



PARALOS  
RODOS LIFESTYLE  
› IN BLISS

## ALL-INCLUSIVE PROGRAM

### WELCOME PACKAGE IN ROOM

Upon arrival: Plate with various dried fruits & nuts, bottle of wine & bottle of water

Daily Coffee and tea making amenities, including local herbal tea

### BREAKFAST

Main Restaurant (Buffet service)	Early breakfast to be ordered in advance (from: 06:00 )	Continental
	07:00 - 07:30 & 10:30 - 11:00	
	07:30 – 10:30	Full breakfast buffet
Healthy Breakfast (Buffet service)	08:00-10:30	Alternative selection for Healthy Breakfast, fruitful & delicious

### LUNCH

Main Restaurant (Buffet service)	12:30 – 14:30 Salads, dressings, hot & cold appetizers, main courses, show-cooking, selection of desserts, ice-cream, and variety of fresh seasonal fruits	Included Drinks: mineral water, local table wine, Greek draught beer, soft drinks, juices (self service)
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### SNACKS/ POOL & BEACH

Main Swimming Pool & Beach area “Breeze & Squeeze Healthy Bar” Food station drinks & snacks (takeaway)	11:00 – 17:00	Relax under the sun and enjoy refreshing drinks and fresh fruits, allowing you to indulge at your own pace	Included Drinks: soft drinks, juices, smoothie of the day and fresh fruits of the season (self service)
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### Bars

Pool Bar	10:30 – 24:00	Self-service drinks, coffees and cakes	Included Drinks: filter coffee, espresso-based beverages, instant coffee, Greek coffee, still water, soft drinks, low-calorie drinks, herbal & fruity teas, fruit juices, as well as draught beer, local table wine, and a large variety of international branded spirits and liqueurs, long drinks and Cocktails. Variety of cakes and sweets served from 16:00-17:00 (self service)
Lobby Bar	17:00 – 24:00	Self-service drinks, coffees and cakes	Included Drinks: filter coffee, espresso-based beverages, instant coffee, Greek coffee, still water, soft drinks, low-calorie drinks, herbal & fruity teas, fruit juices, as well as draught beer, local table wine, and a large variety of international branded spirits and liqueurs, long drinks and cocktails

DINNER			
Main Restaurant (Buffet service)	18:30 – 21:00	Salads, dressings, hot & cold appetizers, main courses, show-cooking, selection of desserts, ice-cream and variety of fresh seasonal fruits	Included Drinks: mineral water, local table wine, Greek draught beer, soft drinks, juices (self service)
DINNER A LA CARTE			
Reserve a table for dinner in our “Pithos” a-la-carte restaurant and enjoy genuine Greek cuisine (One (1) complimentary dinner per week - open 6 times per week, depending on weather conditions)	19:00—21:30	Selection of appetizers, salads & main courses from our menu Pre-booking is required Table Service	Included Drinks: mineral water, local table wine, Greek draught beer, soft drinks, juices.

### UNIQUE SELLING POINTS

- Selection of International branded alcoholic drinks and creative cocktails
- A selection of Greek Culinary Dishes for lunch and dinner
- Use of high-quality local products for lunch and dinner
- Outdoor Fitness area (free use)
- Fitness trainer 6x week (free use)
- Tennis facilities (free use)
- Beach Volley court (free use)
- Table tennis (free use)
- Sunbeds /umbrellas at the pool & beach, Gazebos (by the pool only)
- Evening entertainment regularly

CREDIT CARDS ACCEPTED
Eurocard, Mastercard, Visa