

CYPRUS BREAKFAST

KALIMERA



‘KALIMERA’

Welcome to Cyprus

Say ‘Kalimera’ and wake up to the authentic flavours of the Cyprus Breakfast. Located at the crossroads between Europe and the Middle East, Cyprus has a rich and diverse gastronomy.



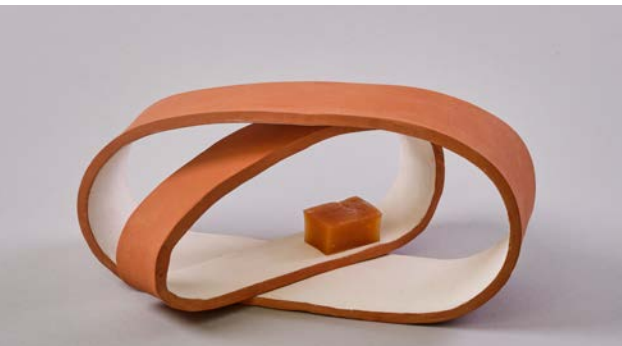


Table of contents

- 04 CYPRUS HAS A RICH AND DIVERSE GASTRONOMY**
- 06 THE CYPRUS BREAKFAST PLATE BURSTS WITH GOODNESS**
- 08 ULTIMATE CYPRIOT FLAVOUR**
- 10 KOULOURI, A FRAGRANT BREAD**
- 10 MORE INFORMATION**
- 11 DESTINATION LABELS**



Cyprus has a rich and diverse gastronomy

Its moderate climate, diverse landscapes and the strong ties of its people to nature, offer a culinary experience linked to the well-known Mediterranean diet. Centuries of knowledge that have been passed down from generation to generation are brought to your breakfast table through traditional recipes and innovative creations.

The freshest seasonal herbs, fruit and vegetables, meats and dairy, are prepared and served with much love and attention at the Cyprus Breakfast Buffet and the Cyprus Breakfast Plate of participating local businesses.





The Cyprus Breakfast Plate bursts with goodness

The Cyprus Breakfast programme members support local produce from local farms, orchards and small-scale producers. This is the reason why the Cyprus Breakfast logo is a signature for high quality and sustainability but also amazing taste!

Whether in the coastal towns and fishing villages, or the rural communities of the Troodos Mountains, a gastronomic adventure awaits you.

The Cyprus Breakfast Plate is a carefully prepared assortment of delicious local foods. With no frills, this colourful selection stands out for its simplicity. Once it's at your table, you'll know that you are in for a real treat!

Fried eggs are spiced with a pinch of salt and a sprinkle of dried oregano, accompanied by Halloumi (Protected Designation of Origin). Very much part of the local experience, Halloumi cheese, is unique for its texture and taste. It's made from goat and sheep milk, rennet, Cyprus mint and salt.





Ultimate Cypriot flavour

Cyprus' most popular cold cut, Lountza Krasati, is another ultimate Cypriot flavour. It is produced by marinating pork tenderloin in red wine. Lountza Krasati can be served grilled or cold.

The spicy village sausage known as Loukaniko is cured in a similar fashion as Lountza and acquires its distinct taste from red wine and spices such as black pepper, dry coriander seeds and cumin.

Vegetarian and vegan options are also on the Cyprus Breakfast menu with enriching ingredients like mouth-watering cucumbers, juicy tomatoes served slightly cooked or fresh, different kinds of grape products, some extra flavorful citrus fruit, figs, dates and whatever else is fresh and in season along with wholesome mountain nuts like almonds, walnuts and hazelnuts.







Black olives, cooked in the oven, are served warm along with a handful of Tsakistes crushed green olives, which are specially cured and dressed with olive oil, lemon juice, garlic and coriander seeds - an amazing Cypriot delicacy that will have your taste buds dancing.

Locally, every meal is accompanied by bread, and breakfast is certainly no exception! Koulouri a fragrant bread covered with a blend of three different seeds: sesame, caraway and aniseed, will make its way to your table, either freshly baked or in toasted slices, filling the air with its wholesome goodness. Combine it with a selection

of homemade jams, local honey and fresh unsalted Anari - a delicate mild whey cheese that resembles ricotta or cottage cheese. Just add the local carob syrup to Anari cheese and experience the unique tastes “explode” in your mouth.

Do not forget to order your Cyprus Coffee, this strong brew prepared by a skilful master! The coffee is taken off the heat at exactly the right time to ensure that it forms the all-important frothy top called kaimaki. You can order your coffee ‘sketto, ‘metrio’ or ‘glyki’ meaning no sugar, medium or sweet.

More information

The Cyprus Breakfast can be found at participating hotels (breakfast buffet) and local restaurants (breakfast and brunch plate) across the island.

Look for the “Cyprus Breakfast, Kalimera” logo and ask the reception or hosts to let you know what options you have! More information and the list of participating businesses can be found on www.cyprusbreakfast.cy.

The “Cyprus Breakfast, Kalimera” is a project supported by the Deputy Ministry of Tourism, the Cyprus Sustainable Tourism Initiative and the Travel Foundation of the UK.

DESTINATION LABELS

Our destination labels have been created to make sure you get the most out of your stay at our beautiful Mediterranean island! Go through our list of quality-assured activities and find the one that matches your own unique taste. All you have to do, is look for the accreditation labels along your chosen route and enjoy a quality experience at your own pace!



www.heartlandoflegends.com





@visitcyprus.cy



@visitcyprus



@visitcyprus



@visitcyprus



@visitcypruscom



@visitcypruscom



@visitcyprus