



PARON

Paron
is fire, sharing & the present moment.
Greek soul. Global technique. Experiences, not just dishes.

BREAKFAST 09:00 - 12:00

START SLOW. STAY PRESENT.

AEGEAN YOGURT BOWL

GREEK YOGURT, THYME HONEY, POLLEN, WALNUTS / FRUITS, OLIVE OIL / 9

ACAI PARON

ACAI, YOGURT, BANANA, GRANOLA / 9

ARTISAN PASTRY BASKET

WARM PASTRIES & MINI PIES, PRALINE, HONEY, JAM / 16

SALT & FIRE RITUAL TRAY

EGGS, ARTISAN BREAD, YOGURT, SEASONAL FRUITS, FRESH JUICES / 14

AEGEAN OMELETTE

FETA, CHERRY TOMATO, OLIVES, OREGANO, OLIVE OIL / 9

LOTUS PANCAKE

BISCOFF, CHOCOLATE, CARAMELIZED WALNUTS, BERRIES / 13

AMERICAN PANCAKES

BACON, CHEDDAR, FRIED EGG / 11

SNACK 12:00 - 18:00

CLUB SANDWICH

HAM, CHEESE, BACON, LETTUCE, TOMATO, SAUCE, FRIES 13

CRUNCHY CHICKEN BURGER

FRIED CHICKEN, COLESLAW, MAYO, PICKLES, FRIES  /16

STEAK SANDWICH

BEEF, ONION, CHEESE, SAUCE, ROCKET, FRIES  /15

SUSHI & RAW

Raw. Clean. Balanced.

15:00-23:00

SASHIMI (4 PCS)

TUNA / 14
SALMON / 12
SEABASS / 12

MAKI (8 PCS)

SALMON
CUCUMBER, AVOCADO,
JAPANESE MAYO / 15
SPICY TUNA
ONION, SPICY MAYO,
WASABI, SESAME / 16
CRISPY SHRIMP
SHRIMP TEMPURA, AVOCADO,
CREAM CHEESE / 15

NIGIRI (4 PCS)

SEA BASS / 14
SALMON / 14
TUNA / 16
EBI (SHRIMP) / 14
UNAGI (EEL) / 17

URAMAGI (8 PCS)

SHRIMP TEMPURA

CRISPY SHRIMP, TOBIKO, JAPANESE MAYO / 16

TERIYAKI ROLL

CRISPY SHRIMP, SALMON, SPICY MAYO, TERIYAKI / 17

SPICY CRUNCHY

SALMON OR TUNA TARTAR, AVOCADO, SPICY MAYO, RED MASAGO, SRIRACHA, CRISPY RICE / 17

SEA BASS

DRIED ONION, KOSHO MAYO / 15

UNAGI ROLL

CRISPY SHRIMP, SMOKED EEL, AVOCADO, RED MASAGO / 17

SALMON & TUNA ROLL

AVOCADO, CREAM CHEESE, JAPANESE MAYO / 17

PARON BEEF

BLACK ANGUS, ASPARAGUS, TRUFFLE MAYO, TERIYAKI, TRUFFLE / 15



AWAKENING

To begin. To share. To arrive.

PARON WARM FOCACCIA OLIVE OIL, FLEUR DE SEL, OLIVES ☺ /5.5
FIREBAKED GARLIC BREAD GARLIC BUTTER, THYME /5
CHARRED VILLAGE PITAS OLIVE OIL, OREGANO /4
PINSА CLASSICA MOZZARELLA, TOMATO, BASIL /13
GREEK GARDEN PINSА MOZZARELLA, FETA, TOMATO, OLIVES, PEPPERS /14
MORTADELLA PINSА MOZZARELLA, ROCKET, PISTACHIO PESTO /15

FROM THE LAND 🌱

Earth feeds everything.

HERITAGE GREEK SALAD TOMATO, OLIVES, CUCUMBER, CAPERS, FETA, OLIVE OIL /11
TOMATO CARPACCIO ONION, CAPERS, OLIVE OIL/10
ROCKET & HALLOUMI FIG HAZELNUT, GRAPEFRUIT, ORANGE VINAIGRETTE /14
PARON CAESAR CHICKEN, BACON, CORN, EGG, CROSTINI /14
FIRE KISSED MULLET VALERIAN SALAD, RED MULLET, CHORIZO ☺ /19

TO SHARE

Plates made to arrive together. No order. No rules. Just flow .

MOUSSE TZATZIKI YOGURT, CUCUMBER, DILL /6.5
SEA CREAM TARAMAS WHITE TARAMA, OLIVE OIL, CROSTINI ∞ /10
WHIPPED FETA CLOUD FETA MOUSSE, TOMATO TEXTURES /10
TOMATO ESSENCE FLATBREAD, TOMATO, SHALLOTS, FETA /10
STEAMED MUSSELS BEURRE BLANC ∞ /17
TEMPURA SHRIMPS LIME MAYO /17
GOLDEN CALAMARI AIOLI, SAFFRON /17
ZUCCHINI STICKS YOGURT, LIME /9.5
POTATO BRAVAS CRISPY POTATOES, TRUFFLE MAYO, TOMATO SAUCE /8
DOLMADAKIA ESPUMA EGG-LEMON SAUCE /12
PARON LOBSTER BRIOCHE BUTTER, CHIVES, MAYO ☺ /17
LUKUMADES PROSCIUTTO, MOZZARELLA, TRUFFLE MAYO ☺ /13

THE PURE STATE

Raw. Clean. Alive.

SALMON TARTARE, AVOCADO, CITRUS /18.5
SHRIMP TARTARE, PICKLED CUCUMBER, CHILI, LEMON GEL, YUZU /18.5
BEEF CARPACCIO TRUFFLE, ROCKET, PECORINO/20
AEGEAN CEVICHE FISH, CITRUS, CORIANDER, CHILLI, GINGER ∞ /19
OYSTERS - SCALLOPS (PER PIECE) ... ASK YOUR HOST /6
SEA BASS SASHIMI STRAWBERRY VINAIGRETTE ☺ /16

EARTH & FIRE PASTA

Comfort, Elevated.

NAPOLI RIGATONI, TOMATO, BASIL/14
BLACK SEA BLACK LINGUINE, SEAFOOD, GARLIC, CHILI /27
SHRIMP LINGUINI, SHRIMPS, TOMATO BISQUE ∞ /26
TARTUFO PAPPARDELLE, PORCINI, WILD MUSHROOMS, MUSHROOM POWDER, TRUFFLE ∞ /17
PASTITSIO PARON PACCHERI, BEEF RAGÙ, BÉCHAMEL ☺ /18
LOBSTER EXPERIENCE LOBSTER OR CRAYFISH WITH PASTA OR ORZO, ASK YOUR HOST
SEA ORZO SEAFOOD, TARRAGON, PARMESAN, LIME/26

SALT & FIRE

Fire transforms everything. 🔥

FIRE CHICKEN SOUVLAKI, PITA, TZATZIKI /15

FLAME RACK OF LAMB HERBS, TOMATO BRUNOISE, ONION 🔥 /29

CRISPY PORK CUTLET PANKO, BURRATA, TOMATO/19

BLACK ANGUS FIRE SOUVLAKI, ROMESCO, PEPPERS/19

PRIME CUTS RIB-EYE / FLAP STEAK / FLANK STEAK, BUTTER, GREMOLATA, HIMALAYAN SALT ∞ /39

PARON FIRE BURGER

BLACK ANGUS, CHEDDAR, BACON, CARAMELIZED ONION, TRUFFLE, TOMATO, LETTUCE, FRIES ∞ /18

SALT & FIRE MEAT RITUAL

This is not a dish. This is a shared experience 🔥 /60

An interactive fire experience where meat becomes ritual.

Select premium cuts, served raw at your table with spices, house sauces & fresh sides.

Finish the cooking yourself over fire.

Minimum order: 500g for 2 people.

FROM THE AEGEAN

Pure sea energy 🌊

SEARED SALMON PARSNIP PUREE, CAULIFLOWER TARTAR, ALMOND, VADOUVAN SAUCE /24

GRILLED SEA BASS SPINACH & BASIL PESTO, RED PEPPER SAUCE 🌀 /22

SALMON BURGER CHORIZO, AVOCADO, ONION, GOAT CHEESE, LETTUCE, TOMATO /19

FIRE SHRIMPS LEMON - OLIVE OIL SAUCE /19

CATCH OF THE DAY BROCCOLI, CHILI, SHELLFISH CREAM, SAFFRON, LIME, GINGER /27

WILD AEGEAN FISH, DAILY FRESH

Respect the sea. Taste the moment. 🔥

Choose your fish. Live the moment.

Our host will guide you through today's catch & help you select your fish by the kilo.

Served tableside with extra virgin olive oil, sea salt & fresh citrus.

Our team will present today's selection, availability & price.

Red Snapper-Grouper-Lobster-Crayfish-Scorpion Fish-Dentex-Amberjack & More

SALT & SEA FISH RITUAL

From head to tail. A complete experience. 🔥

A ritual of the sea. One fish. Four Expressions. From raw to fire. From delicate to intense.

Athenian style, cheek fricassée, tail with pappardelle & charcoal-grilled cutlet.

Please ask for availability & price (per kg).

SIDES

FRIED SWEET POTATOES /8

FRESH FRIES /7

SAUTEED VEGETABLES /6,5

SWEET RITUAL

Endings that linger.

MILLEFEUILLE PARON PUFF PASTRY, VANILLA CREAM, SALTED CARAMEL ICE CREAM ∞ /13

TIRAMISU MASCARPONE, SAVAYARD, COFFEE, MARSALA, COCOA /13

TRIANGLES PANORAMA SYRUPY PUFF PASTRY, FINE CREAM ☉ /12

CHOCOLATE LAVA PISTACHIO ICE CREAM/15

ICE CREAM SELECTION VANILLA MADAGASCAR - CHOCOLATE -PISTACHIO /4

KAIMAKI WITH TOMATO SWEET -RUM & REISIN - SALTED CARAMEL & PECAN / 5

Paron “Living the moment” — embracing the present,
fully engaged, free from past and future,
where awareness and enjoyment come naturally.



Please let us know if you have
any food allergies or special dietary needs.

***Share your story
with the world***

FIND US ON

Facebook:

MORE MENI, PARON KOS

Instagram:

#moremenihotels #paron.kos

Info:

www.moremeni.gr

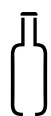
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PARON BAR



Paron

Salt • Fire • Time

A liquid ritual inspired by sun, sea & smoke.

SUN RITUALS ☀️

Light. Easy. Repeat.

SOLARIS WHITE WINE, GRAPE, MANGO, LIME ∞ /10

SUNSET SPRITZ TEQUILA, APEROL, PROSECCO, AGAVE, LIME ∞ /14

AEGEAN BLOOM GIN, MASTIC, STRAWBERRY, ROSE 🌀 /12

SIGNATURES OF PARON 🔥

The identity of the house.

Recommended by our team

SALT & FIRE SPICED RUM, PINEAPPLE, LIME, SMOKED SPICE SYRUP ∞ /13

LIME & SILK VODKA, VANILLA, MAKRUT, LIME, OLIVE OIL 🌀 /12

FOREVER NOW RUM, SALTED CARAMEL, PASSION FRUIT, MANGO, BANANA, LIME ∞ /14

BOTANICAL RITUAL GIN, THYME, CAMPARI, STRAWBERRY, VERMOUTH, TOMATO 🔥 /15

CLASSICS, REIMAGINED 🌿

The familiar — redefined through salt, fire & time.

MOJITO LIME, MINT, SUGAR, SODA - FRESH / CRISP / HERBAL FINISH /11

MARGARITA TEQUILA, LIME, AGAVE - CHILI & SEA SALT RIM /10

ESPRESSO MARTINI VODKA, ESPRESSO, COFFEE LIQUEUR-RICH /SMOOTH /CACAO TOUCH /12

APEROL SPRITZ APEROL, PROSECCO, SODA - LIGHT / BITTER / REFRESHING /10

PALOMA TEQUILA, GRAPEFRUIT, LIME, SODA - CITRUS / SEA SALT / FRESH /11

SUN SPRITZ & DAY DRINKS ☀️

Light. Sparkling. Effortless.

BELLINI PROSECCO, PEACH - SMOOTH / FRUITY / ELEGANT /9

MIMOSA PROSECCO, ORANGE - FRESH / BRIGHT / EASY /9

ZERO PROOF 🌀

All the flavor. None of the alcohol.

GOLDEN CUP TANQUERAY 0%, ELDERFLOWER, APPLE, LIME, MINT / 8

MINT & LIME LIME, SUGAR, MINT, SODA / 7

GINGER RITUAL LEMON, AGAVE, FALERNUM, GINGER / 7

ROSE GARDEN PASSION FRUIT, ORGEAT, CRANBERRY, LIME ∞ / 8

PREMIUM SELECTION

All the flavor. None of the alcohol.

VODKA BELUGA / CIROC / BELVEDERE / GRAY GOOSE / CRYSTAL HEAD

GIN THE BOTANIST /GRACE /GIN MARE /MONKEY 47 /HENDRICK'S /TANQUERAY TEN /BULLDOG

TEQUILA HERRADURA PLATA 23yo/ DON JULIO BLANCO/ DON JULIO REPOSADO /PATRON ANEJO

WHISKEY LAGAVULIN 12yo / GLENKINCHIE / JACK DANIELS SINGLE BARREL / GLENFIDDICH /

CARDHU 12yo / GRANGGAMORE 12yo

RUM PLANTERAY ORIGINAL DARK / DIPLOMATICO 12yo / DON PAPA BAROKO /

APPLETON RESERVE 8yo / RON ZACAPA 23yo

ASK YOUR HOST FOR PREMIUM SELECTION

AEGEAN SPIRITS

Tradition. Distilled.

OUZO BY THE GLASS /4,5
PLOMARI 200ML /12
TSIPOURO BY THE GLASS /4,5
DEKARAKI 200ML /12
MASTIHA SKINOS /9
METAXA 12★ /12

SOFTS & REFRESHMENTS

Light. Clean. Hydrating.

CLASSICS

COKE - COKE ZERO- FANTA LEMON - ORANGE - SPRITE /4

MIXERS

TONIC WATER - GINGER ALE - PINK GRAPEFRUIT /4

SIGNATURE MIXERS

THREE CENTS COLLECTION

PINK GRAPEFRUIT - GINGER BEER - AEGEAN TONIC /6

JUICES

APPLE - PINEAPPLE - CRANBERRY - ORANGE /4

FRESH

ORANGE JUICE /6

HOMEMADE LEMONADE /5,5

ICED TEA

LEMON / PEACH /4

WATER

Pure hydration

STILL WATER

1L GLASS 3,5 - 0.5L PET 1,5

SPARKLING WATER

250ML 3,5 - 750ML 5,5

COFFEE & TEA

Slow moments. Simple pleasures.

ESPRESSO 3

DOUBLE ESPRESSO 4

CAPPUCCINO 4.5

DOUBLE CAPPUCCINO 5

LATTE 5

FREDDO ESPRESSO 4.5

FREDDO CAPPUCCINO 4,5

GREEK COFFEE 3.5

DOUBLE GREEK COFFEE 4

NESCAFE / FRAPPE 4

HOT CHOCOLATE 4

TEA ORGANIC SELECTION 3.5

GREEN / FOREST FRUITS / LEMON / STRAWBERRY / MINT / CAMOMILE / BLACK

SMOOTHIES & MILKSHAKES

(UNTIL 19:00)

TROPICAL BOOST

PINEAPPLE, MANGO, GINGER, LIME /7,5

FITNESS DELIGHT

KIWI, PLUM, APPLE, CINNAMON, CHIA /7,5

BERRY RED

FOREST FRUITS, GREEN APPLE, BLUEBERRY /7,5

MILKSHAKES

VANILLA / CHOCOLATE / STRAWBERRY 7,5

BEER & CIDER

Cold. Refreshing. Easy

DRAFT

ALPHA 0,25ML /4,5 - 0,40ML /5,5

CRAFT 0,25ML /4,5 - 0,40ML /5,5

BOTTLED

CLASSIC MYTHOS 330ML 4,5 - **CORONA** 330ML /6

CRAFT WEISS 500ML - **NEIPA** 330ML /6,5

ALCOHOL FREE CRAFT 330ML /4

CIDER MILOKLEFTIS 330ML /5,5

WINE BY THE GLASS

Curated Selection.

WHITE

CHATZIEMMANOUIL - MALAGOUZIA, ASSYRTIKO /7

ARKTOS ELEVATION VINEYARDS - SAUVIGNON BLANC 9

ROSÉ

A-MUSE – MUSES ESTATE - SAUVIGNON BLANC, MOUHTARO /9

PETRA MARINOS – LANGO MELLO - MAVROTHIRIKO, MOSCATO /8

CHATZIEMMANOUIL- GRENACHE ROUGE /7

RED

CHATZIEMMANOUIL - CABERNET SAUVIGNON, SYRAH /7.5

CHRYSOLITHOS – MUSES ESTATE - MERLOT 9

SPARKLING

TORRESELLA PROSECCO EXTRA DRY 7

MOSCATO D'ASTI PIETRO FORNO 7

DESSERT

THE SWEET MUSE – MUSES ESTATE - MOSCHATO 7



WINE LIST

WHITE

LOCAL WINERIES

- CHATZIEMMANOUIL - MALAGOUZIA, ASSYRTIKO ∞ / 7 / 28
AKRANI - ATHIRI, MUSCAT OF ALEXANDRIA, CHARDONNAY / 28
CHATZIEMMANOUIL - KIDONITSA / 29
PETRA MARINOS BIO - CHARDONNAY / 32

AROUND GREECE

- ARKTOS ELEVATION VINEYARDS - SAUVIGNON BLANC (AMYNTAIO) ☉ / 9 / 36
KLEIDI MALAGOUZIA - KTIMA MICHAILIDI - MALAGOUZIA (DRAMA) / 35
ATMA - THYMIPOULOS VINEYARDS - XINOMAVRO, MALAGOUZIA (NAOUSA) / 28
AIORA - MOSCHOPOLIS WINERY - ASSYRTIKO, XINOMAVRO, MALAGOUZIA (THESSALONIKI) / 26
KTIMA GEROVASSILIOU - VIOGNIER (EPANOMI) / 48
9 - MUSES ESTATE - ASSYRTIKO, TREBBIANO, SAUVIGNON BLANC (VIOTIA) / 29
LENGA - AVANTIS ESTATE - GEWURZTRAMINER (CHALKIDA) / 33
BLANC - PAPARGYRIOU ESTATE - MOSCHOUDI, ASSYRTIKO (CORINTHIA) / 31
FTERI - TROUPIS WINERY - MOSCHOFILERO (MANTINEIA) / 25
ATLANTIS - ESTATE ARGYROS - ASSYRTIKO, AIDANI, ATHIRI (SANTORINI) / 31
34 - ARTEMIS KARAMOLEGOS WINERY - ASSYRTIKO (SANTORINI) / 85
PSITHIROS - SILVA DASKALAKI ESTATE - MOSCHATO SPINAS (CRETE) / 30

AROUND THE WORLD

- CHABLIS - ALBERT BICHOT - CHARDONNAY (BURGUNDY, FRANCE) / 63
MICRO-COSME BLANC-CHÂTEAU DE SAINT COSME-SAUVIGNON BLANC, VIOGNIER (RHÔNE, FRANCE) / 28
GAVI DI GAVI "PIANI" - MICHELE CHIARLO - CORTESE (PIEMONTE, ITALY) / 33
VALDADIGE PINOT GRIGIO - SANTA MARGHERITA - PINOT GRIGIO (VENETO, ITALY) / 35
LAPIS LUNA - CHARDONNAY (CALIFORNIA, USA) / 39
BICICLETA - CONO SUR - SAUVIGNON BLANC (CHILE) / 26
WILD ROCK - SAUVIGNON BLANC (MARLBOROUGH, NEW ZEALAND) / 31
THE DRY DAM - D'ARENBERG - RIESLING (MCLAREN VALE, AUSTRALIA) / 33
KAAPZICHT ESTATE - CHENIN BLANC (STELLENBOSCH, SOUTH AFRICA) / 29

ROSE

LOCAL WINERIES

- CHATZIEMMANOUIL - GRENACHE ROUGE ∞ / 7 / 28
AKRANI MINIERA - SAUVIGNON BLANC, CABERNET SAUVIGNON / 28
PETRA MARINOS, LANGO MELLO - MAVROTHIRIKO, MOSCATO OF ALEXANDRIA (SEMI SWEET) ∞ / 8 / 32
CHATZIEMMANOUIL SYMPLEGMA - GRENACHE ROUGE / 30

AROUND GREECE

- A-MUSE ROSÉ - MUSES ESTATE - SAUVIGNON BLANC, MOUHTARO (VIOTIA) ☉ / 9 / 36
QUEEN ROSÉ - KTIMA MICHAILIDI - SYRAH, MERLOT (DRAMA) / 31
DOMAINE COSTA LAZARIDI - MERLOT, AGIORGITIKO, GRENACHE (DRAMA) / 37
ROSÉ DE XINOMAVRO - THYMIPOULOS VINEYARDS - XINOMAVRO (NAOUSA) / 30
AVDIRA - VOURVOUKELI ESTATE - PAMIDI, SYRAH (XANTHI) / 29
IDYLLE D'ACHINOS - LA TOUR MELAS - AGIORGITIKO, GRENACHE, SYRAH (FTHIOTIDA) / 39
FTERI ROSÉ - TROUPIS WINERY - MOSCHOFILERO, AGIORGITIKO (MANTINEIA) / 25

AROUND THE WORLD

- ZELLINA ROSÉ - ANSELMINI - MOSCATO ROSA (VENETO, ITALY) / 32
THE BEACH ROSÉ - FAMILLE SUMEIRE - GRENACHE, CINSAULT, SYRAH (PROVENCE, FRANCE) / 40
WHISPERING ANGEL-CHÂTEAU D'ESCLANS-GRENACHE, CINSAULT, VERMENTINO (PROVENCE, FRANCE) / 65
MIRAVAL - CINSAULT, GRENACHE, ROLLE, SYRAH (PROVENCE, FRANCE) / 65



RED

LOCAL WINERIES

CHATZIEMMANOUIL – CABERNET SAUVIGNON, SYRAH ∞ / 7,5 / 30

AKRANI – MERLOT / 30

PETRA MARINOS – SYRAH / 32

AROUND GREECE

CHRYSOLITHOS – MUSES ESTATE – MERLOT (VIOTIA) ∞ / 9 / 36

GI & OURANOS – THYMIPOULOS VINEYARDS – XINOMAVRO (NAOUSA) / 35

KTIMA ALPHA – SYRAH, XINOMAVRO, MERLOT (AMYNTAIO) / 68

VOURVOUKELI ESTATE – LIMNIO (XANTHI) / 42

AGIOS CHRONOS – AVANTIS ESTATE – SYRAH, VIOGNIER (CHALKIDA) / 66

KTIMA AIVALIS – AGIORGITIKO (NEMEA) / 33

MADEMOISELLE – HARITATOS VINEYARD – MAVRODAPHNE (KEFALONIA) / 35

VORINOS – SILVA DASKALAKI ESTATE – KOTSIFALI, LIATIKO (CRETE) / 25

AROUND THE WORLD

BOURGOGNE CÔTE D'OR "ORIGINES" – ALBERT BICHOT – PINOT NOIR (BURGUNDY, FRANCE) / 70

BAROLO – MASSOLINO – NEBBIOLO (PIEMONTE, ITALY) / 115

VALPOLICELLA SUPERIORE "COSTALUNGA"-ZENATO-CORVINA, RONDINELLA, CORVINONE (VENETO, ITALY) / 30

MARQUÉS DE MURRIETA RESERVA – TEMPRANILLO, GARNACHA, GRACIANO, MAZUELO (RIOJA, SPAIN) / 70

LAPIS LUNA – ZINFANDEL (CALIFORNIA, USA) / 45

CATENA ZAPATA – MALBEC (MENDOZA, ARGENTINA) / 45

SPARKLING WINE

TORRESELLA PROSECCO EXTRA DRY – GLERA / 7 / 28

MOSCATO D'ASTI – PIETRO FORNO – MOSCATO / 7 / 28

VEUVE DU VERNAY ALCOHOL FREE – MOSCATO / 28

VEUVE DU VERNAY ICE – UGNI BLANC, CHENIN, FOLLE BLANCHE / 31

VEUVE DU VERNAY ICE ROSÉ – UGNI BLANC, CHENIN, FOLLE BLANCHE / 31

POÈME DE NATURE BLANC – ESTATE GKLVANOS – DEBINA, XINOMAVRO (ZITSA) / 33

POLEANO MASTIC / 28

CHAMPAGNE

G.H. MARTEL BRUT PRESTIGE – MEUNIER, CHARDONNAY, PINOT NOIR / 80

TAITTINGER BRUT RÉSERVE – CHARDONNAY, PINOT NOIR, PINOT MEUNIER / 120

TAITTINGER PRESTIGE ROSÉ – PINOT NOIR, CHARDONNAY / 135

MOËT & CHANDON BRUT / 150

MOËT & CHANDON ICE / 190

MOËT & CHANDON ROSÉ / 210

DESSERT WINE

THE SWEET MUSE – MUSES ESTATE – MOSCHATO (VIOTIA) / 7 / 28

VINSANTO FIRST RELEASE (500ML) – ESTATE ARGYROS – AIDANI, ATHIRI, ASSYRTIKO (SANTORINI) / 80

SAMOS ANTHEMIS – UWC SAMOS – MUSCAT OF SAMOS / 30



PARON BEACH

Salt • Fire • Time

A liquid ritual inspired by sun, sea & smoke.

BEACH BITES 11:00 – 18:00

Simple food. Done right.

HANDHELD

TOAST — HAM OR TURKEY, CHEESE, TOMATO /5.5

ΨΩΜΙ ΤΟΣΤ, ΖΑΜΠΟΝ Ή ΓΑΛΟΠΟΥΛΑ, ΤΥΡΙ, ΝΤΟΜΑΤΑ

CLUB SANDWICH — HAM, CHEESE, BACON, LETTUCE, TOMATO, SAUCE, FRIES /13

ΖΑΜΠΟΝ, ΤΥΡΙ, ΜΠΕΪΚΟΝ, ΜΑΡΟΥΛΙ, ΝΤΟΜΑΤΑ, ΣΩΣ, ΠΑΤΑΤΕΣ

GYROS WRAP — PORK, TOMATO, ONION, TZATZIKI ∞ /8

ΧΟΙΡΙΝΟ, ΝΤΟΜΑΤΑ, ΚΡΕΜΜΥΔΙ, ΤΖΑΤΖΙΚΙ

BURGERS & SANDWICHES

SALMON BURGER — SALMON, AVOCADO, MAYO, LETTUCE, TOMATO ☉ /19

ΣΟΛΟΜΟΣ, ΑΒΟΚΑΝΤΟ, ΜΑΓΙΟΝΕΖΑ, ΜΑΡΟΥΛΙ, ΝΤΟΜΑΤΑ

SMASHED BEEF BURGER — DOUBLE BEEF, CHEDDAR, BACON, SAUCE, FRIES ∞ /15

ΔΙΠΛΟ ΜΟΣΧΑΡΙΣΙΟ, ΤΣΕΝΤΑΡ, ΜΠΕΪΚΟΝ, ΣΩΣ, ΠΑΤΑΤΕΣ

CRUNCHY CHICKEN BURGER — FRIED CHICKEN, COLESLAW, MAYO, PICKLES, FRIES ☉ /16

ΤΗΓΑΝΗΤΟ ΚΟΤΟΠΟΥΛΟ, COLESLAW, ΜΑΓΙΟΝΕΖΑ, ΠΙΚΛΑ, ΠΑΤΑΤΕΣ

STEAK SANDWICH — BEEF, ONION, CHEESE, SAUCE, ROCKET, FRIES ∞ /15

ΜΟΣΧΑΡΙ, ΚΡΕΜΜΥΔΙ, ΤΥΡΙ, ΣΩΣ, ΡΟΚΑ, ΠΑΤΑΤΕΣ

ALL DAY BITES

Sweet or savory. Anytime.

MINI PIES & PASTRY BASKET SWEET & SAVORY PASTRIES FOR TWO ☉ /16

ΜΙΚΤΟ ΚΑΛΑΘΙ ΓΛΥΚΩΝ & ΑΛΜΥΡΩΝ ΣΦΟΛΙΑΤΟΕΙΔΩΝ

BUCKETS TO SHARE

CHICKEN NUGGETS 6pcs / 12pcs

ΤΡΑΓΑΝΕΣ ΚΟΤΟΜΠΟΥΚΙΕΣ / 8 / 15

CHICKEN WINGS 6pcs / 12pcs

ΦΤΕΡΟΥΓΕΣ ΚΟΤΟΠΟΥΛΟ / 8 / 15

FRIES — SEA SALT

ΠΑΤΑΤΕΣ /5

SALADS

Fresh. Clean. Balanced.

GREEK SALAD TOMATO, OLIVES, CUCUMBER, ONION, FETA, OLIVE OIL

ΝΤΟΜΑΤΑ, ΕΛΙΕΣ, ΑΓΓΟΥΡΙ, ΚΡΕΜΜΥΔΙ, ΦΕΤΑ, ΕΛΑΙΟΛΑΔΟ /11

CAESAR'S — GREEN SALAD, CHICKEN, BACON, CROUTONS, PARMESAN- ΠΡΑΣΙΝΗ ΣΑΛΑΤΑ, ΚΟΤΟΠΟΥΛΟ, ΜΠΕΪΚΟΝ, ΚΡΟΥΤΟΝ, ΠΑΡΜΕΖΑΝ /13

YOGURT & FRUITS

Light. Natural. Energising.

AEGEAN YOGURT — GREEK YOGURT, HONEY, WALNUTS, SEASONAL FRUITS

ΓΙΑΟΥΡΤΙ, ΜΕΛΙ, ΚΑΡΥΔΙΑ, ΦΡΟΥΤΑ ΕΠΟΧΗΣ /9

ACAI PARON — YOGURT, ACAI, BANANA, BERRIES, GRANOLA ΓΙΑΟΥΡΤΙ, ACAI, ΜΠΑΝΑΝΑ, ΜΟΥΡΑ, GRANOLA /9

SEASONAL FRUITS

ΦΡΟΥΤΑ ΕΠΟΧΗΣ /10


PARON BEACH DRINKS 09:00-18:00

SUN & SALT

Fresh. Bright. Alive.

MOJITO – RUM, LIME, MINT, SUGAR, SODA /11

PALOMA – TEQUILA, GRAPEFRUIT, SODA  /11

FROZEN DAQUIRI – RUM, LIME, STRAWBERRY OR PASSION, SUGAR  /10

GOLDEN HOUR

Light. Bitter. Sunset


APEROL SPRITZ – APEROL, PROSECCO, SODA/10

HUGO – ELDERFLOWER, PROSECCO, MINT /10

LIMONCELLO SPRITZ – LIMONCELLO, PROSECCO, SODA /10

TROPICAL STATE

Sweet. Exotic. Escape

PINA COLADA – RUM, COCONUT, PINEAPPLE  /10


MAI TAI – RUM BLEND, ORGEAT, LIME  /12

SEX ON THE BEACH – VODKA, PEACH, ORANGE, CRANBERRY /10

TEQUILA SUNRISE - TEQUILA, ORANGE, GRENADINE /10

ZERO & LIGHT

No alcohol. Full vibe

GOLDEN CUP TANQUERAY 0%, ELDERFLOWER, APPLE, LIME, MINT  /8

MINT & LIME LIME, SUGAR, MINT, SODA / 7

ROSE GARDEN PASSION FRUIT, ORGEAT, CRANBERRY, LIME  / 8

EASY DRINKING

Simple. Cold. Essential.

GIN & TONIC - VODKA SODA - RUM & COLA - WHISKEY & COLA /8

ESSENTIALS

COFFEE

LATTE /5
CAPPUCCINO /4,5 / 5,5
FREDDO ESPRESSO /4,5
FREDDO CAPPUCCINO /4,5
FRAPPE /4 NESCAFE HOT /4,5
FRAPPE WITH ICE CREAM /6

REFRESHMENTS

Cold. Clean. Hydrate.

COKE / COKE ZERO / FANTA LEMON / FANTA ORANGE /4
SCHWEPES (GINGER ALE, PINK GRAPEFRUIT) /4
THREE CENTS (AEGEAN TONIC, PINK GRAPEFRUIT, GINGER BEER) /6
ICE TEA — LEMON / PEACH /4
RED BULL /5,5
JUICES — APPLE / PINEAPPLE / CRANBERRY / ORANGE /4
FRESH ORANGE JUICE /6
HOMEMADE LEMONADE /5,5

WATER

Pure. Essential.

STILL WATER — 0.50L /1
SPARKLING WATER — 0.33L /3,5

SMOOTHIES & MILKSHAKES

Fresh blends. Cold energy.

SMOOTHIES

TROPICAL BOOST — PINEAPPLE, MANGO, GINGER, LIME 7,5
FITNESS DELIGHT — KIWI, APPLE, CINNAMON 7,5
BERRY RED — FOREST FRUITS, APPLE, BLUEBERRY /7,5
BANOFFEE — BANANA, CARAMEL, BISCUIT /8

MILKSHAKES

VANILLA- CHOCOLATE- STRAWBERRY /7,5

BEER

ALPHA /4,5
CORONA /6,0
CRAFT NE IPA /6,5
CRAFT ALCOHOL FREE /4

CIDER

MILOKLEFTIS /5

WINE & MORE

WHITE

CHATZIEMMANOUIL — MALAGOUZIA, ASSYRTIKO 7 / 28
ARKTOS — SAUVIGNON BLANC 9 / 36

ROSE

CHATZIEMMANOUIL — GRENACHE ROUGE 7 / 28
A-MUSE — SAUVIGNON BLANC, MOUHTARO 9 / 36
PETRA MARINOS LANGO MELLO – MAVROTHIRIKO,
MOSCATO 8 / 32

SPARKLING

TORRESELLA PROSECCO 7 / 28
MOSCATO D'ASTI 7 / 28
VEUVE DU VERNAY (ALCOHOL FREE) /28
VEUVE DU VERNAY ICE /31
VEUVE DU VERNAY ICE ROSÉ /31
POEME DE NATURE /33
POLEANO MASTIC /28

CHAMPAGNE

Celebrate the moment.

G.H. MARTEL BRUT /80
TAITTINGER BRUT RÉSERVE /120
TAITTINGER ROSÉ /135
MOËT & CHANDON BRUT /150
MOËT ICE /190
MOËT ROSÉ /210