

A decorative graphic of a leafy branch runs diagonally from the top left to the bottom right. The leaves are in various shades of grey, with one prominent red leaf near the top and a brown leaf near the bottom. The branch itself is a light grey color.

## Ὄψον – ( o'pson) noun

*(genitive ὀψου); Second delegation*

*Cooked or otherwise prepared food, a made dish eaten with bread and wine.*

Each tasting menu celebrates the island landscapes and follows the Ancient Greek philosophy of eating three times a day—breakfast, lunch, dinner, but instead of offering three independent meals that becomes more substantial with the passing of time in a single day, the Opson's culinary journey offers tastes that are more flavorful.

The Opson Culinary Experience begins as a light breakfast with what is known in Classical Hellas as Akratisma-bites of handcrafted bread baked from ancient grains flavored with aromatic spices and dipped into wine. Next, the foundation of the ancient kitchen is laid by introducing the way people in the past prepared and preserved food. Because the home of Opson is Ancient Thera, modern day Santorini, you are presented with Poseidon's Trident, a fish trio where each taste has a delicate blend of fresh herbs as it highlights one ancient method of smoking, marinating or salting the fish.

To close each culinary journey traditional sweets from across Greece are offered. The tastes in between are your choice. Each tasting menu is designed to tell a particular part of the Ancient food story of Greece.

In this way, we have included something for everyone. What journey do you desire—tastes created to explore the life of the Gods, Citizens, Philosophers & Poets, or Farmers & Fishermen in Ancient Hellas?

# GODS tasting menu

## Ambrosia - the food of the Gods

*Here tastes of the Ancient Hellenic World are blended with the modern Mediterranean delicacies of fish, goose & quail. In this culinary journey you will experience tastes from the Aegean, Ionia & Black Seas along with game from the island's wild wilderness.*

### **Akratisma**

*a kylix & tastes of breads baked using ancient grains.*

☺☺

### **Poseidon's Trident**

*A fish trio highlighting ancient Aegean food preservation techniques when there was no refrigeration—smoked, salted & marinated in vinegar.*

☺☺

### **Fresh White almond soup**

*Tastes of sea urchin, grapes, mint & flowers.*

☺☺

### **Sunset of Santorini**

*Marinated duck egg yolk rests in the middle of sweet peas & surrounded by a light sauce with morel mushrooms.*

☺☺

### **Sea urchins from Archippus's play "The Fishes"**

*Sea urchin tart with thin cuts of cucumbers drizzled with seaweed oil and served with colorful flowers.*

☺☺

### **Meeting of the Ionia, Aegean & Black Seas**

*Langoustine tartar with hints of herbs & chives with black caviar.*

☺☺

### **Santorini Land & Sea**

*Smoked eel with petimezi & Santorini yellow fava.*

☺☺

### **Golden Red Mullet**

*Red mullet flavored with a Greek saffron, dusted with olive & bottargo power; served with a "fish-bone chip."*

☺☺

### **Santorini Land**

*Goose liver with hazelnut & figs.*

☺☺

### **Oriental Trades**

*Quail cooked two ways—  
Breast with hints of coriander & cardamom resting on bed of cracked wheat;  
Legs with flavors of herbs & topped with dates.*

☺☺

### **Pre-dessert**

*Pomegranate sorbet to clean the palate.*

☺☺

### **Dessert | Sweet Tastes from Greece**

*Tasting Menu - 140€ / person*

# PHILOSOPHERS & POETS

## tasting menu

The love of wisdom (philosophy)

& the ability to keenly observe the universe, morality, politics & art by incorporating all aspects of the ancient landscape—vegetables, truffles, nuts, seafood & meat is honored. An ancient spice highlighted is the highly valued mustard seed that most likely came to Greece from Egypt.

You might know this small potent seed to be a symbol of hope, but in Ancient Greece it was considered to hold essential medicinal properties that was revered by Hippocrates, the father of modern medicine. As a symbolic token, Alexander the Great gave King Darius of Persia a sack of mustard seeds to represent the number of men in his arm & their fiery nature.

### **Akratisma**

*a kylix & tastes of breads baked using ancient grains.*

☺☺

### **Poseidon's Trident**

*A fish trio highlighting ancient Aegean food preservation techniques when there was no refrigeration—smoked, salted & marinated in vinegar.*

☺☺

### **From afar**

*Brown Lentils with coriander, oxymelo (honey-vinegar), olive oil & sea salt.*

☺☺

### **Sunset of Santorini**

*Marinated egg yolk rests in the middle of sweet peas & surrounded by a light sauce with morel mushrooms.*

☺☺

### **Sea urchins from Archippus's play "The Fishes"**

*Sea urchin tart with thin cuts of cucumbers drizzled with seaweed oil & served with colorful flowers.*

☺☺

### **Sturgeon, "Living Fossil"**

*Served two ways: Classical Greek cured "Tarikhos antakaion"; Layered fish topped with caviar*

☺☺

### **Pearls and Calimari**

*Slowly cooked calamari with aromatic onions topped with caramelized onion sauce.*

☺☺

### **Cod Lightly Grilled in a Fig Leaf**

*Served with salt-cooked beetroot and a taste of mousse fish garum.*

☺☺

### **Rabbit in the Meadow**

*Rolled Rabbit with fresh herbs, carrots and variety of mushrooms.*

or

### **Offering For Demeter, Goddess of Harvest & Agriculture**

*Pork with truffles & quince—prepared multiple ways, as every offering should be.*

☺☺

### **Pre-dessert**

*Pomegranate sorbet to clean the palate.*

☺☺

### **Dessert | Sweet Tastes from Greece**

*Tasting Menu - 140€ /person*

# VILLAGE FARMER'S LIFE

## tasting menu

### The Mediterranean Triad

*includes cereals & grains, olives & grapes, but also legumes. In the shallow coastal waters small & medium sized fish was collected with nets & hooks, while larger fish were seasonally hunted in deep waters. These food traditions were well established in Antiquity across the Greek mainland & islands. Today we have the Neolithic & Bronze Age Aegean farmers & to thank for this rich Mediterranean culinary culture! This menu focuses on lighter vegetarian tastes from the land & one from the sea.*

#### **Akratisma**

*a kylix & tastes of breads baked using ancient grains.*



#### **Poseidon's Trident**

*A fish trio highlighting ancient Aegean food preservation techniques when there was no refrigeration—smoked, salted & marinated in vinegar.*



#### **Field of Greens Soup**

*Local cucumber-melon & micro-greens.*



#### **Sunset of Santorini**

*Marinated egg yolk rests in the middle of sweet peas & surrounded by a light sauce with morel mushrooms.*



#### **From afar**

*Brown Lentils with coriander, oxymelo (honey-vinegar), olive oil & sea salt.*



#### **Cheese Tradition**

*Goat and sheep cheese with a chutney twist.*



#### **Beet Root Bouquet**

*Colorful rolled beets with flowers, walnut praline and wild garlic aioli.*



#### **Foraging & Farming**

*Tastes of Green Pea Sprouts with Asparagus and Grains.*



#### **Pre-dessert**

*Pomegranate sorbet to clean the palate.*



#### **Dessert | Sweet Tastes from Greece**

*Tasting Menu - 115€ /person*

