

STARTERS

- CRETAN DAKOS**   €9.50
crunchy rusk, grated fresh tomato, organic olive oil, Greek feta, zataar
- V FALAFEL STARTER**  €8.00
falafel prepared the traditional way, served hot on a tortilla with harissa, tahini & salad
- V MIDDLE EASTERN DIPS**   €8.50
|Muhammara - blend of red peppers, walnuts, pomegranate molasses, lemon juice, chilli paste |**Baba ganoush** - blend of roasted aubergine, tahini, lemon juice |**Hummus** - a paste of pureed chickpeas, tahini, beetroot, lemon juice, garlic, cumin |Served with Greek Pitta
- ROASTED PRAWNS**   €11.00
prawns oven baked served with pickled pepper, walnuts, sumac, garlic, olive oil, lemon

SALADS

- VO GF GREEK**  €12.50
chopped tomatoes, cucumbers, Kalamata olives, mixed peppers, red onion, Greek feta, dressing organic olive oil, lemon, oregano
- V GF FALAFEL & TABBOULEH**  €11.50
falafels, tabbouleh - parsley, mint, tomatoes, onion, quinoa, organic olive oil, lemon juice
- HALLOUMI & ORANGE**    €12.80
toasted sesame halloumi, fresh orange, seasonal fruits, mixed leaves, orange-zest vinaigrette
- V WARM MUSHROOM & BEETROOT**  €12.00
fresh portobello & button mushrooms, sauteed with garlic, truffle, celery, beetroot & finished in a herbed lemon dressing
- VO GF QUINOA HEALTHY BOWL**    €13.20
organic quinoa, dry figs & apricots, chevre cheese, mixed peppers, almond flakes, mixed leaves & supercharged with our fruity vinaigrette
Option: replace chevre cheese with chicken fillet
- CAPRESE**  €13.20
fresh mozzarella, baby rocca, sundried and cherry tomatoes, parmesan, completed with a basil vinaigrette
- CHICKEN CAESAR**    €12.80
juicy chicken fillet, tossed romaine lettuce, dehydrated prosciutto, toasted croutons, parmesan flakes & caesar dressing
Option: replace chicken with prawns +€2.00
- CRISPY PANKO CHICKEN**    €12.80
chicken fillet coated with the chef's panko recipe, crunchy exterior with a tender succulent bite, mixed leaves, cherry tomatoes, parmesan flakes & honey-balsamic-mayo dressing
- GF SALMON & AVOCADO**  €16.00
fresh salmon, delicately baked & served with avocado mousse, sun blanched tomatoes, hand pickled fennel, mixed peppers baby rocca, organic olive oil & fresh lemon juice

PASTA & RISOTTO *select your pasta: linguine or penne premium quality de cecco, made without egg*

- V GF AVOCADO & COCONUT RISOTTO**  €12.50
avocado & coconut cream in arborio risotto, green peas, finished with roasted pistachios
- VO GF MUSHROOM RISOTTO**  €12.50
fresh mushrooms sauteed in arborio risotto, finished with our vegetable stock, white wine, garlic, butter & parmesan
Option: add chicken fillet to your risotto +€3.00
- GF SALMON RISOTTO**    €19.00
fresh salmon, fresh garlic, onions, butter, wine, cherry tomatoes, sauteed into arborio risotto
- V FOREST MUSHROOM CON PENNE**   €12.50
fresh portobello, button mushroom, beetroot, garlic, truffle oil. Mediterranean herbs & a touch of coconut cream
- VO PENNE AL PESTO**   €12.50
freshly-made basil blend, cherry tomatoes & a hint of cream to bind this beautiful dish
Option: add chicken fillet to your pasta +€3.00
- V LINGUINE ALLA POMODORO**   €10.50
fresh hand-made tomato sauce
- LINGUINE ALLA CARBONARA**   €12.50
bacon, parmesan, garlic, a hint of cream all tossed together to create this classic italian dish
- PENNE AL POLLO**   €14.00
chicken fillet strips, sauteed with garlic, mushrooms, cherry tomatoes & a hint of cream
- LINGUINE ALLA BOLOGNESE**   €13.50
made using fresh angus beef mince & tomato sauce
- LINGUINE AL SALMONE**    €17.50
fresh salmon, hand-smoked, baked & delightfully combined with cherry tomatoes & a hint of cream
- SEAPRAWN ALLA LINGUINE**    €16.00
king prawns delicately sauteed in garlic, wine, bisque sauce, cherry tomatoes & a hint of fresh cream

TOASTED SESAME HALLOUMI BITES €9.50

halloumi coated with sesame seeds, sauteed for that crispy exterior, served with sweet grape molasses

SALMON CROQUETTES €10.00

fresh salmon, potato mash, lemon zest, chives encrusted for that crisp bite and deliciously soft and fluffy inside

CRISPY PANKO CHICKEN BITES €9.00

chicken fillet strips, coated by chef's panko recipe, fried to a crisp & tender bite, served with honey-mayo sauce

GF MAMA'S CHICKEN LIVER PATE €9.50

chicken liver sauteed in butter, garlic, shallots, bacon, brandy, cream, blended smooth to spread with roasted pistachios - served with seasonal jam & rusks

MAINS

- V GF FALAFEL, QUINOA & VEGETABLES**  €13.00
authentic handmade falafels, organic quinoa, infused with a blend of beetroot, lemon & coriander, roasted vegetables, finished with a pomegranate & tahini sauce
- VEGETARIAN MOUSSAKA**   €13.00
layers of aubergine, zucchini, potato, tomato, bechamel sauce finished with grated halloumi, traditionally baked in a clay pot & served with Mixed Salad
- LEMON & THYME CHICKEN**  €14.50
chicken fillet, grilled over the charcoal & finished with fresh lemon & thyme, served with mash potato & mixed salad
- CHICKEN COMMANDARIA**   €15.20
chicken fillet cut into strips & slowly caramelised in commandaria wine & mushrooms, served with mash potato & roasted vegetables
- GF PORK MEDALLIONS**   €16.50
pork fillet marinated in Moroccan spices & slow smoked cooked, to a delicate & juicy finish, served with mash potato & roasted vegetables
- GF SOUTZOUKAKIA**  €16.00
traditional greek meatballs, using delicious fresh quality prime beef mince, packed with mediterranean flavours & a hint of eastern cumin, covered in rich tomato sauce, served with rice & mixed salad
- PORK SOUVLAKI**   €13.50
prime selected cuts of pork cubed & grilled over charcoal, served with pitta, potato fries, mixed salad & tzatziki
- GF ULTIMATE PORK CHOP**  €18.50
farm selected pork chop, grilled over charcoal till tender & juicy, served with side bbq sauce, potato fries & mixed salad
- GF DUCK A L'ORANGE & POMEGRANATE**  €26.00
duck breast, pan seared & finished with a pomegranate & orange sauce, served with braised cabbage & mash potato
- GF PRAWN SAGANAKI**   €18.50
jumbo prawns flambéed in ouzo, garlic, onion, mixed peppers, rich tomato sauce & topped with Greek feta, served with rice & mixed salad
- GF FRESH SALMON**  €25.00
fresh salmon, delicately pan seared & finished in the oven, accompanied with a side parsley & coconut cream sauce, served with rice & mixed salad
- GF FRESH SEA BASS**  €25.00
fresh filleted local sea bass, oven baked for that delicate finish & lightly drizzled with olive oil & lemon, served with tabbouleh





SANDWICHES & BURGERS

All sandwiches are accompanied with fresh potato fries and mixed salad







OPEN SANDWICH - Open Sandwich served on Ciabatta €11.00

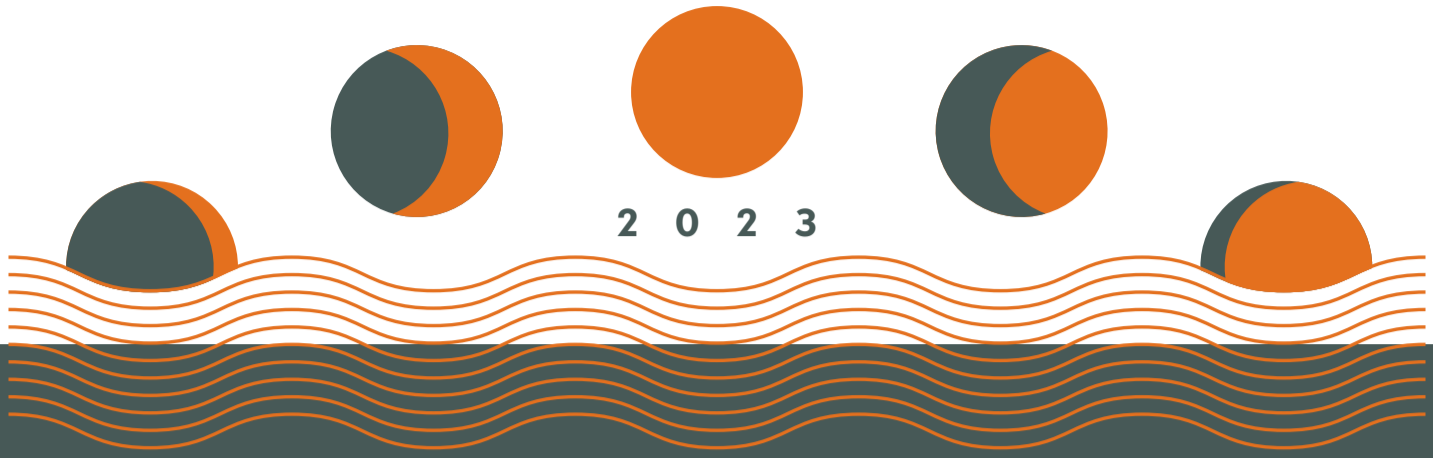
- i** | Mushroom Ciabatta   €11.00
portobello & button mushrooms, garlic, truffle, celery, beetroot, herbed lemon & feta
- ii** | Muhammara Ciabatta   €11.00
blend of roasted peppers, walnuts, pomegranate molasses, mixed leaves & feta
- iii** | Mozzarella Ciabatta   €11.50
mozzarella, pesto, sun dried tomatoes, baby rucola & truffle oil

INTORTILLA WRAPS

- i** | Chicken Wrap   €11.00
grilled chicken fillet, cheddar cheese, tomato, lettuce, ousia dressing
- V ii** | Falafel Wrap   €11.00
fluffy falafel with tomato, gherkin, lettuce, tahini, harissa

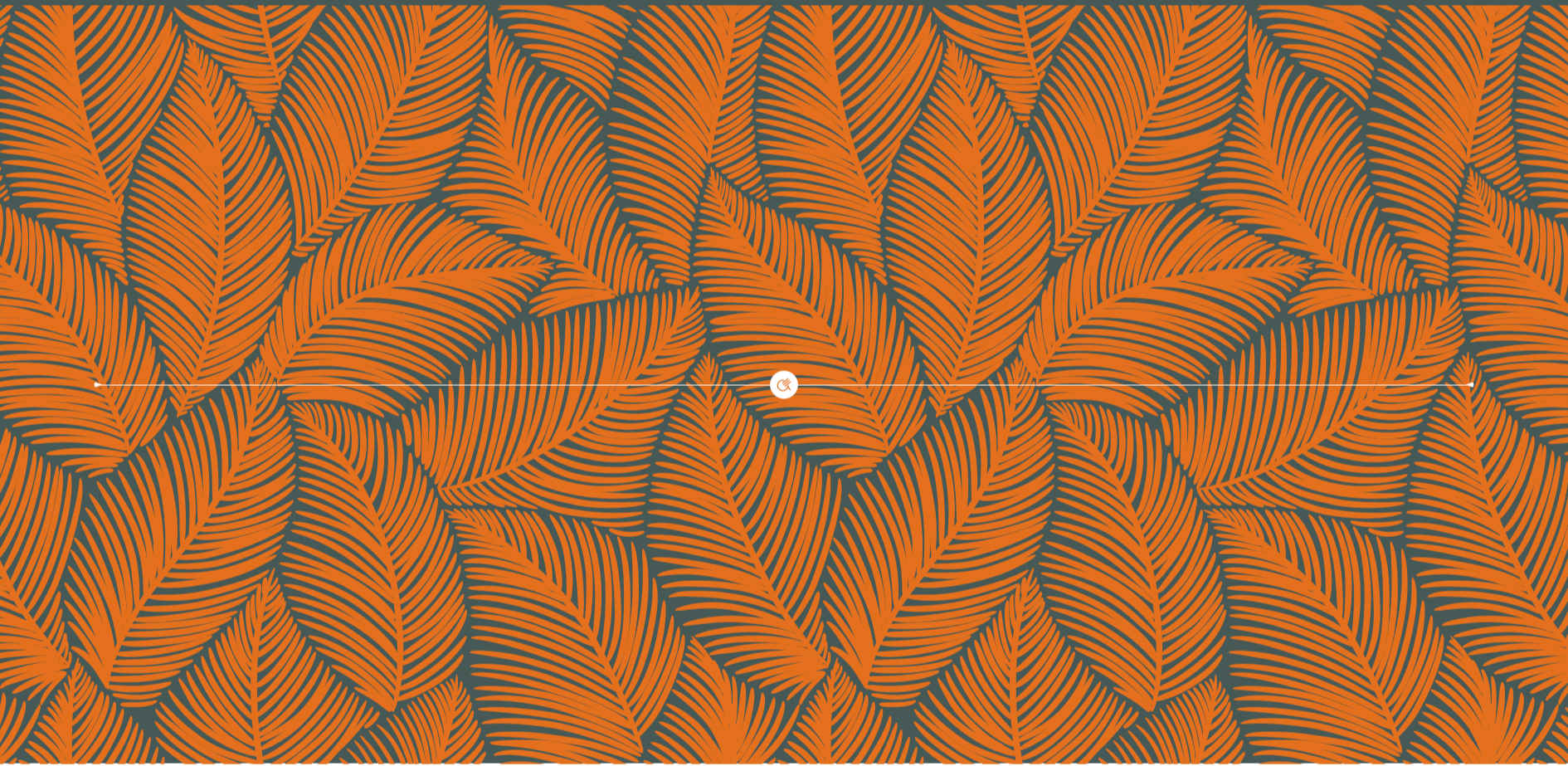
ARTISAN BRIOCHE BUN

- i** | Chicken Panko Burger    €12.80
chicken fillet, encrusted with panko bread crumbs, served in a brioche bun with the chef's sauce, cheddar cheese, tomato, gherkin, lettuce
- ii** | Ousia Beef Burger    €15.50
100% fresh prime angus beef, individually hand-prepared & grilled over the charcoal, topped with cheddar cheese, bacon & caremalised onions



OYSIA

A L A C A R T E



DESSERTS

- GF** **LEBANESE MAHALEPI** #OnlyAtOusia €6.00
 light creamy panacotta with masticha, vanilla essence, crushed pistachios - light, creamy & simply irresistible!
- ANAROFILO** #OnlyAtOusia €6.00
 thin, crunchy filo pastry, layered with anari, crushed walnuts, cinnamon & honey - airy, crispy, flaky and decadent!
- LAVA CAKE** (baking time 12 minutes) €6.00
 chocolate souffle, made with luxury dark chocolate & served with vanilla ice cream - light, fluffy and oooh so shockingly chocolatey
- GREEK CARAMELISED CHEESECAKE** €6.00
 Greek yoghurt, cream cheese, eggs, lime zest, vanilla sugar - light, soft & silky, souffle like with a golden-brown top, served with a cherry compote

SIDE DISHES

- V** **POTATO FRIES** - freshly cut €3.50
- V GF** **BASMATI RICE** €3.50
- GF** **HANDMADE MASH POTATO** €3.50
- V GF** **QUINOA** €3.50
 quinoa, dressed in a blend of beetroot, lemon, coriander
- V GF** **TABBOULEH** €3.50
 freshly chopped parsley, mint, tomato, onion, quinoa, organic olive oil, lemon juice
- V GF** **ROASTED VEGETABLES** €3.50
 mushroom, zucchini, sweet potato, mixed peppers
- V GF** **MIXED SALAD** €3.50
 mixed leaves, vine tomato, mixed peppers, organic olive oil, lemon
- GF** **GREEK SALAD** €5.00
 tomato, cucumber, mixed pepper, olives, red onion, feta, organic olive oil, lemon



If you have a food allergy or an intolerance to any of the items above, please speak to a member of staff.

V Vegan
 VO Vegan Option
 GF Gluten Free
 GFO Gluten Free Options

Certified, organic ingredients by M.I. All Organic Market **ALL ORGANIC**