

# SynCretism and SynQretism 2026

Traditional tavern

## Ta Ntouliana

Synestiasis, Wednesday 8 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.

The following designations are provided for convenience. If you have dietary restrictions, please confirm ingredients and preparation methods with restaurant staff.

**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.