

# ammos

## beach bar

V = Vegetarian | G = Gluten  
L = Lactose | VEGAN | N=Nuts

### FOOD ALLERGENS

Crustacean (shellfish) like crab, shrimp, prawn  
Molluscan shellfish - Cereals with gluten rye  
Egg - Milk - Peanuts - Dry nuts  
Celery - Mustard  
Sulphur dioxide and sulfites  
Soya - Fish - Sesame - Lupin

Please inform us of any allergies

## Coffee & Soft Drinks

### Hot Coffee

- Espresso single / double
- Cappuccino single / double
- Americano
- Latte
- Flat White
- Filter Coffee
- Greek Coffee single / double

### Iced Coffee

- Freddo Espresso
- Freddo Cappuccino
- Freddo Espresso Tonic
- Φρανέ

### Soft Drinks

- Coca cola  
Regular / Light / Zero
- Orangeade
- Lemonade
- Soda Water
- Iced Tea  
Lemon / Peach / Green

### Water

- Natural Mineral Water 500ml / 1lt
- Sparkling Mineral Water 330ml / 750ml

## Juices & Beverages

### Hot Beverages

Tea

### Smoothies & Milkshake

- Pina Colada  
Pineapple, banana, dried coconut  
& coconut milk
- Yoghurt & Honey <sup>G-L-N</sup>  
Strained yogurt, mastiha, honey,  
oats, nuts
- Milkshake <sup>L</sup>  
Frozen milk with ice cream of your choice:  
Chockolate, Strawberry, Vanilla, Banana, Peanut, Mixed

### Juice Bar: Fresh fruit and vegetable juices

- Orange Juice
- Apple, pear, banana, strawberry
- Immune Booster  
Orange, carrot, fresh ginger,  
mint (detox drink)
- Floral Garden  
Kale, pineapple, green apple, cucumber,  
fresh ginger, mountain tea, lemon verbena espuma
- Green Detox  
Kiwi, green apple, lemon,  
parsley and coriander leaves

### Juices

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

## Beers & Wine

### Beers

- Draught Mythos small / large
- Draught Fix small / large
- Heineken
- Stella Artois
- Corona
- Erdinger
- Ionian Pilsner

### Non-Alcoholic Beers

Amstel Free

### Wines by the Glass

Ask for the full Wine List

- White Semeli Oreinos Helios  
Moschofilero, Sauvignon Blanc
- White Avantis Estate  
Viognier, Assyrtiko
- Prosecco Bianca Nera, Spumante DOC
- Rose Semeli Oreinos Helios  
Agiorgitiko
- Red Semeli Oreinos Helios  
Agiorgitiko, Syrah

## Cocktails

### New & Modern Classics

- Aperol Spritz  
Aperol, Prosecco, Soda
- Aperol Spritz "The Mediterranean"  
Aperol, orange-bergamot vinegar,  
3 Cents pink grapefruit soda

## The Gin & Tonic

Beefeater Gin, fresh basil, grapefruit, red sweet pepper, schweppes Indian tonic

## Negroni

Beefeater Gin, Campari, handcrafted red sweet Vermouth (sous vide with herbs & spices)

## Zombie

Havana Club 7 Años Rum, Falernum pineapple & exotic fruits, lime sugar infused spiced flavor, orange, smoked ingredients flavor

## Mai Tai

Havana Club 3 Años, Falernum, handcrafted roses orgeat, angostura bitter, lime

## Classics

### Mojito

Havana Club 3 Años, lime, mint, sugar

### Caipirinha

Janeiro Cashaca, 2 barspoon sugar, lime

### Original Daiquiri

Havana Club 3 Años, lime juice, caster sugar

### Strawberry Daiquiri

Havana Club 3 Años, strawberry, 1 barspoon sugar, juice of half a lime

### Long Island Iced Tea

Havana Club 3 Años, Olmeca Altos Plata Tequila, Beefeater Dry Gin, Absolut Vodka, Eoliki Triple Sec, lime, cola

### Martini Cocktail

Beafeater 24 Dry Gin, teaspoon Noilly Prat dry Vermouth, olive

### Tommy's Margarita

Olmeca Altos Reposado Tequila, agave, lime

### Paloma

Olmeca Altos Reposado Tequila, grapefruit, agave, lime, 3 Cents grapefruit soda

## Cocktails without Alcohol

### The Exotic Sensation

Passion fruit, pineapple, ginger, lime orange koum kouat vinegar, lemon

### The Floral Garden

Fresh mint, bitter lemon, ginger, mountain tea, louiza

## Snacks

### Fruits & Yoghurt

#### Seasonal fruit assortment <sup>V-VEGAN</sup>

#### Greek yoghurt with fruit <sup>L-N</sup>

#### Greek yoghurt with superfood and thyme honey <sup>L-N</sup>

### Salads

#### Greek salad <sup>G-L</sup>

with Cretan rusks, tomato, cucumber, peppers, Kalamata olives, onion, caper leaves, and feta cheese from Amfilohia

#### Caesar salad <sup>G-L</sup>

with lettuce, iceberg lettuce, parmesan, bacon, marinated bread croutons & the original Caesar's dressing\*  
\*you can also order it with roast chicken (+ 2,50)

#### Quinoa bowl <sup>L-N</sup>

with multicolored quinoa, vegetables brunoise, super foods & cream cheese with framboise

### Sandwiches

*Served with a side of mixed greens or French fries*

#### Toasted sandwich <sup>G-L</sup>

with Edam cheese and smoked turkey or smoked ham\*  
\*served on wheat, whole wheat, or gluten-free bread

#### Vegetables Tortilla wrap <sup>G-L-V-N</sup>

with roasted vegetables marinated in basil pesto sauce & cream cheese with sun-dried tomatoes  
\*you can also order it with roast chicken (+ 1,50)

#### Salmon Tortilla wrap <sup>G-L</sup>

with smoked salmon and marinated rocket & cucumber salad with mustard dill sauce

#### Country-style baguette <sup>G-L</sup>

with Amfilohia cheese, tomato, Kalamata olives and fresh oregano

#### Club Sandwich <sup>G-L</sup>

with smoked turkey, cheddar cheese, bacon, mayonnaise, iceberg lettuce & tomato

#### Chicken Club Sandwich <sup>G-L</sup>

with BBQ chicken, bacon, cheddar cheese, fried egg, mayonnaise, iceberg lettuce & tomato

## Pizza Bar

### Pizza Margherita <sup>G-L-V</sup>

with original tomato sauce & mozzarella

### Pizza Villaggio <sup>G-L-V</sup>

with onion, olives, tomato green peppers & feta cheese  
\*you can also order it with country-style sausage <sup>G-L</sup> (+ 1,50)

### Pizza Prosciutto <sup>G-L</sup>

with original tomato sauce, prosciutto, rocket & parmesan

## Burger

### Beef burger <sup>G-L</sup>

on brioche, with cheddar cheese, 160gr beef patty, iceberg lettuce, tomato, bacon, pickled cucumber, egg and mayonnaise\*  
\*served with mixed greens or French fries

### Chicken burger <sup>G-L</sup>

on brioche, with graviera cheese from Amfilohia, grilled chicken fillet, iceberg lettuce, sun-dried tomato pesto and caramelized onions\*  
\*served with mixed greens or French fries

## Pasta

### Spaghetti

with fresh cherry tomatoes <sup>G-L-V</sup>  
basil and grated graviera cheese from Amfilohia

### Classic Spaghetti Bolognese <sup>G</sup>

### Penne ala Carbonara <sup>G-L</sup>

with parmesan cream sauce & bacon

\*we can substitute gluten-free pasta on all pasta dishes

## Dessert

### Chocolate pie with vanilla ice cream <sup>G-L</sup>

### Cheesecake with Greek Anthotyro cheese with our own recipe <sup>G-L</sup>

### Ice Cream <sup>L</sup>

Chocolate / Strawberry / Vanilla / Banana / Pistachio