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Juices & smoothies in a jug



Try our juice and smoothie jugs to share, for shots of well-being and tastiness!

Ageras jugs can fill 12 shots or 4 large glasses, while the lid protects your juice and keeps it fresh!

Orange juice 3€	Good old orange juice, the way we would make it at home, using many oranges for dense texture.
Carotene & UVA 4€	carrot, pineapple, orange, apple Prepare your body for the sun. Carrot works as a natural shield in combination with pineapple which regenerates the skin. Orange's rejuvenating action and apple's antioxidants will fill you with energy.
Mint & Energy 4€	orange, carrot, ginger, mint Mint freshens the breath, rejuvenates, and improves memory, while ginger strengthens the body and gives a spicy touch.
Watermelon Hydrator 4€	watermelon, melon, orange Watermelons have many antioxidants, it vitamin C and lycopene. Melons have a high concentration of water and are rich in vitamins. Juice made with watermelon and melon can help relieve aching muscles after exercise.
Hasta banana 4€	orange, strawberry, banana An absolute favourite. Potassium and Vitamin C. Strawberries are rich in antioxidants, so much so that 1 cup of strawberries a day offers more vitamin C than the daily recommended intake.

smoothies

Morning smoothy (ideal for children) 5€

Banana, Cretan thyme honey, walnuts, cranberries and almond milk

Cranberries have a high concentration of antioxidants and vitamin C. Among fruits, banana is rich in iron and can be combined with nuts, such as almonds and walnuts, which also have iron. Honey helps iron absorption.

Chocolate dessert 5€

Banana, pure cocoa chocolate, cinnamon, honey

Pure cocoa is beneficial for our health thanks to its antioxidants, while cinnamon is known as the 'secret of longevity'.

Coffees

Greek hot coffee	2€
Greek frappe	2.5€
Filter coffee	2.5€
Espresso*	2€
Cappuccino	2.5€
Freddo Espresso	2.5€
Freddo Cappuccino	2.5€

*Our espresso is selezione jakobs

Real chocolates

Milk chocolate	3€
Milk chocolate with orange and cinnamon	3€
Dark chocolate	3€
{ all served cold or hot }	

Ice-cream vanilla, chocolate, strawberry, banana, pistachio
Scoop price 2€

frozen yogurt
3€

Tea & Freshly-made lemonades

Green ice tea	3€
Pomegranate juice with green tea & stevia	3€
Freshly-squeezed lemonade with ginger & stevia	3€
Freshly-squeezed lemonade with spearmint & stevia	3€

Breakfasts with Cretan products By producers of Sitia

Breakfasts are accompanied with coffee, tea or herbal infusion from the Cretan nature (dittany, sage, karteraki).

Breakfast in a basket 7€ Cretan thyme-honey, fresh strawberry and citrus fruit marmalade, chocolate, raisin, butter croissant, natural orange juice	Ageras breakfast 7€ Poached egg with chopped dill and avocado, Cretan cherry tomatoes and mini dried breads Did you know... Greek avocados are grown in Crete and taste their best during Spring and Summertime.	Mediterranean breakfast 7€ Local goat-and-sheep yogurt with fruits and walnuts
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salads vs baguettes

Cretan (for 2 persons) 6€
Cretan dried bread & Myzithra cheese, tomato, olive oil, oregano, cucumber, pepper, cappers

Italian (for 2 persons) 7€
Prosciutto, Cretan Myzithra cheese, rocket, tomato, lettuce

Fitness and light (for 2 persons) 4€
Fit multigrain bread, salmon fillet, curd, avocado, cucumber, parsley, rocket, dill

Fruit salad 4€

Cretan 3.5€
Cretan Myzithra cheese & olive oil, oregano, tomato, cucumber, pepper

Italian 4€
Prosciutto, Cretan Myzithra cheese, rocket, tomato, lettuce

Fitness and light (for 2 persons) 7€
Salmon fillet, curd, avocado, cucumber, parsley, rocket, lettuce, dill.

Toasty 3€
Ham or turkey and cheese
& **Club sandwich** 5€

The Ageras Burger 5€ Homemade burger made from 100% beef

bacon, cheese, tomato, caramelized onions, regular or spicy sauce

{ If you plan to take it to the beach, ask for a take away box }



cocktails & more

This year, Ageras cocktail suggestions were created by bar tender Ilias Gravanis. Of course, don't hesitate to ask for all the regular ones too, we will happily prepare them for you.



June Bug

Midori, Malibu
Pineapple juice,
Banana liqueur,
Sour mix 7€



Spicy Basil Smasháki

Raki,
Natural lemon
juice, Simple syrup,
Basil leaves,
Angostura orange.
7€



Mandarin

Raki, Mastic,
Mandarin
Orange puree from
citrus fruits Idiston,
Natural lemon juice,
Simple syrup. 7€



Rum Punch

Rum, Sour Mix,
Angostura Bitters,
Carrot-Mango or
Strawberry-Mango
Purree, Sprite 7€



Try Ageras cocktail jars to share for some seriously tasty shots!

Ageras jars can fill 12 shots or 4 large glasses, while the lid protects your drink and keeps it fresh!

Margarita Strawberry | Skinos Fresh
Spicy Basil Smash | Mojito Mango \ Passion Fruit

White Wine 4,5€
Red Wine 4,5€

Raki 5€
Ouzo 5€
Served with
cold meze

FIX HELLAS Barrel beer small glass 3€ tall glass 4€
FIX HELLAS 0% 3€
Heineken 3€
Mythos 3€
Fix dark 4€
Corona 5€
ALFA 3€