
- Lighthouse at Venetian Harbour
- Mosque of the Janissaries
- Schiavo Bastion & Venetian Walls
- Etz Hayim Synagogue
- Public Market & adjacent Public Gardens

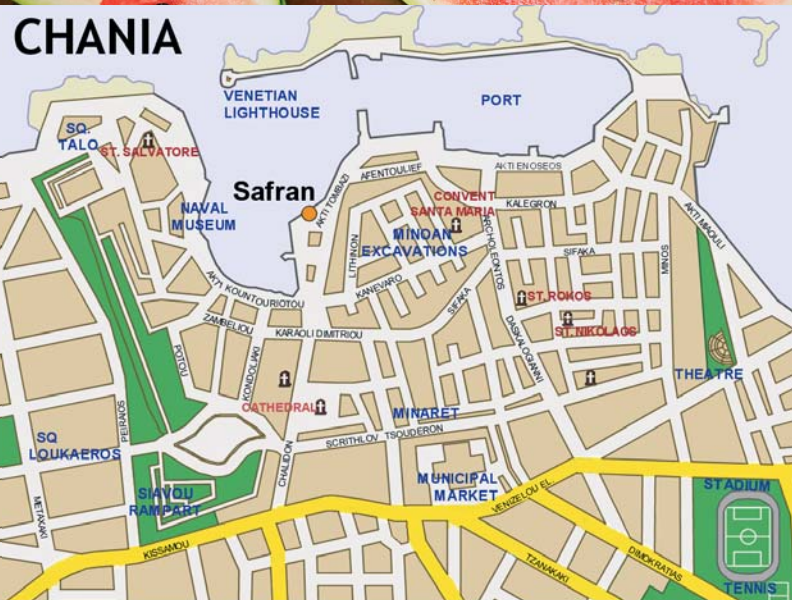
There is a Summer Festival of music and other performances in the open air theatre and public gardens. Call 28210 870978 for more information.

OUTSIDE CHANIA TOWN

- Samaria Gorge
- Southern villages of Chora Sfakion and Loutro
- Fort at Frangokastello
- Lake Kournas
- 12th century Vamos village
- Monasteries of Agia Triada and Chrysoskalitissa
- Ancient Phalasarna
- Beaches of Elafonisi, Balos and Kedrodasos
- Gavdos Island



HARBOUR AT CHANIA



Our traditional Cretan & Mediterranean cuisine
extraordinary view of Souda Bay
and the presence of some of great personalities
that visit "Nykterida" creates a beautiful setting
for the oldest restaurant in Hania
and one of the best in Crete!



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GOLD

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de Bruxelles 2007*



Rosé "Idyll"
*Challenge International
Du Vin 2007*



BRONZE

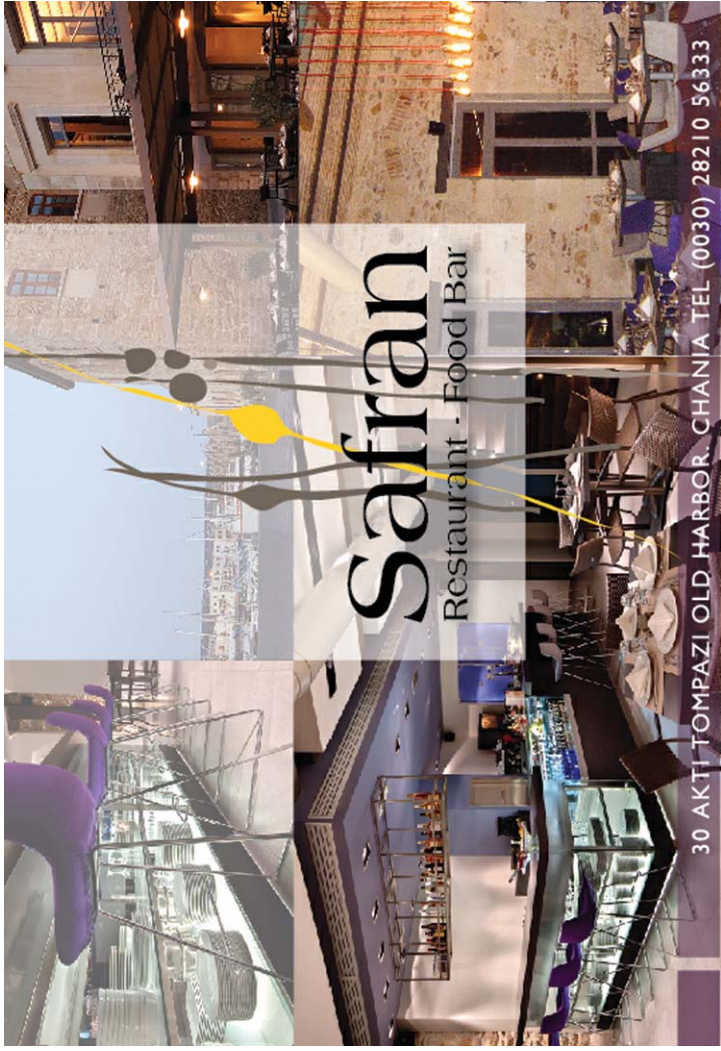
Plyto, Dafni, Vilana
*Decanter World Wine
Awards 2007*

AWARD-WINNING WINES FOR EVERY OCCASION



LYRARAKIS

WINES TO TREASURE



Safran

Restaurant - Food Bar

30 AKTI TOMPAZI OLD HARBOR, CHANIA TEL (0030) 28210 56333



€ Less than 20 €€ 20-30 €€€ 30-50 €€€€ 50-75 €€€€€ over 75 Price for 2 persons for dinner without drinks.

CHANIA RESTAURANT LISTINGS

BAHAR, CHORAFAKIA, AKROTIRI, TEL: 28210 39410

CC & ↑ €€€

Opened in April of 2006, this convivial café and restaurant on the Akrotiri Peninsula affords a good view of the sea with spectacular sunsets. The huge terrace sports incandescent lime green garden furniture and cacti and plants galore. The interior has smart, contemporary lines and cosy fireplaces. The international menu is inventive and the dishes stylishly presented. Innovative starters include the "Love Nest"-sautéed chicken strips with avocado in a curry sauce on "kadaifi" pastry (like shredded wheat).

DON ROSARIO, RAVDOUCHA BEACH, KISSAMOS TEL: 28240 23781

CC & ↑ €€€€

Drive down a winding hill to the end of a dead-end road that melts into the sea with stunning sunset views and you've found Don Rosario. This is the languid Mediterranean at its best, complete with wrought iron and pergolas with grapes and bouganviella. Classic Italian dishes include Fish baked in salt crust, Beef Marsala or Lobster in many forms. There is an ambrosial orange salad with peppers, sweet onions, parsley and a dressing enhanced with spicy peppers. The divine Panna Cotta with raspberry preserves literally quivers on the plate. Great selection of Italian wines.

KARIATIS, KATEHAKI SQUARE 12, TEL: 28210 55600

CC & ↑ €€€

Nestled in the heart of the old harbour of Chania, Kariatis has been around for over 12 years serving Italian cuisine in an elegant romantic setting with Italianesque statues and paintings. Whether you choose to dine al fresco or indoors (now on two levels), everyone will find their favorites on this menu, such as Beef Carpaccio or Prosciutto and Melon. Main courses include the ever-popular Spaghetti Frutti di Mare or Beef Filet with porcini mushrooms. In addition to Crete and Greece, the comprehensive wine list has favourites from Europe and New world wineries. www.kariatis-restaurant.gr

MYLOS TOU KERATA, PLATANIAS TEL: 28210 68578

CC ↑ €€€

Once a working watermill, this gem of restaurant located 10 km from the city center, has a divine courtyard with an original Venetian mill. The menu is a fusion of traditional Cretan and Mediterranean tastes. Don't miss the Chania boureki (lighty pastry filled with potatoes, zucchini and kasseri cheese) or Lamb or Suckling pig grilled over olive wood. A must-have is their home-made ice creams, such as fig and honey or the delightfully unusual sage. www.mylos-tou-kerata.gr



CC Credit Card ↑ Outdoor dining ♿ HC friendly

NYKTERIDA, KORAKIES SUBURB, TEL: 28210 69000, 64215 (SEE PG. 29) CC ↑ €€€

This venerable, well-established restaurant since 1933 is located in a calm suburb just outside Chania overlooking Souda Bay, with an unparalleled view of the gulf. It has served such notable guests as Sir Winston Churchill, Anthony Quinn and, Melina Mercouri. Traditional Cretan cuisine is interpreted with creative license and culinary finesse. Be sure to try the Kalitsounia (Phyllo pies) with wild fennel & greens or the Ruccola Salad with Cretan wild greens, olives, Cretan cheese pan-fried in sesame crust with an olive oil-orange dressing. There is a good selection of grilled meats, pastas and risottos. Save room for some interesting ice-creams, such as mochito. An old cistern has been transformed into an atmospheric wine cellar that houses 100 different varieties, including some exceptional aged wines. www.nykterida.gr

SAFRAN, AKTI TOMBAZI 30, TEL: 28210 (SEE PG. 31) CC & ↑ €€€

Fresh on the dining scene in Chania, Safran can be found along the quieter part of the magnificent old port of Chania. It is housed in a beautifully renovated Neo-classical stone building with ultra-modern, chic design, serving creative Mediterranean cuisine for both meat and seafood lovers. Start with one of the many superlative salads, such as mixed greens with sun-dried tomatoes, dried fruit and grilled Haloumi with a vinaigrette of sinapi (mustard) and honey. Move on to Calamari stuffed with cheese & herbs or mussels steamed with Asyrτικο wine, thyme & saffron. Don't leave out the outstanding pastas & risottos. For a main, try the Filet of Grouper with tagliatelle & vegetables or Pork Tenderloin stuffed with Haloumi and prunes. The wine list is extensive and well-appointed and is overseen by a divinely knowledgeable Sommelier.

ZAFFERANO, PLATANIAS, CHANIA, TEL: 28210 55600 CC & ↑ €€€

A calm oasis in the bustling Platanias area, with an elevated outdoor dining terrace and modern, clean lines. It is owned by the same folks who bring you the well-established Kariatís Restaurant in the old port of Chania, with a similar menu and a wine list of over 100 labels from Greece, Italy and other world wine regions. Romantic sunsets and moonlight available nightly. www.zafferano.gr



CHANIA TAVERNA LISTINGS

ANTIGONI, AKTI ENOSEOS, TEL: 28210 45236

♿ ↑ €€

In Chania, you can't go wrong if you stick to the easternmost end of the harbour. This diamond-in-the-rough is tucked away at the farthest corner and is a popular local hangout, which is always a good sign. Fish and seafood are de rigueur and you can trust the helpful staff to direct you to what is best that day. Fresh flowers, a colourful interior with nautical appointments and the first-rate harbor view from the outdoor terrace all add up to a pleasant dining experience.

FAKA, OLD HARBOUR CHANIA, TEL: 28210 42341

♿ ↑ €€

This simple tavern, a few steps back from the bustle of the harbour is far from high style, but it is charming and the cooking is very good. There is live music most nights (with no Zorba music in sight). White house wine is their own- a delightful cuvée of Chardonnay and Grenache. The stuffed zucchini flowers are first-rate.

I STERNA TOU BLOUMOFISI, VAMOS, TEL: 28250 83220

♿ ↑ €€

Part of the reconstructed 19th century village of Vamos, this venerable taverna is in a restored 1905 building with cypress wood beams and original stone and a timeless atmosphere. The summer terrace is shaded by old trees and vines. It definitely packs a punch when it comes to food. A wood-burning oven is the base of the traditional Cretan menu utilizing ecological produce, with many daily specials. Meats are a must, such as pork with wine and staka or lamb with stamnagathi or meat pie with lamb & cheese. Barrel wine is their own and very acceptable. www.vamossa.gr

METERIZI, THERISO, CHANIA, TEL: 28210 78930

♿ ↑ €€

This tavern is tucked away at the end of the Theriso Gorge in a cool woodland in the foothills of the White Mountains. This year it was the 1st runner up for best tavern in Crete at the annual Gourmet Awards. Woven country-style tablecloths and lots of wooden beam add to the innate charm. This is REAL Cretan cuisine. There is no menu-you are told what was cooked that day. The unpretentious dishes could include Baked Goat with stamnagathi, wild hyacinth bulbs (delectably bitter and tender as butter) and the freshest of cheeses. The house wine, raki and olive oil are all their own. The wine is very acceptable and incredibly inexpensive.

MILIA SETTLEMENT, VLATOS, KISSAMOS, TEL: 28220 51569

CC ↑ €€€

Very much off the beaten path, so you have to really be determined to go there if you are not already staying in one of the guest houses. Everything is prepared in/on wood-burning stoves. All the ingredients are seasonally home-grown and organic and anytime of the year the food is memorable. Go for the quaintness, absolute authenticity and the peace and tranquility of a by-gone era. www.milia.gr



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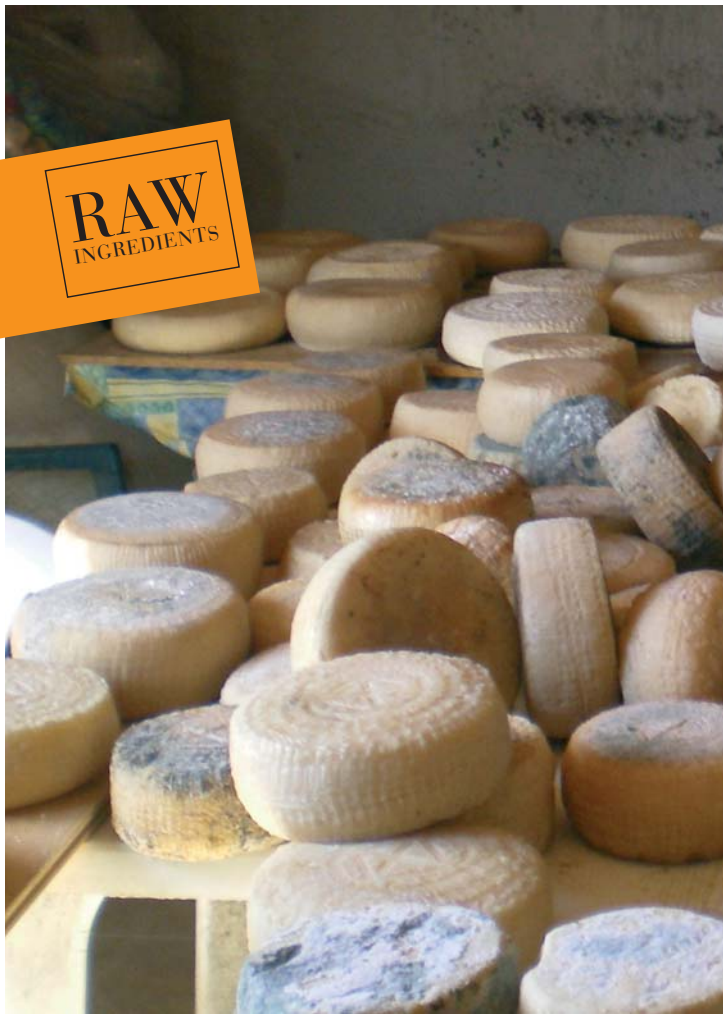


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RAW
INGREDIENTS



THE BIG CHEESE....

Like wine, cheese has been one of the most revered forms of food since ancient times. Legend has it that the first cheese was made in Sumeria around 5,000 BC, when a shepherd discovered that the milk he was carrying in a leather bottle had been curdled by the enzyme found in a calf's stomach. There are certainly many references to cheese throughout the literature of ancient Greece, including Homer's *Odyssey*.

Cheese consumption in Crete is the highest throughout the world due in part to the fact that they are of such superb quality and taste. Cretan cheeses are still produced in the traditional way, based on sheep and goats that feed freely on the herbs and grasses in the mountains and fields.

Although many cheeses defy categorization, some criteria can be used, such as texture, strength of flavour, rind, milk type, region of production and fat content.

THE BEST OF THE BUNCH

Graviera

The most famous of Cretan cheeses. A pale yellow hard cheese with small holes the size of lentils, made of unpasteurized sheep's milk. It ranges from sweet when young, to nutty and more pungent when aged.

Kefalograviera

Spicy, firm cheese that is sharper than graviera, especially if aged. This is Crete's answer to Pecorino, and is often used in baked dishes or as a table cheese.

Malaka

A compact soft cheese similar to mozzarella or a young brie, mildly sweet and elastic. It is the same cheese as graviera, but is used before it matures, thereby retaining its moisture.

Myzithra

A soft, creamy, fresh cheese made from the whey of ewe or goat resembling ricotta. (When made from goat it is much like French „chevre frais".) It is used as a filling in all types of Cretan pies both sweet and savory. When dried and matured for a few months it becomes a popular grating cheese (often referred to as Anthotiro).

Xynomyzithra

Unique to Crete, this „sour" whey cheese is salted and is grainy rather than creamy. Mostly used for pies and pastries and to spread on the renowned paximadi (rusk).

Staka

If you can find this delicacy, try it! Made from the cream skimmed off the milk simmered with a little flour until the butter is separated. A yellowy thick cream remains that resembles crème fraîche. It can be spread on bread or fried with eggs.

Tyrozouli

This semi-hard cheese is made in and around Mt. Psiloritis, but is very hard to find these days. Vinegar or lemon juice is used instead of rennet. It is air-dried, then kept in a container of olive oil.



RETHYMNO

Rethymno prefecture, with its outstanding symbol- Mount Psiloritis and its well-preserved town and Venetian monuments, offers a great variety of opportunities. Primarily mountainous in nature, the prefecture contains impressive ravines, caves, waterfalls and mountain villages, where visitors can savour the best Crete has to offer. Some of the most beautiful beaches are to be found where the gorges fall into the sea, such as in Agios Pavlos on the south coast.

The picturesque old city of Rethymno, with its center dating from the Renaissance period, with its mix of architecture and history, and with styles ranging from Venetian to Ottoman, is a jewel to discover. It is currently considered the center of arts and culture on the island.

PLACES OF INTEREST...

- Archaeological Museum, Open Tues-Sun 8:30-15:00, Tel: 28310 54668
- Folklore & History Museum, Open Mon-Fri 9:30-14:00 Tel: 28310 23398
- Center of Cretan Popular Art
- Center for Byzantine Art, Tel: 28310 50120
- Venetian Loggia & Harbour
- Fortezza
- Rimondi Fountain
- Nerantzes & Kara Musa Pasha Mosques

Since 1987, Rethymno has been holding a Renaissance Festival each summer with plays, musicians, street performances and exhibitions. For details: info@rfr.gr or tel: 28310 51199. (www.rfr.gr) Most summers there is a Wine Festival in the Municipal Gardens.

OUTSIDE RETHYMNO TOWN

- Arkadi and Preveli Monasteries
- Mt. Psiloritis/Nida Plateau
- Villages of Episkopi, Spili, Anogia & Argyroupoli (ancient Lappa)
- Melidoni, Ideon and Sfendoni Caves
- Amari Valley
- South Coast beaches of Plakias, Preveli and Damnoni
- Remote beaches of Agios Pavlos and Triopetra



OLD HARBOUR OF RETHYMNO



...στο τέλος της πόλης του Ρεθύμνου δυτικά προς Χανιά στο Κουμπέ, σε ένα καταφύγιο χειμώνα καλοκαίρι που υπόσχεται να σας αποπλανήσει σε μια καινούρια εμπειρία αισθήσεων....
 ...Εκεί όπου ο ουρανός και η θάλασσα αμίγουν αρμονικά για να σας ταξιδέψουν στο όνειρο, στο χρώμα, στις γεύσεις...

Καλώς ήρθατε στο Maistros Restaurant Wine Bar.

Εδώ που το κρασί παίζει κυρίαρχο ρόλο μιας και η κάβα ως Wine Bar είναι υπέρ του δέοντος ικανοποιητική. Μπορείτε να δοκιμάσετε διαφορετικά κρασιά από το κελάρι απολαμβάνοντας παράλληλα πιάτα με φρέσκα ψάρια και παραδοσιακή Κρητική κουζίνα σε μοναδικές γεύσεις καλύπτοντας ένα μεγάλο φάσμα των γαστρονομικών σας εξερευνήσεων.

Με την έννοια αυτή είναι απόλυτα κατανοητό γιατί ένα περιοδικό γαστρονομίας ευρύτατης κυκλοφορίας, όπως είναι το Gourmet της «Κυριακάτικης Ελευθεροτυπίας» απένειμε για δυο συνεχόμενες χρονιές « Διάκριση Gourmet».

Και το όνειρο δεν βγαίνει εδώ...

Η παραμονή σας σε κάποια από τις μοναδικά εκλεπτυσμένες σουίτες είναι μια ξεχωριστή εμπειρία γιατί συνδυάζουν όλες τις σύγχρονες ανέσεις την απέραντη θέα, την θάλασσα στα πόδια σας και το μαγευτικό ηλιοβασίλεμα. Ευχάριστες και ήρεμες στιγμές που θα σας μείνουν αξέχαστες...

Σας καλωσορίζουμε στο όνειρο...

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Ακρωτηρίου 7, Κουμπές - Ρέθυμνο

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In the heart of the old Town, **Avli** offers the utmost culinary experience. In our restaurant we create well-known familiar flavours as well as unexpected creative ones from both Crete and the gastronomic cradle of the Mediterranean. Try our **Fusion Enoteca**, with 460 individually selected wines that constitute the largest collection in Crete, or **Raki BaRaki** for traditional spirits and rare Cretan delicacies.



ALANA

restaurant



“

The ideal 'meating' place. At the heart of the old city in a beautiful garden location where local residents and foreign guests harmoniously coexist together. Enjoy the local quality fresh, grilled or cooked meat, delicious dishes from the Cretan cuisine and friendly service. Affiliate your dinner with a Unique homemade dessert. Guaranteed quality at a good price!

”

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Rethymno Old Town
www.alana-restaurant.gr
Tel: 2831027737
30m east from
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"BETTER LIFE"





€ Less than 20 €€ 20-30 €€€ 30-50 €€€€ 50-75 €€€€€ over 75 Price for 2 persons for dinner without drinks.

RETHYMNIO RESTAURANT LISTINGS

ALANA, SALAMINOS 15, TEL: 28310 27737 (SEE PG. 43)

CC ↑ €€€

Lovely courtyard dining in the historic old town with plenty of cool, soothing vegetation. Creative Greek and Mediterranean cuisine mix together in harmony on the menu. Try the „Taste Nest“ salad with rucola, red cabbage, currants and walnuts with a honey-balsamic dressing all in a phyllo pastry nest. There is a good grill selection with fresh meats, as well as some other interesting main courses, such as pork sirloin with Aegina nuts and plums. Fresh pastas round out the menu. Reasonably good wine selection and attentive service. www.alana-restaurant.gr

AVLI, XANTHOUDIDOU 22, TEL: 28310 58250 (SEE PG. 41)

CC ↑ €€€€

Set in a magnificent 1530's Venetian villa with an impressively blossoming garden cum romantic multi-tiered courtyard, Avli may well be one of the finest restaurants on the island of Crete. The eclectic décor, art collection and table settings all add to the unique ambiance. The cuisine is innovative Cretan, with so many mouth-watering selections that it is difficult to choose. All the salads are superb, especially the greens with smoked duck and fig sauce. There is a beautiful wine cellar with more than 450 labels to choose from! For real Cretan cuisine you can't beat the mountain goat with honey and thyme. www.avli.gr

CASTELLO, ARABATZOGLOU 27, TEL: 28310 50567

CC ↑ €€€

In the center of the old town, an old 16th century stone building houses Castello restaurant, with al-fresco dining on several levels all open to the nighttime sky. The menu offers newly-interpreted Greek and Cretan dishes prepared well. An inspired chicken breast is stuffed with pine-nuts, grapes, spearmint and basil, with a sage-mushroom sauce. Efficient and friendly staff, as well as an extensive, well-chosen wine list, primarily from Greece. www.castello-crete.com

MAÏSTROS, AKROTIRIOU 7, TEL: 28310 25492 (SEE PG. 40)

CC & ↑ €€€€

Perched at the very edge of the sea, Maïstros affords an unparalleled view of the Fortezza and the dramatic, breathtaking waves crashing on the rocks. A cosy fireplace adds to the winter treat as you relax on antique Cretan benches piled high with pale green and terracotta pillows. Specializing in fish and seafood, there is a dizzying assortment of fish mezedes (starters) and fresh fish as main course. An enormous wine list with the best Greece offers, as well as a smattering of Italian & French. Ideal for hot dates, lazy lunches and catching up with friends. www.maistros-inn.gr



CC Credit Card ☂ Outdoor dining ♿ HC friendly

MIO GUSTO, ARI VELOUIOTI 56, TEL: 28310 57577

CC & ☂ €€€

A relative newcomer on the dining scene in Rethymno, this modern restaurant can boast a hard-to-beat location with a terrace right on the seaside. Center stage is the large wood-burning pizza oven. Go for the relaxing waterfront seating. We will keep our eye on this place to see how it progresses.

PRIMA FLORA, AKROTIRIOU 4, TEL: 28310 56990 (SEE PG. 47)

CC ☂ €€€

This quirky restaurant, which means Bow and Stern, gives you that boathouse feeling with a (thankfully) not overdone nautical theme. Outside you are a meter from the water's edge with the same stunning view as their neighbours also listed here. Indoors it is an eclectic collection of white-washed chairs and wooden tables of all kinds, interspersed with big benches and pillows. Lots of top quality grilled meats with wild thyme. Try the beef filet with wine sauce and French Brie. Even the simple caprese salad is rendered special with aged balsamico.

TO PIGADI, XANTHOUDIDOU 27, TEL: 28310 27522

CC & ☂ €€€

In this family-run restaurant you dine in the courtyard of a 16th century stone house that has just undergone an extensive face-lift. The menu is liberally-interpreted Greek cuisine from all parts of the country with Mediterranean overtones. Enjoy specialties such as the grilled rabbit with anthogalo cheese, grilled apaki (smoked pork) and haloumi, or the grilled veggies with honey and garlic. The wine list is respectable, the menus very attractive and the service is extremely amiable and efficient.

VENETO, EPIMENIDOU 4, TEL: 28310 56634 (SEE PG. 49)

CC & ☂ €€€€

This old Venetian style restaurant and its accompanying hotel boasts being in the same location for 700 years. Stone-flagged floors, mosaics and antique furniture add to the old world charm. Cuisine is generic Mediterranean such as Pork Filet with roka and mustard sauce, along with Cretan specialties such as lamb in vine leaves stuffed with cheese. Spare some time for the wine. The owner is a real buff and the cellar is impressive. www.veneto.gr



RETHYMNON TAVERNA LISTINGS

FANARI, KEFALOGIANNIDON 16, TEL: 28310 54849

♿ ♻ €€

Try this modest little taverna right on the edge of the sea and well removed from the bustle of center-town. Take a table at the railing and feel the sea breeze and salt on your skin. Cuisine is still solid and genuine. You can't go wrong with any of the standard fare like the loukaniko (sausages), which are homemade and excellent. Fish can be just as tasty as the more expensive locations. Prompt and very friendly service.

GEFSIPOUS, AKROTIRIOU 3, TEL: 28310 58897

CC ♿ ♻ €€€

This is yet another outstanding establishment on this small road on the outskirts of Rethymno, with its terrace perched seemingly precariously on the rocks, almost in the sea. The ranks of trendy white-washed furniture in this bright white space creates a zen-like calm. There is an extensive array of seafood starters with mussels, cuttlefish and shrimp, as well as some innovative salads. Focus is on fresh fish and seafood, which is first rate, but other notables include Ravioli stuffed with lobster with ouzo sauce and pine-nuts. Local house white is more than adequate.

OTHONAS, PETHIHAKI 27, TEL: 28310 55500

CC ♿ ♻ €€€

This is a traditional Cretan taverna that makes both tourists and locals happy since the extensive menu considers the needs of all dining trends from Cretan to International. Inside is reminiscent of your Grandma's home- cosy and busy, with lots to look at including antique pictures of a by-gone era in Rethymno. The food is all excellent quality. Go for the Cretan cuisine such as lamb with artichokes or any of the wide variety of top-notch steaks. Salads are very fresh and unique, like the spinach & rucola with sun-dried tomatoes, figs, apaki (Cretan smoked pork) and capers. Efficient service and attention to detail including fresh flowers rounds out the picture.

THALASSOGRAFIA, KEFALOGIANNIDON 33, TEL: 28310 522569

CC ♿ ♻ €€€

Superb position with cascading terraces nestling high on the hillside between the old harbour and the Fortezza. The name means ocean pictures, which is apropos since the owner is a well-known local artist. Menu offerings are primarily Cretan with some twists, as well as fresh fish, seafood and refreshing salads. Come for the view and the overall fresh feeling.

PRIMA FLORA

Dinner with a view



- Romantic outdoor dining at the edge of the sea
- Inspired Greek and Cretan cuisine with world influences
- Open all year

Akrotiriou 4, Koubes, Rethymno, Tel: 28310 56990



The STORY of WATERMELON

Watermelon may not have always been destined for stardom, but people have loved it throughout the world for centuries. We know that the Ancient Egyptians discovered them growing wild in Africa and began cultivating them 5,000 years ago to see them through times of drought. From Egypt, its popularity grew as traders selling seeds along Mediterranean trade routes. By the 10th century it had made its way to China and by the 13th, the Moors introduced it to Southern Europe as they swept in to conquer Spain.

Modern varieties are derived from the native African vine *citrullus lanatus*. Mostly oval-shaped with stripy green rind, moist ruby pinkish flesh and glistening black seeds, the watermelon belongs to the gourd family along with cousins squash, pumpkin and cucumber. For best results, buy them whole with a symmetrical and shiny rind. If it produces a hollow sound when thumped, it signals

ripeness. A recent development is the seedless watermelon, which most people find more convenient.

Watermelons have very few calories since they are 92% water. Despite this, they have the highest concentration of the antioxidant lycopene, which may help against certain types of cancer. They are also a good source of Vitamins C+A, Beta-carotene and potassium, in addition to containing amino acids which help maintain heart health.

FUN FACTS...

- Over 1,200 varieties are grown world-wide in 96 countries.
- You can eat the flesh, seeds and rind.
- The largest on record is 119 kg.
- The United States celebrates Watermelon Day on August 3rd.
- In Southern Russia, a popular wine is made from the juice.
- The word „Watermelon“ first appeared in the English dictionary in 1615.

Veneto

Restaurant

A must visit, when in town



Certified by the
Greek Academy of Taste

VENETO, an old Venetian **14th century manor house**, is located in the heart of the Old Town of Rethymno. Restored with respect to the character and architecture of the building, it is ready to charm you with its past and entertain you with its exquisite tastes and a rich variety of wines from the stone-built wine cellar.

Epimenidou 4, Old Town RETHYMNO CRETE, Reserve Tel. +30.28310 56634
Fax. +30.28310 56635 Email: info@veneto.gr, www.veneto.gr Opening hours 18:00 - 24:00



LASSITHI PREFECTURE

The multi-faceted prefecture of Lassithi provides visitors with the most alternatives, since it has three main centers – Agios Nikolaos, Sitia, and Ierapetra, all of which present different aspects of the island. Agios Nikolaos, capital of the prefecture of Lassithi, is one of the most highly developed tourist towns in all of Greece, literally vibrating with people for 6 months of the year. Despite this, it is still a picturesque, lively town with its small, charming port and myriad of open-air cafés and restaurants along the harbour and along the inner lake. Lake Voulismeni, linked to the sea by a narrow canal, is the biggest attraction in town.

The popular resort of Elounda and the picturesque Mirabello Bay, located 9 km from Agios Nikolaos offer a full range of destinations, but is most famous for its plethora of 5-star luxury resorts and villas. For a nice escape, head for the fishing village of Plaka, with its best view of the medieval fortress on Spinalonga.

PLACES OF INTEREST...

- Ag. Nikolaos Archaeological Museum, Open Tues-Sun 8:30-15, Tel: 28410 22943
- Sitia Archaeological Museum, Open Tues-Sun 8:30-15, Tel: 28430 23917
- Spinalonga Island and the Fortress
- Ag. Nikolaos town beaches of Ammos & Kitroplatia
- Dikteon Cave (birthplace of Zeus)
- Beach towns of Kato Zakros, Mohlos & Makrigialos
- Vai Palm Tree Forest
- Lassithi Plateau and its Windmills
- Village of Kritsa, including Panagia Kera Byzantine Church
- Islands of Koufonisi and Chryssi
- Minoan Town of Gournia
- Archaeological site of Itanos, Lato & Zakros
- Toplou Monastery
- Sunken city of Olous, Elounda

Sitia has two important Festivals during the summer: Sultana Festival in late August (lots of wine, song and dance) and the Arts Festival of Kornaria from July till mid August, with concerts, theatre, readings and other cultural events. In Agios Nikolaos there is the Lato Cultural Festival from end July till early September.



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- Olive oil tasting experience
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- Soothing terrace facing the Marina

Open All Year - Summer: 10.30 - 24.00, Winter: 18.00 - 24.00
Akti Nearchou 15, Agios Nikolaos, Reservations: 28410 22916



€ Less than 20 €€ 20-30 €€€ 30-50 €€€€ 50-75 €€€€€ over 75 Price for 2 persons for dinner without drinks.

LASSITHI RESTAURANT LISTINGS

BALCONY, FOUNTALIDOU 19, SITIA, TEL: 28430 25084

CC ↑ €€€

Located two streets from the harbour on the first floor of a traditional house, Balcony has an eye-catching colorful, lively, exotic décor (Mexican touches), nicely appointed tables and memorable presentation. The menu has traditional Cretan cuisine as its base, but imaginatively uses Mexican and Asian influences from the owner/chef's travels and changes frequently to reflect seasonal availabilities. www.balcony-restaurant.com

BARKO, AKTI PAGALOU, AG. NIK., TEL: 28410 24610 (SEE PG. 59)

CC ↑ €€€€

A modern, chic restaurant that overlooks the popular Kitroplatia Beach. Inside the pale neutrals of the walls and flagstones, subtle lighting and tall rattan chairs make for a calm, soothing ambience. Dining is also right on the beach with trendy teak furniture reminiscent of an expensive yacht. Using only the best foodstuffs is essential to Barko's gastronomic approach. Choose from traditional dishes or creative mediterranean offerings such as ravioli with smoked pork, herbs and roasted tomato mousse, or fish medallions with olive risotto and fennel sauce. Plates are presented with artistic flair and the service is well-informed and genial. www.barko-palazzo.gr

CORTO MALTESE, NEARCHOU 15, AG. NIK., TEL: 28410 22916 (SEE PG. 53)

CC ↑ €€€

This relatively new restaurant next to the marina is contemporary without being overtly „style-conscious“. Decorative touches include drawings and posters of the comic book hero whose name it bears, as well as art by local artists. Zebra wood tables and beige stone walls give an airy feeling. The menu blends nouvelle greek with other regional undertones from the Med. Try the eggplant carpaccio with smoked salmon and a hint of ginger. Plenty of interesting risottos and pastas, as well as quality fish, seafood and meats. Professional, knowledgeable staff and a wine list that shows the palate and enthusiasm of the owner.

LA STRADA, N. PLASTIRA 5, AG. NIK., TEL: 28410 25841

CC & ↑ €€€

Italy and Greece co-exist at this warm, intimate trattoria that is a long-time favorite in Agios Nikolaos. Try not to fill up on the wonderful varieties of home-made Focaccia before tackling the diverse menu, which



CC Credit Card ☂ Outdoor dining ♿ HC friendly

is certainly a numbers game. For example, there are 11 risottos, 20 fish dishes, 40 pastas and 50 types of pizza. Everything is attractively presented and true to its origins. Wine list includes a smattering of Italian favorites.

MARE & MONTE, I. KOUNDOUROU & KONDILAKI, TEL: 28410 83373 (SEE PG. 57) CC ☂ €€€€

This small, intimate upscale restaurant is a brand new addition to the Agios Nikolaos dining scene. There is a splendid view of the harbour from either the air-conditioned side, or taking in the sea air from the wide open windows. Soothing pale blues and crisp whites enhance the subtle nautical ambiance. The menu marries quality Cretan products (meat, fish, olive oil and herbs) with Mediterranean cuisine (with an Italian slant). Ask for the Crêpes for dessert and you will see the lost art of table flambée revived.

MEDITERRANEAN RESTAURANT AKTI I. KOUNDOUROU 8, TEL: 28410 28350 CC ☂ €€€€

Elegant dining on the second floor of an old manison that overlooks the harbour with spectacular views to the sea from the balcony, or in the enchanted terraced garden filled with flowering jasmine and citrus trees. A deluxe selection of Classic Greek dishes with some French and Italian influences. Excellent service. www.mediterraneanrestaurant.gr

MIGOMIS, N. PLASTIRA 22, AG. NIK., TEL: 28410 24353 CC €€€€€

Located high above the madding crowds, Migomis has a captivating view down to the lake and the harbour. There is soothing live piano music most evenings and an international menu with definite flair, including not often seen duck breast and game. Enjoy specialties such as chicken breast stuffed with shrimps, leeks and green apple with saffron tagliatelle and apple confit. One of the best wine lists on the island especially if one feels like splurging. www.migomis.com

PELAGOS, KORAKA 11, AG. NIK., TEL: 28410 25737 (SEE PG. 58) CC ☂ ☂ €€€

One block up from the fishing harbour, Pelagos is in a beautifully restored neo-classical house. It is noted primarily for its seafood and fish which is done with a flair, and the fresh catch of the day is uniquely displayed in an old fishing boat filled to the brim with ice. Seating is in a delightfully enchanted garden, ideal for cool outdoor dining. There are many new interpretations of traditional Greek favorites. For a starter, don't miss the unique parsley salad or tomato keftedes (fritters).



LASSITHI TAVERNA LISTINGS

AUOAS, PALEOLOGOU KONSTANTINOU 44, AG. NIKOLAOS TEL: 28410 23231

↑ €€

Well-situated next to the Archaeological Museum, this family-run taverna serves up a wide variety of well-prepared traditional Cretan dishes with special emphasis on mezedes (starters). The interior is quite plain, but the plant-covered, trellised courtyard is refreshing.

AVLI, PRINGIPOS GEORGIU 12, AG. NIKOLAOS, TEL: 28410 82479

↑ €€

This lovely, not too big garden with majestic old fruit trees offering lots of welcome shade is an inviting proposition on a hot summer day. Since it is technically an Ouzeri there is an outstanding long list of traditional mezedes, which can make a meal in itself. There are also good value cooked meals available such as the Chicken with okra.

CHRYSOFYLLIS, EL. VENIZELOU SQ. AG NIK, TEL: 28410 22752

♿ ↑ €€

This modern Radadiko is on the road just past Kitroplatia beach facing the sea. Off-white furniture and benches, sea blue walls and wrought iron chandeliers are unassuming, yet comfortable. There is a large selection of seafood starters such as mixed seafood saganaki. Try the salad with grilled haloumi and mixed vegetables or the interesting pork filet with wine, honey and sun-dried tomatoes. Only a few wines are on offer, but as befits a Radadiko, there is a good array of 9 ouzos.

OKEANOS, LAKESIDE, AG. NIKOLAOS, TEL: 28410 82298

CC ↑ €€€

This freshly decorated, excellent fish taverna is located at the far end of the lake with lakeside tables or seating with a view from the upper floor balcony. The stark but very clean interior is minimalist with pale grey-blue walls and just a hint of „sea decorations“. The emphasis is on fresh fish and seafood, including the hard-to-find Kakavia (fish soup), but there are some creative starters from all over Greece, such as the zucchini stuffed with Feta and garlic from Amorgos, or the delightful tomato fritters with dill and mint. Extremely friendly and knowledgeable service. www.okeanos-seafood.gr

PORTES, ANAPATSEOS 3, TEL: 28410 028489

♿ ↑ €€

You won't find a place any more authentic than this down home, charming, warm, whimsical taverna. Although it has been here for 29 years, it is still a well-kept secret in many ways. The walls are adorned with old doors (portes) and windows and country antiques and implements are strewn around. Summertime dining is in a bi-level garden. Everything is made with much care and attention using locally obtained ingredients. The best rabbit stifado on the island was made with the addition of plums and figs. The red aromatic local house wine is a must.

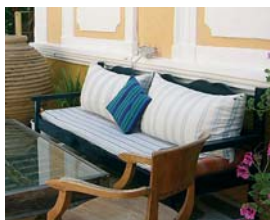


Mare & Monte

Italian-inspired cuisine with Cretan flavour.

Mare & Monte, I. Koundourou & Kondilaki, Agios Nikolaos, Tel: 28410 83373





PELAGOS, Katehaki & Koraka 11,
Agios Nikolaos, Tel: 28410 25737

- » Enjoy the quiet only one block up from the harbour and lake
- » Romantic, secluded garden with an abundance of shady trees
- » Indoor dining in the neo-classic building with antique furnishings
- » Greek and Cretan cuisine with seafood and fresh fish selection daily



A sophisticated haven in the heart
of Hitroplatia Beach, serving modern Cretan and creative
Mediterranean cuisine in chic, sleek surroundings.



restaurant
BARKO



Akti Pagalou, Agios Nikolaos
Tel: 28410 24610, info@barko-palazzo.gr,
www.barko-palazzo.gr

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