

breakfast and brunch

BRUNCH SERVED DAILY FROM 8:00 AM TO 4:00 PM

Eggs, Toasts, Sandwich and Rolls

Eggs Benedict 13.00

Αυγά ποσέ, μπέικον, hollandaise, πάπρικα, baby ρόκα, baby σπανάκι πάνω σε προζυμένιο ψωμί ή κρουασάν
Poached eggs, bacon, hollandaise, paprika, baby arugula, baby spinach on sourdough bread or croissant.

Eggs Royal 15.00

Καπνιστός σολομός, αυγά ποσέ, πάπρικα, baby ρόκα, baby σπανάκι, hollandaise, αβοκάντο πάνω σε προζυμένιο ψωμί ή κρουασάν
Smoked salmon, poached eggs, paprika, baby arugula, baby spinach, hollandaise, avocado on sourdough bread or croissant.

Truffle Eggs 16.00

Αυγά τηγανητά, truffle mayo, μανιτάρια, πεκορίνο, baby ρόκα, baby σπανάκι, προζυμένιο ψωμί ή κρουασάν
Fried eggs, truffle mayo, mushrooms, pecorino, baby arugula, baby spinach, sourdough bread or croissant

Omelette 12.50

Ομελέτα με τυρί κρέμα, λάδι τσίλι, baby σπανάκι, baby ρόκα, ντοματίνια πάνω σε προζυμένιο ψωμί ή κρουασάν
Omelette with cream cheese, chili oil, baby spinach, baby arugula, cherry tomatoes on sourdough bread or croissant

Avocado Toast 13.50

Αλμυρή granola, πίκλα κρεμμύδι, baby ρόκα, baby σπανάκι, ρόδι, λάδι τσίλι, προζυμένιο ψωμί ή κρουασάν
+ Αυγά ποσέ + 2.50
+ Σολομός + 3.00
Savory granola, pickled onion, baby arugula, baby spinach, pomegranate, chili oil, sourdough bread or croissant
+ Poached eggs + 2.50
+ Salmon + 3.00

Lobster Roll Brioche 17.50

Αστακός, kimchi mayo, τραγανό κρεμμύδι, σχοινόπρασο
Lobster, kimchi mayo, crispy onions, chives

Avocado Roll Brioche 13.00

Αβοκάντο, scrambled eggs, ξινομυζήθρα Μήλου, πίκλα κρεμμυδιού, μαρμελάδα τσίλι
Avocado, scrambled eggs, xynomyzithra from Milos, pickled onion, chili jam

TFC Sandwich (Thai Fried Chicken) 14.00

Τραγανό κοτόπουλο, γιαούρτι με δυόσμο, kimchi mayo, πίκλα λάχανο, jalapeño, pretzel
Fried chicken thigh, mint yoghurt, kimchi mayo, pickled cabbage, jalapeño, pretzel

Tuna Melt Toast Brioche 11.00

Τόνος, μαγιονέζα, καυτερές πιπεριές, πίκλα αγγουράκι, σέλερι, μαϊντανός, άνηθος, γκούντα, πατατάκια
Tuna, mayonnaise, chili, pickled cucumber, celery, parsley, dill, gouda, chips

Toast 5.50

Τυρί, γαλοπούλα, πατατάκια
Cheese, turkey, potato chips

BOMBA Club Sandwich 14.00

Γαλοπούλα, ντομάτα, μπέικον, τσένταρ, γκούντα, iceberg, mayo, ψωμί brioche, τηγανητές πατάτες
Turkey, tomato, bacon, cheddar, gouda, iceberg, mayo, brioche bread, fries

Healthy Choices

Pink Pitaya Bowl 13.00

Μπανάνα, Φράουλα, Γάλα Καρύδας
Toppings: μάνγκο, φράουλα, μέλι, Ξηροί καρποί
Banana, Strawberry, Coconut Milk
Toppings: mango, strawberry, honey, nuts

Chia Oatmeal Bowl 12.00

Toppings: μπανάνα, φυστικοβούτυρο, μέλι, κόκκοι κακάο, γκρανόλα BIO
Toppings: banana, peanut butter, honey, cocoa nibs, granola BIO

Vanilla Protein Bowl 14.00

Ακτινίδιο, Μάνγκο, Ανανάς, Βούτυρο Αμυγδάλου, Γάλα Βρώμης
Toppings: νουτέλα, μπανάνα, φράουλα, γκρανόλα
Kiwi, Mango, Pineapple, Almond Butter, Oat Milk
Toppings: Nutella, banana, strawberry, granola

Spinach Avocado Bowl 13.00

Μάνγκο, Βούτυρο Αμυγδάλου, Γάλα
Toppings: ρόδι, φράουλα, γύρη, ακτινίδιο, BIO γκρανόλα
Mango, Almond Butter, Milk
Toppings: pomegranate, strawberry, pollen, kiwi, BIO granola

Ελληνικό Γιαούρτι / Greek Yogurt 9.50

Toppings: φρούτα εποχής, καρύδια, μέλι
Toppings: seasonal fruits, walnuts, honey

Retinol Salad 12.00

Καρότο, αγγούρι, crispy λάδι τσίλι, φρέσκο κρεμμύδι, πιπερόριζα, σουσάμι, σόγια, κόλιανδρος
Carrot, cucumber, crispy chili oil, fresh onion, ginger, sesame seeds, soy sos, coriander

Fusilli Pasta Salad 14.00

Καπνιστός σολωμός, μαγιονέζα, άνηθος, βασιλικός, αγγουράκι τουρσί, κάπαρη, κρεμμύδι, σχοινόπρασο, crispy τσίλι
Smoked salmon, mayonnaise, dill, basil, pickled cucumber, capers, onion, chives, crispy chili

Don't forget your Dessert

Pancakes 13.00

Nutella, strawberries, spearmint

Brownies 9.00

with salted caramel

Cinnamon Bombay Toast 14.00

with cinnamon gelato

Παγωτό Μηχανής / Soft ice-cream 6.00

(βανίλια, σοκολάτα, ανάμεικτο)
(vanilla, chocolate, mixed)

★ drink list ★

Coffees

	 SINGLE	 DOUBLE
Espresso	3,30	3,70
Cappuccino	4,50	4,90
Americano	4,00	4,40
Greek Coffee	3,50	4,00
Freddo espresso	4,50	
Freddo cappuccino	4,80	
Iced Americano	4,50	
Cold Brew	5,50	
Coffee latte (hot / iced)	5,20	
Flat white (iced / hot)	5,00	
Instant coffee - Frappe (hot / iced)	4,00	
Filter coffee (classic, vanilla hazelnut)	4,50	
Matcha latte (iced / hot)	7,00	
Pink Pitaya latte (iced / hot)	7,00	
Caffe Mocha (iced / hot)	6,50	
Mochaccino (Freddo / Caldo)	6,50	

Add extras:

*Flavor syrup (chocolate, caramel, vanilla, hazelnut)	0,70
*Whipped cream, plant-based cream	0,70
*Almond milk, Oat milk	1,00
*Extra shot	1,00
*Ask for Decaf Coffee	

Juices & Smoothies & Ginger Shot

Φυσικός Χυμός πορτοκάλι Fresh Orange Juice	6,00
Φυσικός Χυμός ανάμεικτος με φρούτα εποχής Mixed Fresh Juice with seasonal fruits	7,00
Glow Nectar Smoothie Banana, apricot, carrot	9,00
Berrylicious Smoothie Strawberry, raspberry, banana, apple	9,00
Green Boost Smoothie Kiwi, spinach, pear, apple, banana, pineapple	9,50

Homemade Fresh Drinks

Σπιτική λεμονάδα με ginger και στέβια Homemade lemonade with ginger & stevia	6,50
Σπιτική βυσσινάδα - Homemade sour cherry juice	6,50
Τσάι Κρύο - Cold tea 0% added sugar (lemon green tea, peach tea, red fruits mountain tea)	6,00
Τσάι Ζεστό - Hot tea (English breakfast, red fruit, green tea)	4,50
Χαμομήλι - Chamomile (relaxing)	4,50
Σοκολάτα - Chocolate (hot/ iced)	6,00
Σοκολάτα Λευκή - White Chocolate (hot/ iced)	6,00

Soft Drinks

 Coca cola (330ml) (regular, zero, light, zero caffeine)	3,50
Fanta (330ml) (orange, blue, lemon)	3,50
Sprite (330ml)	3,50
Schwepes (330ml) (tonic water, soda water)	3,50
Premium beverages fever tree (200ml) (pink grapefruit soda, mediterranean tonic water, rhubarb & raspberry tonic water, ginger beer)	6,00
Red bull (250ml)	6,50
Sparkling water (250ml / 750ml)	4,00 / 7,00
Εμφιαλωμένο νερό AVRA 1L Natural Mineral Water AVRA 1L	2,50

Beers

Mamos Pilsener (500ml)	6,00
Vilos Lager Beer (500ml)	6,00
Craft Weiss (500ml)	8,00
Craft IPA (330ml)	9,00
Craft Smoked (330ml)	7,00
Heineken 0.0% (330ml)	6,00

mangata
PHLOS

Signature Cocktails

Thallos Gin, lime, cucumber syrup, elderflower, ginger, white egg syrup - <i>Refreshing & Spicy</i>	15,00
Idyllio Tequila reposado, triple sec, agave syrup, passion fruit puree, lime, raspberry foam - <i>Sweet & Sour</i>	16,00
Iliovasilema Tequila reposado, Aperol, mango puree, lime, agave syrup - <i>Spicy & Fruity</i>	15,00
Pathos Vodka, blueberry puree, egg white, elderflower, dash foam bitter - <i>Sour & Fruity</i>	16,00
Melancholia Whiskey, peach syrup, agave syrup, top up ginger beer - <i>Fruity & Spicy</i>	16,00
Anamnesis Gin, toffee nut syrup, vanilla syrup, ginger, lime, pear syrup & butterscotch - <i>Sweet & Caramel</i>	18,00
Nostalgia Blend of Rum, orgeat syrup, lime ginger, passion fruit puree, angostura bitter & passion fruit foam <i>Sour - Sweet, Fruity & Strong (Zombie)</i>	15,00

Premium Classic

Black Margarita Tequila silver, Campari, triple sec, hibiscus syrup, lime <i>Bitter & Sweet</i>	15,00
Gin Fizz Mango Gin, mango puree, passion fruit, simple syrup, lime, mint leaves <i>Sweet & Sour</i>	15,00
Caramel Porn Star Martini Vodka, caramel syrup, passion puree, egg white syrup & bitter, lime, salt - <i>Sweet & Sour</i>	15,00
Coconut Pineapple Mojito White Rum, coconut puree, pineapple puree, fresh lime juice, mint leaves - <i>Refreshing & Fruity</i>	15,00
Mastiha Negroni Gin, Campari, mastiha, sweet vermouth, coconut syrup, garnished with mastic spoon sweet - <i>Bitter & Sweet</i>	15,00

Classic Cocktails

We serve all classic cocktails & all their variations	13,00
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Spritz Cocktails

Aperol Spritz Aperol, Prosecco, Soda Water	13,00
Campari Spritz Campari, Prosecco, Soda Water	14,00
Hugo Spritz Mondoro Elderflower Aperitif, Prosecco, Soda water	14,00
Sarti Spritz Sarti Rosa, Prosecco, Soda Water	14,00
Mangata Spritz Gin, Prosecco, Lychee Syrup, Lime, Rhubarb Raspberry Tonic Water	14,00
Italicus Spritz Italicus, Gin, Prosecco, Soda, Dry Vermouth	14,00
Rose Spritz Rose Wine, Grapefruit Syrup, Pink Grapefruit Soda	14,00
Crodino Non-Alcoholic Spritz	12,00

**APEROL
SPRITZ**

Mocktails

Kokkini Selini Forest fruit pure, passion fruit pure, mango pure, top up cranberry juice - <i>Sweet, Sour & Fruity</i>	12,00
Ilios Cucumber syrup, lime, top up fever tree ginger beer - <i>Sweet & Spicy</i>	12,00

★ Greek Spirits

Oúzo / Ouzo Ouzo of Plomari (200ml)	12,00
Ouzo Gatsios Meltemi (200ml)	12,00
Tsínoupo / Tsipouro Tsilili tsipouro of Thessaly (200ml)	12,00
Agioneri aged tsipouro from Meteora (200ml)	16,00

Spirits

Gin / Vodka / Rum / Whiskey / Tequila / Digestives / Liqueurs	
Simple	9,00
Special	12,00
Premium	15,00