

MYSTIC MENU

Our aim is to promote healthy nutrition
by using the highest quality ingredients from local small traders and organic farms!

We use Organic cannabis Sativa in most of our Mystic recipes!

We offer special “mezedes” such as goat dishes (as traditionally cooked in Samothrace),
accompanied by Cretan raki, cocktails with herbs & espresso with cannabis aroma.

Selected music is played. Live jazz bands.

Exhibitions: Photo Gallery, Sculpture and many more, because “Mystic” means “Mystagogia”

Come visit us pamper yourself a nutritious meal for an excellent health!

STARTERS

Mystic Liasti Garlic bread	€3.80
sun dried tomatoes, garlic, extra virgin olive oil, oregano (3 pcs)	
Kcal 82.9- Carbs 16.2- Eq 1- GI ■	
Mystic Cheese Garlic bread	€ 6.90
garlic, extra virgin olive oil, oregano, cheese mix (6 pcs)	
Kcal 176- Carbs 16.4- Eq 1- GI ■	
Mystic Mushrooms	€ 6.00
fresh mushrooms, garlic, rocket, parmesan, cream	
Mystic Dilas	€6.00
fresh mushrooms, extra virgin olive oil, garlic, mystic mustard sauce	
Mystic Roasted Vegetables	€6.60
zucchini, carrots, green peppers, fresh mushrooms	
Kcal 180 - Carbs 28 - Eq 1.8 – GI ■	
Mystic fava	€3.80
fava (split peas) with hemp seeds	
Ntakos	€3.80
barley rusks from crete,freshly tomato,capers,olives and feta cheese	
Mystic potato salad	€4.50
with onions,parsley,capers ans sause mayonnaise- mustard	
Mystic Guacamole	€3.80
avocado cream, onions, garlic, olive oil, lemon	
Kavourmas saganaki	€5.00
fried eggs with kavourmas beef meat	
Mystic spicy sausage	€8.00
Chickpeas in clay pot	€5.00
with fresh herbs,blue poppy seeds,fresh orange and ras el hanout.	
Chickpeas in clay pot	€8.00
with fresh herbs,blue poppy seeds,fresh orange and ras el hanout with Kavourma or Pastirma	

Sophia's vegetables sauté, mmm!!!	€4.50
selected greens with fresh onions,leek in a spicy version	
Falafel	€6.60
falafel with yogurt sause	
Variety of Cheeses	€7.00
Cold Cuts	€7.00
Gastra octopus	€8.00
octopus in clay pot	
Gatsra shrimp	€8.00
picante shrimps in clay pot,rosemary,garlic	
Smoked sea food from Halkidiki	
trout.....	€6.00
mackerel.....	€6.00
sea pastourmas.....	€6.00
herring.....	€6.00
eel.....	€6.00

DISHES

Pork fillet (tenderloin)	€ 9.40
with roasted vegetables or basmati rice & mystic mustard sauce	
Kcal 620 - Carbs 52 - Eq 3.5 – GI ■	
Chicken Curry	€ 9.40
with basmati rice	
Kcal 580 - Carbs 45 - Eq 3 – GI ■	
Mystic kebab	€ 9.90
freshly minced beef and lamb with basmati rice or grilled vegetables	
Goat ala Samothrace	€ 9.90
clay pot Samothrace way meat goat	

MYSTIC LACHMATZOU

Don't miss our extra, mild or non-spicy 'Mystic lachmatzou' with our unique dough!

Minced beef lachmatzou	€ 7.60
Minced beef sause, fresh tomatoes, onions	
Kcal 858 - Carbs 67.42 - Eq 4.5 – GI ■	
Veggie lachmatzou	€ 7.20
Onions, peppers, fresh tomatoes, squash	
Kcal 520 - Carbs 72.42 - Eq 4.8 – GI ■	

SALADS

Avocado	€ 6.80
avocado, lettuce, rocket, onion, green & red peppers, lemon, organic extra virgin olive oil	
Kcal 218 - Carbs 12.3 - Eq 0.8 - GI ■	
Mystic Steam	€ 6.80
Steamed broccoli, carrots & potatoes, lemon, organic extra virgin olive oil	
Kcal 270 - Carbs 32.4 - Eq 2.15 - GI ■	
Green	€ 5.80
lettuce, rocket, cucumber, green peppers, vinaigrette sauce	
Kcal 124.5 - Carbs 16.6 - Eq 1 - GI ■	
Greek	€ 5.80
tomatoes, cucumber, green peppers, onions, feta cheese, oregano, organic extra virgin olive oil	
Kcal 270 - Carbs 32.4 - Eq 2.15 - GI ■	
Mystic Parmigiano	€ 5.80
lettuce, rocket, olives, parmesan, extra virgin olive oil	
Kcal 430 - Carbs 12.8 - Eq 0.9 - GI ■	
Rice Salad	€ 6.80
basmati rice with mystic dressing (tomato, green peppers, olives, onions, mustard, balsamic vinegar, extra virgin olive oil)	
Mystic Chicken	€ 6.80
chicken, lettuce, rocket, onions, green peppers, vinaigrette sauce	
Mystic Mama	€ 6.80
lettuce, rocket, olives, parmesan, , Mystic! tagliatelle, extra virgin olive oil	
Kcal 580 - Carbs 35.5 - Eq 2.4 - GI ■	
Mystic Katokutu	€ 6.80
lettuce, fresh tomatoes, onion, olives, parmesan, mystic tagliatelle, extra virgin olive oil	
Mystic Buffalo Salad	€ 7.60
lettuce, rocket, prosciutto, mozzarella buffalo, olive oil, sun dried tomatoes	
Kcal 663 - Carbs 12.6 - Eq 0.85 - GI ■	
Mystic Popeye Salad	€ 6.80
spinach, rocket, cannabis seeds, pina seeds, vinaigrette sauce with honey, parmesan	
Mystic Tahini	€ 7.20
lettuce, rocket, orange slice, cranberry, cannabis seeds, tahini sauce	
Mystic Apple	€ 7.20
lola lettuce, rocket, white cheese, walnuts, cannabis seeds, apple, vinegrete with honey	
Mystic pesto salad	€ 7.20
tomatoes, rocket, buffalo mozzarella, fresh mystic pesto	

PASTA

Try our **home made fresh tagliatelle** made from our unique dough mix which also includes organic cannabis flour or choose **classic plain spaghetti**.

	plain spaghetti	mystic tagliatelle
Mystic sea food fresh tomatoes, shrimps, mussels, white wine	€ 7.40 / € 8.40	
Mystic Sause tomato sauce, olives, green peppers, fresh basil, parmesan	€ 6.60 / € 7.60	
Mystic Jamal tomato sauce, zucchini, carrots, green pepper, fresh mushrooms, capers, tabasco sauce, freshly ground pepper, parmesan Kcal 455 - Carbs 72.5 - Eq 4.8 – GI ■	€ 6.60 / € 7.60	
Mystic Baby zucchini, carrot, fresh mushrooms, cream, parmesan	€ 6.60 / € 7.60	
Mystic Spiroulina zucchini, carrots, fresh mushrooms, olives, spiroulina, cream	€ 6.60 / € 7.60	
Napolitana tomato sauce, parmesan Kcal 486 - Carbs 65.4 - Eq 4.3 – GI ■	€ 6.20 / € 7.20	
Bolognese tomato sauce, minced meat, parmesan Kcal 549 - Carbs 65 - Eq 4.2 – GI ■	€ 6.60 / € 7.60	
Carbonara egg, bacon, cream, parmesan	€ 6.80 / € 7.80	
Mystic Siciliano roasted eggplant, garlic, basil, with raw organic extra virgin olive oil, parmesan Kcal 496 - Carbs 70.9 - Eq 4.7 – GI ■	€ 6.60 / € 7.60	
Mystic Capari chicken, olives, onions, capers, cream, parmesan	€ 6.60 / € 7.60	
Mystic freshly freshly cut tomatoes, black olives , fresh basil and garlic,with raw organic extra virgin olive oil Kcal 439 - Carbs 68.7 - Eq 4.5 – GI ■	€ 6.60 / € 7.60	
Mystic pesto home made pesto,pine seeds,cannabis seeds	€ 6.60 / € 7.60	
Mystic Broccoli steam broccoli,olives,extra virgin oil,parmesan	€ 6.60 / € 7.60	
Cretan pasta fresh tomatoes,onion,white wine,apaki traditional cretan meat	€ 6.60 / €7.60	

New!!! Vegan cream for pasta + 1€

PIZZA

Margherit	€ 9.40
cheese, fresh tomato, fresh basil	
Kcal 190 - Carbs 11.7 - Eq 0.8 – GI ■	
Mystic veggie	€ 10.40
cheese, mushrooms, green peppers, fresh tomatoes	
Kcal 192 - Carbs 13.9 - Eq 0.9 – GI ■	
Classic	€ 10.40
cheese, ham, bacon, green peppers	
Popeye	€ 10.40
cheese, spinach, egg, ham, feta cheese	
Olive	€ 10.40
cheese, fresh tomatoes, fresh mushrooms, olives, feta cheese, green peppers, onions, oregano	
Kcal 198 - Carbs 14.11 - Eq 1 – GI ■	
Special	€ 10.40
cheese, fresh mushrooms, salami pepperoni, frankfurt sausage, ham, green pepper	
Green	€ 10.40
cheese, zucchini, broccoli, eggplant, carrots, olives	
Kcal 178 - Carbs 12.7 - Eq 0.85 – GI ■	
Bloody Mary	€ 10.40
cheese, tomato sauce with vodka, fresh mushrooms, olives, green peppers, Tabasco	
Jamaica	€ 10.40
Jamaica cheese, fresh tomatoes, chicken with rum, onions,	
green peppers, dried red hot chili pepper	
Kcal 195 - Carbs 13.9 - Eq 0.9 – GI ■	
Mexico	€ 10.40
cheese, bacon, corn, fresh tomatoes, onions, green & red peppers, dried red hot chili pepper	
Indian	€ 10.40
cheese, chicken with curry, onions, fresh mushrooms, red peppers, onions	
Kcal 193 - Carbs 14.7 - Eq 1 – GI ■	
Mystic Carbo	€ 10.40
cheese, cream, bacon, egg, fresh mushrooms	
Mystic Formagge	€ 10.40
gouda, edam, parmesan, mozzarella, feta cheese, blue cheese	
Mystic Village	€ 10.40
cheese, country sausage, pastrami, feta cheese, green peppers, fresh tomatoes	
Mystic Capriciosa	€ 10.40
mozzarella, fresh tomatoes, ham, artichoke	
Postino	€ 10.40
mozzarella, prosciutto, fresh mushrooms	
Mystic Rocket	€ 10.40
mozzarella, prosciutto, rocket, parmesan	
Kcal 220 - Carbs 11.82 - Eq 1 – GI ■	
Mystic Como	€ 10.40
mozzarella, prosciutto, zucchini, artichoke, fresh tomatoes, caper	
Mystic gourmet Margherita	€10.40
mozzarella buffalo, fresh tomatoes, basil	
Kcal 175 - Carbs 12.44 - Eq 0.8 – GI ■	
Mystic Picante Pizza	€10.40
cheese, soutzouki, fresh country sausage, onions, fresh tomatoes, mystic mustard sauce	

Mystic putaneska	€10.40
cheese, anchovies, capers, olives, fresh tomatoes, garlic, oregano, freshly ground pepper mix	
Mystic Apaki	€10.40
cheese, apaki (smoked pork), fresh tomatoes, fresh mushrooms, onion, chilly paper, oregano	
Mystic Avocado	€10.40
cheese, fresh mushrooms, fresh tomatoes, onions, avocado with lemon drops, rocket, chilly peper, spring onion	

MYSTIC BIO PIZZA

Mystic Bio Olive	€12.80
cheese, fresh tomatoes, fresh mushrooms, olives, feta cheese, green peppers, onions, oregano	
Kcal 198 - Carbs 13.69 - Eq 0.9 – GI ■	
Mystic Bio Green	€12.80
cheese, zucchini, broccoli, eggplant, carrots, olives	
Kcal 179 - Carbs 13.57 - Eq 0.9 - GI ■	
Mystic Bio Classic	€12.80
cheese, ham, bacon, green pepper	
Kcal 230 - Carbs 13.24 - Eq 0.9 – GI ■	

MYSTIC DINKEL PIZZA

For those of you who longed for lower amount of gluten, we are happy to announce our mystic dough with organic cannabis sativa and Dinkel flour! Our traditional tastes now in mystic Dinkel versions!

Mystic Dinkel pizza basic	€9.40
Margherita	€10.40
cheese, fresh tomato, fresh basil	
Kcal 192 - Carbs 10.97 - Eq 0.75 – GI ■	
Veggie	€11.40
cheese, mushrooms, green peppers, fresh tomatoes	
Kcal 180 - Carbs 14.1 - Eq 1 – GI ■	
Popeye	€11.40
cheese, spinach, egg, ham, feta cheese	

MYSTIC VEGAN PIZZA

After many many tests we ended up at a high quality vegan cheese so to produce the **Mystic vegan pizza!!!**
Dedicated to our numerous **Vegan** friends

Mystic Vegan Basic	€ 9.80
tomato sauce, vegan cheese	
Mystic Vegan veggie	€ 10.80
vegan cheese, fresh tomato, fresh mushrooms, tomatos	
Mystic Vegan green	€ 10.80
vegan cheese, zucchini, carrot, broccoli, aubergine, olives	

DESSERTS

Mystic cheesecake	(with sugar) € 3.80	(with stevia) € 4.80
Kcal 380 - Carbs 21.7 - Eq 1.5 – GI SHAPE		
Mystic chocolate soufflé (hot)	(with sugar) € 3.50	(with stevia) € 4.50
Kcal 326 - Carbs 12.7 - Eq 0.8 – GI SHAPE		
Mystic Gorilla	€ 6.00	
a peinirli sweet delight with cream, banana, hot melted chocolate with cannabis seeds		
Mystic panacota	€ 2.80	
Mystic vegan kormos	€ 4.20	
Vegan cake with digestive bisquits		

COFFEE

Greek Coffee	€ 1.40
Greek Coffee Double	€ 1.80
Espresso	€ 2.00
Espresso Double	€ 2.60
Cappuccino	€ 2.60
Cappuccino Double	€ 2.90
Cafe Latte	€ 3.00
Freddo Espresso	€ 2.60
Freddo Cappuccino	€ 2.90

BEVERAGES

Hot / Cold Chocolate	€ 2.80
Bitter Chocolate	€ 2.80
Hot Cocoa	€ 2.00
Tea (Different Flavors)	€ 2.30
Herbs	€ 2.00
Bottled Juices	€ 3.00

SOFT DRINKS

Epsa 250ml	€ 1.80
orange juice, lemonade, soda, Cola	
Epsa light (with stevia) 250ml	€ 1.80
lemonade, orange juice	
Souroti (sparkling mineral water) 250ml	€ 1.80
Ksino (sparkling natural water) 250ml	€ 1.80
Green cola with stevia 330ml	€ 1.80
Bottled Water 1.5Lt	€ 1.20

BEERS

Fix lager draft 240ml	€ 2.80
Fix lager draft 400ml	€ 3.80
Kaiser lager draft 240ml	€ 3.00
Kaiser lager draft 400ml	€ 4.00
Mystic fresh ale draft 240ml	€ 3.40
Mystic fresh ale draft 400ml	€ 4.40
Fix Dark 330ml	€ 3.00
Vergina Red 330ml	€ 2.80
Vergina Weiss 500ml	€ 4.00
Cannabis club bio beer 330ml	€ 4.00
Voreia pilsner 330ml	€ 4.40
Voreia wit 330ml	€ 4.40
Voreia stout 330ml.....	€ 4.40
Voreia smoked ale Gluten free 330ml	€ 5.00
Mongozo 330ml	€ 4.80
Clausthaler (non-alcoholic) 330ml	€ 3.80

DRINKS

Regular	€ 5.00
Special	€ 6.50
Premium	€ 8.00
Shots	€ 2.50/€3.00/€4.00
Tsipouro from Drama	€4.00
Raki from Chania.....	€ 3.60
Ouzo Varvagianni	€ 5.00

MYSTIC COCKTAILS

Mystic chili	€ 8.00
rum,lime,chili syrup,bukovo,elderflower syrup,passion fruite.	
Margarita	€ 8.00
Tequila,triple sec,lime.	
Negroni	€ 8.00
Gin,campari,sweet vermouht,martini rosso.	
Mystic Barble	€ 8.00
gin,creme de mure,syrup sugar,sour cherry	
Cucumber	€ 8.00
vodka,syrup cucumber,syrup sugar,lime,cucumber,cardamon bitters	
Tangerine dream	€ 8.00
gin,mastic liqueur,lime,mandarin,syrup chilly	
Mystic passion	€ 8.00
white rum,pineapple,passion fruit,lime,old fashion bitters	
Mystic classic daquiry	€ 8.00
rum,stevia syrop,lime	
Spring and summer	€8.00
white wine,syrup cucumber,enden flower,cucumber,spearmint,lime	
Virgin mojito	€8.00
lime,stevia syrup,peppermint,sprite(gazoza),fresh passion fruite & syrup	

WINE LIST

WHITE WINES

Akres Skouras moshofilero,roditis.....	€ 18.00
Sigala asirtiko,athiri.....	€ 22.00
Asprolithi roditis.....	€ 14.00
Mikros Vorias sauvignon blanc,chardonnay.....	€ 15.00
Oinosonos Bellas Soufli kerasouda	€18.00
Ianos chardonnay.....	€ 29.00

ROZE WINES

Mikros Vorias syrah,viogner,roditis.....	€ 15.00
Feggites cabernet sauvignon,grenache rouge	€ 26.00

RED WINES

Akres Skouras cabernet sauvignon,agiorgitiko.....	€ 18.00
Mikros Vorias merlot,cabernet.....	€ 15.00
Ianos cabernet sauvignon.....	€ 29.00
Feggites cadernet sauvignon, merlot, cabernet franc	€ 30.00
Vizantinos Bellas Soufli karnachalas	€20.00
House white wine 500ml.....	€ 6.00
House roze wine 500ml.....	€ 6.00
House red wine 500ml.....	€ 6.00
House semi- sweet red wine	€ 6.00
Glass of wine	€ 3.00
Mystic sagria glass.....	€ 5.00
Mystic sagria 500ml.....	€10.00
Moschato d'asti glass.....	€ 5.00

Notification

Glycemic index: you should generally consume foods with low or average GI. If you choose to eat something with high GI, combine it with a simple salad instead of a dish rich in carbohydrate consisting of a large number of glucose. Don't forget to always estimate the GI in order to have a more balanced diet, which helps you to control your weight and your blood sugar. A balanced diet helps you to stay healthy. A low GI doesn't always mean that a dish has also low calories.

Symbols (Kcal 380-Carbs 21.7-Eq 1.5-GI)

Kcal = Calories

Carbs = Carbohydrate

Eq = Equivalents

GI = Glycemic Index

■ LOW GLYCEMIC INDEX.....	< 55
■ AVERAGE GLYCEMIC INDEX.....	56 - 69
■ HIGH GLYCEMIC INDEX.....	> 70

The scientific editing of this catalogue is a friendly offer by
HARIS DIMOSTHENOPOULOS
CLINICAL DIETITIAN - NUTRITIONIST
BIOLOGIST

Nutritional value

Some of our dishes are ideal for those who watch their weight or their blood sugar. We would like to point out that:

We calculated carbohydrates and blood sugar values after estimating the nutritional value of our ingredients. The given indicators are indicative and you can use them in order to decide what you would like to eat before your order.

Carbohydrate equivalents are calculated based on 15 grams. Cannabis flour is low in carbohydrates and contains more essential fatty acids than the other flours.

Mystic Pizza, in order to support healthy eating habits, uses only extra virgin olive oil from Crete and sea salt. We also replaced sugar with natural stevia sweetener and we added in our dough, except from our organic cannabis flour mix, spelt (Dinkel flour), which contains less gluten. You can see the nutritional value of every dish in our menu. It is important to eat delicious foods that keep you healthy.

Manager Babis Ananiadis
Prices include 0.5 % municipal fees and VAT

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