



OUR PHILOSOPHY

food path is an initiative that aims to promote alternative and healthy food behaviours that nourish the body and the mind.

Located on the island of Lefkada, and operating all over Greece and abroad, **Φ** offers its services, whether cooking on demand, catering, private dinners in secret locations or cooking classes.

We in **Φ** believe today more than ever, that all of us are responsible of what we eat and how. Many years ago Hippocrates in Greece said "Let food be the medicine and medicine the food".

Thanks to our origins and our connection with the natural environment, in **Φ** we seek to rediscover the lost balance and happiness that derives from a well-nourished self.

In our cooking we aim to use local ingredients, we avoid refined sugars, industrial products, dairy and white flours and whenever we use meat, eggs, fish, yoghurt or cheese, we make sure they come from local farmers.

We incorporate modern food trends from raw, macro, and vegan diets, creating a unique result. We make an effort to respect nature cycles and use seasonal products.

Our kitchen lab is based in the Neohori Village, 3 km from Nidri in Lefkada. This is where you can visit us to try some of our specialties, for a private dinner or to attend one of our custom-tailored cooking classes.

We hope you join us on this tasteful journey of rediscovering well-being through a balance diet.



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WHAT WE OFFER

- Φ *Hire a private chef to cook for a day or more. We come to your space and cook your favourite dishes for you and your friends.*
- Φ *Place your order and the food will be delivered at your doorstep, to garnish your private moments, birthday parties, weddings and any other kind of celebrations.*
- Φ *Organize a private dinner on our mountain resort for small or large*
- Φ *Improve your cooking skills:
Classes available:
Raw Cooking Class
Macrobiotic Diet and Philosophy
Greek Specialties*
- Φ *Buy our products to take them home or order your birthday cakes*
- Φ *Let us help you create the ideal menu for your restaurant /bar.*



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TASTY IDEAS

BREADS

Cornbread bytes
Homemade Tortillas

SOUPS

Pumpkin Soup
Miso Soup

SPREADS

Raw Zucchini Hummus
Sunflower Pate

SALADS

Quinoa Cherry Salad
Kale Garden Salad with Millet

MAIN DISHES

Buckwheat Burgers with roasted veggies

Brown Rice with Barley and Stewed
vegetables in a tangy miso sauce

Local chickpea stew with orange and herbs
Mexican Tacos

STARTERS

Raw spring rolls
Peruvian Raw Fish (ceviche)

DESSERTS

Vegan Cheesecake
Raw Avocado Chocolate Mousse

** All desserts are dairy, sugar, egg, flour free*