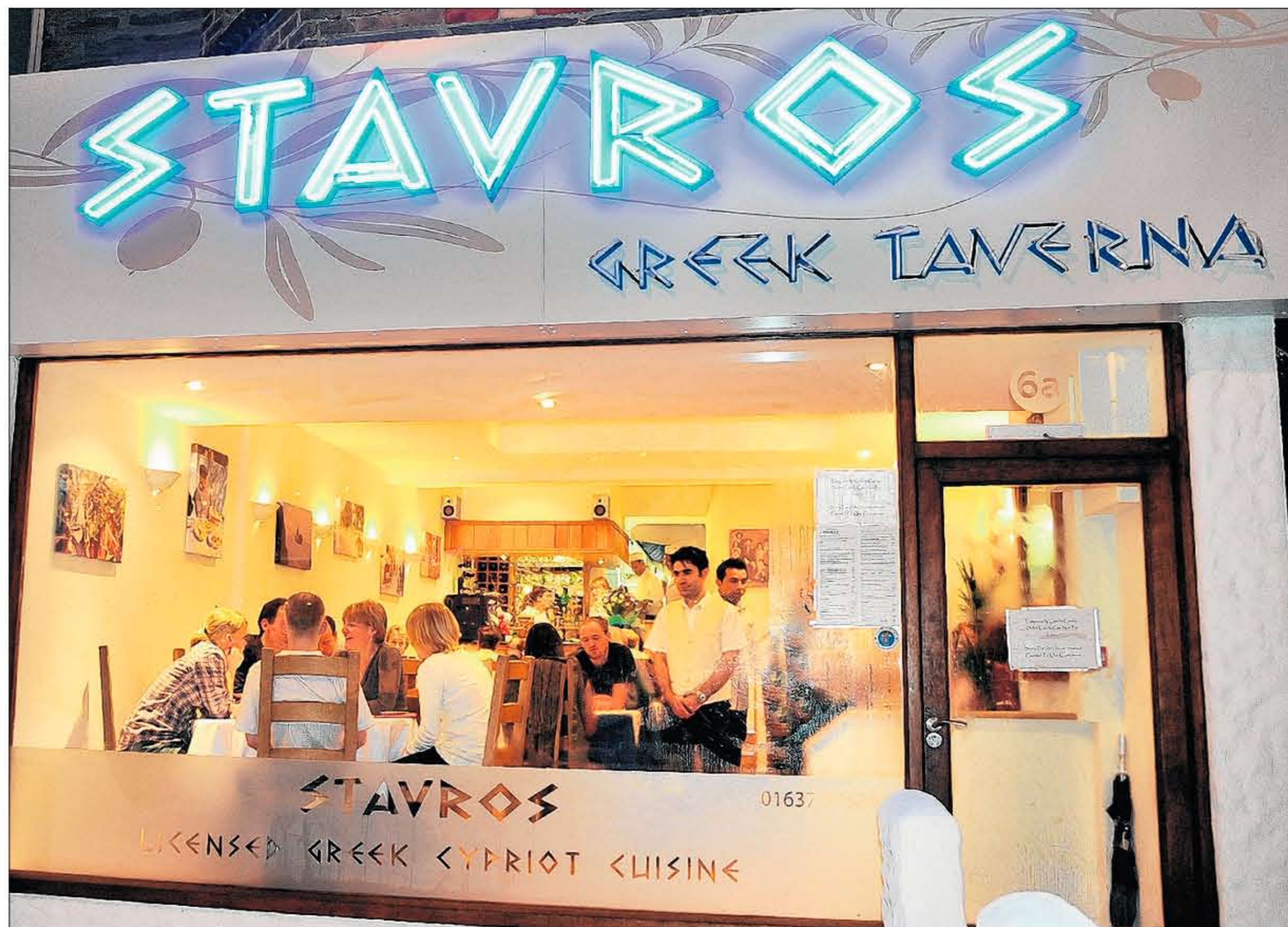


If there's one restaurant you visit this week...



Quick Bites

Where: Stavros Greek Taverna, Cliff Road, Newquay
When: Opening times: noon to 11pm, seven days a week
Price: Starters from £2.95, mains from £7.95 and desserts £3. Range of Greek wines, beers and spirits
Family friendly: children welcome
Parking: Car park nearby
Contact: 01637 876391

From the Menu

Starters:
 Taramasalata – cod roe blended with olive oil, lemon juice and a hint of garlic
 Tzatziki – Greek yogurt with cucumber, mint, garlic and olive oil
 Lounza – Greek cured, smoked ham
 Kioftethes – Greek meatballs made with herbs and mild spices
 Prawn Saganaki – Cleaned prawns cooked in tomato, feta cheese, garlic and oregano

Mains:
 Afelia served withourgouri pillaf and yogurt
 Stifado served with rice pillaf and potatoes
 Kotopoolo Yemisto served with new potatoes, rice pillaf and salad
 Kalamari
 Village-style Greek salad

Desserts:
 Roast pineapple with ice cream
 Greek pastry
 Tiramisu

Smashing time at Stavros

SINCE enjoying sublime holidays in Crete and Zakynthos – heightened by lazy, boozy, filling meals at the end of the day – I've hankered for a Greek restaurant in Cornwall. And thanks to Stavros Stavrou we now have one – the Stavros Greek Taverna opened in the heart of Newquay last week to mass bookings and good feedback. A Greek Cypriot (though you could more-or-less call him a Newquay-ite as he's been living in the town for over 20 years), it has always been Stavros' dream to open his own restaurant dedicated to the food of his home country. It's a brave move as this is his first foray into the food business – he's been in construction for 20 years. But he's surrounded himself with some quality chefs and waiting staff (all Greek) and apart from the current lack of Grecian temperatures this is about as close to the real thing as you can get in the UK, even down to the white terracotta exterior and whitewashed interior walls. Stavros is a dapper, welcoming host, keen to get to know his customers, and his establishment has that warm family feel that many Greek restaurants boast. The food is prepared freshly

Lee Trehwela
 ltrehwela@c-dm.co.uk
 on a daily basis using the finest ingredients. The first thing you notice is the size of the portions – those with small appetites beware! But don't let that put you off – if you leave some, he won't be offended. Starters (or meze, if you want to have them as a selection of small dishes instead of a main) range from the simple yet effective like houmous (delicious, you'll never want the shop-bought variations again) and halloumi (charcoal grilled goat's cheese), to the more exotic such as loukanika (Greek-style village sausages) and dolmades (vine leaves stuffed with minced lean pork, rice, herbs, tomato sauce and spices). Stavros especially recommends the Special Meze – a large selection of cold and hot starters followed by a selection of meals from the grill, salad and pitta bread. You might want to have skipped lunch if you want to dive into this delicious banquet. From the grill you can choose from a number of dishes including chicken or pork souvlaki (cooked on the skewer) and another Stavros recommendation, sheftalia,

Cypriot homemade sausages with minced pork, parsley, onions, herbs and spices. Greek and Cypriot specialities include moussaka served with village salad and the staples of any Greek holiday – stifado (cubes of beef slowly cooked with onions until very

tender in a vinegar and red wine sauce, served with rice pillaf and potatoes) and kleftiko (the bandits' way of slowly cooking lamb until so tender that it comes off the bone, served with mountain herbs, rice pillaf and potatoes). I can vouch for the suc-

culence of the latter. An extensive menu also includes steaks, fish, salad and a range of side dishes plus a range of desserts including the de rigeur Greek pastries and one of the finest tiramisus I've tasted. A great selection of Greek

wines and beers, makes for a fine, traditional experience. So enjoyable, you almost want to throw a plate... ● Stavros Greek Taverna will be open from noon on Sunday for Mother's Day lunches.



■ Stavros new Greek restaurant in Newquay.

New restaurant, refurbishment or recruit? Let us know at...

whatsoncornwall@c-dm.co.uk