

FOOD & DRINK

SUPERMARKETS – there is plenty of choice of small supermarkets in Makrygialos and a couple of larger ones in Koutsouras, the next village towards Ierapetra.

There is a 'Carrefour' and a 'Lidl' in Ierapetra, a 'Spar' and 'Lidl' in Sitia.

BREAD

This can be bought directly from the bakery just past the car park in the village or at any of the supermarkets

FRUIT AND VEGETABLES

Just about every fruit or vegetable imaginable is grown on Crete at some stage of the year and the produce available changes according to the season. Available from supermarkets or the greengrocer in Makrygialos

MEAT

There is a large butcher's shop near the bottom of the hill in the village. All beef in Greece is called 'mouschari'. Pork chops are 'brizoles hirines', lamb 'ami, and chicken 'kotopolou'. It also sells specially prepared BBQ meat.



CAKES, SWEETS, DESSERTS

The patisserie is near the butcher's – but be careful, the cakes and puddings are delicious!



TAKE AWAY

Maki's Grillhouse sells Greek food as well as burgers, chicken and chips etc. It's on the harbour near Olympio Bar.



Many of the restaurants are happy to provide a "take away" version of their menus.

HERBS AND HONEY

Crete has long been famed for the quality of its herbs and honey and therefore its confectionery, such as 'Cretan Delight'; hence the name 'candy' from the former name for Crete 'Kandia'. A wide range of herbs, both culinary and medicinal, are available including the cure-all Dictamos. Saffron especially is a good buy but you should buy the strands, not the ground saffron.

ALCOHOL

Good quality local wines such as Sitia or Kritikos Topikos Oinas can be purchased at any supermarket, cava or taverna. Other reliable Greek wines are Logardo, Minos Cava, Olympias or Lac de Roche. Imported spirits are expensive so most people change to Greek brandy, Metaxa (2, 3, 5 and 7 star!); Ouzo which tastes of aniseed is a good aperitif. Greeks drink it straight or, on a very hot day, with an ice cube but it is very strong and other people dilute it with water which turns it a milky colour. Raki, the local fire water is normally drunk with a meze..

CIGARETTES

Cigarettes can be purchased in the supermarkets. Greek cigarettes are cheaper than imported ones, and much cheaper than other European Countries.

NEWSPAPERS

International newspapers are sold in most of the supermarkets along the village. They are available every day and are normally delivered after midday.

"Traditional coastal and mountain villages untouched by time"