



**FREE**  
*for our customers*

*Ayépas*

**20%**

**OFF**

*Breakfast • Brunch  
Lunch • Cocktails*



# cocktails from the Clumsies bar



## THE CLUMSIES ORIGINAL OC COCKTAILS

The Clumsies has won multiple international awards and in 2019 appeared for the fourth consecutive year in the top ten of demanding list The World's 50 Best Bars. We bottled our 4 best-selling cocktails to make the Clumsies spirit of hospitality available to Ageras beach bar guests.



**Nº1** *Strawberry Daiquiri*  
Rum, Strawberry, Vanilla



**Nº2** *Forbidden Fruit*  
Vodka, Passion Fruit, Vanilla, Bergamot



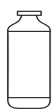
**Nº3** *Nostalgia*  
Aged rum, Biscuit, Hazelnut, Bitters



**Nº4** *Clumsy Negroni*  
The Clumsies Old Tom Gin, Sweet Vermouth, Bitter, Lemon Pepper, Long Pepper



**Nº5** *Aegean Negroni*  
The Clumsies Old Tom Gin, Pikron Vermouth, Aperitivo amaro, rhubarb, bourbon apepper, long pepper, apple geranium



On the beach they are served in an ice champagne bowl. Each bottle contains 2 glasses of 18€



In the cafe, it is served in its glass (perfectly served) 9€



White wine 22€/ 750ml bottle  
White wine 7€/ glass  
Red wine 22€/ 750ml bottle  
Red wine 7€/ glass

Ouzo 7€  
Raki 7€

### KRETAN HANDMADE BEER KASTA

IPA 6€  
American Pale Ale 6€  
Corona 6€  
Mythos 5€  
Greece Nisos 5€  
Greece Mamos 5€  
Stella Artois 6€  
Haineken 0% 5€



**Our principle is to promote a healthier diet.  
We only choose natural and healthy products,  
using the purest products.**

## Healthy juices & smoothies also served in a jug\*

Try our juices in the Ageras jug, so everybody can try shots full of wellness and taste!

<b>Orange juice</b> 4.5€	The classic natural orange juice, just like homemade juice, with many oranges for a velvety taste.
<b>Power &amp; antioxidants</b> 5€	<b>Banana, fresh orange juice, honey, cinnamon</b> Protect and give strength and energy to your body with the properties that banana offers, honey and cinnamon, potassium, vitamin B6, vitamin C, magnesium, copper, manganese, carbohydrates, fiber and proteins.
<b>Carot with UVA protection</b> 5€	<b>carrot, banana, orange, apple</b> Protect your body from the sun. Carrots act as a natural shield in combination with bananas that provide us with natural sugars and abundant fibers that renew the skin. The rejuvenating properties of the orange and the antioxidant powers of the apple will fill you with energy.
<b>Mint &amp; energy</b> 5€	<b>mint, ginger, carrot, orange, banana</b> Mint will give you a fresh breath, is refreshing and helps with memory, while ginger boosts your energy while offering a spicy note.
<b>Melon &amp; hydration</b> 5€	<b>melon, pear, banana, orange</b> Melon has a high water content with a plethora of low-calorie vitamins. Its combination with banana and pear offers many benefits to your body.
<b>Hasta banana</b> 5€	<b>strawberries, banana, orange</b> Favorite softies. Potassium, vitamin A and C. Strawberries have a rich antioxidant effect, banana with vitamin A moisturizes the skin while with C it acts as an antioxidant!

\* The Ageras jug contains 12 shots, while a cover protects your juice and keeps it cool. For the orange juice the cost is 14€ and for the other juices the cost is 18€.

## smoothies

### Breakfast smoothie (ideal for children) 6€

**banana, Cretan thyme honey, nuts, cranberries and almond milk**

Cranberries have very high concentrations of antioxidants and contain vitamin C. Banana is one of the fruits that contain iron and can be combined with nuts such as almonds and walnuts, which also contain iron, whose absorption is enhanced with honey.

### The chocolate smoothie 6€

**banana, 100% dark chocolate, cinnamon, honey**

Original chocolate has many beneficial health properties because it is particularly rich in antioxidants while cinnamon is considered the secret of longevity.

#### Coffees

Greek coffee	2.5€
Frappe	3.5€
Filter coffee	3.5€
Espresso*	2.5€
Cappuccino	3.8€
Freddo Espresso	3.8€
Freddo Cappuccino	3.8€

#### Chocolate & Tea

Milk chocolate	4.5€
Salted caramel chocolate	4.5€
Milk chocolate with orange & cinnamon	4.5€
Dark chocolate	4.5€
Mint green tea	4€
Black tea (English breakfast)	4€
(all served cold or hot)	

#### Homemade no sugar (with fresh products)

Lemonade	4.5€
Lemonade with ginger & stevia	4.5€
Lemonade with mastic	4.5€
Traditional sour cherry juice	4.5€
Ice tea with pomegranate	4.5€
Ice tea with lemon	4.5€
Matcha tea with lemon	4.5€

\*Espresso is 100% Arabica. A unique blend of grains selected, from Brazilian farms, from Andean slopes in Colombia, from Guatemala's volcanic soils and from the highlands of Ethiopia.

(Beverages are 100% fresh Greek products with grape sweetener)

## With Cretan products from producers in Sitia Breakfasts/ Brunch

### Breakfast in a basket 10€

An invigorating breakfast with healthy Cretan thyme honey, with strawberry and citrus fruit jams from 100% natural ingredients without preservatives. Rounded with butter, praline and chocolate croissants, natural orange juice.

### Ageras Breakfast 10€

Two fresh poached eggs on toasted local bread with 2% yoghurt, smoked salmon, cucumber flakes, avocado, parsley, dill, olive oil, natural orange juice.

### Fitness and Healthy 8€

2% yoghurt with fresh seasonal fruits, thyme honey from Sitia, walnuts, Cretan raisins, oat, cinnamon.

### Sunny side up eggs 8€

Sunny side up eggs on milk bread sando with cheddar, mayonnaise and bacon. Rounded with lettuce, rocket and cherry tomatoes.

### Omelette with vegetables 8€

Omelette on sourdough bread with mushrooms, cherry tomatoes, peppers and mixed greek cheeses. Rounded with lettuce, rocket and cherry tomatoes.

### Scrambled eggs with salmon 10€

Scrambled eggs on milk bread sando with salmon. Rounded with lettuce, rocket, cherry tomatoes & yoghurt sauce.

\*Please let us know about any allergy or food intolerance you may have.

## 1 per. 6€ / 2 per. 9€ salads vs baguettes/ sandwiches

### Greek

Cretan barley dakos, rocket leaves, xinomyzithra cheese, tomatoes, olives, cucumber, onion, pepper, parsley, oregano and capers.

### Prosciutto

Baby rocket, lollo lettuce, cherry tomatoes, honey vinaigrette, confit figs, parmesan, Parmas prosciutto, and croutons of olive oil, garlic, rosemary, lime zest.

### Fitness & light

Mixed green salad, smoked salmon, vinaigrette honey, cucumber, parsley, dill, rocket, orange, walnuts and raisins, avocado.

### Cesar

Lettuce, fresh onions, parsley, croutons of olive oil, garlic, rosemary, parmesan, chicken fillet.

### Fruit salad 6€

Includes only seasonal fresh fruits and coconut flakes.

### Cretan 5€

Rye baguette, xinomyzithra, tomatoes, cucumber, pepper, parsley, oregano and olive oil.

### Prosciutto 5€

Panino Romana with Parmas prosciutto, Cretan myzithra, rocket, lollo lettuce, tomatoes and basil pesto.

### Fitness & light 5€

Πολύσπορη μπαγκέτα, σολομός φιλέτο, κρέμα τυριού, ρόκα, άνηθος, δροσερό αγγουράκι & σως γιαουρτιού.

### Sandwich Santo (Egg) 8€

Egg, bacon, mayonnaise pesto, lettuce, tomato, cheddar.

### Sandwich Santo (Burger) 8€

Beef patty, cheddar, onion, tomato, lettuce, parsley, ketchup.

### Club Sandwich 9€

with baby potatoes and herbs

## Snack/ Lunch

### Smoked salmon bruschetta 9€

Salmon, cream cheese, cucumber flakes, black sesame, fennel seed, dill, onion, lime & yoghurt sauce.

### Local Sitia's cheese bruschetta 9€

Cretan cheese, pesto, tomato, oregano, rocket leaves, extra virgin olive oil.

### Cretan snack 8€

Barlez rusks with olive oil, oregano, tomatoes, cheese, olives & capers.

### Chicken nuggets 8€

Cereal-crusted chicken fillet with baby potatoes & herbs.

### Panko Shrimps breaded with cornflour, egg & cereals 10€

### Ageras Burger 9€

Beef patty, includes cheddar cheese, bacon, tomato, lettuce, ketchup, mayonnaise, pickles & baby potatoes with herbs.

### Vegan Ageras Burger 9€

Veggie patty with cretan olive oil, tomato, lettuce, avocado sauce, pickles & baby potatoes with herbs.

### Pinsa Romana or Pizza Caprece 9€

Tomato polpa, mozzarella, cherry tomatoes, basil, rosemary, rocket & garlic oil.

### Pinsa Romana or Pizza Prosciutto 9€

Tomato polpa, mozzarella, prosciutto, cherry tomatoes, mushrooms, rocket & Cretan white cheese.

### Fresh Cretan pasta\* 9€

Sitia's xinomyzithra cheese, cherry tomatoes & tomato sauce. \* Fresh Cretan pasta made from fresh eggs & fresh cow milk.

### Authentic Italian Carbonara with egg 10€

**Cretan pie with honey** with xinomyzithra cheese, honey, walnuts & cinnamon 8€

### Kaimaki ice cream with sour cherry sweet 5€

### Chocolate Soufflé with ice cream 8€

### Strawberry cheesecake with cream ice cream 8€

### Applepie with ice cream 8€

### Ice cream 3€ per scoop

### Milkshakes 7€