



The two restaurants of the KINSTERNA mansion serve Greek Mediterranean cuisine. In the all-day restaurant “Mouries” you can enjoy authentic homemade dishes, while in the attractive restaurant “Sterna”, next to the Byzantine cistern, Greek Mediterranean cuisine is prepared in an excellent ‘collaboration’ with modern styles.

Every day we offer you fresh seasonal produce from our mansion’s gardens, such as vegetables, fruit and aromatic herbs. Our fertile estate produces table olives, extra virgin olive oil made from the local ‘Athinalia’ variety, and our excellent wines and ‘tsipouro’ spirit, promoting the policy of sustainability and organic farming that is followed at the mansion.

Furthermore, we collaborate with local producers and fishermen, who provide us with select local meats, fish and other produce so that we can showcase the special flavours of Laconia.

We would like to thank our partners, including:

- Mr Dimitris Koukouselis (and other small farmers): wild black bryony, greens and bulbs from the mountain
- Mr Yiannis Gerontidis: salmon, caviar, trout and sturgeon from Mt Taygetos
- Mr Nikos Andromidas: cold cuts and meat from the villages of Parnonas
- Mr Christos Kyriazakos: dairy products and cheeses
- Mr Konstantinos Patouchas: potatoes from his organic fields as well as the vegetables he grows on our estate
- Ms Aspasia Kontakou: ‘ladotyri’ cheese from the village of Koulentia
- Mr Dimitris Sgardelis (Neapoli, Laconia) and Mr Giorgos Gliatis (Agios Nikolaos, Monemvasia): honey
- Mr Panagiotis Nikolinakos: free-range eggs from Apidia, Laconia
- Mr Yiannis Pavlou: different varieties of fresh wild mushrooms from Georgitsi, Laconia
- Mr Thodoris and Mr Dimitris Angelakos: fresh Laconian bakery products (Agia Paraskevi, Monemvasia)
- Fresh fish from the local fishermen of the Laconian gulf
- Game, such as wild boar (when available) from the surrounding villages

We would be delighted to give you a tour of our estate, especially the area where we make fresh bread, olive oil, olives, ‘tsipouro’ and soap.

Enjoy our renewed menus exclusively designed in cooperation with the renowned "Spondi", the only 2 Michelin star restaurant in Greece!

Giorgos Hapsas, Chef de Cuisine

Yiannis Aivaliotis, Maitre d’Hotel



## Salads & Appetizers

Pumpkin veloute / prosciutto / croutons with garlic aromas  
€ 12

Mesclun greens / white beetroot / red beetroot / yellow carrot / black carrot / orange carrot /  
radish  
€ 16

Mesclun greens / Fétel pear / Greek prosciutto / parmesan / hazelnut / vinegret Xeres  
€ 18

Ravioli / mushrooms / parmesan  
€ 17

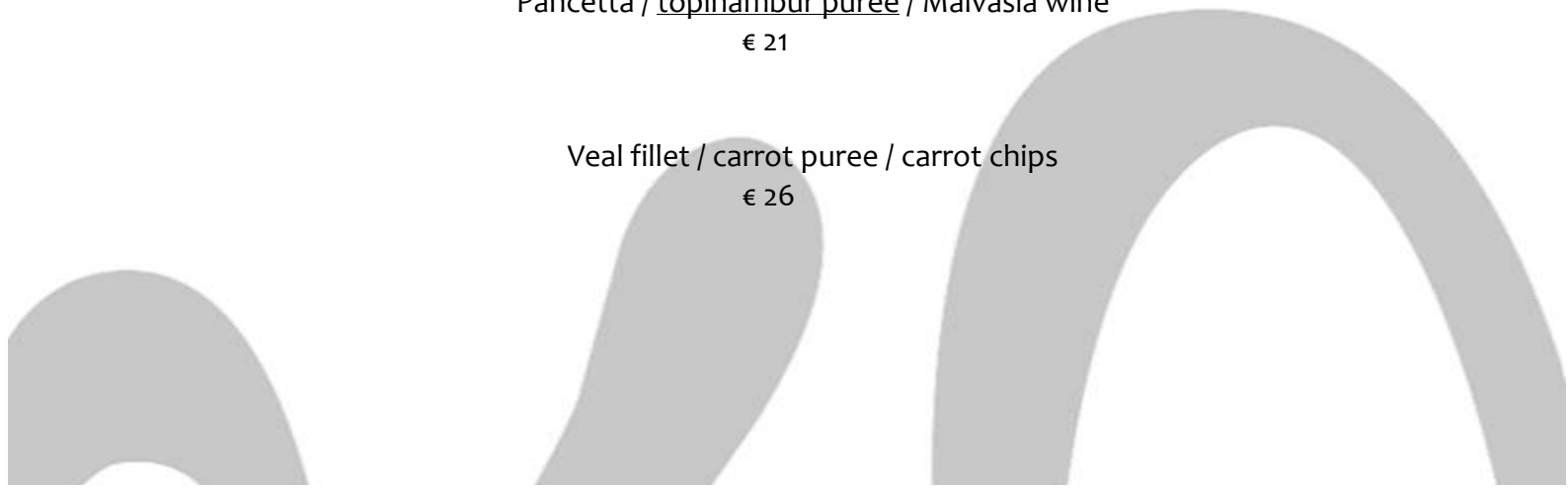
Potato cream / egg / crispy bacon / caramelized onion  
€ 16

## Main Courses

Braised lamb / smoked eggplant puree / sour trahana  
€ 23

Pancetta / topinambur puree / Malvasia wine  
€ 21

Veal fillet / carrot puree / carrot chips  
€ 26



Grouper / bread / walnuts / cauliflower cream / forest fruits  
€ 28

Sea bass fillet / celery / butter sauce  
€ 26

Orzotto / shrimps / Kinsterna “tsipouro” spirit  
€ 28

## Desserts

Cream cheese / lime / crumble / vanilla ice-cream  
€ 8

Crème brulee / Valrhona Nyangbo chocolate / spices  
€ 8

Fresh seasonal fruits  
€ 6

Ice-cream or sorbet  
€3.5 / per scoop

