

THE TRADITIONAL GREEK FEAST

SUGGESTED TASTING MENU

sharing and tasting so many flavours and textures

COLD MEZZE

SKORDALIA ^V ^N

a smooth dip of roast garlic, potatoes, olive oil and almonds

GREEK HOUMOUS ^{SE} ^V

garnished with parsley and smoked paprika

FAVA ^S ^V

yellow split peas, red onion, garlic, olive oil, cumin and paprika go into this delicious dip

HOT MEZZE

TIROPITAKIA ^E ^C ^M ^{SE}

small filo pies with a feta cheese, sheep's ricotta and dill filling

KOLOKITHOKEFTEDES ^V ^M ^C ^E

tasty fritters made from zucchini, red onion, feta cheese and fresh herbs

MAIN COURSE

CHAR GRILLED PORK NECK

marinated in fresh tomato, onion, garlic, oregano, and parsley

CHICKEN SOUVLAKI ^C ^M ^{MD}

charcoal grilled chicken thighs marinated with a spiced yoghurt, dill, parsley and smoked paprika

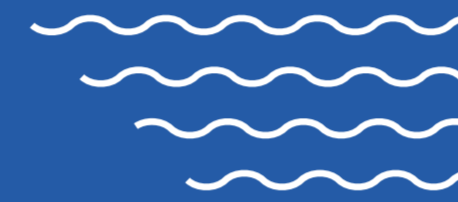
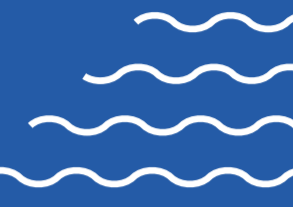
POTATO FRIES ^C ^V

DESSERT

TAHINI ICE-CREAM ^E ^M ^C ^N ^{SE}

€29.90 per person

Minimum for 2 persons



MANAKIS
GREEK TAVERNA



FOOD MENU



SPINOLA BAY | ST. JULIANS
ISLETS PROMENADE | BUGIBBA

DIPS & OLIVES

TZATZIKI ^(V)^(M)

greek yoghurt flavoured with fresh mint, pickled cucumber and herb oil

€5.95

GREEK HOUMOUS ^(V)^(SE)

garnished with parsley and smoked paprika

€5.50

TARAMOSALATA ^(F)^(C)

a thick smooth dip made from cured cod roe, olive oil, lemon juice and bread

€5.95

FAVA ^(S)^(V)

yellow split peas, red onion, garlic, olive oil, cumin and paprika go into this delicious dip

€5.50

SKORDALIA ^(V)^(N)

a smooth dip of roast garlic, potatoes, olive oil and almonds

€5.50

TRIO OF DIPS

choose three dips from the above

€15.00

CHARCOALED KALAMATA OLIVES ^(V)

wrapped in foil and cooked over hot coal

€5.50

SALADS & SIDES

GREEK SALAD ^(V)^(M)

cucumber, Kalamata olives, tomatoes, capers, green peppers, onions, feta cheese and oregano

€12.95

GREEK SIDE SALAD ^(V)^(M)

cucumber, Kalamata olives, tomatoes, capers, green peppers, onions, feta cheese and oregano

€5.95

MANOURI CHEESE SALAD ^(M)^(V)

crumbled Manouri cheese with spring onions, oranges, red bell peppers, tomatoes, Kalamata olives, capers, and fresh herbs

Kcal 387 | Protein 17g | Fat 26.8g | Carbs 19.6g

€9.95

MANAKIS SIDE SALAD ^(V)^(MD)

salad leaves, cherry tomatoes, pomegranate, carob syrup vinaigrette

€4.50

POTATO FRIES ^(C)^(V)

sprinkled with wild Greek mountain oregano

€4.50

PATATOSALÁTA ^(V)^(M)

warm potato salad with spinach, feta cheese and lemon

€4.50

MEZEDES & STARTERS

starter dishes, ideally to share

SPARÁNGI ^(V)

grilled asparagus with a paste made of kalamata olives, sun dried tomatoes, dill, olive oil, and lemon

Kcal 196 | Protein 1.5g | Fat 20g | Carbs 4.1g

€6.50

SPANAKORIZO ^(M)^(V)

spinach and lemon rice with dill, spring onions and barrel aged feta cheese

Kcal 411 | Protein 10g | Fat 28.9g | Carbs 27.4g

€6.95

KOLOKITHOKEFTEDES ^(V)^(M)^(C)^(E)

tasty fritters made from zucchini, red onion, feta cheese and fresh herbs

€7.95

TOMATOKEFTEDES ^(V)^(M)^(C)^(E)

tomatoes, red onion, feta cheese and fresh herbs fritters

€7.95

GRILLED HALLOUMI CHEESE ^(M)^(V)

with pickled fennel and a pomegranate dressing

€7.95

CRISPY FETA CHEESE ^(V)^(M)^(C)^(E)^(SE)

battered fried feta cheese drizzled with honey and sprinkled with sesame seeds

€7.95

SAGANAKI FLAMBÉ ^(M)^(V)

'cheese on fire' - feta cheese served in the cooking pan, flavoured with oregano and flamed with Greek Metaxa

€8.80

TIROPITAKIA ^(M)^(C)^(E)^(SE)

small filo pies with a feta cheese, sheep's ricotta and dill filling

€8.50

AROMATIC SPICED LAMB SOUVLAKI ^(SE)^(C)

charcoal grilled marinated lamb with warm houmous (served off the skewer)

€14.50

LAMB KEFTEDES ^(M)^(C)^(E)

lamb meatballs served with yoghurt and tomato sauce flavoured with smoked paprika

€9.90

SHEFTALIES ^(C)

grilled Cypriot pork sausages

€8.90

TIGANITO KALAMÁRI ^(F)^(C)^(E)^(MD)^(MS)

deep fried crispy calamari served with a preserved lemon mayo

€19.95

GEMISTÓ KALAMÁRI ^(F)^(C)^(S)^(M)^(MS)

calamari filled with a breadcrumb-based stuffing mixed with cherry tomato, onion, garlic, olive oil, ouzo, lemon juice and fresh herbs

€6.95

MAIN COURSES

KOUNOUPIDI ME PATATES KAMPAMAS ^(M)^(V)

cauliflower stew with potatoes, red onions, garlic, feta cheese, tomatoes, and oregano

Kcal 433 | Protein 18.9g | Fat 15.4g | Carbs 51.6g

€14.95

GEMISTA ^(M)^(V)^(SE)

stuffed tomato and green pepper with rice, lentils, zucchini, onions, tomatoes, aubergine, garlic, and fresh herbs

Kcal 567 | Protein 26g | Fat 33g | Carbs 72g

€14.50

TRADITIONAL MOUSSAKA ^(V)^(M)^(C)

layers of aubergines, zucchini, potatoes, and a savoury lamb ragù baked with béchamel sauce and feta cheese

€21.95

COOKED OVER CHARCOAL

FRESH FISH OF THE DAY ^(F)^(C)^(S)^(MS)

flavoured with lemon and fresh herbs, served with a citrus dressing

priced by weight

GRILLED CALAMARI ^(F)^(MS)^(SE)

charcoal grilled tender calamari, marinated in oregano, extra virgin olive oil, preserved lemon and fresh chilli, served with houmous

€25.95

CHICKEN SOUVLAKI ^(MD)^(M)^(C)

charcoal grilled chicken thighs marinated with a spiced yoghurt served with tzatziki sauce, dill, parsley, smoked paprika and charred lemon

€18.95

BIFTÈKI ^(M)^(SE)

burger - succulent beef patty with feta and manouri cheese, tomato, red onion, green peppers and cucumber, served in a toasted brioche bun

€18.50

CHOIRINÓ KOILIÁ

slow cooked pork belly marinated in brine, red onion, celery, oregano, rosemary and garlic served with Calamata olives, grilled green peppers, cucumber, tomatoes, capers, with a lemon dressing

€22.50

ARNI

charcoal grilled lamb rump served with a salad of charred tomatoes, parsley, mint, pomegranate, onion and sumac spice

€26.95

Main courses that are cooked over charcoal are served with potato fries.

The following are indications of food allergens that some dishes may contain. Should you have any dietary requirements or allergies, kindly inform a member of our staff when your order is being taken.

^(C) Cereals ^(S) Crustaceans ^(E) Eggs ^(F) Fish
^(P) Peanuts ^(S) Soya ^(M) Milk ^(N) Nuts ^(V) Vegetarian
^(CY) Celery ^(MD) Mustard ^(SE) Sesame ^(MS) Molluscs