

SWEET MEMORY RESTAURANT

Cretan and Mediterranean Cuisine

In the latest years, many mentions have been made about the Cretan Diet and Mediterranean Diet. Therefore, it is now well known that the Cretan and Mediterranean Diet are not only aromatic and tasteful, but also extremely healthy. The food has already taken the right place in our culture, equivalent to our monumental identity and our sun and sea. The most important product that gave so much credit to Cretan Diet is our virgin olive oil. The contribution of the local wine, vegetables, meat, dairy products (feta cheese, gruere) is also significant.

The modern dietology considers the Cretan diet and the Cretan way of life as the reason for long living and good health. Most of the international researches bring Crete forward as the example of the Mediterranean Diet. Since the suggestion that the residents of the island have the lowest mortality rates internationally and the less heart attack or cancer diseases, scientists started searching for the identity of the Cretan Diet that gives the Cretans all these health privileges. But very soon it was obvious that it was all about a story well hidden in the past time. That means it isn't a result of a research by some scientists but a biological experiment that lasts thousands of years!

For the Cretans, the secret of good health and long living is very simple. They eat all that their rich solid gives them. Many fruits, vegetables, groceries, legumes, varieties of cheese, olive oil and bread. They scent the taste with marvellous herbs like oregano, they make desserts with natural sweetening materials, honey and molasses, and accompany their meal with excellent local wine.

Based on all facts stated above, Mama Koula has decided to provide and serve its customers dinners that are based in Cretan and Mediterranean cuisine. A 4-meal course based 100% on fresh ingredients prepared and cooked traditionally as it has been for many years. Main ingredient is Virgin Olive Oil harvested by our own olive trees, which are treated without fertilizers and other chemicals. All fruits and vegetables are fresh and bought the same day from gardens that fertilizers and other chemicals are not used. Mama Koula has bring dinning at Sweet Memory to a different level. Home cooking that cannot be found in any restaurant or tavern all over Gouves. All has been said at trip advisor, especially the homemade bread which is based on Mamas Koula mother recipe.

Restaurant is located in the front area of the apartment complex, in an open and spacious environment with unlimited see view.

The architecture deigned is based on wood and stone.

Dinner is served under romantic atmosphere; low lighting helped by the light of candles.

All courses are served