

KENSHŌ

ORNOS BEACH

BREAKFAST MENU

Full Breakfast €50 per guest

Coffee

Espresso € 6

Greek Coffee € 5

Double Greek Coffee € 7

Frappe € 7

Nescafe € 7

Espresso Macchiato € 6

Americano € 7

Double Espresso € 8

Filter Coffee € 8

Cappuccino € 8

Freddo Espresso € 7

Freddo Cappuccino € 8

Double Cappuccino € 9

Double Americano € 8

Double Freddo Cappuccino € 9

Tea

English Breakfast € 7

Earl Grey € 7

Chamomile € 7

Green Tea Sencha € 7

Redberry € 7

Lemongrass € 7

Ginger (hot/cold) € 9

Chocolate

Dark Chocolate € 8

Milk

Whole Milk € 8

Low-fat Milk € 8

Almond Milk € 8

Soy Milk € 8

Oat Milk € 8

SMOOTHIES, SHOTS & JUICES

Smoothies € 9

Orange, mango, apple, banana, pineapple (250 ml)

Coconut, apple, banana, pineapple (250 ml)

Strawberry, raspberry, blackberry, banana (250 ml)

Spinach, kiwi, apple, banana, pear, pineapple (green) (250 ml)

Fresh Juices

Orange € 10

Mixed apple, carrot, orange € 15

Juices

Apple € 6

Pineapple € 6

Cranberry € 6

Functional Shots

Immunity € 14

ginger, lime (60 ml)

Boost € 14

orange, turmeric (60 ml)

FROM OUR BAKERY

Bread Options



Cretan Carob Bread 

Monastic Slow-Fermented Sourdough Bread 

Sourdough Whole Wheat Bread 

Peloponnesian Raisin Bread 

White Toast Bread with Milk 

Selection of Bread with Jam, Honey, and Butter  

Traditional Village Pie of the Day

Leek Pie from Thessaly  € 10

Cycladic Cheese Pie € 10

Epirus Spinach Pie € 10

Thessaloniki Bougatsa  € 10

Croissants

Butter Croissant  € 10

Chocolate Croissant  € 10

Cinnamon Rolls  € 10

CEREALS / YOGURTS / DRIED FRUITS & NUTS

Cereals

Corn Flakes € 4

Coco Pops € 4

Oats € 4

Granola € 4

Quaker € 4

Yogurt

Mykonos € 10

Low-fat € 10

Advanced € 10

Dried Fruits

Evia Figs € 4

Corinthian Raisins € 4

Goji Berries € 4

Nuts

Walnuts € 4

Almonds € 4

Aegina Pistachios € 4

Macadamia € 4

HEALTHY CHOICES

Nutty Buddy Bowl  € 15

Acai berries, granola, peanut butter, coconut milk,
dried cacao seeds, banana, chia seeds, goji berries

Fruity Acai Bowl  € 15

Acai berries, granola, berries, banana, pomegranate,
chia seeds, coconut flakes

Keto Breakfast  € 18

Avocado, poached egg, smoked salmon, halloumi,
tomato, sautéed spinach

Porridge   € 12

With milk or water, served with cinnamon and honey


Fruit Salad  € 18

Cottage Cheese  € 10


With mixed berries

Spreads

Butter  € 4

Aegina Pistachio Butter  € 4

Hazelnut Praline  € 4

Peanut Butter  € 4

Homemade Jams  € 4

Mountain Honey from Arcadia, Peloponnese  € 4

Tahini  € 4

Maple Syrup  € 4

Traditional Sweets

Spoon Sweets  € 4

Bergamot, Fig, Sour Cherry

Rice Pudding  € 12

Loukoumades   € 12

With honey, cinnamon, and nuts

CLASSIC

Pancakes 

With butter and maple syrup € 12

With cream cheese, berries, and maple syrup € 15

With praline and strawberries € 15

Sweet French Toast 

With peach compote and fresh cream € 15

Cheese & Charcuterie Selection

Cheese Selection 🌱 € 20

Graviera, Kasseri, Feta, Anthotyro, Cream Cheese,
Mykonos Kopanisti

Cold Cuts Options € 20

Smoked Turkey, Ham, Evrytania Prosciutto, Black Pork
Salami, Mykonos Louza

Free-Range Eggs

Eggs Any Style 🌱 € 12

Boiled, Fried, Poached, Scrambled

Greek Strapatsada 🌱 € 15

With fried bread, tomato, green pepper, and feta

Egg White Frittata 🌱 € 15

With asparagus

Eggs Benedict 🌱 € 15

On brioche bread with bacon, poached egg,
and hollandaise sauce

Salmon Benedict 🌱 € 18

On brioche bread with smoked salmon and hollandaise
sauce

Shakshuka 🌱 € 18

Middle Eastern eggs in tomato sauce, peppers, onions,
garlic, and spices

Avocado on Toast 🌿 € 18

Poached egg with avocado on fried bread with feta cheese and pumpkin seeds

CONDIMENTS

Vegetables 🌿 € 12

Cherry Tomatoes, Cucumber, Red Onion, Mushrooms, Avocado, Peppers, Spinach

Meat € 12

Bacon, Traditional Sausages from Karditsa

Smoked Salmon 🌿 € 12



Vegan



Vegetarian



Probably Vegan



Probably Vegetarian

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