

SUSHI BAR



Signature ROLS

TIGER ROLL 21€
Shrimp, surimi, cucumber, fried onions,
hoisin sauce, Japanese mayonnaise

**SHRIMP
TEMPURA ROLL** 22€
Shrimp tempura, avocado,
lemon mayonnaise, unagi sauce

SPICY SPIDER ROLL 22€
Surimi, avocado, salmon roe,
spicy mayonnaise

**VEGETARIAN
FUTOMAKI (VG)** 20€
Pickled carrot, cucumber, avocado,
fried onions, teriyaki sauce

POKE BOWL
Sushi rice, avocado, cucumber, edamame,
mango, wakame salad and wafu dressing

TUNA 21€
SALMON 22€

SALMON PHILADELPHIA 21€
Salmon, cucumber, cream cheese,
spicy mayonnaise, teriyaki sauce

SPICY TUNA ROLL 22€
Tuna, sriracha sauce, unagi sauce

MANOO ROLL 25€
Tuna, salmon, sea bass, shrimp,
avocado, spicy mayonnaise, teriyaki sauce

**EMERALD
FUSION ROLL** 23€
Shrimp, sea bass, cucumber, green apple,
Japanese mayonnaise, teriyaki sauce,
salmon roe

**KING CRAB /
LOBSTER ROLL** 50€
Shrimp, cucumber, spicy king crab or lobster

SURF & TURF ROLL 60€
Wagyu, shrimp, cucumber, fried onions,
teriyaki sauce

NIGIRI (5 PCS)(GF)

SALMON 17€
TUNA 17€
SEA BASS 15€
WAGYU 45€

SASHIMI (5 PCS)(GF)

SALMON 15€
TUNA 15€
SEA BASS 14€

SUSHI PLATTERS

SUSHI COMBO (26 PCS) 60€
Tiger roll, vegetarian futomaki, tuna nigiri, sea
bass sashimi

SUSHI MIX (42 PCS) 95€
Spicy tuna roll, shrimp tempura roll, emerald
fusion roll, salmon Philadelphia, tuna nigiri,
sea bass sashimi

(V) VEGETARIAN

(GF) GLUTEN FREE

(VG) VEGAN



Marketing Manager: Gerasimos Stathias

Prices include all statutory taxes and are subject to change without notice.

In all our food we use pure olive oil

except for the fries. The consumer has no obligation to pay if he does not receive the legal document
(receipt - invoice)

BY ADVANCE ORDER

FISH SOUP FOR 4 Catch of the day, potato, celery, onion, fresh herbs	90€	FISH FRICASSÉE FOR 4 Catch of the day, seasonal vegetables, egg-lemon sauce	120€	KING CRAB Available upon request (order one week in advance)	380€/kg
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RAW & SHELLFISH

ATLANTIC SCALLOPS (3 PCS) (GF) Grilled, extra virgin olive oil	18€	OYSTERS (GF) Raw, with lemon	8€/pc	GILLARDEAU OYSTERS (GF) Raw, premium selection	12€/pc
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RAW PREPARATIONS & CRUDO

All raw preparations are served with extra virgin olive oil, lemon zest & juice, and fresh herbs

TUNA TARTARE (GF) Fresh tuna, soy sauce, lemon juice	16€	SALMON TARTARE Fresh salmon, Japanese mayonnaise, lobster oil, fresh herbs, crispy rice croquette	17€	CEVICHE FISH OF THE DAY (GF) Fresh fish, lemon & lime juice, fresh herbs	16€
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CARPACCIO BLACK ANGUS (GF)
Thinly sliced beef, aged parmesan flakes, sea salt, fresh pepper, truffle oil
23€

FRESH FISH OF THE DAY (PER KG)

RED PORGY	95€/kg	DUSKY GROUPER (ROFOS)	90€/kg	PRAWNS FROM THERMAIKOS GULF	90€/kg
DENTEX	95€/kg	WHITE GROUPER (SFIRIDA)	90€/kg	CRAYFISH	100€/kg
SEA BREAM	75€/kg	RED MULLET	85€/kg	LOBSTER	125€/kg
SEA BASS	70€/kg	STRIPED RED MULLET	65€/kg	CALAMARI	65€/kg
GOLD BLOTCH STIRA	90€/kg	MEAGRE	65€/kg	TUNA	90€/kg



APPETIZERS

BREAD PER PERSON (V) 4€
Rustic whole grain

BAO BUNS (2 PCS)
CHICKEN 12€
SHRIMP 13€
Pickled carrot, coriander, daikon, sweet chili
mayonnaise

**MEDITERRANEAN
BRUSCHETTA** 11€
Feta, fresh tomato, extra virgin olive oil, basil

EDAMAME (VG)(GF) 12€
Steamed, sea salt

BREADED SHRIMP 19€
Sweet chili sauce, lemon

STEAMED MUSSELS (GF) 19€
White wine, garlic, fresh herbs,
olive oil, lemon

GRILLED OCTOPUS (GF) 19€
Olive oil, sea salt, wine vinegar

SHRIMP ARANCINI 14€
Rice croquettes, shrimp, tomato sauce

SHRIMP FRITTERS 20€
Tartare sauce, lemon zest

FRIED ZUCCHINI (V) 9€
Yogurt sauce

KATAIFI ROLLS
Cheese mousse, Aegina pistachio,
honey, fig jam

14€

ZUCCHINI FRITTERS 12€
Fresh zucchini, feta, graviera, herbs,
yogurt sauce

TZATZIKI 8€
Strained yogurt, garlic, cucumber,
olive oil, vinegar

SPICY FETA SPREAD 8€
Feta, hot pepper, olive oil

**WHITE
TARAMA** 9€
Fish roe dip, olive oil, lemon juice

SAGANAKI 9€
Fried cheese, lemon

SALADS

GREEK SALAD (V) 13€
Feta, tomato, cucumber, onion, olives,
samphire, carob rusk, olive oil, balsamic

MANOURI SALAD (V) 13€
Green salad, sun-dried tomato, dried figs,
sesame, citrus dressing

MANOO SALAD 14€
Green salad, dried cranberries, sesame bar,
prosciutto, goat cheese, fig dressing

QUINOA SALAD (GF)
Cherry tomatoes, avocado, cucumber, spring
onion, citrus dressing

CHICKEN 13€
SALMON 15€

**GRILLED
VEGETABLES (VG)(GF)** 14€
Zucchini, eggplant, mushrooms,
Florina peppers

BEETROOT SALAD 13€
Cherry tomatoes, parsley, yogurt,
walnuts, olive oil, balsamic

(V) VEGETARIAN

(GF) GLUTEN FREE

(VG) VEGAN



PASTA & RISOTTO

SEAFOOD LINGUINE 34€
Shrimp, mussels, squid, oysters, seafood
broth, fresh herbs

**SPAGHETTI
ALLE VONGOLE** 19€
Clams, olive oil, garlic, white wine,
parsley

PACCHERI SALMON 22€
Butter, fish broth, fresh herbs,
citrus zest

**LOBSTER
LINGUINE**
Fresh Greek lobster, tomato sauce,
shrimp broth, olive oil, parsley

48€

MUSHROOM RISOTTO 14€
Wild mushrooms, parmesan,
white wine

**CHICKEN
PACCHERI** 16€
Chicken, mushrooms, creamy sauce

SHRIMP RISOTTO (GF) 23€
Shrimp bisque, ouzo, fresh herbs

* Also available: Gluten-free and wholemeal.



SEAFOOD MAIN COURSES

SALMON FILLET (GF) 26€
Sweet potato purée, asparagus,
lemon sauce

SEA BASS FILLET (GF) 24€
Potato purée, capers, asparagus,
herbs

GRILLED SHRIMP (GF) 26€
Quinoa salad, vegetables, lemon dressing

**FRIED
CALAMARI**
Tartare sauce,
fresh fried potatoes
19€

SEAFOOD SKEWER (GF) 25€
Grilled vegetables, honey-mustard dressing,
fries, quinoa, and pita breads

FISH & CHIPS 24€
Fresh fried potatoes, tartare sauce

SEAFOOD PLATTER 95€
Grilled octopus, grilled & fried shrimp,
calamari, steamed mussels, anchovies,
potatoes, sauces, lemon



MAIN COURSES

GRILLED CHICKEN (GF) 16€
Sweet potato purée, asparagus,
honey-mustard sauce

BEEF PATTIES 17€
Minced beef, herbs, fresh fries,
pita bread, tzatziki

MOUSSAKA 19€
Eggplant, potato, minced beef,
tomato sauce, béchamel

MANOO RIB-EYE BURGER

Rib-eye beef, prosciutto,
cheddar, sun-dried tomato,
arugula, mayonnaise, potatoes
30€

GREEK GRILLED KEBAB 19€
Lamb & beef mince, herbs, pita bread,
mint yogurt

TRADITIONAL GYROS PLATE
Fresh fries, tomato, onion, pita bread, tzatziki
PORK 19€
CHICKEN 20€

**LAMB WITH GNOCCHI &
RED WINE GLAZING** 27€
Slow-cooked in red wine,
handmade gnocchi

CHICKEN SOUVLAKI (GF) 17€
Grilled chicken thigh, vegetables,
pita bread, tzatziki, lemon sauce, fries



PREMIUM CUTS

**FILLET
MIGNION (GF)**
20€/100g

**BLACK ANGUS
RIB EYE USDA (GF)**
20€/100g

**WAGYU
RIB-EYE (GF)**
100€/100g

**TOMAHAWK
BLACK ANGUS (GF)**
180€/kg

STEAK SAUCE

Green peppercorn sauce
Red wine jus
Garlic herb butter

SIDES

Mashed potatoes (GF)– 8€
Sweet potato purée (GF)– 8€
Fresh French fries (GF)– 6€
Asparagus (GF)– 9€



DESSERTS

TRADITIONAL ORANGE PIE
Vanilla ice cream

10€

CHOCOLATE PIE
Vanilla ice cream

10€