

[Home](#)



A Journey to Paleo  
at  
**Archontiko Papadopoulou Restaurant**



[Recipe  
Index](#)

**Thursday 30<sup>th</sup> of August 2012**

**Bread**

Olive cake  
Almond Flour bread

**Starters**

Avocado and marinated fresh mushroom salad  
Glystirida and baby rocket, cucumber, cherry tomatoes, capers, olives  
Mock potato salad  
Greene tabbouleh  
Spicy Citrus prawn and marrow salad

**Main Courses**

Mediterranean seafood symphony  
Grilled sea bass fillet  
Stuffed Calamari with ratatouille  
Oven baked sardines  
Greens ragout with mixed mushrooms and fresh herbs  
Olive oil and lime dressing

**Desserts**

Coconut cake with chocolate mousse  
Lemon tart

**Coffee**

**Price 30 euros** per person (includes dinner, 2 glasses of selected wine from our awarded cellar and all taxes).

### *Announcement*

Archontiko Papadopoulou proudly announces that, following trendsetting restaurants in London and Berlin, we are the first restaurant in Cyprus to offer a Paleo Menu thematic night.

We have the honor to have the eminent nutritional anthropologist Geoff Bond, M.SC, M.I.C.E., M.I.L. with us. His latest book, *Deadly Harvest* is Amazon.com's **NO 1 BEST SELLER** in the **PREVENTIVE MEDICINE** category.

This is the only and unique occasion – not to be missed – to experience our original and creative menu fusing traditional Cypriot cuisine with the Paleo concepts.

Rediscover the archetypal dishes of our Cypriot forefathers reinterpreted through the insights of cutting-edge Paleolithic research. Find attached hereby the menu of the Paleo Night prepared jointly by Archontiko's culinary team and Geoff Bond.

Geoff Bond will give a brief informative talk before the dessert course and will be signing copies of his book *Deadly Harvest* after the meal, for those who wish to get one. In addition, Nicole Bond will be signing her paleo-conforming recipe book *Healthy Harvest*.

A three-month **COMPLIMENTARY** subscription to Geoff Bond's monthly Bond Briefing will be extended to all participants.

Restricted availability of places. For reservations and more information please call 22531000

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Those who need accommodation, you can reserve at the traditional village houses [www.cyprusvillages.com.cy](http://www.cyprusvillages.com.cy) of our neighbour village Tochni at the special discounted price of 30 euro (Bed and Breakfast) [reservations@cyprusvillages.com.cy](mailto:reservations@cyprusvillages.com.cy).