

GRAB & GO
MENU

COLD SANDWICHES

HALLOUMI SANDWICH ^{B, G, N, V}	18.00
Local cheese halloumi, tomato, avocado, rocket leaves, sesame bread bun	
SMOKED SALMON BAGEL ^{B, E, G, N}	19.00
Toasted sesame bagel, dill crème fraîche, rucola leaves	
SPIANATA PICANTE & BRIE CHEESE ^{B, D, G, P}	18.00
Brie cheese, iceberg lettuce, confit berries, brioche bun	
AVOCADO CAPRESE ^{B, G}	20.00
Avocado, tomato, mozzarella, rocket leaves, herb olive oil, ciabatta bread	
GRILLED CHICKEN CAESAR WRAP ^{B, D, E, G, P, K}	20.00
Lettuce, tomato, pork pancetta, parmesan cheese, caesar dressing	
SMOKED BEEF SANDWICH ^{B, K, P}	20.00
Dijon mustard, pickled cucumbers, jalapeños, cabbage, carrot rustic multigrain baguette	
VEGAN AND GLUTEN - FREE SANDWICH ^{K, VG}	18.00
Avocado, vegan cream cheese, lettuce, tomato, gluten-free bread	

SALADS & BOWL

POOL SALAD ^{L, K, G, P}	22.00
Arugula, baby lettuce, watermelon, cucumber, cherry tomatoes, feta, red onion, fresh mint, sunflowers seeds, seasonade with maple syrup citronette	
CAESAR SALAD ^{G, B, D, E}	18.00
Baby gem, anchovies, parmesan, herbed crouton, home made caesar sauce	
QUINOA AND PRAWN SALAD ^{E, L, C, K}	32.00
Grilled avocado, pine nuts, pink grapefruit segments, spring onion, fresh coriander, citrus, vinaigrette	
BUFFALO MOZZARELLA CAPRESE ^{L, G, C}	29.00
Herlomy tomatoes, basil pesto, flowers cappers, fresh basil	
GREEK SALAD ^{B, G, V}	22.00
Tomatoes, cucumber, bell peppers, pickled red onion, Kalamata olives, carob rusk from Galata, feta cheese, oregano vinaigrette	
TABBOULEH SALAD ^{N, B}	22.00
Falafel, tahini sauce, Lebanese pita bread	
ACAI HEALTHY BOWL ^{L, B, M}	29.00
Mixed berries, granola, banana, kiwi, strawnberry, coconut flakes	
AHI TUNA BOWL ^{E, N, B}	30.00
Diced tuna, avocado, cucumber, edamame, mango cubes, seaweed salad, black rice, sesame seeds, mango lime dressing	

* ADD TO ANY SALAD & BOWL:

Avocado slices	10.00
Grilled chicken	12.00
Grilled prawns ^{6, c}	18.00
Crispy tofu	10.00

SENSITIVITY GUIDE

If you experience any food sensitivities, select your diet from AMARA's sensitivity guide, a simple approach to eating right and maintaining a balanced diet. Look for dishes marked with the guide symbols and please let your server know which meals you would enjoy so we can prepare them for you.

A| Celery, B| Cereals containing gluten, C| Crustaceans, D| Eggs, E| Fish, F| Lupin, G| Milk (including lactose), H| Molluscs, K| Mustard, L| Nuts, M| Peanuts, N| Sesame seeds, O| Soya, P| Sulphurdioxide/sulphites, V| Vegetarian VG| Vegan

All prices are in (€) and include all taxes.