

Der Inselaner

gemütlich griechisch gut

Cold Starter's

Tarama (roe with onion and oil)	4.50 €
Zaziki	4.80 €
Aubergine salad	5.50 €
Feta (sheep's milk cheese, cold)	6.00 €
Octopus salad (cooked in wine)	11.80 €
Ortevo plate (Tarama, Zaziki, Aubergine salat, Feta)	13.50 €

Warm Starter's

Zucchini (with fresh garlic)	6.00 €
Aubergine (with fresh garlic)	6.50 €
Vine Leaves (with lemon egg sauce)	6.80 €
Spinach (with garlic and cheese)	6.00 €
Broccoli (with garlic and cheese)	6.00 €
Feta (grilled with tomato onion and paprika)	7.00 €
Artichoke (with lemon egg sauce)	6.50 €

Soup's

Pepper soup (hot)	4.50 €
Jouvarlakia soup (meatballs with lemon egg soup)	5.50 €

Salad's

Tomato salad (with onions)	4.50 €
Mixed salad	5.00 €
Farmers salad (with Feta und egg)	8.50 €
Turkey salad (with grilled turkey breast)	9.60 €
Nizza salad (with tuna egg)	9.60 €
Gyros salad (with spitroasted gyros)	9,60 €

Turky

	180gr	250gr
Breast of turkey (with Greek herbs)	10.30 €	12.30 €
Breast of turkey (with pepper sauce)	11.30 €	13.30 €
Breast of turkey (with herb butter)	11.30 €	13.30 €
Breast of turkey (with mushrooms in wine sauce)	11.80 €	13.80 €

All dishes are inclusive a mixed salad and toasted bread

Extras:		
Greek Potatoes		ZERO
Rice		0.50 €
French Fries		1.00 €
Green Beans		1.50 €
Spinach		2.00 €
Broccoli		2.50 €
Green Peas and Carrots		2.50 €

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	<u>Lamb</u>	180gr	250gr
<i>Chop's (4 pieces)</i>			14.30 €
<i>Gigot of lamb (without fat and bones)</i>		12.30 €	15.30 €
<i>Saddle of lamb</i>		15.30 €	18.30 €
<i>Fillet of lamb</i>		15.80 €	18.80 €

	<u>Beef</u>	180gr	250gr
<i>Beefsteak (with herb butter)</i>		12.30 €	15.30 €
<i>Beefsteak (with pepper sauce)</i>		12.30 €	15.30 €
<i>Beefsteak (with mushrooms in wine sauce)</i>		13.00 €	16.00 €
<i>Beefsteak-Special (with pepper sauce and garlic)</i>		13.30 €	16.30 €
<i>Fillet-Apollo (with herb butter)</i>		19.80 €	24.50 €
<i>Fillet (with pepper sauce)</i>		19.80 €	24.50 €
<i>Fillet (with mushrooms in wine sauce)</i>		20.30 €	25.30 €
<i>Fillet-Special (with pepper sauce and garlic)</i>		20.80 €	25.80 €

	<u>Pork</u>	small	normal
<i>Gyros (with French fries, zaziki and salad)</i>		9.80 €	11.80 €
<i>Gyros-Special (with mushrooms and cooking cream)</i>		10.80 €	12.80 €
<i>Gyros-Special (with mushrooms, cooking cream and cheese)</i>		11.50 €	14.50 €
<i>Bifteki (pork and beef minced meat stuffed with Feta)</i>			12.80 €
		180gr	250gr
<i>Pork fillet (with herb butter)</i>		10.30 €	12.80 €
<i>Pork fillet (with Pepper sauce)</i>		10.30 €	12.80 €
<i>Pork fillet (with mushrooms in wine sauce)</i>		11.30 €	13.80 €
<i>Pork fillet-Special (with pepper sauce and garlic)</i>		11.80 €	14.30 €

	<u>Grill plate's</u>	
<i>Santorini plate (breast of turkey, beefsteak and gyros)</i>		13.80 €
<i>Kos plate (gigot of lamb, lamb chop and gyros)</i>		15.50 €
<i>Sakinthos plate (gigot of lamb, saddle of lamb und fillet of lamb)</i>		18.50 €

	<u>From the oven</u>	
<i>Moussaka (baked pudding with zucchini minced meat aubergine and potatoes)</i>		14.80 €
<i>Stifado (rabbit in a fine tomato sauce with onions)</i>		16.50 €
<i>Spinach pudding (with cooking cream potatoes and cheese)</i>		10.80 €

	<u>Fish</u>	
<i>Calamari (fried)</i>		13.30 €
<i>Salmon (grilled with lemon sauce)</i>		13.80 €
<i>Prawns (5 pieces in a fine special garlic sauce)</i>		15.80 €
<i>King prawns (appr. 250 gr. in a fine tomato sauce)</i>		16.50 €
<i>Barbounia (in a fine lemon garlic sauce)</i>		14.50 €
<i>Trout (grilled with lemon sauce)</i>		13.50 €