

SynCretism and SynQretism 2026

Traditional tavern

Ta Ntouliana

Synestiasis, Wednesday 08 July 2026

Greek food is designed to be shared. The menu below is for 4 people. The main dishes are usually served only shortly after the salads and appetizers, thus all dishes are enjoyed together for the most part.

VR: vegetarian; VG: vegan; GF: gluten-free.

Wines

Paranga, white: 80% Roditis - 20% Malagousia

Paranga, red: Merlot, Xinomavro, Syrah

Kir-Yianni Estate, Naoussa, Macedonia, Greece

Salads and appetizers

Salad: arugula, curly lettuce, graviera cheese, walnuts, dry figs, sweet vinegar sauce, olive oil, salt [VR, GF]

Horta: local boiled wild greens with zucchini and potatoes [VG, GF]

Staka: clarified butter from sheep's milk [VR]

Marathopita: fennel pie [VG]

Zucchini balls: grated zucchini, crumbled feta cheese and fresh mint [VR]

Apaki: smoked pork [GF]

Main dishes

Boureki: gratin with zucchini, potatoes, local cheeses and herbs [VR, GF]

Lamb antikristo (= across the fire): lamb slowly cooked in its own fat; shepherds' recipe [GF]

Dessert

Cheese and honey thin pie from Sfakia region [VR]

Orange pie [VR]

Καλή όρεξη!

NB: We have chosen the menu to contain items for all diets. However, if necessary, you can ask for small adjustments, e.g. vegans can request kalitsounia with greens only (no cheese) instead of apaki, and grilled vegetables [VG, GF] or *briam* (potatoes, eggplants, zucchini, tomatoes, herbs [VG, GF]) instead of boureki.