

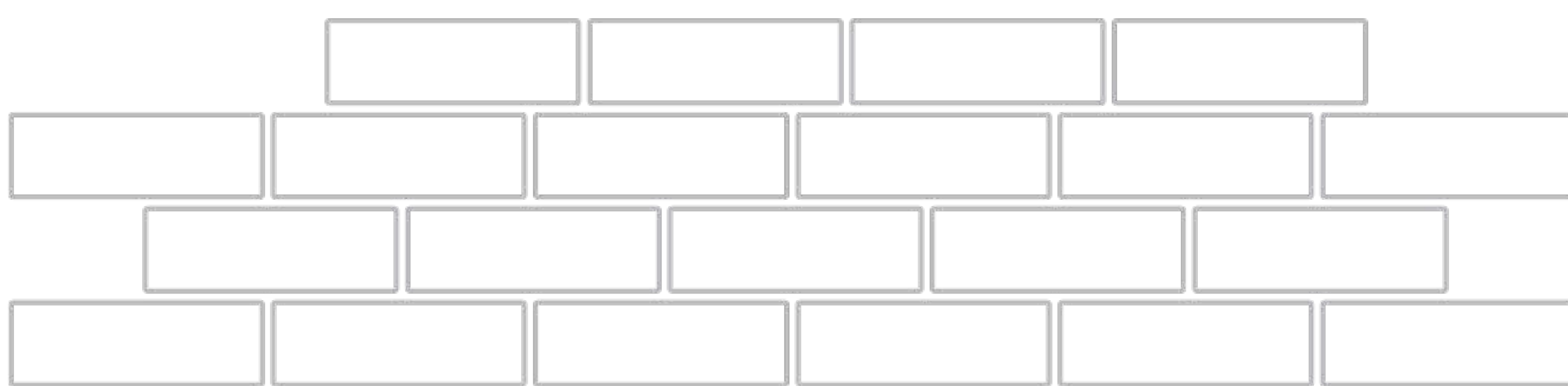
**ifeel**

**...ENERGIZED**

**HEALTHY**

**AWAKENED**

**BETTER**



**SANDWICHES, SALADS, PIZZA,**

**FRO-YO AND FRUIT JUICES**

**PREPARED FRESH AND ON THE SPOT,**

**FROM THE MOST QUALITY INGREDIENTS,**

**TO TAKE AWAY FOR A QUICK,**

**YET HEALTHY EATING.**

# Feel

- Espresso**
- Corretto/  
Con panna/  
Macchiato**
- Latte**
- Double Espresso**
- Filter Coffee**
- Cappuccino**
- Frappe Iced Coffee/  
Nescafe**
- Double Cappuccino**
- Chocolate  
Hot/Cold**
- Freddo Espresso**
- Hot Tea**
- Freddo Cappuccino**

# Feel

## REFRESHMENTS

**Coca Cola** 330ml

**Coca Cola Zero** 330ml

**Sprite** 330ml

**Ice Tea** 330ml

**Sparkling Lemonade** 330ml

**Sparkling Orangeade** 330ml

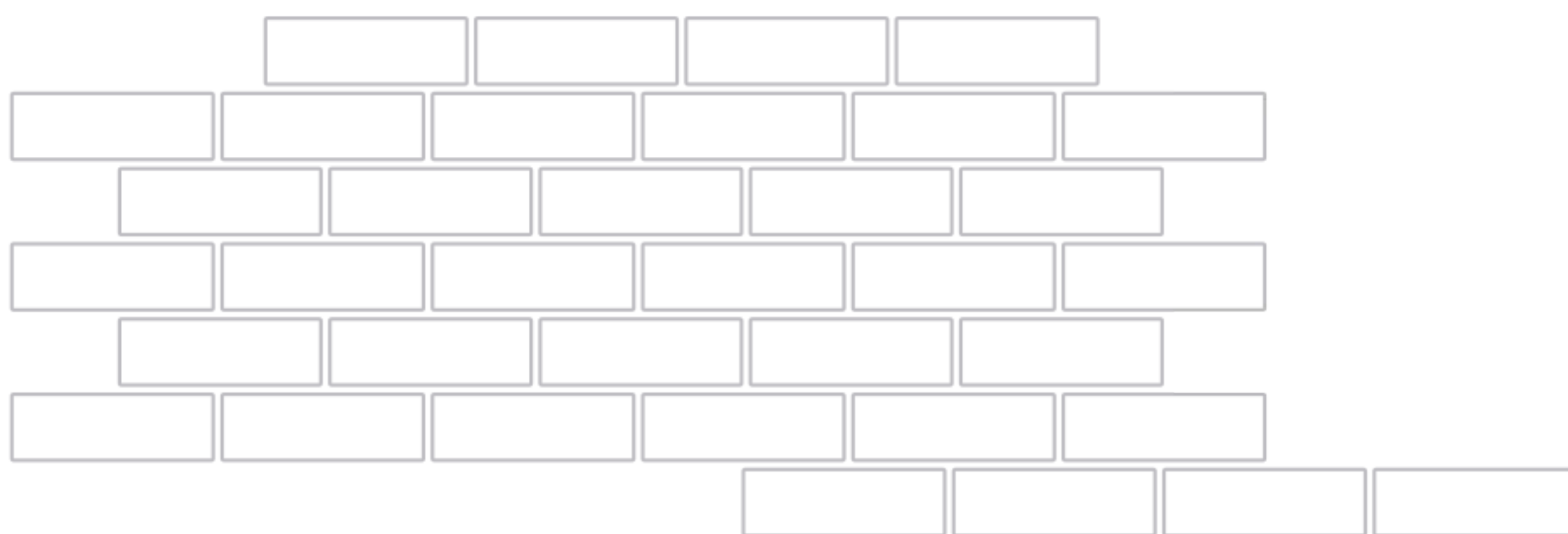
**Soda Water** 330ml

**Tonic Water** 330ml

**Sparkling Water** 330ml

**Water** 0.5ml

**Beer** 330ml





# Feel

## JUICES

### **Fresh orange juice**

### **Grapefruit + Honey + Lemon + Ginger**

A Breakfast favorite that alkalines and regulates the body's sugar levels, while getting you ready for the day!

### **Apple + Strawberries + Lime + Cinnamon**

An apple a day meets the antioxidant properties of red fruits and cinnamon with a splash of refreshing lime.

### **Carrot + Celery + Beetroot**

This low-in-calories, red juice is the perfect natural stress reliever in a cup. Served with lots of ice, as a soothing summer treat!

### **Pineapple + Banana + Coconut milk**

This multivitamin refreshing juice is ideal to get your body hydrated and it really taste like summer!

### **Fresh mixed juice**

Make a choice from the fruits on the display or Trust our Recommendations!



# ifeel

## **MARGARITA**

**With fresh mozzarella and basil**

## **TARTUFO-FUNGI**

**Fresh mushrooms and truffle oil**

## **PROSCIUTTO**

**Prosciutto, rocket  
and parmesan**

## **GRECO**

**Tomatoes, olives, onion,  
capers, peppers,  
Feta cheese**

## **SALAMI**

**Salami, pepperoni,  
smoked pancetta**

## **VEGGIE**

**Zucchini, eggplant,  
peppers, onion,  
mushrooms,  
sundried tomato**



# ifeel

## GREEK SALAD

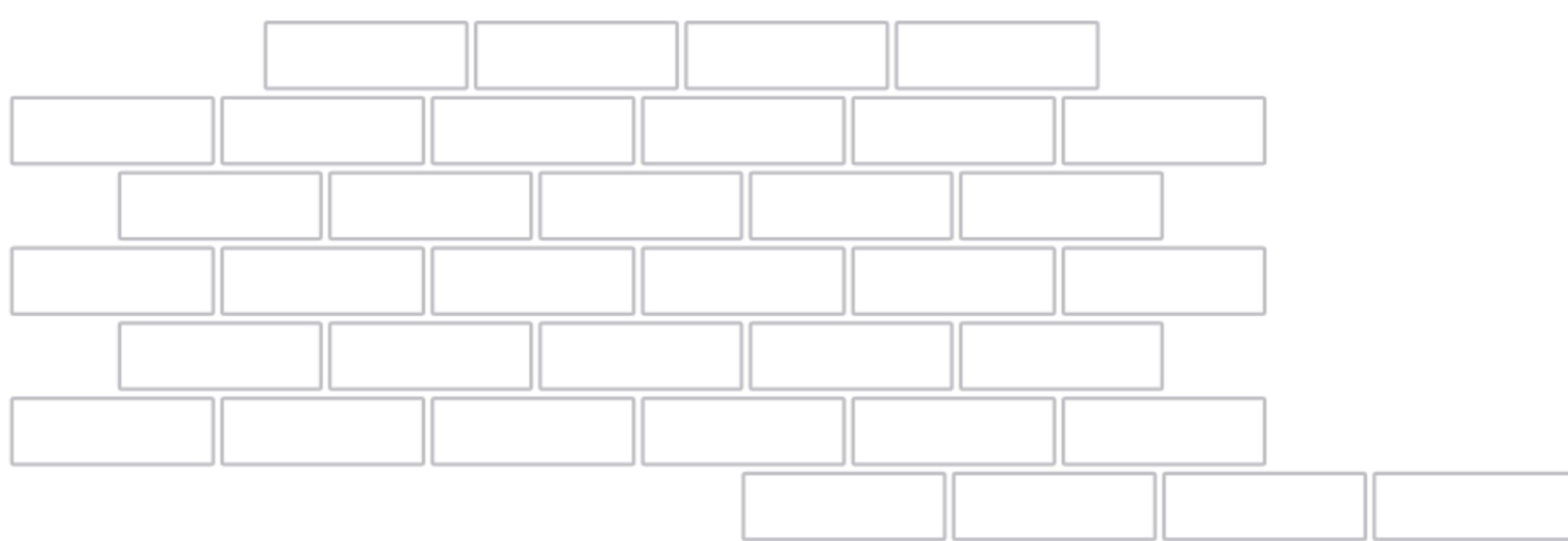
Traditional and hearty with **tomato, cucumber, olives, capers, onion, peppers, feta cheese and Cretan rusk**

## QUINOA SALAD

Healthy and vegan with **quinoa, dried fruits and nuts, mixed salad leaves and balsamic vinegar**

## CHICKEN SALAD

Protein and fiber full with **croutons, parmesan, mixed salad leaves, sundried tomato and honey-mustard sauce**



# ifeel

## **BAGUETTE**

**Pastrami, Goat Cheese,  
Tomato compote,  
Fried Egg**

## **SUN DRIED TOMATO**

### **PANINI**

**Chicken, Mustard-honey  
sauce, Smoked Bacon,  
Emmental, Lettuce,  
Tomato**

## **WHITE BAGUETTE**

**Prosciutto Cotto,  
Sun dried Tomato, Kaseri  
(greek yellow cheese),  
Green Salad Leaves,  
Cocktail Sauce**

## **BROWN BAGUETTE**

**Mortadella,  
Scamorza, Spinach,  
Horseradish Cream**

## **SUN DRIED TOMATO**

### **PANINI**

**Smoked Turkey, Iceberg,  
Low Fat Cheese,  
Cucumber, Tomato**

## **CIABATTA**

**Louza, radicchio,  
Fig jam,  
Cretan Gruyere**

## **CIABATTA**

**Salami with Herbs,  
Pickle Sauce,  
Cherry Tomatoes,  
Parmesan, Spinach,  
Green Olives**

## **CAROB BREAD**

**Smoked Salmon,  
Lemon Puree,  
Critamo, Rocket**

## **ZEAS BREAD**

**Roasted Zucchini,  
Eggplant, Peppers,  
Mushrooms, Basil Pesto**



**“All types of bread are  
freshly baked and  
prepared on a daily basis  
by our pastry-chef.”**