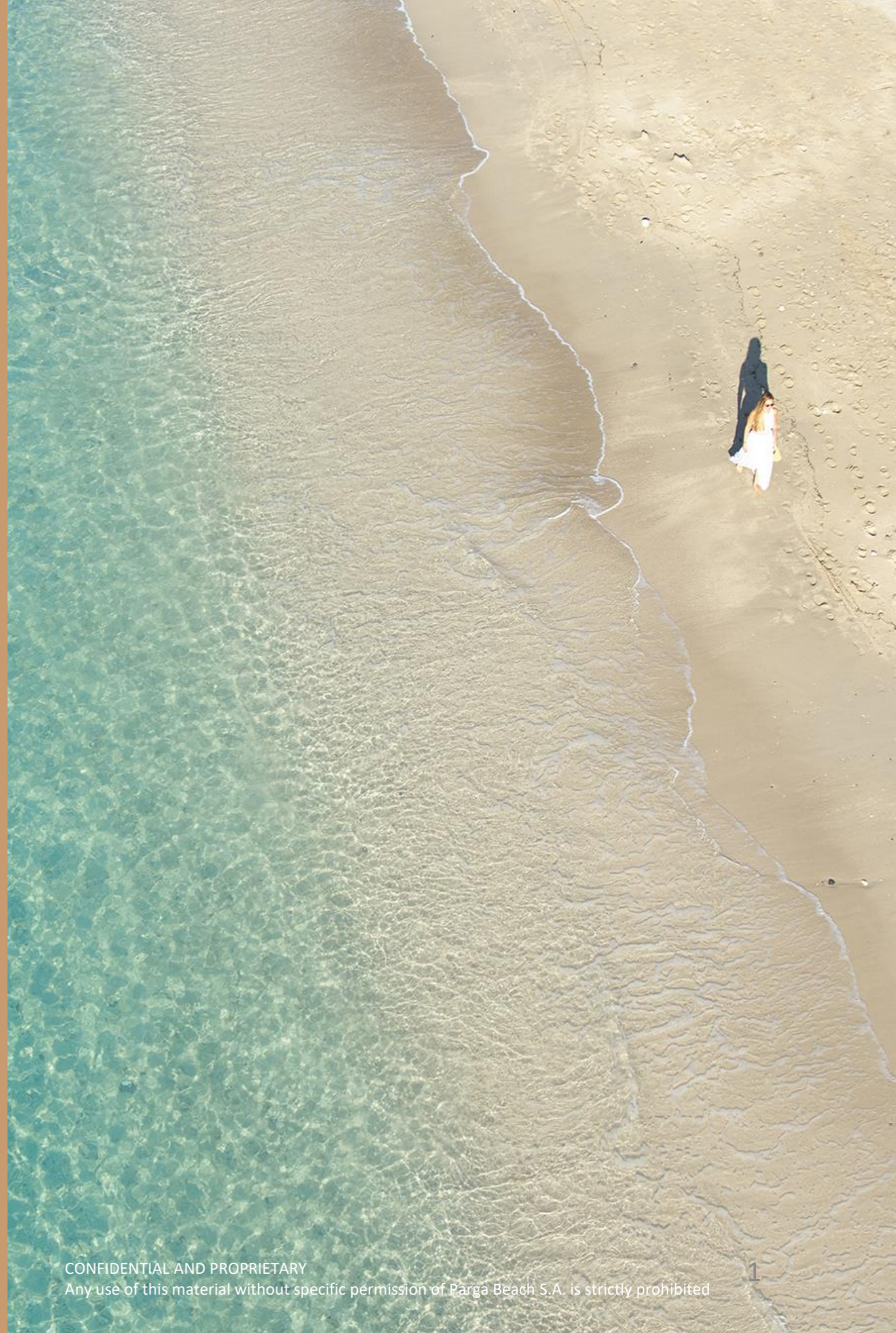


Authentic Ultra All Inclusive Experience

Valid for SS2025

PARGA BEACH
RESORT



An authentic approach to F&B

At the very heart of hospitality lies food. The Ancient Greek concept of *philoxenia* – literally, care for strangers – which is the cornerstone of contemporary hospitality, was organized largely around the process of preparing and serving food and drink to guests. Throughout Greek history, when you have guests at your table, only the best is good enough. At Parga Beach Resort, care for our guests has always been the driving force behind everything we do. Now, we have taken this traditional concept and updated it for the modern era, infusing it with our essential values: quality, authenticity, well-being.

We believe in offering our guests an authentic (and healthy) dining experience, so on our menus they will find only the best, high-quality ingredients. This is true for both our buffet and our a la carte options – we have implemented our promise of authenticity across our entire F&B offering. Our suppliers are almost exclusively Greek; we choose fresh ingredients as much as possible and we prioritize local producers in order to support our region’s economy, to help preserve traditional growing methods, and to keep our supply chain sustainable. And above all, we emphasize the authenticity of the growing and preparation process.

Our new “Authentic Ultra All Inclusive Experience” is the full expression of our hospitality – a comprehensive holiday package that includes our very best in F&B offerings, plus additional benefits, for a relaxed and hassle free holiday.

Local, authentic, sustainable ingredients

Our F&B specialists travel all across Greece to find the very best for our restaurants. We source excellent Greek cheeses, like spicy graviera, creamy mizithra, rich manouri and anthotyro from Paramythia, in Epirus, and from Larisa, in Thessaly. We visit Thrace and Crete for exceptional cured meats: smoked ham and turkey, bologna ham and traditional Cretan apaki. At our restaurants you will taste delicacies like prosciutto made in a small and highly specialized farm in Greece; we also serve the famous bottarga from Amvrakikos Bay, used by the best chefs in Europe. We believe in sourcing locally, to support small Greek producers and to keep our supply chain sustainable.

Bread is an integral part of Greek culinary tradition; historically, it kept Greeks fed through the leanest of times. We honor this history and offer a selection of delicious breads, made especially for our guests by a local bakery that specializes in pure, healthy ingredients like whole wheat, rye and buckwheat, for great flavor and nutritional value. And we use local, homemade pasta like petoura, chyloptes (flat noodles) and trahanas (frumenty), as the foundation of some of the most beloved traditional Greek dishes.

Most of our meats come from Agia, in Parga – a region with a long history in raising the best livestock, employing traditional methods and clean feeds. And we are proud to serve Greek black boar pancetta. The indigenous Greek black pig is an ancient inhabitant of the Mediterranean. It is a domesticated breed, not a wild boar, and it is considered an endangered species. Indigenous Greek black pigs are bred in the region of Mount Olympus; they are raised free-range in hundreds of acres of pasture – completely different conditions from conventional intensive pig farming. They are also fed olives, which enriches the meat's flavor and, more importantly, increases its nutritional value.

And of course, it wouldn't be a Greek meal without fish: discover the flavors of kefalos (striped mullet, also the source of our bottarga), fresh tsipoura (sea bream), fagri (red porgy) and lavraki (Mediterranean sea bass) for a true taste of the sea. Our fish come from the fish hatcheries of Preveza. This means we can ensure strict quality control, and also protect our sea life from overfishing. And naturally, we only use Greek extra virgin olive oil, renowned throughout the world not just for its flavor, but also for its nutritional and healthful properties.

What is included (1/3)

Included in Ultra All Inclusive

Breakfast

Option A

- **Place:** Thalassa seaside restaurant
 - **Cuisine:** International buffet
 - **Service style:** Buffet
 - **Operating hours:** 7:30-10:30
 - Guests staying at room types Premium Garden Room, Premium Garden Room w. partial sea view, Horizon suite, Grand bliss suite, Perfect bliss suite will be prebooked at Thalassa
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Option B

- **Place:** Kokona
 - **Cuisine:** Mediterranean buffet
 - **Service style:** Buffet
 - **Operating hours:** 7:30-10:30
 - Guests staying at room types Eden suite, Aura suite, Aura suite w. private pool, Maison bliss suite, Penthouse suite will be prebooked at Kokona
-

Guests can have breakfast to both restaurants independently of their room type *(reservation is required, subject to availability)*

Lunch

- **Place:** Thalassa seaside restaurant
 - **Cuisine:** Premium Greek Tavern
 - **Service style:** A la carte
 - **Operating hours:** 13:00-16:00
 - **Drinks included:** white, rose and red Greek wines (7 different choices of bottled wine), beer, soft drinks, juices, mineral water, coffee
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Dinner

Option A

- **Place:** Thalassa seaside restaurant
- **Cuisine:** Mediterranean style
- **Service style:** Buffet
- **Operating hours:** 19:30-21:30
- **Drinks included:** white, rose and red Greek wines (7 different choices of bottled wine), beer, soft drinks, juices, mineral water, coffee

What is included (2/3)

Included in Ultra All Inclusive

Dinner

Option B

- **Place:** Alselea
 - **Cuisine:** Modern Mediterranean
 - **Service style:** A la carte
 - **Operating hours:** 19:30-22:30
 - **Drinks included:** white, rose and red Greek wines (7 different choices of bottled wine), beer, soft drinks, juices, mineral water, coffee
 - 1 dinner 5-11 overnights, 2 dinners 12-14 overnights
 - Reservation required, subject to operational program and weather permitted
-

Option C

- **Place:** KOKONA
 - **Cuisine:** Greek traditional cuisine
 - **Service style:** A la carte
 - **Operating hours:** 19:30-22:30
 - **Drinks included:** white, rose and red Greek wines (7 different choices of bottled wine), beer, soft drinks, juices, mineral water, coffee
 - 2 dinner 5-11 overnights, 3 dinners 12-14 overnights
 - Reservation required, subject to operational program and weather permitted
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Bar & Snacks

Option A

- **Place:** Ammos Beach Bar
 - **Service style:** A la carte
 - **Operating hours:** 11:00-23:30
 - **Includes:** Snacks, cocktails, drinks of international brands, white, rose and red Greek wines (7 different choices of bottled wine), coffee, beer, soft drinks, juices, mineral water
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Option B

- **Place:** Kitron Pool Bar
- **Service style:** A la carte
- **Operating hours:** 11:00-18:00
- **Includes:** Snacks, cocktails, drinks of international brands, white, rose and red Greek wines (7 different choices of bottled wine), coffee, beer, soft drinks, juices, mineral water

What is included (3/3)

Included in Ultra All Inclusive

Spa & Wellness

- **Place:** Blossom wellness center
- **Operating hours:** 11:00-19:00
- Free gym access
- Other free activities depending on weekly schedule, e.g., Yoga, Pilates, Aqua aerobic, etc.

Other

- Free Wifi
- Ping pong (*first come first served basis*)
- Table football (*first come first served basis*)
- Board games (*first come first served basis*)

Not included:

- Room service & pool ordering
- Mini bar
- Spa treatments
- Other activities not mentioned above