

MENU



BY BOCHTIS

AUTHENTIC

GREEK

>> The beginning
and the root
of all good is the desire
of the stomach <<

Epicurus (341 - 270 BC)

ALL
DISHES
AND WINES
ALSO TO
TAKE AWAY



MADE BY:

WENZEL /// FOR YOUR STRONG PERFORMANCE
agency for branding and communication
www.xmailoffice.com

RESTAURANT ELEO 1220

Jahnallee 38, 59757 Arnsberg

RESERVATION:

Restaurant & Bowling alley:

phone (0 29 32) 9 41 72 00

OPENING HOURS:

Monday	17:00 pm – 22:00 pm
Tuesday	Day off
Wednesday & Thursday	17:00 pm – 22:00 pm
Friday & Saturday	17:00 pm – 23:30 pm
Sunday	12:00 pm – 22:00 pm
Holidays	12:00 pm – 22:00 pm

Give away joy and pleasure!

We prepare your exclusive voucher for the Restaurant Eleo 1220 in the amount of your choice.



BE A FAN!



www.facebook.com/eleo1220



www.instagram.com/eleo1220



[@eleo1220](http://www.youtube.com)

VISIT US ON:



www.eleo1220.de



Groups and events!

For special events like birthdays, Christmas or religious celebrations we have a private space with a capacity of 100 seats, for you and your guests to celebrate. Please contact us and we organize your event and a suitable selection of food.

Or are you perhaps interested in a sporting pleasure in your free time?

On our in-house bowling alley you can devote yourself entirely to the game and fun of bowling.

Your opinion, feedback and above all your satisfaction is very important to us. We are very proud to receive a lot of positive feedback and to be highly recommended by our guest. If you don't know our restaurant yet, you will get a very good impression by reading our actual guest feedback.

We would also be delighted to receive your feedback via google or TripAdvisor.

Thank you very much!



WELCOME TO ELEO 1220 NEHEIM [Kalós 'Irthate]

Traditional kitchen with modern influences.
Whether antique or modern the Greek cuisine can be both.
For almost 30 years family Bochtis serve delicious
Mediterranean food from their homeland.

With the new menu we would like to offer you a variety
of warm and cold starters called »MEZÉDES«, sea food,
meet and cheese specialties with Greek roots and
we prepared a fine selection of the best wines from
Greece for you. In addition we offer you a weekly menu
of homemade and authentic Greek meals.

**Start a culinary journey with us and
experience Greek cuisine!**

ENJOY YOUR MEAL! [Kalí 'Oreksi]

If you have any intolerance and/or allergy, please do not hesitate to contact us.
We will provide you a special list with the ingredients.

All prices are in EUR and include the legal VAT and service charge.

DISCOVER THE WORLD OF OUR MEZÉDES!

In Greece Mezedes are served
as appetizers in different variations.
Here with us in the Eleo 1220 you have
the opportunity to put together various
cold and warm Mediterranean delicacies
according to your taste in order to get
to know the different taste experiences.

ENJOY YOUR MEAL! [Kali 'Oreksi]



AUTHENTIC

GREEK



GIVE AWAY JOY
AND PLEASURE!

WE LOVE TO ADVISE YOU!

>> We do not
live to eat,
we eat to live <<

Socrates (469 – 399 BC)

COLD STARTERS (MEZÉDES) [Krii Mezédes]

Our appetizers are served with fresh bread.

1. MEZÉS ELEO 1220 12,00

For the Mezé-beginner the right choice!

A taste-choice of our selfmade dips: Zaziki*, Melitzanosaláta (eggplant-dip) and Soumeli* (garlic-dip), served with warm roasted bread

2. MELITZANOSALÁTA 5,90

Aubergine (eggplant) paste with garlic, greek yogurt, red onions and fresh herbs. Homemade!

3. SOUMÉLI* 8,00

Homemade cretan garlic creme with greek yogurt, olive oil and lemon twists, served with warm pita bread. The aioli of the Greeks!

4. DOLMADÁKIA 6,00

Stuffed wine leaves with rice and Mediterranean herbs with Zaziki*

5. TIROKAFTERÍ* 5,90

Homemade spicy Feta cheese cream with olive oil

6. TZATZÍKI* 5,90

Homemade yogurt cucumber garlic dip

7. SKORDALIÁ 5,90

Homemade potatoe garlic cream from Greece. Warm on request

8. TARAMÁS* 6,50

Homemade greek cod roe salad with lemon and olive oil

9. MAVROMÁTIKA 6,00

An aromatic marinated balck-eyed pea salad with fresh herbs, red pepper, spring onions, lemon zest and basil oil. This is vacation!

10. PANTZÁRI 8,90

Beet root-tartar on avocado nest with chia seeds and roasted pine nuts

11. CARPACCIO PANTZARIOÚ 10,50

Beet root carpaccio with arugula, roasted walnut kernels, cherry tomatoes and Feta cheese, topped with a homemade honey-mustard-dressing

12. MIKRÍ PIKILÍA OREKTIKÓN 14,00

Small, cold appetizer

With taramas*, Zaziki*, Dolmadakia, greek barley bread with feta and tomatoes, olive variation, green peppers*, Skordalia (mashed garlic potatoes) and giant beans³

13. DÁKOS 6,50

The rusk in a different way! Traditional barley bread from crete with diced tomatoes, oregano and crumbled feta – simple, authentic, greek!

14. ELIÉS & PIPERGIÉS 7,50

Olive variation and green peppers*



vegetarian



as vegan dish possible

TO OUR DIPS!

Try our toasted crunchy pita bread (warm).



WARM STARTERS (MEZÉDES) [Sestí Mezédes]

Our appetizers are served with fresh bread.

16. SKORDÓPSOMO¹ 7,00

Garlic bread fresh from the oven with tomatoes, cheese shavings, arugula and balsamico cream

17. SESTÍ PIKILÍA OREKTIKÓN 16,00

Big, warm appetizer plate

With fried crispy courgettes, eggplants with panko flour, bell peppers, Zaziki*, and Skordalia (mashed garlic potatoes) with tomato garlic sauce

18. KOLOKITHOBALÁKIA 8,00

Fried courgette balls with herbs, served with Zaziki*

19. PIPERIÉS SKÁRAS 6,90

Green peppers* grilled with tomato garlic sauce

20. KEFTEDÁKIA 8,00

Spicy meat balls fried with Mediterranean herbs in a homemade Metaxa sauce (mild)

21. KOLOKÍTHIA Í MELITZÁNES TIGANITÉS 8,00

Crispy courgettes **or** eggplants in panko flour served with Zaziki*

22. GIGANTES³ 7,00

Giant beans in tomato sauce and scalloped with Feta cheese

23. FRÉSKA MANITÁRIA¹ 8,50

Fresh mushrooms served in a pan with herbs, crème fraîche and sherry

24. FÁVA 7,50

From the island of Santorini: traditional purée of yellow lentils with caper leaves from Santorini and cherry tomatoes – our hummus!



vegetarian



as vegan dish possible

25. KRITIKÉS PATÁTES²¹³ 4,50 | 9,00

Fresh slides of potatoes scalloped with cream sauce

26. SPETZOFÁI 9,00

Rustic pan-fried greek sausages, colorful strips of bell peppers in a fruity tomato sauce with chili and feta

27. TIGANIÁ 8,90

Chicken from a pan with colourful bell peppers, onions in a lemon-oregano-oil

28. LOUKÁNIKO ELLINIKÓ 8,00

Grilled greek farmer sausage, served with spicy mustard from Kalamata and warm pita bread

29. SIKOTI MOSCHARÍSIO 10,90

Calf's liver roasted in butter, served with roasted onions and lemon

31. ARNÍSSIO SOUVLÁKI 10,50

Grilled juicy lamb skewer from saddle of lamb, served with lemon greek oregano and Zaziki*

32. ELLINIKÉS PATATES 5,00

Handcutting greek potatoes sticks served with grated Graviera cheese

TO OUR DIPS!

Try our toasted crunchy pita bread (warm).








FISH STARTERS (MEZÉDES) [*Psaromezédes*]

Our appetizers are served with fresh bread.

- | | | | |
|---|--------------|---|--------------|
| 33. MÍDIA SAGANÁKI ¹ | 9,50 | 36. GÁVROS | 8,00 |
| Fried mussels deglaze with ouzo
in a tomato-feta-basil sauce | | Baked anchovies served with lemon | |
| 34. GARIDES SAGANAKI | 10,90 | 37. GARÍDES SKORDÁTES | 9,90 |
| Fried prawns deglaze with ouzo
in a tomato-feta-basil sauce | | Fried prawns with garlic and fresh herbs
and olive oil | |
| 35. OKTAPÓDI PSITÓ | 15,90 | 38. KALAMARÁKIA SKÁRAS | 10,50 |
| Grilled filleted octopus arm sous vide from the grill,
served on a aromatic marinated black-eyed pea
salad with caper leaves from santorini and
a lemon olive oil marinade | | Grilled baby squids, served on a marinated
baby leaf spinach | |

CHEESE STARTERS (MEZÉDES) [*Feta-Mezédes*]

Our appetizers are served with fresh bread.

- | | | | |
|--|--|---|--|
| 40. TIROKROKÉTTES |  7,90 | 44. FÉTA SOUSÁMI ² |  9,50 |
| Homemade crispy cheese croquettes with
different types of greek cheese with panko flour,
served with a homemade tomato jam | | Fried Feta cheese with filo pastry crust,
served with sesame seeds and greek honey | |
| 41. FÉTA FÚRNU |  10,50 | 45. BOUJOURDÍ (SLIGHTLY SPICY) |  10,50 |
| Baked Feta cheese with onions, tomatoes,
olives, green peppers* and bell peppers | | Three types of cheese baked with tomatoes,
green peppers*, chili and greek oregano | |
| 43. SAGANÁKI |  9,00 | | |
| Fried Feta cheese with panko flour | | | |



vegetarian



ELEO OLIVE OIL
EXTRA VIRGIN

TAKE AWAY PRICE
PER BOTTLE

0,5 L 15,90

0,7 L 19,90



SALADS [Salátes]

Our salads are always freshly prepared, served with fresh bread.

48. ELLINIKÍ SALÁTA   **as side dish** | **small** | **big**
3,50 | **7,00** | **14,00**

Greek salad made of tomatoes, cucumber, bell pepper, onions, olives, Feta cheese, green peppers*, greek oregano and olive oil

49. CHORIÁTIKI SALÁTA   **as side dish** | **small** | **big**
3,50 | **7,00** | **14,00**

Farmer's salad made of coleslaw, carrots, iceberg lettuce, tomatoes, cucumber, onions, arugula, bell pepper, green peppers*, olives and Feta cheese

50. KOTÓPOULO SALÁTA **16,90**

Crunchy wild herb salad with roasted chicken breast, cherry tomatoes, cucumbers, carrots, Feta cheese, pomegranate seeds, roasted pine nuts and grated Kefalotiri hard cheese

51. GÍRO SALÁTA **16,50**

Crunchy wild herb salad with gyros, cherry tomatoes, cucumbers, carrots, Feta cheese, pomegranate seeds, roasted pine nuts and grated Kefalotiri hard cheese from Epirus



52. SALÁTA SPANAKÓPITA   **14,50**

Spanakopita (spinach cake from filo pastry) in other way! fresh crunchy baby leaf spinach with feta cheese, dill, dried tomatoes, spring onions and pine nuts with crunchy baked filo pastry crust, served with aromatic herb oils. This is the taste of Greece!



CHOOSE ONE OF FOLLOWING DRESSINGS:

our homemade yogurt dressing*, honey mustard dressing or vinegar/olive oil

TO SELECT

VEGETARIAN FOOD [Kirios Piato Chortofágou]

54. RISÓTTO PANTZARÍOU  **15,90**

Creamy beetroot Risotto with baked beetroot cubes, served with Feta-crumbles, roasted pine nuts and arugula

55. RIZÓTO TOMÁTAS  **15,90**

Homemade tomato risotto with Feta crumbles. The Italian classic dish – greek interpreted!



TO OUR DIPS!
 Try our toasted crunchy pita bread (warm).



THE DISHES WE LOVE [Aftá pou agapáme]

56. KRITIKÉS PATÁTES ²¹³

Freshly sliced potatoes, topped with a homemade cream sauce, Optionally with a meat of your choice, topped with Metaxa sauce (mild) and Gouda cheese overbaked:



Gyros	18,50
Chicken breast fillet	18,50
Pork steak	18,50
Biftéki	20,50
Pork fillet	20,90
Fillet of beef	29,50

57. TIGANÁKI ¹ (SERVED IN A PAN)

In white wine sauce with fresh mushrooms and various herbs, refined with crème fraîche. Optionally with a meat of your choice, served with bread:



Gyros	18,90
Chicken breast fillet	18,90
Pork steak	18,90
Pork fillet	21,90
Lamb, beef and pork fillet (in red wine sauce)	29,90
Lamb fillet (in red wine sauce)	29,90
Fillet of beef	30,90

58. PIÁTO FILÉTOU 28,50

A combination of grilled lamb, beef and pork fillet from the grill, served with vegetables, french fries with Zaziki*

60. PIÁTO SPESIÁL 20,90

Grilled lamb chop, pork steak, Souvlaki, Souzoukia from the grill and Gyros served with Zaziki* and Greek orzo (short-cut pasta) in special sauce or french fries

91. ARGENTINIAN FILLET OF BEEF, 250 g* 27,50

The leanest and best Argentina beef.

92. ARGENTINIAN RUMP STEAK, 250 g* 22,50

The narrow fat edge gives the meat its juiciness.

Additional sides

Rosmary potatoes	4,00
Kritikés Patátes ²¹³	4,50
Potato croquettes	3,50
French fries	4,00
Greek French fries	5,00
Sweet potato fries	4,90
Tomato rice	3,00
Kritharaki	3,00
Pita bread (warm)	3,00
Baked potato	
with Zaziki* <u>or</u> herb butter	4,50
Roasted seasoning vegetables	5,00
Roasted onions	2,50
Small Zaziki*	3,00
Herb butter	3,00
Mayonnaise <u>or</u> ketchup	1,00

*The specified gram numbers are approximate and refer to the raw weight.

Changes on request and against extra charge.

PORK SPECIALITIES [Chiriná]

To our pork dishes you can choose between greek rice noodles (long grain noodles) in a homemade special sauce or french fries.

61. GÍROS ME TZATZÍKI 16,90

Gyros with Zaziki*

62. GÍROS SPESIÁL ME TIRÍ 17,90

Gyros with special sauce (slightly spicy) or Metaxa sauce (mild) baked with cheese

63. BIFTÉKI 19,50

Grilled minced steak stuffed with Feta cheese, served a homemade Mykonos sauce (slightly spicy)

64. SOUFLÁKI DIAVÓLOU (SCHARF) 22,50

A large skewer with medaillons of pork, served with homemade Mykonos sauce (slightly spicy)

65. SOUFLÁKI AGRÓTIKO 24,90

One big spit with rolled pork fillets stuffed with feta, bell peppers and onions served with homemade Mykonos sauce (slightly spicy)



66. SIKÓTI ME KREMMÍDIA 15,50

Grilled liver with roasted onions

67. SOUFLÁKI 15,90

Two grilled meat spits with Zaziki*

68. PIÁTO KÉRKIRAS 19,90

Gyros, one grilled Souvlaki, two grilled Souzoukia with Zaziki*

69. PIÁTO RÓDU 17,50

One grilled Souvlaki with Gyros and Zaziki*

71. PIÁTO DÉLFI 16,50

Gyros and grilled liver with Zaziki*

72. STEKÁKIA ME TIRÍ 18,90

Three grilled pork steaks with Metaxa sauce (mild) topped with cheese

73. PIÁTO AFRÓDITIS 19,90

Grilled pork fillet with Gyros, served with Zaziki*

Our homemade sauces

All prepared after traditional family recipes:

Metaxa sauce (mild)	3,00
Mykonos sauce (slightly spicy)	3,00
Pepper sauce	3,00
Tomato garlic sauce	3,00
Garlic sauce	3,00
Pepper sauce	3,00
Dill sauce	3,00

» To Eat and to drink
are the three
most beautiful
things in life «

LAMB DISHES [Arníssia Fagitá]

74. JOUWETZI ME ARNÍ FILÉTO I PAIDÁKIA (FROM THE OVEN)

Tender lamb fillet or lamb chops from the grill,
served with Greek orzo (short-cut pasta)
in special homemade sauce (slightly spicy),
baked with Feta cheese

Lamb fillet	25,90
Lamb chops from the crown	23,90

75. ARNÍSSIA TRILOGÍA 28,90

Lamb variety of grilled lamb fillet,
lamb chops from french rack and
a juicy lamb skewer, served
with steamed vegetables,
rustic fries and Zaziki*



76. PAIDÁKIA 25,90

Grilled Tender lamb chops from french rack,
classic with lemon, served with steamed
vegetables, rustic fries with Zaziki*

77. FILÉTO ARNÍ 28,50

Tender grilled lamb fillet from the grill,
served with steamed vegetables,
rustic fries and Zaziki*

78. ARNÍ FÚRNU (FROM THE OVEN) 22,90

Braised tender lamb shank from
the oven in a special homemade
sauce (slightly spicy), served
with fine celery mash and
steamed vegetables



POULTRY SPECIALITIES [Puleriká]

79. GEMISTÁ KOTÓPOULO 18,90

Filled chicken breasts with spinach und feta cheese,
served with steamed vegetables, rustic fries and
a homemade Mykonossauce (slightly spicy)

80. FILÉTO KOTÓPOULO ME TIRÍ 18,90

Two grilled chicken breast fillets with
Metaxa sauce (mild), topped with cheese,
served with Greek orzo (short-cut pasta)
in a homemade special sauce or french fries

FISH DISHES [Psariká]

For more offers of fresh fish please take a look on the weekly menu!

81. KALAMARÁKIA 21,90

Lightly floured, crispy fried baby calamari, served with steamed vegetables, thyme baby potatoes and souméli (homemade aioli)

82. KALAMÁRIA 20,90

Lightly floured, crispy fried calamari rings, served with steamed vegetables, thyme baby potatoes and souméli (homemade aioli)

83. SOLOMÓS TIGANITÓS 23,50

Fried salmon fillet in a pan, served with fresh spinach, thyme baby potatoes and a homemade dill sauce

84. TZIPOÝRA SKÁRAS 24,90

Grilled whole sea bream whole (approx. 500 g) from the grill, served with fresh spinach, thyme baby potatoes and a homemade lemon-olive oil marinade

86. PIKILÍA PSARIÓN 22,50

A duet of sea bass fillet and sea bream fillet, served with fine celery mash and steamed vegetables

Dips to the fish dishes

Tzatziki*	(creamy yogurt, cucumber and garlic).....	3,00
Souméli*	(Aioli).....	3,00
Taramás*	(fish roe cream).....	3,00
Skordaliá	(mashed potato garlic specialty).....	3,00
Ánitho	(Dill sauce).....	3,00

Would you like an individual preparation of authentic Greek fish specialties?
Talk to us, we will be happy to take your order!

AUTHENTIC



GREEK

SMALL PORTIONS [*Jiá tin mikri órexi*]

To all dishes we serve Greek orzo (short-cut pasta) in special sauce or french fries,

93. MIKRÓ GÍRO 12,90

Small portion of Gyros, served with Zaziki*

94. MIKRA SOUZOÚKIA 12,90

Grilled minced meat roll ups
with homemade Metaxa sauce (mild)

95. SOUFLÁKI 12,90

One meat skewer from the grill,
served with Zaziki*

96. CHRINÓ STEKÁKI ME TIRÍ 12,90

One grilled pork steak with homemade
Metaxa sauce (mild) topped with Gouda

97. KOTÓPOULO FILÉTO 13,50

Grilled chicken breast fillet, served
with homemade Metaxa sauce (mild)

DESSERTS [*Epidórpia*]

See for more our weekly menu!

98. YAOÚRTI ME MÉLI 7,00

Original greek yogurt⁸, with walnuts
and greek honey

99. PANNA COTTA 6,90

Made by chef's wife with italian passion.
Homemade Panna Cotta with
fruit or caramel sauce

101. SOUFLÉ SOKOLÁTAS 8,50

Hot chocolate lava dessert,
served with a scoop of vanilla ice cream

102. EKMÉK GADAÍFI 8,50

Greek layered dessert made from fine Kataifi
threads (like angel hair) with a custard cream
and a fine cream topping, refined with grated
pistachios. A dream!

100. MILLE-FEUILLE 8,90

**A dessert of thousand
and one filo!**

A fluffy-lightly layered baked filo
pastry, filled with a creamy
pudding



SMALL DESSERTS

Choose from our different ice-cream flavours

Vanilla **per scoop** 1,50

Strawberry **per scoop** 1,50

Chocolate **per scoop** 1,50

Whipped cream 0,50

Chocolate sauce 0,50



BY BOCHTIS

AUTHENTIC

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If you have any intolerances and/or allergies, please do not hesitate to contact us. We will provide you a special list with the ingredients.

ADDITIVES: LABELLED DISHES

Zaziki* = 8
Tarama* = 1, 2, 3
Soumeli* = 1, 3, 8
Tirokafteri* = 2, 3
yogurt dressing* = 1, 2, 3, 8, 11
pepper* = 2, 3

ADDITIVES: DISHES AND DRINKS

- 1 with artificial colouring
- 2 with preservatives
- 3 with antioxidants
- 4 with flavour enhancers
- 5 sulphured
- 6 blackend
- 7 with phosphate
- 8 with lactoprotein
- 9 containing caffeine
- 10 containing quinine
- 11 with sweetener
- 12 contains Phenylalalin
- 13 acidifier

SPECIAL ALLERGENS – ADVICE

A naming of the listed allergens occurs if they are in the (un)changed foods we serve. There is no guarantee for the listing of all possible allergens. It is not possible to avoid a full cross contamination with peanuts, gluten, crustaceans, fish, peel fruits, soy, and milk. Please ask for a list of all ingredients. Changes possible upon request.