

1. Choose your options
2. Inform the front desk (at least 1 day before till 10pm).
3. Make the payment in cash and your order will be processed

*Feeling like you want to relax in bed all day long?*

**It's your vacation, so you are entitled to it.**

*Breakfast is delivered in the privacy of each apartment so in this case you will not crowd into a breakfast room. (We can adjust upon request)*

**GOOD MORNING  
SUNSHINE**

**A HEALTHY START  
TO ANY DAY**

### OPTIONAL BEDROOM BREAKFAST

**1 YAMI BOUGATSA to choose + 1 FRESH ORANGE JUICE**

**A. OPTION: 1 Cretan local Bougatsa with mizithra and honey**

With a thin handmade phyllo dough and filling with mizithra topped with Cretan honey and walnuts

*(Info point: Mizithra is a cheese similar to ricotta but made with goats cheese. It is extremely soft in texture and absolutely delicious. Also, the orthodox wedding ceremony ends with the bride and groom eating honey and walnuts, symbols of sweetness and fertility, from silver spoons. )*

**OR**

**B. OPTION: 1 Greek Bougatsa with cream and sugar powder**

With a thin phyllo dough, filling with cream topped with **sugar powder & cinnamon**

*(Info point: Bougatsa was brought to Greece by Asia Minor refugees after the Asia Minor Disaster. **This is a favorite with the locals, especially first thing in the morning!** Good to know: Perhaps one of the funniest traditions is carried out in Heraklion, Crete where on New Year's Day people eat large quantities of Bougatsa to ensure that the year will be gratifyingly sweet!! )*

**AND**

**• WITH 1 FRESH ORANGE JUICE**

*You will find available and complimentary in the room: Fully stocked tea-coffee, espresso machine with capsules and one bottle of table Cretan water.*

*For precautionary reasons due to covid 19 at the property, we no longer allow the food delivery or other services by external suppliers, as well as visits to rooms by non-guests.*



**Partner Phyllosophies:** <https://www.phyllosophies.gr/gr> From 1922 Mr Salkintzis came from Smyrna in Heraklion and created his renowned bougatsa, which is famous till now. "Phyllosophies" team cook & deliver your breakfast to us. The food is prepared in their property with HACCP rules, they put in all the effort to make the food fresh and hot, so we deliver their efforts to you in a packed meal box

**Disclaimer:** To the best of HOPA's knowledge, the food is prepared by Philosophies in a kitchen where nuts, gluten and other known allergens maybe present. Please note Philosophies take caution to prevent cross-contamination, however, any product may contain traces as our entire menu is produced in the same kitchen. Guests with special dietary requirements or food allergy are welcome to contact the front desk directly to discuss their needs before they place their order.

