

weekend brunch
[10.00-14.00]

the classics

- Eggs benedict, the greek style £ 7.50
- Eggs florentine with cretan greens £ 7.50
- Scrabbled eggs with greek sausages, feta cheese, baked tomato, mushrooms and sourdough bread £8.50
- Strapatsada with mixed leaf salad £ 7.50

the healthy's

- Fruit bowl with greek yoghurt £ 7.50
- Greek yoghurt with nuts and greek honey £ 6.50

the basket / for 2 persons

A basket with grilled sourdough bread served with a selection of homemade jams, butter and greek honey £ 12.50

the sweet pastry

- Bougatsa £ 4.50



In Greek mythology, Amalthea is the most frequently mentioned foster-mother of Zeus. Her name in Greek ["tender goddess") is clearly an epithet, signifying the presence of an earlier nurturing goddess, whom the Hellenes, whose myths we know, knew to be located in Crete, where Minoans may have called her a version of "Dikfe". Amalthea is sometimes represented as the goat who suckled the infant-god in a cave in Cretan Mount Aigaion, sometimes as a goat-tending nymph of uncertain parentage, who brought him up on the milk of her goat.

The Life Goddess (TLG), greek deli divine, is a genuine cuisine project aiming to become a reference of new hellenic kitchen to the world. The cooking philosophy is based on a rustic tradition, so unrefined and simple that is deeply friendly and relaxing. It is the earthiness of the ingredients and the simplicity of the techniques that serve the cuisine peasant that characterize TLG identity. The plentiness of a food culture that includes a true feeling of completion is an experience we aim to create for every and each customer.

thelifegoddess.co.uk



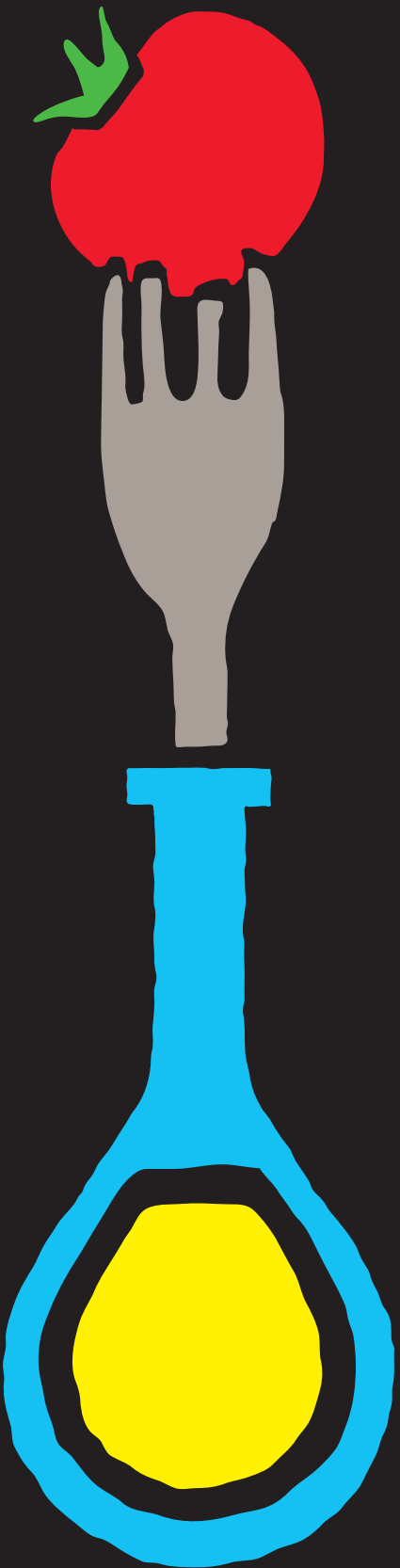
Ask the waiter for our delicious fresh squeezed juices and smoothies

ALLERGY KEY

- Gluten (G) • (P) Peanuts
- Milk (M) • (Tr) Tree Nuts
- Egg (E) • (Mu) Mustard
- Soya (S) • (Ce) Celery
- Fish (F) • (Se) Sesame Seeds
- Crustaceans (C) • (Su) Sulfites
- Mollusks (Mo) • (L) Lupin

We cannot guarantee that any items are completely allergen free due to being produced in a kitchen that contains ingredients with allergens

the life goddess
experimental.divine
autumn dinner



starters

Greek summer octopus £ 9.00
4 hours slow cooked octopus in red wine and served with smoked aubergine and cherry tomatoes (G, F, M)

Pork spare ribs, greek style £ 13.00
Ribs slowly cooked in a clay pot and served with honey and fresh thyme (G, Mo, Mu, Ce, Se, Su)

Greek meze + sourdough bread £ 13.00
Selection of greek spreads, salad and organic tuna fish (G, M, F, Ce)

Mushrooms in red wine £ 7.50
Champignon mushrooms sauteed, marinated in greek herbs (Mu, Su)

Shrimps saganaki £ 9.00
Fresh shrimps slightly sauteed with cherry tomatoes, marinated in garlic, parsley and mustard (F, Cr, Mo, Mu)

Artisan cheese platter + roasted sourdough bread £ 13.00
Selection of artisanal greek cheeses served with homemade sourdough (G, M, S, Su)

main
/ the meat pots

Moussaka £ 13.00
Traditional greek moussaka, made in a special clay pot (G, M, E, S, Su)

Chicken with vegetables £ 13.50
Chicken breast marinated in homemade mustard and served with fresh vegetables (G, M, E, Mu, Se, Su)

Greek style hot dog £ 13.00
Sausages, pepper, tomatoes, garlic,red wine and extra virgin olive oil served with sourdough bread (G, S, Mu)

Lamb chops, greek style £ 13.00
Lamb chops marinated in lemon grass and rosemary served in an aromatic tabule with fresh lime sauce (G, Se, Su)

Greek style burger £ 11.00
Brioche bun filled with buffalo kavourna, tomato, onion and homemade greek mustard served with salad (G, M, E, S, Mu, Ce, Su)

Pork fillet £ 13.00
Pork fillet marinated with red wine sauce and served with plums (M, S)

Smoked pork steak with baby potatoes £ 15.00
Hand smoked greek steak served with baby potatoes marinated with greek herbs (G, M, S, Mu, Su)

Beef rib steak £ 22.00
Beef rib steak with black truffle olive oil served with baby potatoes, mixed salad and mustard seeds (G, Su)

Dish of the day £ 13.00
Sometimes if we are lucky, we get to try a daily inspiration of the chef, please ask the waiter

/ the fish pots

Octopus with homemade jam £ 13.00
Traditional greek octopus served with fava and homemade jam (G, F, Ce, Su)

Fish Kritharoto £ 13.00
Traditional greek pasta orzo risoni served with sauteed fresh fish of the day (G, M, S, F, Su)

Sea bass fillet with salad and vegetable spaghetti £ 19.00
Sea bass fillet served with vegetable spaghetti and salad, the greek style (F, M, P, T, Mu, Se, Su)

/ the veggie pots

Black risotto with sweet pumpkin puree £ 12.00 (Ce, Su)

Wild truffle risotto £ 12.00 (G, M, S, F, Mu, Su)

salads

Greek soil £ 9.50
Tomatoes, cucumber, baby potatoes, rocket salad, oregano, feta cheese and extra virgin olive oil marinated in balsamic vinegar (G, M, S)

Cretan salad £ 8.50
Cretan rusk, chopped tomatoes, soft cheese, caper berries, oregano and extra virgin olive oil (G, M)

Zucchini carpaccio salad £ 8.00
Zucchini, lemon, salt, red pepper and extra virgin olive oil

Mixed salad with greek prosciutto, caramelized pears and nuts £ 8.50
Mixed leaf salad, prosciutto, pears, nuts and extra virgin olive oil (G,M,S, Mu, Ce, Se, Su, Tr)

sides

Greek salad £ 3.50 (G, M)

Feta cheese £ 3.50 (G, M)

Baby potatoes with butter and herbs £ 3.50 (G, M)

Spreads £ 3.50 (G, M, F, Ce)

desserts

Orange pie with ice cream £ 6.50

Homemade Apple and Almond tart £ 7.50

Chocolate and biscuits mosaic served with spoon sweet £ 7.50

Dessert of the day £ 7.50

(please ask your waiter for allergies)

