



EXO CATERING

PROPOSALS TO CREATE YOUR PLANNING

FOOD CATERING SERVICES | [INFO@EXO.COM.GR](mailto:info@exo.com.gr) | EXOCATERING.COM | EXO.COM.GR

Menu 2017

Salads_

1. Greek Salad with rusks and flavored olive oil from oregano (with or without feta)
2. Aromatic Salad with tomatoes, cucumber sticks, feta, fresh oregano, mint & marjoram
3. Dakos with chopped tomatoes, capers, sea fennel, chopped feta & oregano
4. Tinian Salad with lettuce, arugula, chopped tomato, pine nuts, raisins, cubes of smoked pork, cubes of Tinian white cheese & dressing based on grape juice syrup
5. Roka with arugula, dried figs, chopped tomatoes, crisp lettuce, diced orange, grapes & vinaigrette 🍷
6. Green Salad with crisp lettuce, arugula, spinach, & dressing based on dried tomato
7. Little Suzie with spinach, arugula, mushrooms, beetroots, walnuts, sesame & vinaigrette
8. Spinach with sour apple, sesame, honey and olive oil
9. Mediterranean with boiled potatoes, colorful peppers, capers, onion, parsley 🍷
10. Artichoke Salad with couscous, artichoke, chopped tomato, cucumber, mint, parsley, coriander, lemon juice & olive oil 🍷
11. Kous² with tomato, onions, chickpea, mint, basil, Tinian mozzarella & olive oil
12. Tabbouleh with bulgur, chopped onion, tomato, parsley, mint, olive oil 🍷
13. Chickpea salad 🍷
14. Black & White beans, with fresh onion & olive oil 🍷
15. Lentil Salad with parsley, chopped onion, tomatoes, colorful peppers, olive oil 🍷
16. String Beans (thrive from mid-June to early August) 📍 🍷
17. Chickpea Salad with chili & feta, cucumber, mint, coriander, olive oil, lemon juice
18. Chickpeas with anchovy, tomato, fresh onion & olive oil
19. Seafood Salad with lettuce, arugula, red bean, corn, mussels, shrimp, crab meat, sauce with dill & mustard

Creamy Salads_

1. Beetroot with sesame paste 🌿
2. Beetroot Salad shred beets with green apple, walnuts and yogurt
3. Eggplant Salad 🌿
4. Fava Bean Salad with caramelized onions 🌿
5. Tarama Salad
6. Herring Salad
7. Green "Skordalia" with garlic and parsley 🌿

Cheese_ (cheese plateau w/ 2-3 options)

1. Tinian Cheese 📍
 - i. Gruyere
 - ii. Small traditional bites of Tinian creamy cheese in various recipes as: Garlic and mint¹, Thyme & garlic², Chopped louza³, Sweet paprika⁴, Poppy seeds⁵, Black sesame seeds⁶
 - iii. «Volaki^{1*}», «Malathouni^{2*}» «Kariki^{3*}» traditional Cheese recipes *
 - iv. Kopanisti spicy creamy cheese
 - v. Oil cheese & Anthotiro*
2. Greek cheeses: Feta, Manouri, Katiki etc.
3. European cheese: Roquefort, Gorgonzola, Stilton, Parmigiano, Pecorino, Mozzarella etc.

1. The "Volaki" is a traditional cheese made from cow's or goat's milk of Tinos. It particularly buttery flavor. Its form is round and texture is hard outside and soft inside

2. "Malathouni" is a traditional cheese made from cow's or goat's milk of Tinos. It gets its name from the pan (small basket) which helps it take shape and it dries to be a cheese. It has a mild flavor.

3. "Kariki" is the pride of Tinos. Matures in a dry pumpkin. The flavor is a combination of Roquefort, Gorgonzola and Kopanisti. Unique. . .

Calcuterie_ 📍 (Plateau or individually)

1. Tinian

- i. “Louza” is a cured meat (pork) which is marinated in red wine. For its maturation is "protected" from herbs
- ii. “Heromeri” the Tinian prosciutto (pork)
- iii. Sausage with garlic inside (pork)

Cold dishes_

1. Tinian “corner”:



- i. Boiled artichokes with capers and olive oil, Sundried tomato with capers. Capers and caper leaves

2. Plateau traditional fried delicacies with mint sour cream: 📍

- i. Scalloped Potatoes, fennel meatballs, Zucchini balls, Sundried Tomato Meatball

3. Bruschetta

- i. with goat cheese, Tinian prosciutto & dried fig
- ii. with baked Tinian creamy cheese, pesto & tomato
- iii. with Tinian cheese with mint, capers & sundried tomato
- iv. with Tinian cheese with poppy seeds, dried fig & arugula
- v. with Tinian Gruyere sautéed mushrooms, wine & garlic
- vi. with Kopanisti sautéed cherry tomatoes, thyme, oregano & garlic
- vii. with Kopanisti cheese, with homemade marmalade
- viii. with caramelized onions & louza
- ix. with goat cheese & sautéed zucchini
- x. with eggplant, onions, tomato & creamy cheese
- xi. with artichoke, feta cheese, onions, tomato & mint
- xii. with Kopanisti cheese & caramelized onions

4. Peppers Horns stuffed with feta, mint leaves, chopped tomato & onion

Hot dishes_

1. Cheese pie recipe of Tinos
2. Vegetable Pie with chard, leek & spinach
3. Artichoke pie with artichoke & carrot pieces
4. Leek Pie
5. Squash Pie
6. Eggplant(fried) with tomato sauce & melted
7. Stuffed Artichoke with goat cheese
8. Soufflé vegetable with tomatoes, basil, peppers & feta cheese (+ capers)
9. Crepes
 - i. with zucchini, eggplants, carrots and mushrooms
 - ii. chicken, mushrooms & cream
 - iii. chard, leek, spinach, cheese & cream

Pasta_

1. Pene, Farfalle, Lasagna, Shell & Rigatoni
 - i. with cherry tomatoes & basil
 - ii. with sun dried tomatoes, pine nuts & herbs
 - iii. with Pesto, pine nuts & cherry tomatoes
 - iv. with artichokes, lemon juice, onionis, tomato, carrots
(suggested pasta: Shell)
 - v. with vegetables as leek, carrot, mushrooms, red peppers, basil
& white cream and grated aged Gruyere
 - vi. with garlic & tomatoes
 - vii. with garlic, cream, herbs & olive oil

Vegetarian_

1. Veloute soup of vegetable 🌱
2. Vegetable lasagne Pasticcio
3. Imam
4. Eggplant and Zucchini, tomato sauce with bulgur 🌱
5. Vegetable Burger

Cooked dishes_

1. Pork
 - i. Neck chops with rosemary and sauce based on grape juice syrup
 - ii. Shoulder with oranges 🍷
 - iii. Pancetta stuffed with Gruyere Tinos, sundried tomato & herbs 🍷
 - iv. Stuffed with Gruyere Tinos, sundried tomato, bacon & herbs
 - v. with artichokes, cream & herbs
 - vi. Shoulder with lemon, mustard, rosemary & thyme
 - vii. Neck chops with pumpkin, orange & thyme
 - viii. Caramelized Pancetta
2. Chicken
 - i. with white sauce, sumac & fresh mushrooms
 - ii. with soy sauce and sauce based on grape juice syrup
 - iii. with Pumpkin, white wine & sage
 - iv. Caramelized with sesame
 - v. Sauté with sauce of white wine, mustard and poppy seeds
3. Veal
 - i. Pot roast with carrots, onions & lemon sauce
 - ii. Pot roast with fresh tomatoes, beer, bacon, thyme and bay leaf
 - iii. Fillets skewers (spicy sauce) *
 - iv. Fillet with raki Tinos & herbs * 🍷
4. Roast pork cooked with beer (whole* or cutlets)
5. Lamb baked with mustard & rosemary
6. Lamb baked with leek, sage & rosemary

Grilled dishes_

1. Pork
 - i. Sausage 🍔
 - ii. Pancetta or steak
 - iii. Tenderloin (fillet)
 - iv. Pancetta 🍷
2. Chicken
 - i. Fillet
 - ii. Chops
 - iii. Burger with herbs
3. Veal
 - i. Burger
 - ii. Steak *
4. Lamb chops
5. Souvla” roasting spit (Lamb, Pork etc.) 🍷
sauce: Sour cream, tar-tar sauce, BBQ, Béarnaise, Tzatziki

Garnishes_

1. Puree (celeriac) with saffron 🍷
2. Vegetable puree
3. Potatoes with peel & coarse salt
4. Baked potatoes with peel, caramelized onions, fresh butter & herbs
5. Wild rice with pine nuts
6. Aromatic rice with colorful peppers, sweet red, paprika & fresh butter
7. Vegetables grilled or steamed



Cold Seafood dishes_*

1. Anchovy & Sardine marinade
2. Lacerda
3. Sea urchin on a slice of lime
4. Roe with dried fig
5. Sautéed shellfish in shell mussel
6. Octopus boiled with oil

Hot Seafood dishes_*

1. Octopus cooked in red wine
2. Shrimps a la crème cooked with ouzo and dill
3. Fried spicy shrimp & mussels
4. Swordfish skewers with basil
5. Salmon fillet baked with spinach & Gruyere
6. Cod fried 
7. Fresh fish in bakery with herbs (price per kilogram)
8. Fresh roast fish (price per kilogram) 
9. Shrimp, Lobster (price per kilo), Crab, Octopus grilled 
10. Squid roast
11. Squid with mustard sauce, capers & herbs
12. Lobster with cream of mustard, olive oil and dill & άνηθο
13. Steamed Mussels

Seafood spaghetti_—

1. with Lobster
2. with Crabs
3. with Shrimps
4. with mussels, shrimps & ouzo
5. with squid ink & sea urchins

Risotto_—

1. with mushrooms
2. with beets
3. with butter pork & herbs
4. "Gamopilafo" (Cretan risotto with goat)
5. Seafood Risotto with ouzo
6. Squid ink Risotto
7. Seafood Kritharoto (orzo) with squid & Tinian cheeseΤάρια

«Our cuisine is based on Tinian, Cycladic and Mediterranean flavors. We choose local ingredients for our cooking, because our island is Gastronomic destination and famous for the producing of quality ingredients such as milk, wines, beer, sausages, artichokes, capers, sun-dried tomatoes, dried figs, honey and various herbs.»

"We are from Tinos island and we are proud for its wealth in gastronomy"

Michalis & Yorgos Amoiralis

exo catering/menu 2017

The price per person will be adjusted accordingly, included:

“Standard Equipment” (see below in “Substantial Notes”), staff, your chosen dishes of whole menu, soft drinks, beer, carafe wine (red “Aghiorghitiko” & white “Moschofilero” by vineyards Zacharias), bottled water, sparkling water, bread, fruits.

You will find below, services which the each price is depending on the choices you will make

1. At the Church

You can make a treat to your guests out of the church with a buffet of traditional sweets such as pastel (nougat with honey) in lemon leaves, xerotigano (fried crust with honey), psaraki amygdaloto (marzipan) etc., and open bar with homemade (stuffed with honey & walnuts), lemonade, angouronero (cucumber + aqua), mastihonero (mastic + aqua), orgeat etc.

2. Welcome drink

You can welcome your guests in the reception area with drinks such as Moscato d'Asti or Prosecco, Bellini etc. With cold dishes as:

- i. Cheese & sausage plateau
- ii. Bruschetta
- iii. Macaroons with cheese cream, salt & black pepper / smoked salmon with cheese cream / cheese cream with olive paste

*Click on the menu of [Welcome drinks & Cocktails](#)

3. Bottled wine

Consult us in the selection of bottled wines that will be suited in your menu.

*Tips: In this selection of “omikron” bottled wines, the cost is defined for the bottles which will be placed on the tables of the guests and this is why the bottled wine will be refilled from the carafe wine which is exactly the same. **The carafe wine is included in main menu cost*


4. Sweets & Desserts

- i. Wedding Cake
- ii. Piece of wedding Cake (pieces 100gr.)
- iii. Naked cake (shows the natural texture and filling of the cake)
- iv. Mousse bitter chocolate in glass of champagne w/ fresh strawberry 
- v. Crème brulee 
- vi. Profiterole 
- vii. Small Bowls: in flavors of profiterole, Limoncello, tiramisu, crème brulee, chocolate mousse, caramel. (buffet)
- viii. Yogurt with spoon sweets or fruit salad
- ix. Meringue with yoghurt & spoon sweets
- x. Ice Cream (Three flavors of your choice) 
- xi. Lemon Sorbet with mint leaves and brown sugar 
- xii. Melon Sorbet with vanilla ice cream 
- xiii. "Loukoumades" Donuts with honey
- xiv. Chocolate pie
- xv. Lemon Pie
- xvi. Orange Pie
- xvii. Baklava
- xviii. Chocolate fountain with strawberries, bananas and biscuits
- xix. Meringues
- xx. Cupcakes, Cake-pops, Macaroons
- xxi. Cotton candy

*All the desserts you can accompany with a sparkling wine of your choice.

5. Live Cooking

"from skillet to plate... hot dishes can't wait"

You can choose some dishes with this symbol () you would like the chefs cook live in the buffet

6. Cooking in a BBQ

Choose a mix grill from the category "GRILLED" that would like to taste live from the barbecue. The dishes with this symbol () are involved in this category

7. Sweet Making

Desserts with this signal can be made from pastry cook live in the buffet

8. Open bar

- i. In this case there are one or two professional bartenders who can make & serve you about 3 to 5 new recipes of cocktail just for your wedding reception. They have a menu of cocktail recipes and you can choose some of them. They usually use homemade purees-liqueurs-syrups, fresh fruits and local aromatic herbs. (all the beverages, alcohol etc. are included). *Click on the menu of [Welcome drinks & Cocktails](#)
- ii. Open Bar with the beverages of your choice (gin, rum, whisky etc.) & 2-3 regular cocktails (mojito, mojito Diablo, daiquiri strawberry - lemon - peach, margarita lemon - strawberry, caipirinha). The cost is defined based on consumption. There is no extra cost for the bartender-s.
- iii. Open Bar as the second option without the alcohol bottles, if the couple will want to supply all the alcohol, spirits etc. and would like our bar staff make and serve the drinks for the entire event

****Our company has the equipment to supply an Open Bar, such as equipment of bartender, glasses, ice, bar furniture etc.**

9. Coffee

Black coffee, tea, Greek coffee or espresso after the meal

10. Late at night

You can choose some pasta of your choice or gamopilafo which you would like to cook (live cooking ) for your guests late at night.

* Hotdogs & hamburgers is a donation when the open bar belongs to the catering services

Notes:

-  Local product or recipe
-  for Vegans
-  5. Live Cooking
-  6. Cooking in a BBQ
-  These dishes are only for sit down service menu
-  7. Sweet Making
- The desserts of 4. Sweets & Desserts, are from “Mesklies” patisserie, from Tinos island.

Substantial Notes:

- The dishes with the asterisk (*) raise the main cost per person
- The “standard equipment” includes tables (banque or round), chairs (wooden white or white with cover), tablecloths, napkins, glasses, cutlery, buffet equipment, etc..
- The use of furniture such as chiavari, napoleon chairs etc., as well as monastery type tables or any extra equipment which is not included in the “standard equipment”, are subject to extra charge.
- The catering company need to be informed one week before the event how many guests you will have in the reception. This figure is calculated for the total cost of the event.
- The photographers, wedding planners, florists, music bands, Djs etc. who will remain in the reception to be served food, charged at half of the total cost per person.
- Children (from 3yo to 12yo) are charged at **3 children = 1 Adult**, from 13yo and over are counted as adults.
- They are suggested partners as wedding planners, florists, photographers, music bands/dj's, animator, make-up artists etc. We suggest them for their best services, because our company does not undertake this.
- The company applies the HACCP system for ensuring the food & catering has legal permission with the necessary European standards.



We are social



exo catering | catering | tel [+30 2283 022191](tel:+302283022191) & fax [+30 2283 023091](tel:+302283023091)
www.exo.com.gr | www.exocatering.com/proposals | info@exo.com.gr