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A Journey to Paleo
at
Archontiko Papadopoulou Restaurant



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Thursday 30th 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 of our neighbour village Tochni at the special discounted price of 30 euro (Bed and Breakfast) reservations@cyprusvillages.com.cy.