



FALL-WINTER '23-24

Dear guests,

We cook for you, using extra virgin cold-pressed olive oil, variety Koroneiki. We strengthen local vegetables and fruits by purchasing products from Greek producers. Our fresh fish come exclusively from the sea of Chalkidiki. Our pasta, linguine and pappardelle is made in Italy. Our olives are organic from Ormylia of Chalkidiki. Our ice cream and desserts are made in-house using fresh Greek milk.

Chef Andreas Voulgaris

FRESH FISH

per kg

FRESH SQUID	60,00
SCORPION FISH	70,00
WILD-COUGHT SEA BASS	70,00
RED MULLET	70,00
GILT-HEAD SEA BREAM	75,00
AXILLARY SEA BREAM	75,00
WHITE SEA BREAM	75,00
FRESH SOLE (steamed, meunière, grilled, fried **)	85,00
FRESH PRAWNS (grilled, fried **, saganaki, with pasta)	90,00
COMMON DENTEX	95,00
SEA BREAM	95,00
FRESH CRAYFISH (grilled, steamed, with pasta)	100,00
FRESH GREEK LOBSTER	125,00

SHELLFISH OF THE DAY

ROYAL OYSTERS FROM FRANCE DAVID HERVE	pc./ 7,00
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WELCOME DISH

ORGANIC OLIVES FROM HALKIDIKI, CHERRY TOMATOES FROM IERAPETRA, CRETE, PAIRED WITH EXTRA VIRGIN OLIVE OIL FROM ANCIENT OLYMPIA AND OREGANO FROM MOUNT ATHOS

BREAD

DAILY FRESH HANDMADE BREAD WITH LONG-FERMENTED SOURDO	3,50
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SUSHI *(Daily from 19:00)*

7 THALASSES SPECIAL CHOICES

STUFFED ROLL WITH TEMPURA SHRIMP, BOILED SHRIMP, AVOCADO & COCKTAIL SAUCE	20,00
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NIGIRI WITH SEARED SALMON, CHEESE CROQUETTE, MAYONNAISE & BLACK TRUFFLE CARPACCIO	22,00
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CALIFORNIA ROLL WITH KING CRAB *, AVOCADO, CUCUMBER & SESAME	23,00
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ROLL WITH TEMPURA SHRIMPS, SEARED SALMON TARTARE, PARMESAN CHEESE & OYSTER SAUCE	23,00
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ROLL WITH TEMPURA CRAB, AVOCADO, FRIED SCALLOPS, TRUFFLE PONZU SAUCE & QUAIL EGG	24,00
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ROLL WITH FRIED CRAYFISH MEAT, GREEN ASPARAGUS & TRUFFLE SAUCE	25,00
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ROLL WITH SMOKED EEL, AVOCADO, SESAME, MAYONNAISE, SRIRACHA & SOY GLAZE	25,00
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SOUPS

FISH SOUP WITH FRESH FISH OF THE DAY	{ 500ml	20,00
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FISH SOUP WITH FRESH FISH OF THE DAY	{ 250ml	10,00
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MORSELS

GRILLED SMOKED MACKEREL WITH TOMATO & PICKLED ONIONS	13,00
SPANISH ANCHOVIES IN EXTRA VIRGIN OLIVE OIL & WILD GREEK SAVORY HERB OF MANI	15,00
SALTED SKIPJACK TUNE (LAKERDA) FROM ISTANBUL WITH PICKLED SAMPHIRE	15,00

SALADS

BOILED SEASONAL VEGETABLES WITH EXTRA VIRGIN OLIVE OIL & NATURAL LEMON JUICE	13,00
MIXED LEAFY GREEN SALAD WITH EXTRA VIRGIN OLIVE OIL & SHERRY VINEGAR	14,00
TRADITIONAL GREEK SALAD WITH GREEK FETA P.D.O. CHEESE ARNAIA HALKIDIKI & PIECES OF CRETAN BARLEY RUSK <i>(olives, balsamic vinegar, capers, onion & extra virgin olive oil)</i>	16,00
BLACK QUINOA SALAD WITH SHRIMP, PEAR & COCKTAIL SAUCE	18,00
MIXED SALAD WITH CABBAGE, CARROT, BELL PEPPERS, FRIED SHRIMP, PEAR, SWEET AND SOUR SAUCE & SPICY SESAME	20,00
MIXED LEAFY GREEN SALAD WITH OCTOPUS**, SPRING ONION, HONEY-BALSAMIC VINAIGRETTE & CHERRY TOMATOES FROM SANTORINI ISLAND	22,00
7 SEAS SALAD, WITH SKATE FISH FILLET, LETTUCE, SPRING ONION, DILL, BOILED POTATO, OLIVES, EXTRA VIRGIN OLIVE OIL & FRESH LEMON JUICE	24,00
MIXED GREEN SALAD WITH FRESH FRIED SALMON CUBES, PINE NUTS, SAUCE WITH HONEY, MUSTARD & LEMON JUICE DRESSING	24,00
CAESAR'S SALAD WITH LETTUCE, FRIED CRAYFISH MEAT* & PARMESAN CRUMBLE	25,00

COLD APPETIZERS

WHITE FISH ROE DIP FROM PREMIUM NORWEGIAN COD ROE, EXTRA VIRGIN OLIVE OIL & LEMON	9,00
ATHENIAN SALAD WITH FRESH POTATO CHIPS & SOFT-BOILED EGG	15,00
OCTOPUS* CARPACCIO WITH FENNEL, CAPERS & EXTRA VIRGIN OLIVE OIL WITH LEMON- OLIVE OIL DRESSING	18,00
SALMON SASHIMI WITH GOLDEN HERRING ROE, PONZU SAUCE, LEMON & CORIANDER OIL	20,00
GILT-HEAD BREAM CARPACCIO WITH TOMATO CONFIT, CAPERBERRIES, PICKLED SAMPHIRE, EXTRA VIRGIN OLIVE OIL & LEMON JUICE	21,00
FRESH MARINATED SALMON WITH BEETS, DILL, FENNEL AND ORANGE	20,00
SEA BASS CEVICHE WITH LIME JUICE & ZEST, FRESH CORIANDER, AVOCADO & WAKAME SEAWEEED	22,00
FRESH TUNA TARTARE WITH AVOCADO, CHIVES, LIME & CRISPY NORI SEAWEEED	22,00
FRESH TUNA CARPACCIO WITH EXTRA VIRGIN OLIVE OIL, CHIVES, LIME JUICE AND KYTHERA SALT	22,00
FRESH SEA BASS CARPACCIO WITH DASHI SAUCE, PASSION FRUIT, LIME, JALAPEÑO AND KUMQUAT	24,00
SCALLOP CARPACCIO, ROASTED CELERIAC, TRUFFLE VINAIGRETTE, YELLOW PUMPKIN PUREE AND POMEGRANATE SEEDS	35,00
TARTARE OF CRAB, SHRIMPS, MANGO, AVOCADO, SPICY MAYONNAISE, FRESH CORIANDER & SOY SAUCE WITH TRUFFLE OIL	36,00

HOT APPETIZERS

GRILLED HOT PEPPER WITH SHERRY VINEGAR & EXTRA VIRGIN OLIVE OIL	3,00
FRESH FRENCH FRIES** WITH HARD CHEESE FROM SHEEP/GOAT GREEK MILK	5,00
GRILLED HOT PEPPER WITH CRUMBLLED FETA CHEESE P.D.O. & EXTRA VIRGIN OLIVE OIL	7,00
ZUCCHINI CHIPS WITH YOGHURT DIP (TZATZIKI)	9,00
SMOKED AUBERGINE WITH GARLIC AND OLIVE OIL DRESSING, PARSLEY & CRUMBLLED GREEK FETA P.D.O. CHEESE	12,00
GREEK FETA P.D.O. CHEESE BAKED IN A PUFF PASTRY SHEET WITH TOMATO, CAPERS & RED FLORINA PEPPER MARMALADE WITH RED CHILLI	14,00
GRILLED BABY SQUID WITH EXTRA VIRGIN OLIVE OIL	14,00
STEAMED MUSSELS IN THEIR SHELLS	16,00
SEAFOOD BALLS WITH TARTAR SAUCE	16,00
TRAHANA CROQUETTES WITH SMOKED EEL, FLORINA PEPPER CREAM & BLACK GARLIC MAYONNAISE	16,00
SHRIMP SAGANAKI WITH FRESH TOMATO SAUCE, GREEK FETA P.D.O. CHEESE & OUZO	17,00
GRILLED SEAFOOD PATTY WITH FAVA BEAN CREAM, FLORINA PEPPER AND SMOKED PAPRIKA BUTTER	17,00
GRILLED OCTOPUS* WITH EXTRA VIRGIN OLIVE OIL FLAVORED WITH SHERRY	18,00
FRIED SQUID WITH TOGARASHI (JAPANESE SPICE BLEND), SAUTÉED SPINACH, AND LEMON-EGG SAUCE WITH DIJON MUSTARD	18,00
PRAWNS PANKO TEMPURA WITH SPICY MAYONNAISE	18,00
GREEN ASPARAGUS WITH PRAWNS, SESAME OIL & SOY SAUCE WITH ORANGE	18,00

SPICY GRILLED SHRIMP WITH BROCCOLI, YOGURT & LEMON TAHINI SAUCE	20,00
OCTOPUS STIR-FRY WITH MASHED POTATOES, CELERIAC, GREEN APPLE, AND SHIITAKE MUSHROOMS	22,00
GRILLED SCALLOPS WITH EXTRA VIRGIN OLIVE OIL & ROASTED GARLIC (4 PCS)	30,00
SAUTÉED SCALLOPS WITH SWEET POTATO PUREE AND CARROT-ORANGE SAUCE	38,00

RISOTTO - PASTA

RISOTTO WITH MUSSELS 7 SEAS	17,00
WOK NOODLES WITH SHRIMP & VEGETABLES, LEMONGRASS, GINGER, CORIANDER, SRIRACHA & SOY SAUCE	23,00
LINGUINI WITH SHRIMP, BRANDY, BISQUE SAUCE & FRESH TOMATO SAUCE	23,00
LINGUINE WITH CLAMS, GARLIC, PARSLEY, CHILLI FLAKES & EXTRA VIRGIN OLIVE OIL	23,00
LINGUINE WITH SEAFOOD (WITH ITS BROTH) <i>(Fresh mussels, baby squid, prawns*)</i>	23,00
LINGUINI WITH SAUTÉED CALAMARI, BASIL PESTO, WHITE WINE SAUCE & PARMESAN CREAM	25,00
ORZO PASTA WITH SEAFOOD <i>(Fresh mussels, baby squid, prawns*)</i>	23,00
RISOTTO WITH SEAFOOD (WITH ITS BROTH) <i>(Fresh mussels, baby squid, prawns*)</i>	23,00
LINGUINE <i>PER PERSON</i> <i>(with lobster or crayfish or prawns, which are extra charged)</i>	11,00
ORZO <i>PER PERSON</i> <i>(with lobster or crayfish or prawn, which are extra charged)</i>	11,00

MAIN DISHES

FISH

COD FILLET* WITH FRESH FRENCH FRIES & LIGHT MAYONNAISE SAUCE WITH YOGHURT (FISH AND CHIPS)	18,00
FRESH TERIYAKI SALMON FILLET WITH SWEET POTATO PUREE AND BROCCOLI	25,00
FRESH SEA BASS FILLET WITH LEEKS & PLUMS COOKED ACCORDING TO A MOUNT ATHOS RECIPE	26,00
FRESH SEA BREAM FILLET WITH MASHED POTATOES, CELERY ROOT, GREEN APPLE & FRESH SHIITAKE MUSHROOMS SAUCE	27,00
FRESH GRILLED MULLET FILLET WITH EGGPLANT PUREE, KAKAVIA (GREEK FISH SOUP) SAUCE, VENERE RICE & SMOKED PAPRIKA BUTTER	27,00
FRESH TUNA TAGLIATA WITH PONZU SAUCE AND SAUTÉED CABBAGE WITH FRESH GINGER AND CORIANDER	30,00

MEAT

ARGENTINIAN BEEF FILLET WITH EGGPLANT PUREE, VENERE RICE & SMOKED PAPRIKA BUTTER	38,00
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DESSERTS

SORBET	6,00
LOUKOUMI ICE CREAM WITH BISCUIT	9,00
MILLEFEUILLE WITH CRÈME PATISSERIE, MADAGASCAR VANILLA & CARAMELISED ALMONDS	10,00
EKMEK KATAIFI DESSERT WITH COCONUT WHIPPED CREAM, PISTACHIOS & SOUR CHERRY SYRUP	10,00
TIRAMISU WITH SWEET DESSERT WINE FROM SAMOS ISLAND, BITTER ALMOND LIQUEUR & HOT CHOCOLATE	11,00
APPLE TART WITH CEYLON CINNAMON CREAM & VANILLA ICE CREAM	11,00
7 SEAS PROFITEROLE	12,00
CONSTANTINOPLE TRADITIONAL SEMOLINA HALVA WITH MARINATED FRUITS ACCOMPANIED WITH TAHINI ICE CREAM & LEMON SYRUP	12,00



*Deep Frozen

**For frying we use vegetable oil

The prices include V.A.T. 13 % & 24 % Municipal tax : 0,5%. Service charge: 13 %

Market inspector in charge: IRINEOS MERKOURIADIS

The consumer is not obliged to pay if the notice of payment has not been received (receipt - invoice).

Complaint forms are available.-Beschwerdeformular erhältlich.-Un formulaire de plainte est disponible.