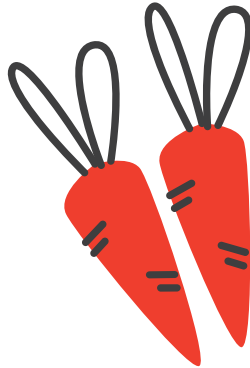
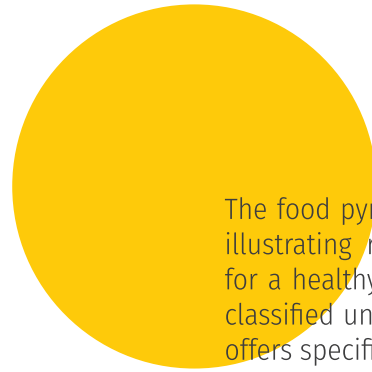
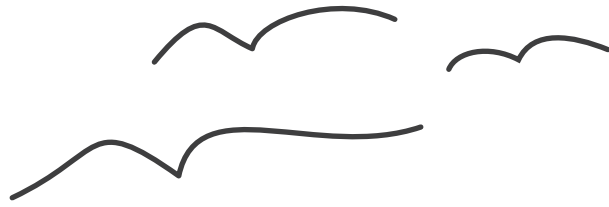


AVATON
LUXURY HOTEL & VILLAS
RELAIS & CHATEAUX

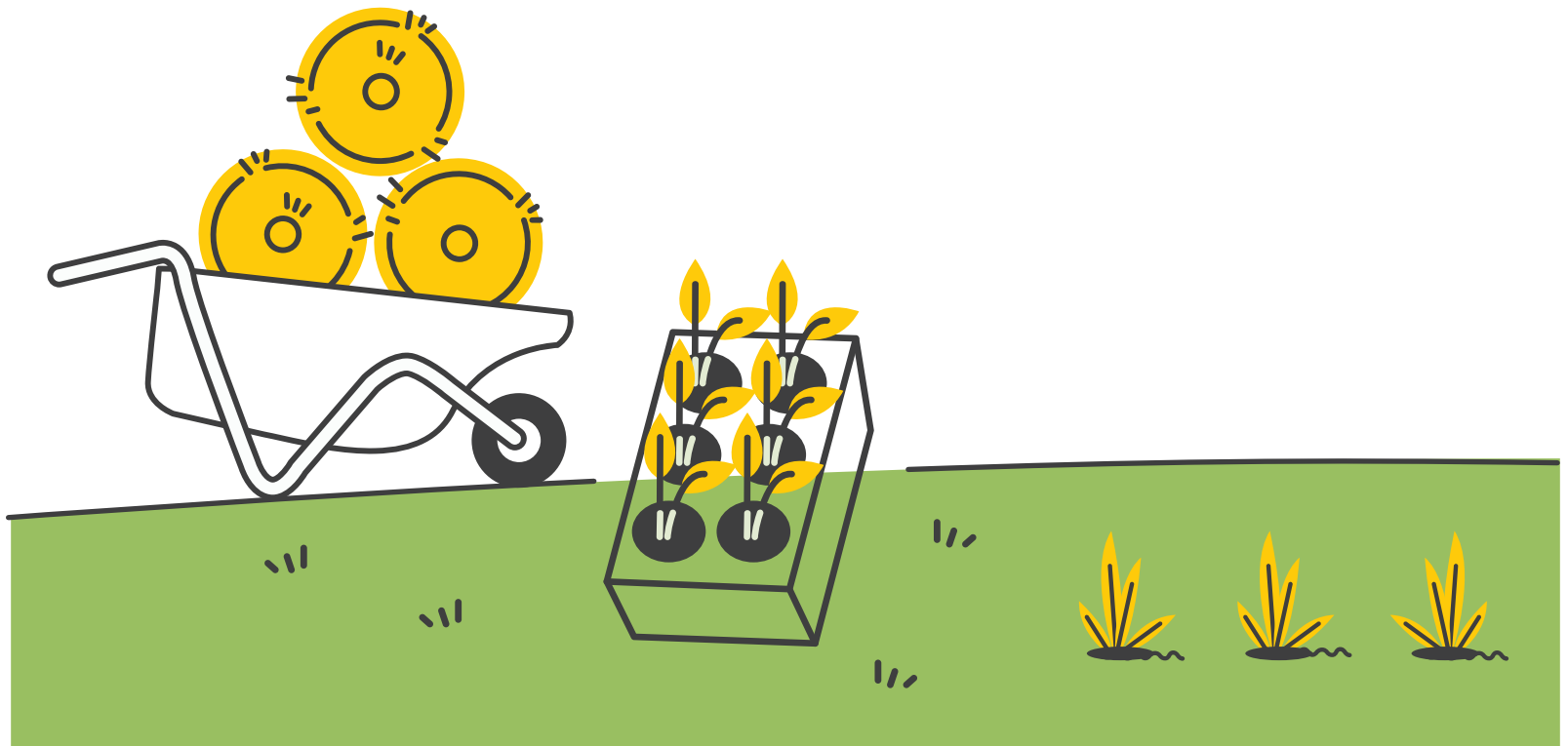


Kids Menu





The food pyramid guide is a schematic model illustrating recommendations and guidelines for a healthy and balanced diet. All foods are classified under 6 major groups, each of them offers specific nutrients.



Food Pyramid Guide

■ Wholemeal cereals and breads, potatoes, pasta or rice. Rich in starch, fibre and carbohydrates.

■ Includes all vegetables, both fresh and frozen. High in vitamins, minerals and fibre.

■ All kind of fruits. They contain natural sugar, fibre, various vitamins and minerals.

■ Milk, yoghurt and cheese. The main source of calcium intake, also a good source of vitamins and proteins.

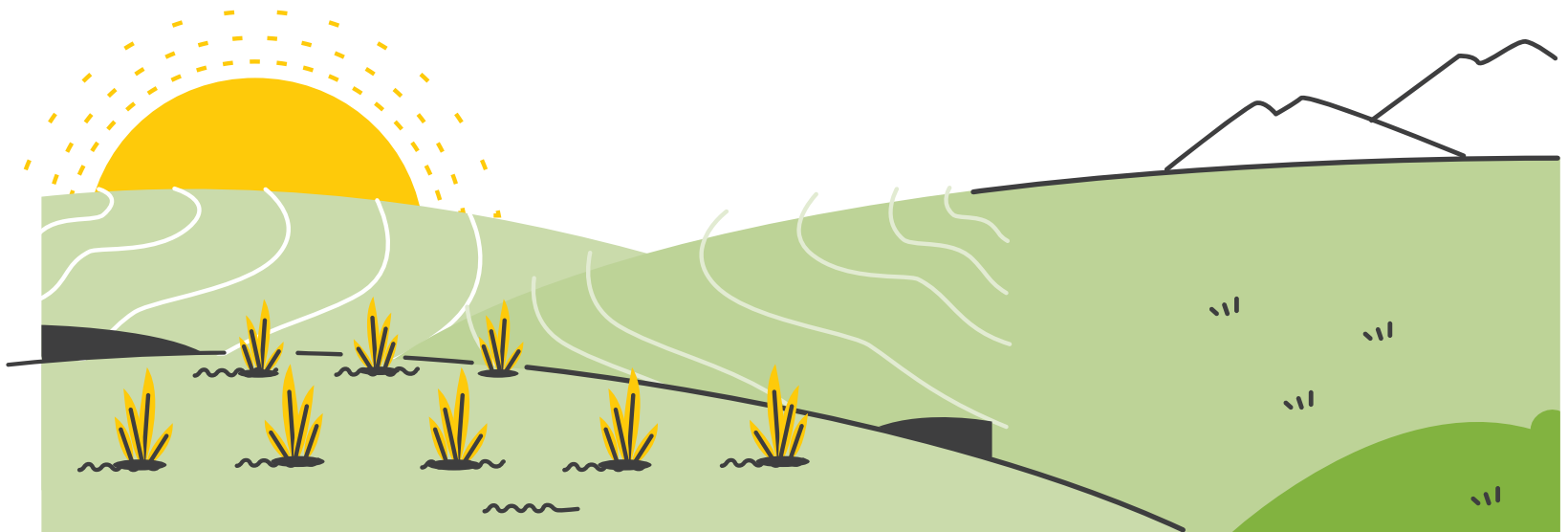
■ Meat, poultry, fish, eggs, beans and nuts. Rich in protein, iron and important vitamins.

■ High amounts of salt, fat and sugar. Have a treat once or twice a week.



Main Courses

- | | | |
|---|-----|---------|
| ☉ Summer vegetable cream soup with virgin olive oil 🌿 | 12€ | ■ |
| ☉ Spaghetti with fresh butter and grated cheese 🌿 | 12€ | ■ ■ |
| ☉ Rigatoni with tomato sauce and fresh basil 🌿 | 14€ | ■ ■ |
| ☉ Linguini with bolognese sauce | 15€ | ■ ■ ■ |
| ☉ Chicken nuggets with potato chips and salad leaves | 16€ | ■ ■ ■ |
| ☉ Sea bass fillet with vegetables | 16€ | ■ ■ |
| ☉ Beef meatballs with cous cous and tomato sauce | 15€ | ■ ■ ■ |
| ☉ Mini pizza margarita with local kasseri cheese and fresh tomato sauce 🌿 | 12€ | ■ ■ ■ |
| ☉ Mini beef burger with tomato, lettuce, melted cheese and potato chips | 15€ | ■ ■ ■ ■ |



Side Dishes

- ⊙ Carrot and cucumber sticks 🌿 4€ ■
- ⊙ Cherry tomatoes and feta cheese 🌿 4€ ■ ■
- ⊙ Mixed salad leaves 🌿 4€ ■
- ⊙ Cous cous with virgin olive oil 🌿 4€ ■
- ⊙ Potato chips 🌿 4€ ■

Baby Food

- BIO instant formula 6€ ■ ■
rice cream | oat cream | biscuit cream |
farine lactee
- BIO Milk 6€ ■
- BIO Biscuits 6€ ■
- Vegetable cream 6€ ■
- Banana puree 6€ ■

*The items represented here are available to infants under 24 months who have already been introduced to solid foods.
The items are easy to digest, are nutritionally balanced and most of them have been prepared using organic products*

HALF BOARD ALLOWANCE:

For KIDS (2-12yrs) includes a choice of MAIN, SIDE DISH & DESSERT
NOTE: for items without any circle symbols, full price applies.

⊙ included 🌿 vegetarian



Desserts

☉ Chocolate mess
brownie, chocolate syrup, chocolate - vanilla ice cream, Chantilly cream

9€ ■ ■

☉ Strawberry sundae
lime cake, strawberry syrup, strawberry - vanilla ice cream, Chantilly cream

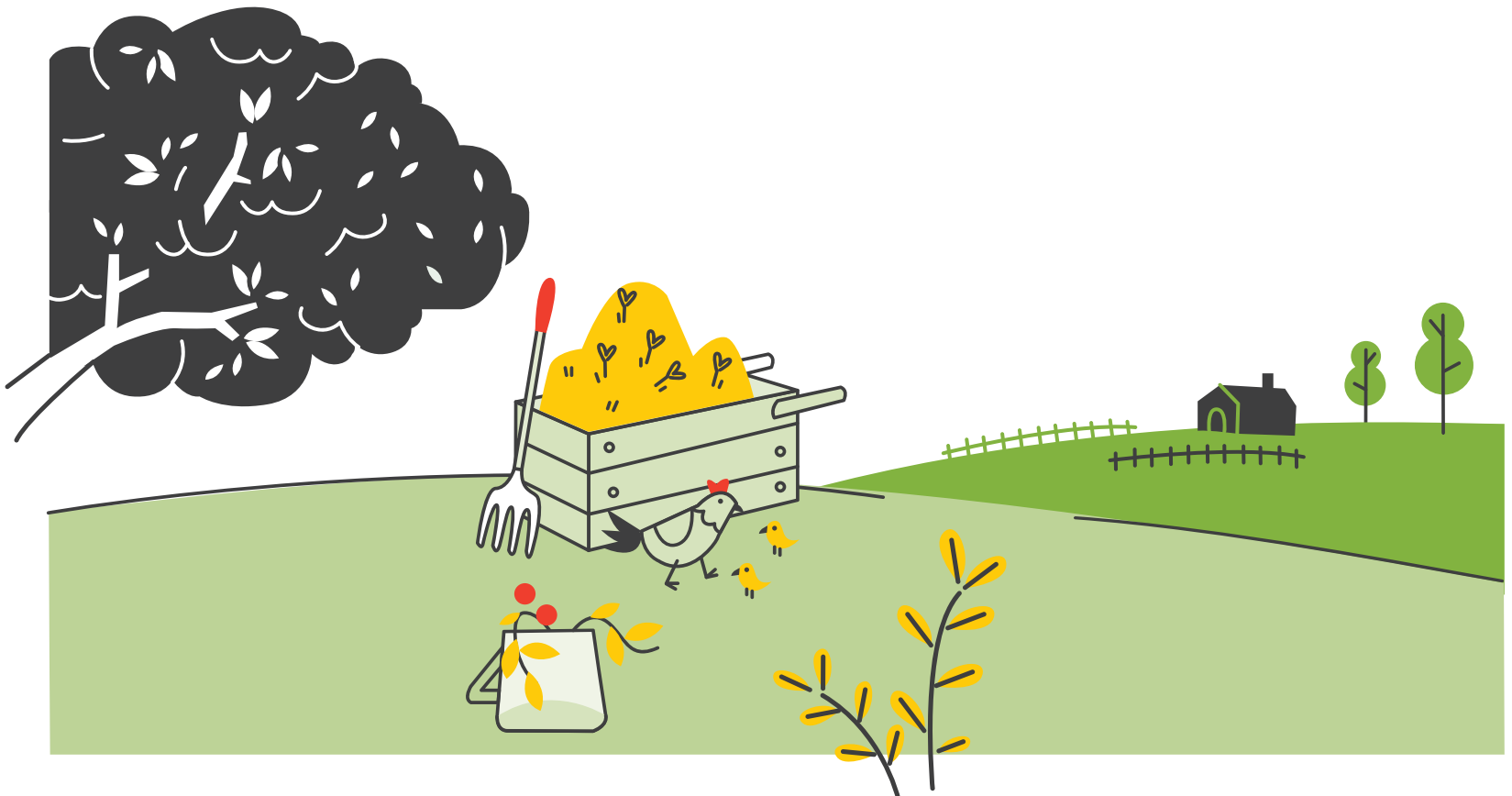
9€ ■ ■ ■

☉ Homemade ice cream selection
vanilla Madagascar | Belgian chocolate | strawberry

4€/scoop ■ ■ ■

☉ Homemade sorbet selection
mango | chocolate

4€/scoop ■ ■

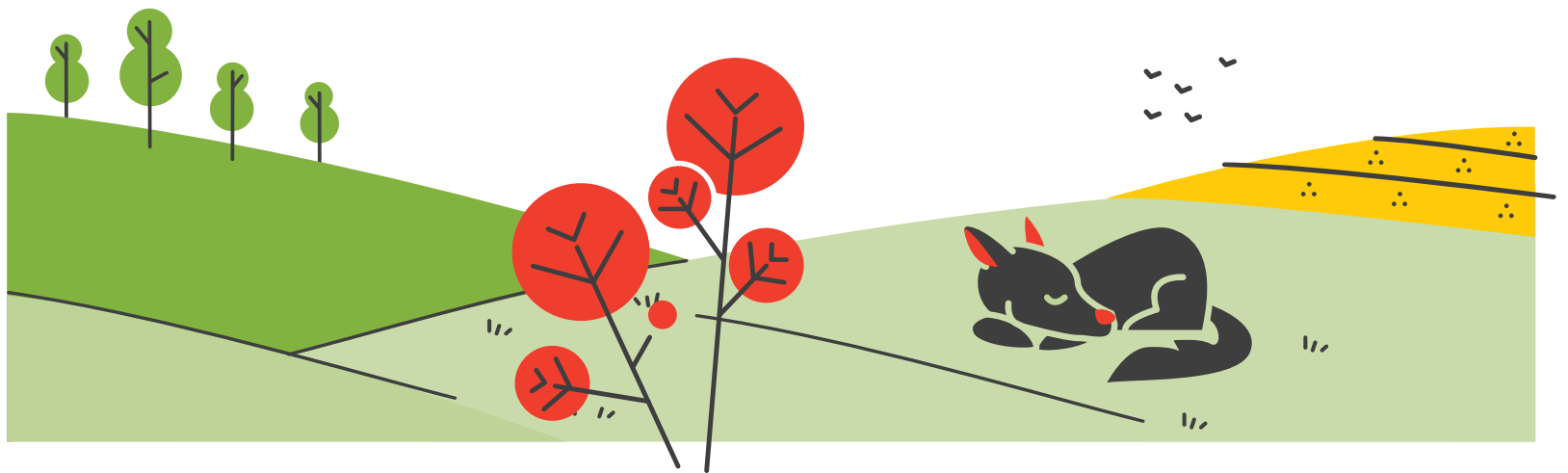
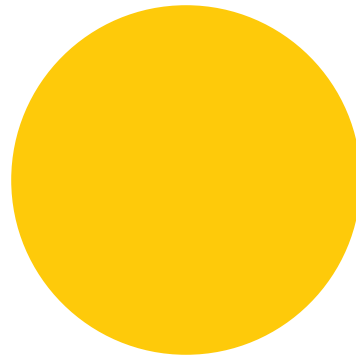


Juicebox

Cherry	4€	■
Pineapple	4€	■
Apple	4€	■
Banana	4€	■
Peach	4€	■
Orange	4€	■
<i>Freshly squeezed orange juice</i>	<i>6€</i>	■

Kids Mocktails

Ocean Blue blueberry syrup, sprite	8€	■
Strawberry Margarita strawberries, orange juice, lime juice, soda water	8€	■
Lemon-Basil Mojito homemade lemonade, basil, brown sugar	8€	■



The consumer is not obliged to pay if the notice of payment has not been received (receipt- invoice).

All prices are in euro and all taxes & VAT are included. POS Card Terminal is available.

We use extra virgin olive oil in salads and marinades and seed oil or sesame oil for frying.

We use PDO feta cheese in all dishes that contain it.

To ensure the highest quality of our ingredients, the seafood with an asterisk (*) is frozen.

The store is obliged to have forms of complaint for the consumers in a special position next to the exit.

Drinking for individuals under the legal age of 18 years old is prohibited according to the Greek law.

Person responsible upon market inspection:

CHANTZIS THEMISTOKLIS

Please inform us for any allergies

ALLERGENS

CEREALS containing gluten. **CRUSTACEANS** (seafood in shell, e.g. crabs, shrimps, lobsters) and their products.

EGGS and products based on eggs. **FISH** and products based on fish. **SOYBEANS** and products based on soy.

MILK and products based on milk. **CELERY** and products based on celery. **MUSTARD** and products based on mustard.

SESAME SEEDS and products based on sesame seeds. **SULPHURDIOXIDE (SO₂)** and sulphites.

LUPINE and products based on lupine. **MOLLUSKS** and products based on mollusks.

GROUNDNUTS (peanuts) and products based on peanuts.

NUTS (e.g. almonds, hazelnuts, walnuts, cashews, etc.). **NON GENETICALLY** modified organisms.

ATTENTION: All the products are composed of multi various ingredients and produced in similar production areas, so all dishes may include allergens.

