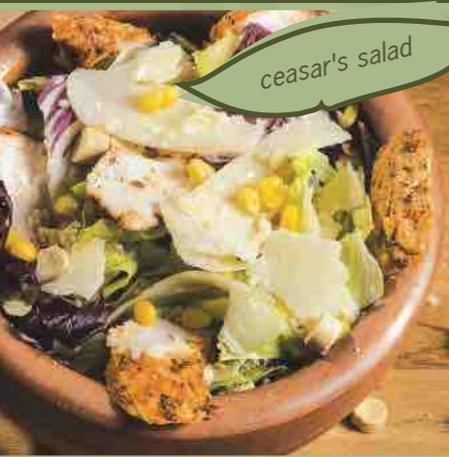


Prices in salads, in the main portion of the garnish & in the pastries are the same as receiving from the store or distributing.



caesar's salad



vegetable rice

## Salads

	individual	big
1. <b>Cool</b> <i>a combination of sun-dried leafy tomatoes, colorful peppers, chopped cucumber, cherry tomatoes, grated parmesan cheese with yoghurt vinaigrette &amp; fresh thyme.</i>	3,50€	5,50€
2. <b>Mani</b> <i>rusk Mani, tomato, caper, oregano with olive oil Manis, feta &amp; basil pesto</i>	3,50€	5,50€
3. <b>Festivity</b> <i>combination of leafy with crispy croutons, raisins, pine nuts, parmesan foliage - balsamico cream &amp; honey sauce</i>	3,50€	5,50€
4. <b>Chef</b> <i>iceberg lettuce, egg, smoked turkey, gouda cheese, tomato - sauce</i>	3,50€	5,50€
5. <b>Caesar</b> <i>iceberg lettuce, grilled chicken fillets, corn, parmesan, crouton - ceasar's sause</i>	3,50€	5,50€
6. <b>Bread Variety</b> <i>carrot, zucchini, broccoli - olive oil</i>	3,50€	5,50€
7. <b>Country</b> <i>tomato, cucumber, onion, peppers, olives, feta - olive oil, oregano</i>	3,50€	5,50€
8. <b>Cucumber</b> <i>tomato, cucumber - olive oil</i>	3,00€	4,50€
9. <b>Ceberg Lettuce</b> <i>iceberg lettuce, fresh onion - olive oil</i>	2,00€	3,50€

## Salad Bar

Large bowl <i>up to seven materials!</i>	5,50€
Individual bowl <i>up to seven materials!</i>	3,50€

### Selection Materials:

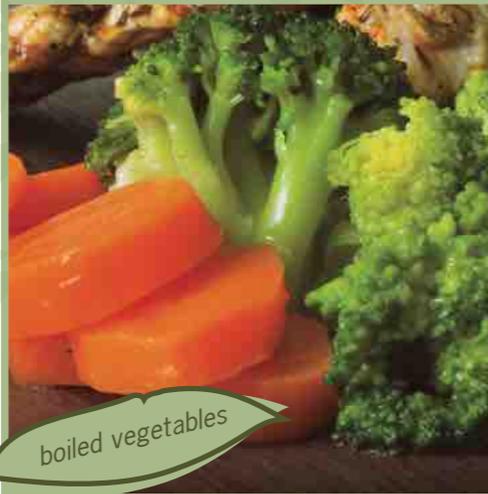
*chicken fillet on the grill, gouda cheese, parmesan foliage, grated parmesan cheese, smoked turkey, egg, sun dried tomato, cherry tomatoes, cucumber, green & multicolored peppers, corn, capers, olives, arugula, carrot.*

### Salad base selection:

*ice radicchio lettuce and iceberg lettuce.*

### Dressings:

*cocktail sauce, caesar's sauce, honey sauce, yogurt vinaigrette, mustard vinaigrette with honey, balsamico cream, olive oil, vinegar, lemon.*



boiled vegetables

## Soft drinks

1. <b>Coca Cola Classic - Light - Zero 330ml</b>	1,10€
2. <b>Sprite 330ml</b>	1,10€
3. <b>Lemonade Lux 330ml</b>	1,10€
4. <b>Orange juice Lux 330ml</b>	1,10€
5. <b>Soda 330ml</b>	1,10€
6. <b>Coca Cola Classic - Zero 1,5L</b>	2,20€
7. <b>Beer Fix 330ml</b>	1,50€
8. <b>"Lukovouno" wine individual white - red 187ml</b>	2,30€
9. <b>Large water 1,5L</b>	1,00€
10. <b>Small water 0,5L</b>	0,50€

Download our app  
Green MANH and  
order online



Visit us at  
greenmani.gr and  
social media:



GreenMANH

All our suppliers are ISO 22000 certified and are carefully chosen to provide us with the highest quality fresh ingredients on a daily basis.

Our meat and salmon are always fresh  
Our fish and seafood is frozen  
Frozen vegetables are supplied by AINOS S.A.  
We use extra virgin olive oil  
We use sunflower oil on our fried foods

Market Leader:  
Marina Kiouvatou  
Customer concerns no: 211 411 3821

Prices are subject to change without notice

**CUSTOMERS ARE KINDLY  
ASKED TO PLEASE NOTIFY US  
IF YOU HAVE ANY  
FOOD ALLERGIES**



## CATERING SERVICES

Our executive chef **Lefteris Tsinaroglou** along with his specialized team of associates and professional staff are always ready to create unique, elegant and tasteful dishes with great imagination, inspiration and passion. We strive to help you achieve an atmosphere that is specifically catered to your needs and unforgettable moments that will result in an outstanding event sure to please everyone!

Children's Party from **6€**  
Wedding - Baptism from **25€**  
Event at home from **12€**  
Corporate event from **10€**

Phone for catering orders: **212 1005769**  
Address: 65B, Riga Feraiou str., Moschato

[www.greenmani.gr](http://www.greenmani.gr)  
f Greenmani

Minimum order  
**5,00€**

None of the offers  
can not be combined.

## DELIVERY

Monday to Saturday:  
12:00 - 17:00

**211.770.1985**

Orders  
over **25,00€**  
are eligible to receive

a **FREE** dessert or  
a 1,5L soft drink of your choice

## WORKING HOURS

Monday - Friday: 11:00 έως 19:00  
& Saturday: 11:00 έως 17:00

**Discount**

**10%**

in all group orders\*  
\* the discount is valid for orders over 5 portions

We lovingly  
prepare 12  
different traditional  
Greek recipes  
for you each day,  
with great passion and  
imagination.

[www.greenmani.gr](http://www.greenmani.gr)

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**Nea Erythraia** 19, Kosta Varnali  
**Marousi** 58, Vasilissis Sofias  
**Marousi (Melissia)** 38, Pentelis  
**Halandri** 17, Kolokotroni  
**Anthoupoli (Peristeri)** 6, Karkavitsa  
**Cholargos** 4, Faneromenis  
**Ampelokipoi** 13, Panormou  
**Kolonaki** 34, Boukourestiou  
**Pangrati** 4, Ifikratous  
**Kallithea** 27, Sivitanidou  
**Neos Kosmos** 50, Kasomouli  
**Moschato** 68, Solomou  
**Piraeus** 15, St. Konstantinou & 98, Karaiskou  
**Nea Smyrni** 24, Palaiologou Konstantinou  
**Ilioupoli** 60, Marinou Antypa Ave  
**Palaio Faliro** 13, Amphitritis  
**Glyfada** 181, Gounari  
**Argyroupoli** 26, Kyprou Ave  
**Zografou** 25, Papagou Stratigou  
**Syntagma** 7, Karagiorgi Servias



**MāvH**  
Mediterranean Diet  
Greek Cuisine

**Ticket  
Restaurant®**

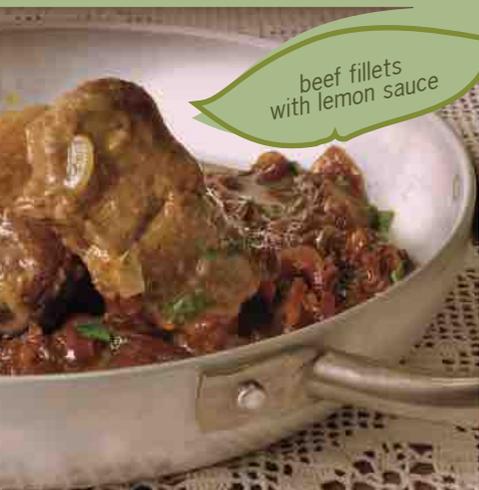
All our meats are fresh and the minced meat is handmade.



burgers  
grilled with lemon  
and mustard

## Main Portions

1. Lemon baked potatoes 3,00€
2. Rice butter 3,00€
3. Vegetable rice 3,00€
4. Puree with fresh potato 3,00€



beef fillets  
with lemon sauce

## Monday

- |   | Take away | Delivery |
|---|-----------|----------|
| 1. Peas casserole<br><i>with fresh tomato sauce, potatoes, carrot &amp; dill</i>  | 3,50€     | 3,90€    |
| 2. Bean soup<br><i>with colorful peppers with chopped carrot, celery</i>  | 4,50€     | 5,00€    |
| 3. Spaghetti "a la Bolognese"<br><i>with fresh beef and tomato sauce</i>  | 4,50€     | 5,00€    |
| 4. Traditional moussaka<br><i>with a double layer of minced meat and handmade besamel</i>   | 5,90€     | 6,50€    |
| 5. Beef burgers with cheddar sauce<br><i>with fresh beef and Cheddar</i>  | 6,00€     | 6,60€    |
| 6. Veal fillets with mardodafine sauce<br><i>with caramelized carrot and fresh mushrooms champignon. Suggested with a nutty rhizome, raisins and dried apricots</i> | 7,50€     | 8,10€    |
| 7. Schnitzel pork stuffed with mozzarella and Mani's sygline<br><i>fillet of pork in crisp crust</i>  | 6,50€     | 7,20€    |
| 8. Cabbage rolls<br><i>with tender leaves of cabbage stuffed with fluffy mint and egg-lemon cream</i>   | 6,50€     | 7,20€    |
| 9. Manti stuffed with cream cheese and cheese sauce<br><i>pasta with mozzarella, parmesan, gouda and milk cream</i>   | 6,00€     | 6,60€    |
| 10. Small lasagne with salmon and julienne vegetables<br><i>an interesting proposition of pasta, carrot salmon balls, cherry tomatoes and cream</i>                 | 7,00€     | 7,70€    |
| 11. Chicken burgers<br><i>fresh cut minced chicken and chicken breast with parsley and grated hard cheese</i>   | 6,00€     | 6,60€    |
| 12. Chicken with sauce lemon and mustard<br><i>beef fillet with mustard and lemon</i>   | 7,00€     | 7,70€    |

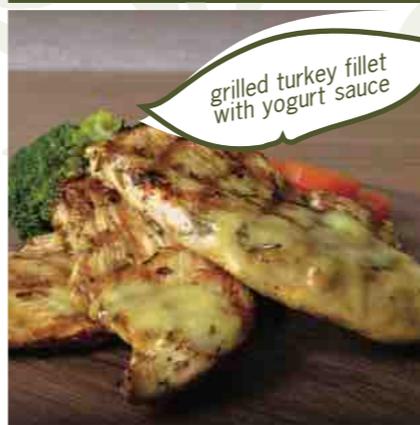
## Tuesday

- |  | Take away | Delivery |
|--|-----------|----------|
| 1. Green beans casserole<br><i>fat beans with freshly cut potatoes and carrots cooked in fresh tomato sauce</i>                      | 3,50€     | 3,90€    |
| 2. Baked Lima (giant) beans with multicolor peppers<br><i>with fresh tomato sauce, thyme and smoked paprika</i>                      | 4,50€     | 5,00€    |
| 3. Chicken soup<br><i>with chicken breast and fresh vegetables</i>   | 5,50€     | 6,10€    |
| 4. Pasticcio<br><i>with fresh beef and homemade bichamel</i>   | 5,90€     | 6,50€    |
| 5. Stuffed vegetables (tomatoes and peppers)<br><i>with rice, fresh mint, accompanied with potato peppers</i>                        | 4,90€     | 5,50€    |
| 6. Veal stew in tomato sauce<br><i>tender beef with fresh meat tomato sauce, cinnamon and allspice</i>                               | 7,00€     | 7,70€    |
| 7. Spaghetti with meatballs & tomato sauce<br><i>juicy meatballs flavored with fresh mint</i>  | 6,00€     | 6,60€    |
| 8. Pork rolls stuffed with smoked cheese and Mani colin<br><i>pork medallion marinated with smoked pork paprika and red wine</i>     | 6,50€     | 7,20€    |
| 9. Chicken fillet stuffed with cheese and basil pesto<br><i>chicken breast with egg yolk sauce</i>                                   | 7,00€     | 7,70€    |
| 10. Chicken burgers with cheese filling<br><i>fresh minced meat and chest, fermented with fresh thyme and finely chopped parsley</i> | 6,50€     | 7,20€    |
| 11. Turkey fillet mignon with honey from Mani<br><i>juicy fillets marinated with mustard and fresh herbs</i>                         | 7,00€     | 7,70€    |
| 12. Grilled salmon with roasted vegetables<br><i>fresh salmon fillet with fresh vegetables, balsamico and honey</i>                  | 8,00€     | 8,90€    |

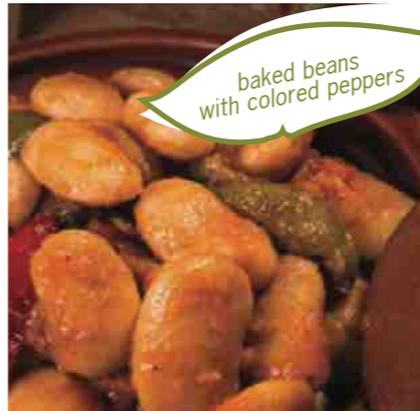
## Wednesday

- |  | Take away | Delivery |
|--|-----------|----------|
| 1. Lentil soup<br><i>with rosemary Mani and chopped carrot</i>   | 3,50€     | 3,90€    |
| 2. Peas in lemon sauce<br><i>with egg-lemon cream and fresh vegetables</i>   | 3,50€     | 3,90€    |
| 3. Gnocchi with smoked pork and leek<br><i>potato pasta is switched off with white wine and cream</i>                                      | 6,00€     | 6,60€    |
| 4. Spaghetti "a la Bolognese"<br><i>with freshly minced beef and tomato sauce</i>  | 4,50€     | 5,00€    |
| 5. Traditional moussaka<br><i>with a double layer of minced meat and handmade besamel</i>  | 5,90€     | 6,50€    |
| 6. Grilled beef burgers with lemon-oil dressing and mustard<br><i>with fresh minced meat, extra virgin olive oil, flavored with spices</i> | 6,00€     | 6,60€    |
| 7. Spinach and ricotta cheese soufflé<br><i>layers of lasagna, fresh onion and cream</i>   | 5,90€     | 6,50€    |
| 8. Veal fillets in lemon sauce<br><i>tender fillets with fresh lemon, parsley washed with white wine</i>                                   | 7,50€     | 8,10€    |
| 9. Chicken with pomegranate sauce<br><i>fillet chicken breast marinated with pomegranate juice &amp; fresh mint</i>                        | 7,00€     | 7,70€    |
| 10. Turkey burgers with cream cheese<br><i>fresh turkey breast and turkey breast, flavored with smoked paprika</i>                         | 6,50€     | 7,20€    |
| 11. Grilled perch with lemon-oil dressing served with wild greens<br><i>fish fillet with lemon juice</i>                                   | 7,00€     | 7,70€    |
| 12. Chicken fillet with halloumi cheese filling<br><i>laminated with baked vegetables and balsamico cream</i>                              | 7,00€     | 7,70€    |

Daily 12 different traditional recipes



grilled turkey fillet  
with yogurt sauce



baked beans  
with colored peppers



chicken burgers

## Thursday

- |  | Take away | Delivery |
|--|-----------|----------|
| 1. Spinach rice<br><i>with fresh onion, leek, lemon juice and Mani olive oil</i>   | 3,50€     | 3,90€    |
| 2. Chickpeas with herbs<br><i>with fresh lemon, onion and rosemary (Sitnos Recipe)</i>   | 3,50€     | 3,90€    |
| 3. Cabbage rolls<br><i>with tender leaves of cabbage stuffed with fluffy mint and egg-lemon cream</i>  | 6,50€     | 7,20€    |
| 4. Pasta soufflé with minced veal<br><i>with layers of lasagna and fresh beef</i>  | 5,90€     | 6,50€    |
| 5. Soutzoukalia Smyrneika (aromatic oriental meatballs)<br><i>with fresh meat, flavored with cumin. Suggested with fresh mashed potatoes</i>     | 6,00€     | 6,60€    |
| 6. Veal burgers a la creme<br><i>juicy burgers with rich cream and mushrooms</i>   | 6,00€     | 6,60€    |
| 7. Pork chops with mustard sauce<br><i>pork marinated pork with mustard and white wine</i>   | 6,00€     | 6,60€    |
| 8. Giouvetsi oven baked veal with orzo pasta<br><i>with fresh tomato sauce, cinnamon &amp; spices</i>  | 7,00€     | 7,70€    |
| 9. Chicken schnitzel with gouda cheese & ham filling<br><i>chicken breast in crispy crust with molten gouda cheese</i>                           | 6,50€     | 7,20€    |
| 10. Chicken fillet with pezyme<br><i>with fresh orange juice and rosemary</i>  | 7,00€     | 7,70€    |
| 11. Grilled salmon<br><i>with fresh lemon and olive oil</i>  | 8,00€     | 8,90€    |
| 12. Chicken burgers with mozzarella cheese filling<br><i>with freshly minced meat &amp; chest, marinated with spices with mozzarella filling</i> | 6,50€     | 7,20€    |

All our meats are fresh and the minced meat is handmade.

## Friday

- |   | Take away | Delivery |
|---|-----------|----------|
| 1. Lentil soup<br><i>with rosemary Mani and chopped carrot</i>  | 3,50€     | 3,90€    |
| 2. Artichokes a la polita<br><i>with egg-lemon cream and fresh vegetables</i>   | 4,50€     | 5,00€    |
| 3. Spaghetti "a la Bolognese"<br><i>with freshly minced veal meat cooked in tomato sauce</i>  | 4,50€     | 5,00€    |
| 4. Cod<br><i>deep fried cod in crisp crust with garlic dip</i>  | 6,50€     | 7,20€    |
| 5. Meatball soup<br><i>with cubes of potatoes, zucchini, carrot and regg-lemon sauce</i>  | 6,00€     | 6,60€    |
| 6. Traditional moussaka<br><i>with a double layer of minced meat plus handmade bechamel sauce</i>   | 5,90€     | 6,50€    |
| 7. Pork meat roll<br><i>filled with peppers, sygline (special smoked pork) from Mani, gruyere cheese and gravy sauce</i>                        | 6,00€     | 6,60€    |
| 8. Sofrito veal<br><i>veal fillets with thin onion slices, simmered in white wine (traditional Corfu recipe)</i>                                | 7,00€     | 7,70€    |
| 9. Veal burgers (small size) with BBQ sauce<br><i>with freshly minced veal meat and original BBQ sauce</i>                                      | 6,00€     | 6,60€    |
| 10. Chicken fillet with orange and honey<br><i>chicken breast marinated with orange peel shavings, smoked paprika and thyme honey from Mani</i> | 7,00€     | 7,70€    |
| 11. Grilled turkey fillets<br><i>marinated with yogurt and fresh lemon-oil dressing</i>   | 7,00€     | 7,70€    |
| 12. Turkey burgers<br><i>freshly minced turkey leg and breast filled with red peppers and grated graviera cheese</i>                            | 6,00€     | 6,60€    |

## Saturday

- |  | Take away | Delivery |
|--|-----------|----------|
| 1. Baked lima (giant) beans with multicolor peppers<br><i>with fresh tomato sauce, thyme and smoked paprika</i>              | 4,50€     | 5,00€    |
| 2. Spinach rice<br><i>with fresh onion, leek, lemon juice and Mani olive oil</i>   | 3,50€     | 3,90€    |
| 3. Pasticcio<br><i>baked pasta with freshly minced veal and homemade bechamel sauce</i>                                      | 5,90€     | 6,50€    |
| 4. Chicken fillet with yogurt sauce<br><i>chicken leg with fresh thyme, lemon and yoghurt</i>                                | 7,00€     | 7,70€    |
| 5. Veal burgers with metsovene cheese<br><i>with freshly minced veal meat, extra virgin olive oil, flavored with spices</i>  | 6,50€     | 7,20€    |
| 6. Pork chops with honey sauce<br><i>pork medallion marinated with sweet wine, thyme and balsamic</i>                        | 6,00€     | 6,60€    |
| 7. Chicken soup<br><i>with chicken breast bites and fresh vegetables</i>   | 5,50€     | 6,10€    |
| 8. Veal stew in tomato sauce with aubergines<br><i>veal bites in fresh tomato sauce and rose-blanched eggplant pieces</i>    | 7,00€     | 7,70€    |
| 9. Meatballs in tomato sauce<br><i>with freshly minced veal meat, flavored with spices and grated feta cheese</i>            | 6,00€     | 6,60€    |
| 10. Chicken burger with haloumi cheese filling<br><i>with freshly minced chicken leg &amp; breast, marinated with spices</i> | 6,00€     | 6,60€    |



chicken burgers  
with halloumi

## Trimming

- Lemon baked potatoes
- Butter Rice
- Vegetable rice
- Puree with fresh potato

Accompany the main portions with boiled vegetables or oil with extra charge of 1,00€

## Accompanying

- Individual bread roll white or black 0,50€
- Traditional feta cheese oil-bearing 2,00€

## Sweets

1. Trunk with a cookie wrapped in chocolate 3,00€
2. Traditional orange pie 3,00€
3. Milk pie on a crispy curry sheet with fresh milk and orange peel 3,00€

\*\* Additional garnish only on Monday and Saturday  
Risotto nuts