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3-Day Athens Food Itinerary

From our guide **Top 10 Best Places to Eat in Athens**. Print it or save it to your phone.



You can follow this plan to eat your way across Athens without crossing the city more than once. Distances are short and most stops are walkable.

Day 1: Market district and Monastiraki

Start with a morning at the **Athens Central Market** (item 9), then eat a long lunch at **Ta Karamanlidika tou Fani** (item 1) or **Diporto** (item 2). Walk to Monastiraki Square in the afternoon for the Roman Agora and the flea market, and finish with **Lukumades** (item 10) as dessert.

Day 2: Syntagma, souvlaki and meze

Have a late breakfast of souvlaki at **O Kostas** (item 3), then walk through the National Garden or visit the Plaka. For dinner, book **Tzitzikas kai Mermigas** (item 5) for a shared meze meal. If you want a second souvlaki taste test, try **Bairaktaris** (item 4) for lunch on Monastiraki Square.

Day 3: Thissio and Pangrati

Spend the morning on the ancient Agora and Dionysiou Areopagitou, then book **Kuzina** (item 8) for a long lunch or an early dinner with a view. For the evening, take a taxi to Pangrati for dinner at **Mavro Provato** (item 6) or a courtyard dinner at **Karavitis** (item 7). Book both in advance.

The 10 places at a glance

1. Ta Karamanlidika tou Fani

How to get there: Walk from Monastiraki or Omonia metro station along Athinas Street, then turn onto Evripidou Street.
How long to spend: About 1 to 1.5 hours for a shared lunch.
Best time to go: Late morning on a weekday, before the lunch rush.
Tip: Order a few small plates and share, and ask the staff to recommend a regional cheese to go with the pastourma.
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2. Diporto Agoras

How to get there: Walk from Monastiraki or Panepistimio metro station towards Athinas Street and Sokratous Street, then look for the cellar entrance near Theatrou Square.
How long to spend: About an hour.
Best time to go: Lunchtime on a weekday, as it is usually a lunch-focused spot.
Tip: Check before you go whether it is open and whether it takes cards, and be ready to eat whatever the kitchen has cooked.
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3. O Kostas

How to get there: Walk from Syntagma metro station or Monastiraki metro station, about 10 minutes either way, to Pentelis Street.
How long to spend: 15 to 30 minutes.
Best time to go: Late morning, before the meat runs out.
Tip: Opening hours and the exact stopping time are reported differently, so check before you go and arrive early.
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4. Bairaktaris

How to get there: Monastiraki metro station is next to the square, so it is a one minute walk.
How long to spend: 30 to 60 minutes.
Best time to go: Lunchtime, or a late afternoon snack after the Acropolis.
Tip: Compare it with O Kostas the same day if you want a fun souvlaki tasting, one counter and one terrace.
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5. Tzitzikas kai Mermigas

How to get there: It is a short walk from Syntagma metro station down Mitropoleos Street, about a block and a half from the square.
How long to spend: 1 to 1.5 hours.
Best time to go: Lunch, or an early dinner on a weekday.
Tip: Book for weekend dinners and share a few meze plates rather than ordering individual mains.
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6. Mavro Provato

How to get there: Take a taxi or walk from Panathenaic Stadium or Evangelismos metro station, about 15 to 20 minutes.
How long to spend: 1.5 to 2 hours.
Best time to go: Dinner, with a booking.
Tip: Check the address and booking details on the official page before you go, as some listings differ.
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7. Karavitis

How to get there: Take a taxi, or walk from the Panathenaic Stadium area into Pangrati, about 15 minutes.
How long to spend: 1.5 to 2 hours.
Best time to go: A warm evening, when the courtyard is at its best.
Tip: Go with a group and order grilled meats to share, and check the booking policy before you go.
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8. Kuzina

How to get there: Thissio metro station is a few minutes' walk along Adrianou Street.
How long to spend: 1.5 to 2 hours.
Best time to go: Early evening for sunset views, in the warmer months.
Tip: Book ahead and ask for a table with a view, and check the official website for current seating.
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9. Athens Central Market and Evripidou lunch

How to get there: Walk from Monastiraki or Omonia metro station along Athinas Street, about 5 to 10 minutes.
How long to spend: 1 to 2 hours, including lunch.
Best time to go: A weekday morning.
Tip: Opening hours vary by stall and the market is closed on Sundays, so check before you go.
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10. Lukumades

How to get there: Walk from Monastiraki metro station along Ermou and Aiolou streets, about 5 minutes.
How long to spend: 20 to 30 minutes.
Best time to go: Afternoon or evening, as a dessert stop.
Tip: Check opening hours before you go, and try the plain honey version first.
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Getting around Athens

The centre is compact, and many of the places above are within a 15 minute walk of each other. The metro has three main lines that serve Syntagma, Monastiraki, Omonia and Thissio, and the Athens public transport operator OASA publishes maps and updates for buses, trams and the metro. Taxis are inexpensive for trips to Pangrati, and licensed taxis are best booked through an app or taken from a rank.

Walking is the best way to see the market district and Monastiraki, but pavements are uneven, so wear comfortable shoes. For metro lines and station information, check the Athens Metro (STASY) site. In summer, plan outdoor walks for the morning and evening to avoid the heat.

Opening times, prices and transport change often, so check with each venue or operator before you go. For the full guide, photos and FAQs, see https://toptravelinsider.com/top-10-best-places-to-eat-in-athens/.