SOR

All-Day Beach Bar | Rethymno

Welcome to SOR,
your coastal haven where every sip
transports you to sun-kissed shores!
Our beach bar is all about celebrating the essence of the ocean,
offering a curated selection of refreshing drinks
crafted with the finest local ingredients.
From vibrant cocktails to rejuvenating smoothies,
each creation is designed to elevate your day
and embrace the carefree spirit of beach life.

Unwind, soak up the sun and let the waves
inspire your next moment of bliss!

* At SOR, we are dedicated to making your dining experience as enjoyable and accommodating as possible.
If you have any dietary preferences, restrictions, or allergies, please do not hesitate to share them with us.
We are eager to offer suitable options from our menu to ensure that every bite is a delight.

BREAKFAST MENU - served from 10am till 13.00pm

Awaken to the Whisper of the Wind: A Symphony of Flavors

Açaí Bowl with Seasonal Fruits and Choco Chips VEGAN — 10
A vibrant Açaí bowl topped with an assortment of fresh seasonal fruits, sprinkled with chocolate chips

Pear Cinnamon Oatmeal with Fennel VEGAN — 7
Blend of oats served hot, with flaxseeds and chia seeds, all cooked with almond milk and a hint of cinnamon, complemented by the unique flavor of fennel

Rustic Bread with Quinoa and Cretan Apaki — 11
Savor our homemade rustic bread, served with one fried egg, nutritious quinoa and traditional Apaki (smoked pork)

Cretan Sfougato with Graviera cheese VEGETARIAN — 10
A delicious omelette featuring zucchini, tomatoes, and melted graviera cheese. This dish is a flavorful twist on a classic omelette

Eggs Benedict with Turkey — 11
Poached egg served on homemade sourdough bread, topped with smoked turkey and a rich hollandaise sauce

Eggs Benedict with Smoked Salmon and Sea Fennel — 12
Poached egg, served on homemade sourdough bread, topped with smoked salmon, served with a rich hollandaise sauce and sea fennel

Avo Toast with Poached Egg and Nuts VEGETARIAN — 11
Soft sourdough bread, topped with creamy avocado, poached egg, wild arugula and a sprinkle of nuts

Exotic Pancakes VEGETARIAN — 13
Fluffy pancakes topped with creamy cheese yoghurt, seasonal fruits, coconut flakes, maple syrup, hazelnuts and a hint of lime

Choco Pancakes — 12
Chocolate pancakes layered with luscious chocolate praline and crushed Greek Miranda biscuits

Yoghurt with Granola, Nut butter and Honey VEGETARIAN — 8
Creamy yoghurt, topped with crunchy granola, nut butter, drizzled with sweet honey

Yoghurt with Granola, Seasonal Fruits and Greek Petimezi syrup VEGETARIAN — 8,5
Creamy yoghurt, topped with crunchy granola, fresh seasonal fruits and a drizzle of grape must

Cretan Sfakianopita VEGETARIAN — 9
Traditional Cretan grilled pie, filled with sweet Cretan mizithra cheese and a drizzle of honey

Fruit Salad VEGAN — 9
A refreshing mix of seasonal fruits

ALL-DAY SNACK MENU

served from 10:00am till 21:00pm / Weekends up till 22.00 pm

Breeze Of Wellness

Açaí Bowl with Seasonal Fruits and Choco Chips VEGAN — 10
A vibrant Açaí bowl topped with an assortment of fresh seasonal fruits, sprinkled with chocolate chips

Caesar Bowl — 12
A refreshing mix of iceberg lettuce and baby arugula, with grilled chicken, parmesan cheese, homemade croutons and a cool dressing

Chicken Rice Bowl — 13
Chicken and rice, complemented by sweet potatoes, edamame, fresh scallions, radishes, chili and fresh arugula, shared with homemade toasted rustic bread

Roasted Veggies Quinoa Bowl VEGETARIAN — 13
Bowl of quinoa with seasonal roasted vegetables, fresh herbs, topped with yoghurt, tahini sauce, served with homemade toasted rustic bread

Grilled Mushroom Focaccia VEGETARIAN — 11
Focaccia with grilled mushrooms, baby arugula, halloumi cheese, avocado, basil pesto, served with crispy sweet potatoes

Double Toast with Sourdough Bread — 10
Double toast featuring turkey and Gouda cheese, served with freshly baked sourdough bread and crispy sweet potatoes

Avo Toast with Smoked Salmon — 11
Soft sourdough bread topped with creamy avocado, smoked salmon and wild arugula

Granola Yoghurt VEGETARIAN — 9
Creamy yoghurt, topped with crunchy granola, nuts, a swirl of nut butter, fresh seasonal fruits and a drizzle of grape must

Exotic Pancakes VEGETARIAN — 13
Fluffy pancakes layered with cream cheese yoghurt spread, seasonal fruits, topped with coconut flakes, maple syrup, hazelnuts and a hint of lime

Fruit Salad for 2 VEGAN — 9
A refreshing mix of seasonal fruits

Fruit Salad for 4 VEGAN — 14
A refreshing mix of seasonal fruits, perfect for sharing

Ocean Indulgence

Homemade Beef Burger 15
Homemade burger made from fresh beef, with melted cheese, fried egg,
fresh tomato, iceberg, mayonnaise and BBQ sauce, served with crispy French fries

Homemade Chicken Nuggets 12
Crispy homemade chicken nuggets made from fresh chicken, coated in a crunchy crust.
Served with French fries

Club Sandwich 9,5
Sandwich featuring turkey, Gouda cheese, tomato, iceberg and mayonnaise,
served with French fries

Chicken Club Sandwich 12
Sandwich featuring fresh crispy chicken, Gouda cheese, turkey, tomato, iceberg
and mayonnaise, served with French fries

Shrimp Bao Buns 14
Bao buns filled with crispy shrimps, served with spicy sriracha and fresh coleslaw

Crispy Shrimps (6pcs) 14
Indulging crispy shrimps, accompanied by sweet chili sauce and spicy mayonnaise

Margherita Pinsa VEGETARIAN 12
Juicy Pinsa topped with fresh tomato sauce, topped with tomatoes,
mozzarella and oregano

Pepperoni Pinsa 13
Pinsa topped with fresh tomato sauce, melted mozzarella,
spicy pepperoni and wild arugula

Choco Pancakes VEGETARIAN 12
Chocolate pancakes layered with luscious chocolate praline
and crushed Greek Miranda biscuits

Cretan Skioufichta Pasta VEGETARIAN 12
Creamy skioufichta pasta with mushrooms and yoghurt

Cold cuts platter 18
Savor our selection of premium cold cuts and flavorful cheeses,
ideal for sharing or indulging solo

COFFEE LIST

Indulge in our carefully curated coffee selection,
crafted to awaken your senses and enhance your retreat experience

Espresso (Single / Double)	3, 5 / 4,5
Freddo Espresso	4, 5
Freddo Espresso Decafeinated	4, 7
Cappuccino (Single / Double)	4, 7 / 5
Freddo Cappuccino	4,8
Freddo Cappuccino Decafeinated	5
Americano	3,5
Frappe with Ice Cream	7
Flat White	5
Frappe	4,5
Greek Coffee	4,5
Café Latte	4,5
Irish coffee	8

TEA

Mountain tea	4
Black tea	4
Mixed Cretan Herbs	5

FRESH JUICES

Fresh Orange juice	6
Fresh Fruits Mixed Juice	7
Kid's Long Lasting Juice	3,5
Smoothies	7

CHOCOLATES

Chocolate (Hot/Cold)	5
Viennese Hot Chocolate	5,5

ICE CREAM - scoop

Vanilla	3,5
Chocolate	3,5
Strawberry	3,5
Milkshake	7

PURE ORGANIC DRINKS

Matcha Ninja	6
Blue Spirulina Powder	6
Chai Latte	6

REFRESHMENTS

CLASSIC REFRESHMENTS

Coca Cola 250ml	4
Coca Cola Zero 250ml	4
Coca cola Zero, Zero Decaf	4
Fanta Orange 250ml	4
Fanta Lemon 250ml	4
Sprite 250ml	4
Schweppes Tonic Water 250ml	4
Schweppes Soda Water 250ml	4
Vikos Mineral Water 500ml	0,5
Mitsikeli Artisan Mineral Water 700ml	4
Mitsikeli Artisan Sparkling Water 250ml	6
Mitsikeli Artisan Sparkling Water 700ml	8

ARTISANAL PREMIUM BEVERAGES

Three Cents Aegean Tonic	6
Three Cents Ginger Beer	6
Three Cents Gentlemen's Soda	6
Three Cents Pink Grapefruit Soda	6
Mastiqua Classic	6

HOMEMADE LEMONADES BY LEMONODASOS

Lemon - Ginger	6
Strawberry	6
Pomegranate	6
Lemon - Cucumber	6

TRADITIONAL REFRESHMENTS BY CICADA

Mandarin and Ginger	6
Peach with Louisa	6
Green Apple - Pomegranate & Jasmine Tea	6
Strawberry - Lemon & Mint	6
Red Fruits & Agave	6
Pineapple - Mango & Agave	6
Lemongrass & Agave	6

ICED TEA

Vikos Cool Green Lemon Tea Zero 330ml	4,5
Vikos Cool Tea Peach 330ml	4,5
Vikos cool Tea Lemon 330ml	4,5

WINES AND CHAMPAGNES

WHITE WINE

2 Heroes - Charalampakis Winery Thrapsathiri, Sauvignon Blanc Fruity aromas of melon and peach	6 / 24
White Diva - Klados Winery Vidiano Peach, Citrus, Smooth	7 / 28
Ktima Alpha Chardonnay Apple, Vanilla, Creamy	32
Ktima Gerovasileiou Malagouzia Floral, Citrus, Fresh	29
Ktima Vivlia Chora Sauvignon Blanc, Asirtiko Citrus, Mineral, Saline	28

ROSE WINE

2 Heroes - Charalampakis Winery Liatiko, Merlot Fruity aromas with notes of bergamot and berries	7 / 28
Ktima Alpha Xinomavro Red fruits, Flowers, Spicy	32

RED WINE

2 Heroes - Charalampakis Winery Syrah, Kotsifali Sweet aromas of black fruits and spices	7 / 28

DESSERT WINE

Mavrodafni Patron	5
Sangria	6

CHAMPAGNE

Prosecco	7 / 32
Moschato D'asti	7 / 32
Moët Brut	140
Moët Ice	150
Moët Ice Rosé	150

BEERS AND CIDERS

BEERS

Mythos Draft Beer	5
Mythos 0.0%	4,5
Mythos Radler	5
Fix Dark	6
Bud	6
Stella Artois	5,5
Corona	6
Becks	5,5
Voreia IPA	7,5
Paulaner	8

CIDERS

Somersby Apple Cider	7
Somersby Watermelon Cider	7
Somersby Elderflower & Lime Cider	7
Somersby Mango Cider	7

SPIRITS

VODKA

Moskovskaya Osobaya Vodka	9
Absolut	9
Stoli	9
Ursus Roter Red	9
Belvedere Pure Vodka	14
Beluga Noble	15
Cîroc	12
Chopin Potato Vodka	12
Chopin Rye Organic Vodka	13
Chopin Gold Vodka	15

TEQUILA

Rooster Rojo Blanco	10
Rooster Reposado	10
Jose Cuervo Blanco	9
Jose Cuervo Reposado	9
Olmeca Chocolate Fusion	9
Don Julio Reposado	12
Topanito Blanco	12
Topanito Reposado	12
Topanito Mezcal	12
Kah Blanco	12
Kah Reposado	12
Don Julio Blanco	12

WHISKEY

BLENDS

Famous Grouse	9
J&B	9
Haig	9
Dewar's	9
Cutty Sark	9
Ballantines	9
Chivas Regal 12yo	11
Black Label Johnnie Walker	11
Double Black Label Johnnie Walker	13

IRISH BLENDS

Jameson	9
Jameson Black Barrel	11

SINGLE MALTS

Glenfiddich 12yo	10
Cardhu 12yo	11
Lagavulin Islay 16yo	16

BOURBON - TENNESSEE

Jim Beam	9
Elijah Craig	11
Evan Williams Kentucky Straight Bourbon	10
Jack Daniels	10

JAPANESE MALTS

Nikka From The Barrel	13
Hibiki Japanese Harmony Blended Malt	22
Yamazaki Distillers Reserve Malt	32

BRANDY – COGNAC

Metaxa 5*	9
Metaxa 7*	10
Metaxa 12*	12
Hennessy VS	12
Courvoisier VSOP	13
Minoan	10

APERITIVO - VERMOUTH

Aperol	9
Campari	9
Fusseti Bitter	9
Barzini	9
Martini Bianco	9
Martini Dry	9
Martini Rosso	9
Antica Formula	10
Caprano Classico	9
Otto's Athens Vermouth (Greek Distillate)	9
Pisco Barsol Peruano	10

LIQUER – DIGESTIVE

Disaronno	9
Disaronno Velvet	10
Baileys	9
Kahlua	9
Drambuie	9
Southern Comfort	9
Malibu	9
Frangelico	9
Fireball Whiskey	10
Ramazzotti Sambuca	9
Cointreau	9
Jagermeister	9

GIN

DRY GIN

Beefeater	9
Greenall's	9
Bombay Sapphire	10
Mataroa Dry Gin	10
Tanqueray 10*	11
Bulldog	10
Rumours Cretan Dry Gin	9
Tanqueray	9
Monkey 47	12

VOTANIC GIN

Grace Gin	10
Mediterranean Pink Mataroa	11
Happy Mataroa & Hemp Seed Oil	10
Votanikon Gin	9
Hendrick's Gin	10
Gin Mare	13
The Botanist Gin	13
Etsu Japanese Gin	14

RUM

Barcelo Blanco	9
Ron Barcelo Rum Anejo	9
Angostura 3yo Reserve	10
Angostura 5yo Anejo Gold	11
Angostura 7yo Gran Anejo	13
Angostura 1919 Premium	14
Tamboo Angostura Spiced Spirit	10
Pitu Cachaca	9
Chairmans Spiced Rum	10
Zacapa 23yo	14
Diplomatico Reserve Exclusiva	13
Sailor Jerry Spiced Rum	10

COCKTAILS

Mojito	10
Porn Star Martini	10
Daiquiri	10
Margarita	10
Paloma	10
Negroni	10
Manhattan	10
Espresso Martini	10
Caipirinha	10
Zombie	13
Mai Tai	12
Amaretto Sour	10
Moscow Mule	12
Pina Colada	10
Sex On The Beach	10

MOCKTAILS

Mojito	8
Virgin Colada	8
Fake Tonic	9
Neon Bubble	9

0% ALCOHOL

Beefeater 0%	9
Lyres Tequila Blanco 0%	9
Lyres White Rum 0%	9

THE SPRITZ ERA

Aperol Spritz	10
Campari Spritz	10
Hugo	10

SHOTS

Shot	3,5
Special Shot	5
Premium Shot	9

