

# ammos

beach bar

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Ammos

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Coffee & Soft Drinks

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Juices & Beverages

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Beers & Wines

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Cocktails & Spirits

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Brunch & Salads

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Sandwiches & Bites

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Pizzas & Burgers & Desserts

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# ammos

beach bar

A bar by

**PARGA BEACH**  
RESORT

H = Healthy  
V = Vegetarian  
N= May contain dry Nuts

Ask for the gluten free menu.  
In collaboration with "Action for Celieac Disease" association.

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## Ammos

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## Hot Coffee

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Filter Coffee

Espresso single / double

Cappuccino single / double

Americano

Latte

Nescafe instant Coffee

Greek Coffee single / double

## Soft Drinks

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Coca cola  
Regular / Light / Zero

Orangeade

Lemonade

Soda Water

Iced Tea  
Lemon / Peach / Green

## Iced Coffee

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Freddo Espresso

Freddo Cappuccino

Frappe

Frappe with ice-cream

Frappe with Baileys

## Water

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Natural Mineral Water 500ml / 1lt

Sparkling Mineral Water 330ml / 750ml

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## Coffee & Soft Drinks

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## Juices & Beverages

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## Beers & Wines

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## Cocktails & Spirits

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## Brunch & Salads

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## Sandwiches & Bites

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## Pizzas & Burgers & Desserts

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## Smoothies

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### Strawberry Split

Strawberry, Banana, Cherry

### Pineapple Sunrise

Papaya, Mango, Pineapple

### Raspberry Passion

Raspberry, Myrtle, Banana

### Kiwi Cooler

Melon, Mango, Pineapple, Kiwi

### Tropi Colada

Banana, Coconut, Pineapple

Fruit salad <sup>H V</sup>

## Hot Beverages

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Tea

Hot Chocolate

## Juice Bar:

### Fresh fruit and vegetable juices

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Orange Juice <sup>H</sup>

Green Goddess Juice <sup>H</sup>

Celery, cucumber, green apple, pear

Ginger Zinger Juice <sup>H</sup>

Apple, carrot, fresh ginger, lemon

Immune Booster Juice <sup>H</sup>

Orange, lemon, apple, fresh ginger

## Juices

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Orange, Peach, Mixed, Pineapple,  
Apple, Cherry, Grapefruit

## Cold Beverages

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Water ice

Strawberry, lemon

Milkshake

Chocolate, Strawberry, Vanilla, Banana, Peanut, Mixed

Cold Chocolate

Plain, hazelnut syrup, caramel or strawberry

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## Juices & Beverages

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## Sandwiches & Bites

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## Pizzas & Burgers & Desserts

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## Beers

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Draught Mythos small / large

Draught Fix small / large

Heineken

Amstel

Fix

Kaiser

Stella Artois

Amstel Radler

Corona

Erdinger

Ionian Pilsner

Ionian Real Ale Special

### Greek cheeses platter <sup>V N</sup>

Cretan xinomitzithra, skotiri from Ios, graviera from Epirus, SanMihali from Siros and Omiros trilogy from Ios

## Non-Alcoholic Beers

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Amstel Free

Buckler

## Gluten free Beers

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Estrella Daura

## Wines by the glass

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*Ask for the full Wine List*

White Semeli Oreinos Helios

Moschofilero, Sauvignon Blanc

White Avantis Estate

Viognier, Assyrtiko

Bianca Nera, Prosecco, Spumante DOC

Rose Semeli Oreinos Helios

Agiorgitiko

Red Semeli Oreinos Helios

Agiorgitiko, Syrah

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## Cocktails

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### Prosecco Cocktails

**Spritz**  
Prosecco, Aperol, Soda water

**Mimosa**  
Orange juice, Prosecco

### Gin Cocktails

**Martini**  
Dry vermouth, Gin

**Bramble**  
Gin, Lime, crème de mûre

### Vodka Cocktails

**Sea Breeze**  
Vodka, Cranberry, Grapefruit

**Espresso Martini**  
Vodka, Kahlua, Bailey's, Espresso

**Moscow Mule**  
Vodka, Lime, Ginger Beer

### Rum Cocktails

**Mojito**  
Rum, Mint, Soda Water, Lime juice, Sugar

**Pina Colada**  
Pineapple juice, White rum, Coconut cream

**Daiquiri**  
Rum, syrup, Lime juice

**Rum Fashioned**  
Aged Rum, Angostura Bitters

### Tequila Cocktails

**Margarita**  
Tequila, Lime juice, Cointreau

### Whiskey Cocktails

**Old Fashioned**  
Bourbon, bitters, Sugar

## Spirits

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50ml, can be served mixed  
with complimentary soft drink

### Gin

Empire  
Bombay  
Tanqueray 10

### Vodka

Serkova  
Ketel One  
Absolute Elyx  
Belvedere

### Rum

Bacardi C.Blanca  
Bacardi Anejo Quatro  
Bacardi Res Super 8 Y.O.

### Tequila

Sauza Blanco  
Sauza Reposado

### Whiskey

Ballantines  
Jameson  
Chivas Regal 12 Y.O.  
Talisker Malt 10 Y.O.

## Greek Spirits

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Ouzo Idoniko  
50ml / 200ml

Tsipouro Idoniko,  
Diafano  
50ml / 200ml

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## Cocktails & Spirits

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## Brunch

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### Eggs Benedict

Crispy bread, bacon, poached eggs,  
Hollandaise sauce, baby spinach, cherry tomatoes

### Croque madam

Roasted sandwich with ham, Gruyere cheese,  
parmesan, fried egg, bechamel sauce & summer salad  
with cranberries

### Greek omelet

Olives, feta cheese, tomato, green onions and yogurt

### Fried eggs

Fried eggs in butter,crispy bread, bacon, French fries

### French toast <sup>N</sup>

With cream anglaise and forest fruits sauce

### Pancakes <sup>N</sup>

with forest fruits, bitter chocolate and patissiere cream

## Salads

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### Greek <sup>HVN</sup>

Tomato, cucumber, onions, pepper, Calamata's olives,  
caper, Salonica's bagel croutons, feta mousse  
and oregano olive oil

### Caprese <sup>HVN</sup>

Cherry tomatoes, Kerkini's buffalo mozzarella,  
Salonica's bagel crouton and slightly basil pesto dressing

### Spinach salad <sup>HV</sup>

Roasted baby beetroot, apple, Domoko's katiki cheese  
and slightly citrus dressing

### Summer salad <sup>HVN</sup>

Mesclun salad, avocado, cranberries, Cretan  
xinomitzithra cheese and slightly dressing  
from balsamic vinegar and honey

### Kinoa <sup>H</sup>

Cherry tomatoes, cucumber, fresh herbs,  
smoked salmon fillet and manouri cream cheese

### Tuna salad <sup>H</sup>

Mesclun salad with fresh tuna fillet, Cyprian pita bread,  
fresh onion, cherry tomatoes, baby cucumber  
and slightly lime dressing

### Cesar <sup>N</sup>

Iceberg, chicken fillet, crispy bacon, cherry tomato,  
croutons, cashew nuts, parmesan flakes, mustard sauce

\*All salads are made with fresh ingredients and local products.  
Extra virgin olive oil is the only oil used.

\*\* All salads can be prepared as a vegan choice by removing  
meat, cheese and seafood.

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## Brunch & Salads

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## Sandwiches & Bites

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## Pizzas & Burgers & Desserts

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## Toast

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Ham & cheese <sup>N</sup>

Goat cheese & avocado cream <sup>H V N</sup>

Whole bread toast <sup>H N</sup>

with turkey, tomato, lettuce & cream cheese Philadelphia

## Club Sandwich

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Classic club sandwich

Ham, cheese, lettuce, tomato, bacon, mayonnaise,  
French fries & mustard sauce

Chicken club sandwich

Chicken fillet, iceberg, tomato, parmesan, bacon,  
mayonnaise, French fries & mustard sauce

## Sandwich

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Greek <sup>N</sup>

Tomato, feta cheese, salami & pepper pesto

Falafel

Arabian pie with coleslaw salad

Chicken ciapatta

chicken fillet, parmesan flakes, iceberg, ceasar sauce

Open face sandwich with salmon <sup>N</sup>

Whole bread, anthotiros cheese cream, baby spinach,  
avocado & smoked salmon

Bao bun <sup>N</sup>

bao bun bread with pork belly, pickles, chili sauce,  
spinach, cherry tomatoes & grated graviera cheese

Italian

Open face sandwich with mozzarella cream,  
cherry tomatoes, prosciutto & basil olive oi

## Bites

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Bacon & cheddar potatoes <sup>N</sup>

French fries with chopped bacon and melted cheddar  
\*You can order without bacon and cheese

Mushroom 'Gyros' <sup>V</sup>

Grilled mushrooms with fresh herbs, Cyprian pita bread,  
French fries, taboule kinoa salad and honey-mustard sauce

Chicken bites <sup>N</sup>

spicy chicken bites with bbq sauce,  
Cyprian pita bread & French fries

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## Sandwiches & Bites

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## Pizzas & Burgers & Desserts

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## Pizza

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### Margarita <sup>V</sup>

cherry tomatoes, mozzarella, basil

### Greek

onions, olives, peppers, cherry tomatoes & feta cheese

### 'Tartufo' & 'salumi'

pleurotus, portobello, porcini, bacon, prosciutto, cherry tomatoes, rocket and truffle olive oil

### Kimolo's Ladenia

Fluffy dough, onion, pepper, cherry tomatoes, minced meta, graviera cheese

### Greek Peinerli

Cretan apaki ham, egg, Metsovone cheese, cherry tomatoes, rocket, porcini

\*Pizza dough is 300 gr

## Burgers

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### Classic cheese <sup>N</sup>

Ketchup, mustard, pickle sauce & double cheddar

### Food porn <sup>N</sup>

Tartar sauce, bacon, cheddar, fried egg, iceberg, tomato, caramelized onions, grilled mushrooms

### Chilly <sup>N</sup>

guacamole, harissa sauce, iceberg, tomato, double cheddar

### King Burger <sup>N</sup>

double patty, double bacon, double cheddar, iceberg, tomato

### Veggie Burger <sup>V</sup>

vegetable patty, avocado cream, tomato, iceberg, grilled mushrooms

\* 170 gr burger

\*\*\*All burgers are served with French fries and sauce of your choice (mustard, bbq, harissa)

## Dessert

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### Coconut panacotta <sup>V</sup>

mango-passion fruit-pineapple

### Yogurt with 'caviar' <sup>V N</sup>

blackberry pearls, raspberry and almond touille

### Fruit salad <sup>V</sup>

with seasonal fresh fruits

### Ravani with namelaka <sup>N</sup>

Traditional syrup sweet with white chocolate 'namelaka' and 'masticha' ice cream

### Profiterole <sup>N</sup>

stuffed choux with patissiere cream, vanilla ice cream and bitter chocolate sauce

### Cheesecake <sup>V N</sup>

Crispy biscuit base, cheese cream, forest fruits sauce

### Galaktoboureko <sup>V N</sup>

Crispy crust phyllo in mint-lime syrup, semolina cream flavoured with 'curcuma' and 'salepi' ice cream

If you have any kind of allergy, please inform your waiter. Prices include V.A.T., city tax and other charges.

The store is required to have printed documents in a special case next to the exit for complaining.

The consumer has no obligation to pay if legal document not given (receipt- invoice).

Person responsible upon market inspection: Roi Ioannou