



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 2018

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[info](#)

Salads_

1. Greek Salad with rusks and flavored olive oil from oregano (with or without feta)
2. Greek Aromatic Salad with tomatoes, cucumber sticks, feta, fresh oregano, mint & marjoram
3. Tinian Salad with lettuce, arugula, chopped tomato, pine nuts, raisins, cubes of louza, cubes of Tinian white cheese & dressing based on grape juice syrup
4. Roka with arugula (roccet), dried figs, chopped tomatoes, crisp lettuce, diced orange, grapes & vinaigrette 🌱
5. Little Suzie with spinach, arugula, mushrooms, beetroots, walnuts, sesame & vinaigrette
6. Spinach with sour apple, sesame, honey and olive oil
7. Green with asparagus, tomato, fennel, lettuce, spinach, carrot, radish & lemon vinaigrette
8. Mediterranean with boiled potatoes, colorful peppers, capers, onion, parsley 🌱
9. Artichoke Salad with couscous, artichoke, chopped tomato, cucumber, mint, parsley, coriander, lemon juice & olive oil 🌱
10. Kous² with tomato, onions, chickpea, mint, basil, Tinian mozzarella & olive oil
11. Tabbouleh with bulgur, chopped onion, tomato, parsley, mint, olive oil 🌱

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. Tzatziki

🌱 = safe for vegans

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. Tinian cheese in olive oil & Anthotiro (soft creamy cheese)
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. Saltseese with garlic (pork)

Cold dishes_

1. Tinian “corner”:  
 1. Boiled artichokes with capers and olive oil, Sundried tomato with capers. Capers and caper leaves
2. Tart stuffed with:
 1. Kopanisti, chives, mind & cherry tomato
 2. Tinian Gruyere, Tinian smoked bacon, leek & sundried tomato
 3. Tinian Gruyere, zucchini, onion, potato, tomato & feta cheese
 4. Tinian creamy cheese, pumpkin, onion & parsley
 5. Tinian Gruyere, spinach, chard, fresh onion, dill & feta cheese
 6. Tinian Gruyere, artichoke, onion, tomato & dill
3. 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 & feta cheese
3. Artichoke pie with artichoke, carrot pieces & feta cheese
4. Leek Pie with feta cheese
5. Squash Pie with feta cheese
6. Eggplant (fried) with tomato sauce & melted
7. Stuffed Artichoke with besamel from goat cheese & spinach
8. Soufflé with vegetables as 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 tomato & herbs
 - ii. with sun dried tomatoes, pine nuts & herbs
 - iii. with pesto & 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 stuffed eggplant with onion, tomato & herbs 🌱
4. Stuffed Tomatoes with rice & herbs 🌱
5. Eggplant and Zucchini, tomato sauce with bulgur 🌱
6. Vegetable Burger

 = safe for vegans

Cooked dishes_

1. Pork

- i. Neck chops with rosemary and sauce based on grape juice syrup
- ii. Shoulder with oranges (whole for carvery) 
- iii. Pancetta stuffed with Gruyere Tinos, sundried tomato & herbs 
- iv. Stuffed with Gruyere Tinos, sundried tomato, bacon & herbs
- v. with artichokes, cream & herbs
- vi. Neck chops with lemon, mustard, rosemary & thyme
- vii. Neck chops with pumpkin, orange & thyme
- viii. Caramelized Pancetta w/ cream from vegetables (whole for carvery) 

2. Chicken

- i. with white sauce, sumac & fresh mushrooms
- ii. legs with thyme & white wine
- 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. Lamb

1. baked with mustard & rosemary
2. baked with leek, sage & rosemary

5. Roast pork cooked with beer (whole for curvery or cutlets)

Grilled dishes_

1. Pork
 - i. Sausage 🍔
 - ii. Pancetta or steak
 - iii. Tenderloin (fillet)
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. Baked Potatoes with peel & coarse salt
2. Baked potatoes with peel, caramelized onions, fresh butter & herbs
3. Rice with leek, fresh onion & dill
4. Wild rice with pine nuts
5. Aromatic rice with colorful peppers, sweet red, paprika & fresh butter
6. Vegetables grilled or steamed
7. Puree (celeriac) with saffron 🍴
8. Vegetable puree 🍴
9. Potato puree 🍴



Salads for seafood dishes

1. Black & White beans, with fresh onion & olive oil 🌿
2. Lentil Salad with parsley, chopped onion, tomatoes, colorful peppers, olive oil 🌿
3. String Beans (thrive from mid-June to early August) 📍 🌿
4. Chickpea salad 🌿
5. Aromatic Chickpea Salad with onions, zucchini, red pepper from Florina, garlic, rosemary, thyme, lemon juice & e.v. olive oil 🌿
6. Chickpeas with anchovy, tomato, fresh onion & olive oil
7. Seafood Salad with lettuce, arugula, red bean, corn, mussels, shrimp, crab meat, sauce with dill & mustard
8. Fava Bean Salad with caramelized onions 🌿
9. Tarama Salad
10. Herring Salad
11. Green "Skordalia" with garlic and parsley 🌿

Cold Seafood dishes_*

1. Anchovy & Sardine marinade
2. Lacerda salted fish
3. Sea urchin on a slice of lime
4. Roe of Mesolonghi with dried fig
5. Sautéed shellfish in a shell
6. Octopus boiled with olive oil
7. Raw Clams, mussels etc.

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. Fresh fish fillet baked with ouzo, lemon & herbs 
10. Fresh fish fillet baked with tomato, capers & herbs 
11. Shrimp, Lobster (price per kilo), Crab, Octopus grilled 
12. Squid roast
13. Squid with mustard sauce, capers & herbs
14. Lobster with cream of mustard, olive oil & dill
15. 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 & truffle oil
2. with beets & aged Tinian Gruyere
3. "Gamopilafo" (Cretan risotto with chevre)
4. Seafood Risotto with ouzo
5. Squid ink Risotto with squid
6. Seafood Kritharoto (orzo) with saffron
7. Seafood Kritharoto (orzo) with squid & Tinian cheese

*for the cooking of the above dishes we use fresh Tinian butter

Welcoming_

1. Verinnes

- i. Eggplant with soft cream of feta cheese
- ii. Mousse of sundried tomato with Kopanisti
- iii. Beetroot with mousse of yogurt, green apple & walnuts
- iv. Mousse of red pepper from Florina with chevre & Tinian bacon
- v. Mousse of parsley & garlic with sauted vegetables & soft cream of feta cheese

**contain flavored croutons*

2. 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

3. Macarons

- i. with cheese cream, salt & black pepper
- ii. smoked salmon with cheese cream
- iii. cheese cream with olive paste

Notes_

“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 each price is depending on the choices you will make. *Consult [the samples](#) that you find in our website.

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 sparkling wines & drinks.

*Click on the menu of [Welcome drinks & Cocktails](#) to make your choices.







**Combine the welcome of your guests with verinnes, bruschetta & macaron from the category [Welcoming_](#)

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

1. Wedding Cake
2. Piece of wedding Cake (pieces 100gr.)
3. Naked cake (shows the natural texture and filling of the cake)
4. Mousse bitter chocolate in glass of champagne w/ fresh strawberry 
5. Crème brulee 
6. Profiterole 
7. Small Bowls: in flavors of profiterole, Limoncello, tiramisu, crème brulee, chocolate mousse, caramel. (buffet)
8. Yogurt with spoon sweets or fruit salad
9. Meringue with yoghurt & spoon sweets
10. Ice Cream (Three flavors of your choice) 
11. Lemon Sorbet with mint leaves and brown sugar 
12. Melon Sorbet with vanilla ice cream 
13. "Loukoumades" Donuts with honey
14. Chocolate pie
15. Lemon Pie
16. Orange Pie
17. Baklava
18. Chocolate fountain with strawberries, bananas and biscuits
19. Meringues
20. Cupcakes, Cake-pops, Macaroons

*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. BBQ & Carvery

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

7. Sweet Making

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

8. Open bar

1. 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](#)
2. 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.
3. 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. For the toast

Choose a sparkling wine or a champagne from [Welcome drinks & Cocktails list](#)

11. 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

Information:

-  Local product or recipe
-  safe for Vegans
-  5. Live Cooking
-  6. BBQ & Carvery
-  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, tiffanys, 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.

*“ Every client for us is a personal relationship.
Every reception is a new challenge.
We respond to every demanding detail,
always providing the quality of our services.
—The cuisine we use
is influenced by local,
Cycladic and Mediterranean flavors.
We choose local ingredients for our cooking
because our island is considered
as culinary destination
and is famous for its primary production.*

Michalis & Yorgos Amiralis ”

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We are social



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