



“I’m proud to be Cretan,  
my word I certainly do keep.  
With mantinades I sing,  
with mantinades I weep...”



# MENU

Welcome!



η Κρητιοπούλα

i kritikopoula





The journey of “Kritikopoula” restaurant started guided by passion for good food and traditional Cretan cuisine.

Since 1996, flavors of Crete have been spreading all over the neighborhoods of Menidi. Thanks to your love we keep going and always strive for the best.

Our cuisine stays loyal to the traditional cretan recipes and uses extra virgin olive oil of Sitia along with greek fresh local products come directly from the producers.

We are a big family that welcome all of you in this warm traditional place full of cheer and friendly spirit.

Our priority is to offer you the best quality of homemade food.

Explore this culinary adventure!

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## Cretan Titbits (Mezes)

### Traditional Cretan Ntakos

Round barley rusks (kritharokouloures) with tomato, mizithra cheese, olives, olive oil, oregano

### Graviera cheese from Crete

### Kalitsounia

Small cheese pies with Anthotiro (soft whey cheese) and mint

### Myzithropitakia

Small cheese pies with xynomyzithra (tangy salted white cheese)

### Sfakiani Pita

Cretan pie with sweet, salty mizithra, yoghurt

### Marathopita

Fennel cretan pie

### Hortopitakia

Little pastries stuffed with wild seasonal greens

### Cretan Staka

A type of roux goat milk cream with wheat flour

### Staka with eggs

### Xygalo Sitia

Soft spreadable cheese, with sour taste

### Hochlii stifado

Snails stew

### Hochlii Boubouristi

Snails cooked with olive oil, vinegar and rosemary

### Zucchini flowers stuffed with feta cheese

### Sfakiano smoked sausage

### Syglino / Syglino with scrambled eggs

Smoked pork meat

### Apaki / Apaki with scrambled eggs

Non fat spiced pork meat, smoked with aromatic herbs

### Dolmadakia

Grape leaves stuffed with rice and herbs served with yoghurt

### Askordoulaki

Pickled bulb plants

### Gamopilafo (wedding pilaf)

Pilaf served with lamb

### Skioufihta with apaki and staka

Fresh cretan traditional pasta



  
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## Appetizers & Starters

Saganaki cheese Pan-seared Greek cheese appetizer	.....
Tomatokeftedes (Fried tomato balls with feta cheese, green peppers)	.....
Fried Red Hot Peppers	.....
Florinis Peppers stuffed (with feta cheese, mizithra, tirokafteri)	.....
Tzatziki	.....
Tirokafteri (Feta & capsicum dip)	.....
Skordalia (Greek garlic dip)	.....
Fava (Yellow Split Peas Puree with onions and olive oil)	.....
Feta cheese	.....
Fried potatoes (handcut)	.....
Tirokrokets (4 different cheese) Extra Melty Fried Cheese Balls	.....
Gavros Marinatos (Marinated anchovies)	.....
Kolokithakia tiganita (Crispy Fried Zucchini)	.....
Melitzanes tiganites (Crispy Fried Eggplant)	.....
Grilled mushrooms	.....
Grilled vegetables	.....
Bourekakia (Ham & cheese appetizer rolls)	.....
Traditional Greek Sausage	.....
Fried feta cheese (with tomato and chilli pepper)	.....
Fried Haloumi cheese (with tomato and mint)	.....



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## Salads

### Cretan village salad

(Ball made of barley, tomatos, cucumber, green pepper, onion, olives, myzithra cheese, olive oil, oregano) .....

### “Kritikopoula”

(Rocket, spinach, sundried tomato, pine nuts, myzithra cheese balsamic vinega, olive oil, honey, mustard) .....

### Horiatiki

(Tomatoes, onion, cucumber, green bell pepper, olives, greek feta cheese, oregano) .....

### Mixed

(Lettuce, cabbage, carrot, tomato, cucumber, purple cabbage) .....

### Tomato

 .....

### Lettuce (marouli)

 .....

### Cabbage (lahano)

 .....

### Horta

(Greekstyle Cooked Wild Greens) .....

### Roasted Beets

 .....

### Vrasti

(Seasonal boiled vegetables) .....

### Stamnagathi raw / boiled

(Cretan variety of wild chicory) .....



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## Barbecued Meat

Pork steak	.....
Beef steak	.....
Baby beef steak	.....
Baby lamb (per kilo)	.....
Sheep (per kilo)	.....
Burger	.....
Stuffed burger	.....
Chicken fillet (marinated)	.....
Pancetta (pork belly)	.....
Tenderloin	.....
Baby beef fillet	.....
Meat variety for 2 people (Pancetta, chicken, burger, pork steak, fresh fried potatoes)	.....
Meat variety for 4 people (Pancetta, chicken, burger, pork steak, fresh fried potatoes)	.....

## Seafood

Fried calamari*	.....
Roasted cuttlefish*	.....
Fried cuttlefish*	.....
Bakaliaros me skorthalia (Fried Cod With Garlic Sauce)	.....
Boiled Octopus	.....
Plaice* flatfish with garlic sauce	.....
Boiled shrimps*	.....
Fried shrimps*	.....
Saganaki shrimps*	.....
Fried mussels*	.....
Saganaki mussels*	.....
Fried gavros (anchovy)	.....
Roasted sardela (sprat fish)	.....
Roasted tsipoura (bream fish)	.....



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## Gheers!

### BEVERAGES / WINES

White wine from Crete (hima)	.....
Roze wine from Crete (hima)	.....
Red wine from Crete (hima)	.....
Semi sweet wine hima from Crete	.....
Tsikoudia from Crete decanter (100 ml)	.....
Rakomelo from Crete (Καραφάκι (100 ml)	.....
Ouzo "mini" (200 ml)	.....
Ouzo "Plomari" (200 ml)	.....
Ouzo Varvagianni (200 ml)	.....

\* We advise you to try a distinct variety of our bottled wines.  
Consult the Wine List of "Kritikopoula".

### BEERS

Amstel	.....
Heineken	.....
Fix	.....
Kaizer	.....
Small Glass	.....
Big glass	.....

### REFRESHMENTS

Coca Cola / Light / Zero (250 ml)	.....
Sprite (250 ml)	.....
Orangeade (250 ml)	.....
Soda (250 ml)	.....
Gazoza from Crete (250 ml)	.....
Biral from Crete (250 ml)	.....
Water from Crete (1 lt)	.....



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## Sweets...

Voskopita me meli  
(Shepherd's pie with honey) .....

Kaltsounia me meli  
(Cretan Sweet Cheese Pastries with honey) .....

Loukoumades me meli  
(Traditional fried doughnuts with honey) .....

Loukoumades me nutella  
(Traditional fried doughnuts with nutella) .....





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Το κατάστημα υποχρεούται να διαθέτει έντυπα δελτία,  
σε ειδική θήκη δίπλα στην έξοδο για τη διατύπωση  
οποιασδήποτε διαμαρτυρίας.

The restaurant is obliged to have printed documents, in a special case  
beside the exit, for setting out of any existed complaint.

Le magasin doit disposer des bulletins imprimés, dans une case  
spécialè à côte de la sortie, pour la formulation de toute plainte.

Das Lokal ist verpflichtet Formulare in einem gesonderten  
Fach am Ausgang zur Verfügung zu stellen, um gegebenenfalls  
Beschwerden anzugeben.

Στις τιμές συμπεριλαμβάνονται όλες οι νόμιμες επιβαρύνσεις.  
Prices are inclusive of all legal taxes.

Σε περίπτωση αλλεργίας παρακαλούμε όπως μας ενημερώσετε.  
Please inform us about any allergies you may have.

Τα ψάρια ζυγίζονται ωμά και τα κρέατα ψημένα.  
Fish are weighed before cooking and meat after cooking.

Το κατάστημα υποχρεούται στην έκδοση αποδείξεων  
θεωρημένων από τη Δ.Ο.Υ.  
This establishment is obliged by Greek law  
to issue legalization checks

\* Στις παρασκευές με σήμανση τον αστερίσκο  
χρησιμοποιούνται κατεψυγμένες πρώτες ύλες  
\*The above meals contain frozen ingredients

Αγορανομικός Υπεύθυνος: Γιώργος Ζαφειράκης  
Market Regulations Responsible: George Zafirakis



Κρητιοπούλα Παραδοσιακό Μεζεδοπωλείο