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Ancient Greeks fell in love with their land, the blue Sea and the warmth of the Sun that provided them with food all year round. To show their gratitude, they developed myths and told stories of a female deity called GAIA, the mother of all life.

Greeks believe that good company makes a meal taste even better. The magic of their cooking combines ingredients, memories, new ideas and the warm feeling of sitting around a table. Sharing food is considered a therapeutic time of day where families can maintain their values and rituals giving them an opportunity to talk and reflect.

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## ALIFES / SPREADS

**Taramosalata 12**  
*Smoked cod roe, lemon zest,  
koulouri bread (V)*

**Fava 10**  
*Fava beans, lemon juice  
and olive oil*

**Melitzanosalata 12**  
*Smoked aubergine,  
tahina, sourdough (V)*

**Tzatziki 12**  
*Greek yogurt, garlic,  
cucumber, olive oil,  
dill, Pita (V)*

## CHAVIÁRI / CAVIAR SELECTION

*Bellinis, egg, shallots, crème fraîche, cucumber*

**Caviar Oscietra 350**  
*125 gr*

**Caviar Oscietra 150**  
*50 gr*

**Caviar Beluga 340**  
*50 gr*

## OMA / RAW

**Tonos me Troufa / Tuna with Truffle 32**  
*Lightly smoked tuna carpaccio,  
black truffle dressing*

**Tonos kai Haviari / Tuna Caviar 48**  
*Bluefin Tuna, shallot, caviar and olive cracker*

**Fagri / Red Pagree Ceviche 24**  
*Red pagree ceviche, pear, confit tomatoes*

**Stridia / Oysters Market Price Per Piece**  
*Varieties from fish market*

**Tsipoura / Sea Bream Carpaccio 44**  
*Whole sea bream carpaccio*

**Poikilia me Oma / Selection of Raw 150**  
*Sea bream carpaccio, light smoke tuna, red pagree  
ceviche and tuna caviar*

## MEZEDES / STARTERS

**Psarosoupa / GAIA Fish Soup 19**  
*Celery, carrots and potatoes*

**Dolmadakia / Stuffed Vine Leaves 16**  
*Stuffed vine leaves with rice, herbs and yogurt*

**Tiganito Kolokithi / Zucchini Tempura 18**  
*Zucchini tempura with tzatziki and tomato sauce*

**Varelisia Feta Psiti / Baked Feta Cheese 19**  
*Barrel aged feta, baked with honey and nuts (V)*

**Tyropita Me Troufa  
Truffle Cheese Pie 34**  
*Ksinomitzithra, graviera cheese anthotyros, goat  
cheese and black truffle (V)*

**Spanakopita / Spinach Pie 17**  
*Spinach, feta cheese and galotyri pie (V)*

**Tiganito Kalamari / Fried Calamari 20**  
*Fried baby calamari, sweet peppers  
and spiced emulsion*

## SALATES / SALADS

**Choriatiki Salata / Greek Salad 28**  
*Mountain tomatoes, barrel aged feta and homemade  
pickled olives (V)*

**Kounoupidi Salata / Cauliflower Salad 20**  
*Cauliflower, avocado, goat cheese,  
caramelized walnuts and citrus dressing (V)*

**Astakosalata / Lobster Salad 36**  
*Lobster, baby gem, asparagus, red onion  
and light mayo dressing*

**Antidosalata / Endives Salad 20**  
*Pear, potato, graviera cheese, goat cheese (V)*

**Salata Kolokithi / Zucchini Salad 18**  
*Mint, pistachio and tyrokafteri (V)*

**Chtapodi Sti Schara / Grilled Octopus 38**  
*Grilled octopus with fava puree*

**Garides Saganaki / Prawns Saganaki 30**  
*Add Cheese (Eriki) 5*  
*Prawns, tomato sauce, garlic and basil*

**Mousakas / Moussaka 24**  
*Grilled aubergine, minced beef, potato, bechamel,  
nutmeg and graviera cheese*

**Keftedakia / Greek Style Meatballs 24**  
*Beef kofta with mint, tomato sauce and yogurt*

**Garides Ston Ksilofourno  
Wood Oven Prawns 30**  
*Rosemary, harissa, lemon juice, chili, olive oil*

Please always inform your server of any allergies or intolerances before placing your order.

Detailed information on the fourteen legal allergens is available on request.

Prices are in GBP inclusive of VAT

A discretionary service charge of 15 % will be added to the bill

## FROM THE SEA

*Our Chefs will recommend the appropriate cooking technique to suit the unique quality of each fish. Our selection of whole fish are sold by the kilo at market price.*

### **Raw**

*Fish of your choice thinly sliced*

### **Soup**

*Fish of your choice*

### **Grilled**

*Simply grilled in the charcoal oven with lemon oil*

### **Baked Ala Speciota**

*With spiced tomato and Greek herbs*

### **Salt Crust**

*Steamed in salt crust with sage and orange zest*

### **Pan Fried**

*Lemon juice, dill, capers and dry tomatoes*

## KIRIOS PIATA | MAINS

### **Astakomakaronada / Lobster Pasta 68**

*Lobster linguini with cherry tomato sauce*

### **Kritharaki / Orzo Seafood Pasta 39**

*Kritharaki pasta, calamari, prawns, and clams with red sauce*

### **Rigatoni me Mavri Troufa Black Truffle Pasta 50**

*Rigatoni pasta with cream sauce and winter truffle (V)*

### **Gemista / Stuffed Vegetables 32**

*With rice herbs and feta cheese (V)*

### **Kotopoulo Sta Karvouna Whole Grilled Chicken 130**

*Fried bread, Mavrodafni sauce, winter truffle and plevrotous mushrooms*

### **Psito Kotopoulo / Roasted Chicken 42**

*Half Corn and olive fed chicken, lemon and Marjoram marinade*

### **Paidakia Arnisia / Lamb Cutlets 48**

*350gr lamb cutlets, pita bread and tzatziki*

### **Spalomprizola / Rib Eye 95**

*400gr Wagyu 6-7+ grilled rib eye*

### **350g Katsikaki / Baby Goat 68**

*Slow cooked Baby goat in our wood oven with Basmati rice*

### **Gaia Bifteki / Gaia Beef Patty 42**

*Beef patty, tomato sauce, tyrokafteri and pistachio*

### **Spalombrizola / T-Bone Steak 230**

*Dry aged 36 days, steak fries, pickles and oxtail sauce*

## SIDES

### **Vrastes Patates / Boiled Potato 12**

*Boiled potato, olive oil, sea salt and capers (V)*

### **Patates Tiganites / French Fries 12**

*Homemade fries with oregano (V)*

### **Rizi / Basmati Rice 10**

*Olive oil, garlic, chives and sumac*

### **Patates me Troufa / Truffle Potatoes 20**

*Grilled potatoes, fresh cheese and black truffle (V)*

### **Mpriam / Baked Vegetables 12**

*Cherry tomato sauce and basil (V)*

### **Brokolo / Broccoli 12**

*Chili, garlic and lemon oil (V)*

### **Agria Horta Epoxies**

### **Seasonal Wild Greens 12**

*Olive oil, lemon juice and sea salt (V)*

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