



HEALTHY GREEK CUISINE

Our dear clients

We cook for you, using extra virgin olive oil, variety Koroneiki, cold-pressed. We strengthen local vegetables and fruits by purchasing products from Greek producers. Our fresh fish come exclusively from the sea of Chalkidiki. Our pasta, linguine and rigatoni are made in Italy. Our olives are from Ormylia of Chalkidiki. Our ice cream and desserts are made in – house using fresh Greek milk.

Chef Andreas Voulgaris



- New dishes



Please note that some products on our menu may contain allergens or traces of them. If you have any allergies, intolerances or dietary preferences, please inform our staff, who will be happy to assist you.

* We use **deep frozen products**

** For **frying** we use vegetal oil

The prices include V.A.T. 13% & 24%.
Municipal tax: 0,5%. Service charge: 13%.
Market inspector in charge: KAVOUNIDIS XRISTODOULOS

Consumer is not obliged to pay if the notice of payment has not been received (receipt – invoice).

Complaint forms are available
Beschwerdeformular erhältlich
Un formulaire de plainte est disponible

FRESH FISH

per kilo

Fresh squid	60,00 €
Scorpion fish	70,00 €
Sea bass from the open sea	70,00 €
Red mullet	75,00 €
Gilt-head seabream	75,00 €
Axillary seabream	75,00 €
White seabream	75,00 €
Fresh sole (steamed, meunière, grilled, fried**)	90,00 €
Fresh prawns (grilled, fried**, saganaki, with pasta)	90,00 €
Crayfish (grilled, steamed, with pasta)	100,00 €
Common dentex	95,00 €
Sea bream	95,00 €
Fresh Greek lobster	125,00 €
Siberian king crab legs* (grilled, with pasta or risotto)	160,00 €

WELCOME DISH

Olives from Halkidiki, cherry tomatoes from Ierapetra Crete, with extra virgin olive oil from Ancient Olympia and oregano from Mount Athos

BREAD

Daily handmade with long fermented sourdough **3,50 €**

SHELLFISH OF THE DAY

Royal oysters of France Gillardeau (*per pc*) **7,00 €**

SOUPS

Fish soup with fresh fish of the day (*500ml*) **20,00 €**

Fish soup with fresh fish of the day (*250ml*) **12,00 €**

MORSELS

Grilled smoked mackerel with tomato & pickled onions **13,00 €**

Spanish anchovies in extra virgin olive oil & red pepper vinegar **16,00 €**

Salted skipjack tune (lakerda) from Constantinople with critamo pickled **15,00 €**

DESSERTS

Sorbet **6,00 €**

Loukoumi ice cream with biscuit **9,00 €**

Millefeuille with crème patisserie, Madagascar vanilla & caramelized almonds **10,00 €**

● Ekmek Kadayifi with coconut milk cream, pistachio of Aegina & sour cherry syrup **10,00 €**

● Affogato ice cream from goat's milk with espresso coffee, almond biscuit & cranberry **10,00 €**

Chocolate cream with 70% cocoa, hazelnut crumble & caramel sauce with lime & ginger **12,00 €**

Constantinople traditional semolina halva with marinated fruits accompanied with tahini ice cream & lemon syrup **12,00 €**

● Armenonville with hot chocolate **12,00 €**

Fresh seasonal fruits **14,00 €**

MAIN DISHES

FISH

Cod fillet* with fresh french fries** & light mayonnaise sauce with yoghurt (fish & chips) **20,00 €**

- Fresh teriyaki salmon fillet with mashed sweet potatoes & broccoli **24,00 €**
- Fresh sea bass fillet with parsnip - carrot puree & red wine sauce with truffle, mustard leaves & porcini powder **26,00 €**
- Fresh sea bream fillet with butter sauce, capers, lemon & boiled potato with chives **26,00 €**
- Fillet of fresh sea bass with celeriac puree and forest fruit sauce with honey & lemon **28,00 €**

Fresh tuna tagliata with ponzu sauce, vegetables in the wok with fresh ginger & coriander **30,00 €**

- Fresh gilled croaker filler with eggplant puree, sauce “kakavia”, venere rice & smoked paprika butter **25,00 €**

MEAT

Argentinian beef fillet with parsnip - carrot puree & red wine sauce with truffle, mustard leaves & porcini powder **40,00 €**

SUSHI

(Monday to Friday from 19:00, Saturday & Sunday from 15:00)

7 Thalasses Special Choices

Fresh salmon sashimi with golden herring eggs, ponzu sauce & coriander oil **20,00 €**

Roll with tempura shrimp*, boiled shrimp, avocado & cocktail sauce **20,00 €**

California roll with King Crab*, avocado, cucumber & sesame **22,00 €**

Roll with tempura shrimps*, seared salmon tartare, parmesan cheese & oyster sauce **21,00 €**

Roll with fried** crayfish meat*, green asparagus & truffle sauce **25,00 €**

- Salmon tartare roll with pepper marmalade, seared salmon slices, trout eggs & oyster sauce with spicy mayonnaise **21,00 €**

- Roll with tempura shrimp*, avocado, fresh tartare scallops, Avruga caviar & green apple **24,00 €**

SALADS

Boiled seasonal vegetables with extra virgin olive oil & fresh lemon juice	12,00 €
Mixed of leafy green salad with extra virgin olive oil & vinegar flavored with sherry	14,00 €
Traditional Greek salad with goat feta cheese from Arnaia & pieces of Cretan barley rusk (<i>olives, balsamic vinegar, capers, onion & extra virgin olive oil</i>)	16,00 €
• Salad with cabbage, carrot, peppers, fried** shrimps*, pear, sweet & sour sauce & spicy sesame seeds	15,00 €
Mixed of leafy green salad with octopus **, spring onion, honey-balsamic vinaigrette & cherry tomatoes from Santorini island	23,00 €
7 Seas Salad, with steamed fresh monkfish, lettuce, spring onion, dill, boiled potato, olives, extra virgin olive oil & fresh lemon juice	24,00 €
Mixed green salad with fresh salmon cubes, pine nuts, sauce with honey, mustard & fresh lemon juice	24,00 €
Caesar's salad with fried** crayfish meat*, lettuce & parmesan crumble	26,00 €

RISOTTO – PASTA

7 Thalasses risotto with fresh mussels	18,00 €
• Linguini with clams, garlic, parsley, chili flakes & extra virgin olive oil	23,00 €
Linguine with clams, garlic, parsley, chili flakes & extra virgin olive oil	23,00 €
• Pappardelle with crayfish meat*, fresh shiitake mushrooms, bisque sauce & king oyster mushroom powder with fresh basil	27,00 €
Linguine with seafood (with its broth) <i>(Fresh mussels, baby squid*, prawns*)</i>	23,00 €
Orzo pasta with seafood <i>(Fresh mussels, baby squid*, prawns*)</i>	23,00 €
Risotto with seafood (with its broth) <i>(Fresh mussels, baby squid*, prawns*)</i>	23,00 €
Linguine per person (with lobster or crayfish or prawns, or Siberian king crab legs* which are extra charged)	11,00 €
Orzo per person (with lobster or crayfish or prawns, or Siberian king crab legs* which are extra charged)	11,00 €

HOT APPETIZERS

Shrimp* saganaki with fresh tomato sauce, sheep & goat feta cheese & ouzo	17,00 €
● Sauteed** seafood with potatoes, mushrooms, fresh thyme & extra virgin olive oil with lemon	20,00 €
Grilled octopus* with extra virgin olive oil flavored with sherry	19,00 €
● Shrimp* kunefe with red Florina pepper cream, pistachio, honey - lemon & chili syrup	20,00 €
Prawns* panko tempura with spicy mayonnaise	18,00 €
Green asparagus with prawns*, sesame oil & soy sauce with orange	19,00 €
● Cheese croquette with seared salmon, truffle mayonnaise with teriyaki sauce	18,00 €
Grilled scallops* with extra virgin olive oil & roasted garlic (4 pcs)	30,00 €
● Fresh sautéed scallops with sweet potato puree & carrot - orange sauce	32,00 €
● Crispy rolls with smoked eel, potato, mozzarella cheese & corn sauce	20,00 €

COLD APPETIZERS

White fish roe dip from Premium Norwegian cod roe, extra virgin olive oil & fresh lemon juice	10,00 €
● Athenian salad with egg & fresh potato chips	19,00 €
Octopus* carpaccio with fennel, capers & extra virgin olive oil with lemon – olive oil dressing	20,00 €
Gilt-head bream carpaccio with tomato confit, caperberries, pickled critamo, extra virgin olive oil & fresh lemon juice	22,00 €
Fresh sea bass ceviche with lime juice & lime zest, fresh coriander, avocado & wakame seaweed	22,00 €

COLD APPETIZERS

Fresh tuna tartare with avocado, chives & fresh lime	24,00 €
Fresh tuna carpaccio with extra virgin olive oil, chives, fresh lime juice & salt from Kythera island	22,00 €
● Fresh sea bass tartare with extra virgin olive oil, lime, chives & trout eggs	24,00 €
● Tartare of fresh sea bream with pear & mayonnaise with cuttlefish ink	30,00 €
Tartare of king crab*, shrimp*, mango, avocado, spicy mayonnaise, fresh coriander & soy sauce with truffle oil	36,00 €
● Avgotaraho of Messolonghi on toasted bread with cream cheese, dried apricot, chamomile & lemon jelly	25,00 €

HOT APPETIZERS

Grilled hot pepper with sherry vinegar & extra virgin olive oil	3,00 €
Fresh french fries** with hard cheese from Greek sheep and goat milk	5,00 €
Grilled hot pepper with crumbled goat and sheep feta cheese & extra virgin olive oil	7,00 €
Zucchini chips with yoghurt & cucumber dip (tzatziki)	11,00 €
Smoked eggplant with garlic and olive oil dressing, parsley & crumbled goat & sheep feta cheese	13,00 €
Goat & sheep feta cheese baked in a puff pastry sheet with tomato, capers & red Florina pepper marmalade with red chilli	14,00 €
Grilled baby squid* with extra virgin olive oil	14,00 €
Fresh steamed mussels with white wine & lemon	15,00 €
● Fresh steamed mussels with 'Nduja, flambéed with ouzo	18,00 €
● Arancini with spinach cream, fresh salmon with egg and lemon sauce & soft – boiled egg	16,00 €
Fava of Feneos with fried** octopus* & pickled onions	18,00 €
Fried** crabmeat* dumplings with Chinese cabbage, pineapple, sweet chili & spicy mayonnaise	23,00 €

Winter 2025

chef Andreas Voulgaris