



THE ART OF SLOW FOOD

Thigaterra

Kalos esmixame!*

Thigaterra** [Thigaterra] is the daughter of a great love for the materials that Greek earth brings out her womb for centuries now. She is a daughter conceived in a deep love for eco-gastronomy, good and fair food that respects the Greek nature and seas.

She's the daughter of Earth and our Sun.

Here, you will obtain a live emotive experience of the global slow food movement through the senses of taste and smell. Our vegetables, olive oil and herbs are carefully selected from organic crops & companies, slowly cooked where necessary.

You will discover special recipes, creative food combinations from different places around Greece, but also goodies from award-winning small producers that will be presented on your plate. Greek PDO cheeses & cold cuts, wines & spirits with exquisite taste richness.

In our Grocery store "Pantopolion" & Cellar [containing more 100 Greek wines] you will discover many bio products, in case you would love to buy and take with you something, so as to remind you this delicious trip.

A journey worth living and narrating.

*Kalos esmixame!

A Cretan phrase to express your joy when you welcome someone in the same company _ It is nice to be together / to come together

** Thigaterra is a combination word for Thygatera [=daughter in the Cretan dialect] and terra [=earth in Latin]

✧ Salads ✧

✧ Greek salad — 8,90€ SVDBGR

Cherry tomatoes, cucumber, onions, pepper, olives, basil, Cretan rusk «Kritharokouloura», «feta» goat and sheep cheese, aged balsamic vinaigrette with artichoke, extra virgin olive oil «Ziro Bio Sitia».

✧ «Athinaiki» salad — 11,80€ SVDBGR

Spicy mayonnaise, potatoes, white fish, vegetables, fresh herbs.

✧ Organic green salad — 9,60€ SVDBGR

Mustard leaves, red mizouna, valerian, watercress, lettuces, pumpkin seed, fig of Evia, peppermint, Grevena sheep cheese «Manouri», beef pastrami, citrus vinaigrette with Cretan carob honey, croutons.

✧ Beetroot salad — 8,60€ SVDBGR

«Volaki» cheese from Tinos Island, fried local wheat, beetroot pesto, aged olive oil-vinegar dressing.

✧ Cold dishes to share ✧

✧ «Agioritiki» eggplant salad — 7,80€ veSVDBGR

Peppermint, walnut, garlic.

✧ Homemade fish roe salad — 8,40€ SVDBGR

Grated egg roe, extra virgin olive oil.

✧ «Cyclades» Fava beans — 7,80€ veSVDBGR

Caramelized onion, salt flower, roasted tomato.

✧ Cretan open pie — 8,80€ SVDBGR

«Xigalo» Cretan cream cheese, seasonal wild greens, rustic puff pastry phyllo from Serres, fresh herbs.

✧ Buffalo carpaccio — 15,90€ SVDBGR

Lemon-olive oil dressing from wild greens, fig chutney, wild red arugula, pomegranate, chervil, flakes of Cretan smoked cheese «Gruyere».

✧ Sea bass tartare — 13,80€ SVDBGR

«Stamnagathi» wild greens, chervil, citrus juice, lemon-oil dressing with extra virgin olive oil, kumquat.

✧ Fresh fish «Savoro» (ask our waiter) — 13,40€ SVDBGR

«Oxymeli» sweet-sour ancient Greek dressing from honey and vinegar, raisins, rosemary, arugula, lime zest.

✧ Greek cheese platter — 12,80€ SVDBGR

«Askotiri» local cheese from Kozani, «Gruyere» cheese from Kasos Island aged 24 months, «Manoura» cheese from Sifnos island, «Volaki» cheese from Tinos Island, pineapple-fig chutney, watermelon jam, peach with bitter almond aroma, homemade bread sticks.

✧ Hot dishes to share ✧

✧ Olive oil testing experience — 14,80€ veSVDBGR

Hot bread (rustic and whole wheat), 3 different extra virgin olive oils, 3 different Greek tapas

✧ Shepherd's hadbag veSVDBGR

Warm bread (rustic and whole wheat), homemade bread sticks.

4,90€

✧ Savoury «Galaktoboureko» SVDBGR

Rustic whole wheat phyllo, rose air phyllo, Greek cheeses filling, tomato jam, black sesame.

8,80€

✧ Mushrooms «Fricasse» veSVDBGR

Variety of mushrooms, lettuce, dill, spinach, vegan cheese flavored with lime, extra virgin olive oil «Skoutari».

8,90€

✧ Chickpeas with rabbit SVDBGR

Cinnamon, tomato, small onions.

14,00€

✧ Small goat «Tsigariasto» SVDBGR

Sorrel, wild greens, egg-lemon dressing, extra virgin olive oil «E'thos».

13,80€

✧ Black pork tenderloin SVDBGR

Fennel puree, roasted fennel, berry sauce.

14,20€

✧ Lamb «Slow food» SVDBGR

Puree from local beans, roasted tomato, potato chips, extra virgin olive oil.

15,90€

✧ Sauteed sea bream fillet SVDBGR

Leek puree, lemon, capers.

14,80€

✧ Mussels «Saganaki» SVDBGR

Cretan cheese «Xigalo», wine, tomato, peppers, onion, extra virgin olive oil.

11,80€

✧ Fresh fried squid SVDBGR

Groats, pickled cucumber, tomato, lemon juice, herbs.

12,40€

✧ Grilled sardines SVDBGR

Avocado, coriander, lemon, oil, juice of grapes.

10,20€

✧ Fried potatoes veDVGR

(The potatoes are local, fresh, cleaned and cut by hand)

- With grated Cretan cheese «Gruyere» SVGRD

- With tomato sauce veVGRD

4,80€

5,00€

5,40€

✧ Main dishes per person ✧

✧ Risotto «Gemista» — 10,60€ S V D GR

Seasonal vegetables, fresh herbs, Cretan cheese «Gruyere» aged 24 months.

✧ Curly Cretan pasta «Chilopita» with chicken — 10,80€ S D GR

Cream of Greek cheeses, king oyster mushrooms, Agaricus mushrooms, Greek bacon.

✧ Grilled lamb kebab of «Elassona Farm» — 13,60€ S D GR

Grilled Cypriot pita bread, fresh potato chips, yogurt dip with smoked paprika.

✧ Tomahawk pork steak «En Elladi» — 16,90€ D GR

Baby potatoes, mustard dip from wild greens.

✧ Shrimp «Giouvetsi» — 17,80€ S V D GR

Greek shrimps, seafood broth, tomato, extra virgin olive oil «Akali».

✧ Grilled seabass in aromatic salt crust — 19,60€ S V D GR

Boiled vegetables, seasonal greens, lemon-oil sauce with extra virgin olive oil.

✧ Veloute fish soup with Greek saffron from Kozani — 10,80€ S V D GR

✧ Main dishes to share ✧

✧ Greek meat platter — 30,80€ S D GR

Lamb kebab, buffalo sausage «Elassona Farm», chicken breast, Greek black pork pancetta, smoked ham, fresh fried potatoes, soft carob pie.

✧ Daily fresh fish (by the kilo) GR

Ask our waiter and check availability.

✧ Beef cuts from «Nikoloudis Farm» D GR (per kilo)

Visit our storefront and check availability.
Choose the cut of your preference.

✧ Garnishes — 3,40€

Baby potatoes with rosemary | Seasonal Salad
Fresh Fried Potatoes | Seasonal boiled greens

✧ Sauces — 2,60€

Mustard with honey | Mustard from greens
Aromatic Greek butter | Oil and lemon sauce

✧ Kids Menu ✧

✧ Breaded chicken fillets with fresh fried potatoes — 6,80€ GR

✧ Spaghetti with red sauce — 5,80€ V ve GR

✧ Spaghetti with minced meat — 6,80€ GR

✧ Our Desserts ✧

✧ «Babas» with syrup — 8,60€ S V GR

Raki with herbs, cream from Cretan cheese «xigalo», peaches, white chocolate chips, mizithra-pasteli ice cream.

✧ Fruit tart — 9,60€ S V GR

Almond biscuit, chocolate cream with lemon, fresh seasonal fruits, yogurt ice cream with red fruits.

✧ Tiramisu — 7,60€ V GR

Savoyard, cream flavored with coffee and amaretto.

✧ Macaron — 9,60€ S V GR

Filled with chocolate, Namelaka chocolate, Greek coffee cream, wild berries sorbet.

✧ Variety of ice creams in bowls — 9,00€ V S GR

Chocolate-orange ice cream, mizithra-pasteli ice cream, yogurt ice cream with red fruits.

✧ Variety of ice cream sorbets — 9,60€ V ve S GR

Lemon sorbet, wild berries sorbet, melon.

D as we say Deli...

Follow **D** in this new Thigaterra's menu to become the Ambassador of the local products of our country!

Thigaterra contributes through its gastronomic narrative and the same time with its actions to promote the principles and values of the global **slow food** movement and with great love and respect to highlight every local diamond of the Greek land. The restaurant through its journey all over Greece created **Deli – Grocery** where you have the opportunity to explore and discover local products that come from every spot and land, with primary sector being present and designing every plate of yours. Looking forward into new **Thigaterra's** menu the symbol **D**, you choose the most **authentic recipe** with raw materials directly from **Deli-Grocery** of our restaurant, in which fructify and flourish your Greek products. Country's local producers chat with you and they recommend **authentic flavors** and **genuine aromas**.

You create the Experience....

Follow the **D** ... Cook with the **D** ... As we say Deli

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Cretan
Black
Angus



You can not have the family farm if you don't have the family...

The story of the family business «**NIKOLOUDIS exceptional meat**» begins in 1970, when Georgios Nikoloudis and his wife Evangelia decide to build the first stable facilities north of the champaign of Messara just south of the village of Galia.

There they start to work professionally with the breeding and fattening of calves, while a few years later they expand the facilities and create in the adjacent area, farms of pork and poultry, at the same time they open their own butcher shop to ensure the immediate availability of their products.

The two brothers, Pavlos and Giannis Nikoloudis, who took over the baton of this business, developed and expanded this family farm as well as the areas for processing, standardization and sale of their own products. They now focus on raising the family farm with the finest breeds of animals, such as the excellent **Black and Red Aberdeen Angus** calves that were first brought to our island.

Through modern but highly natural breeding methods using natural biological disinfectants such as attapulgit, zeolite and active microorganisms (EM) and based mainly on Cretan foods such as cereals, oilseeds, pumpkin and plenty of grass, which produce the same meats of exceptional nutritional and gastronomic value grafted with the taste of the Cretan land and the care of its family traditions.

At «Thigaterra» fully embracing their philosophy, we proudly present their products, giving them our Slow Food character.

** We use extra virgin olive oil for our salads.*

** The 95% of our supplies come from Greek producers.*

** We apply many sustainable circular development practices by recycling many of our products.*

We strive to reduce our waste and reduce food the mileage of sourcing our products.

** The consumer is not required to pay the relevant fee unless they have received the legal proof of receipt.*

** Prices include 24% legal tax on alcoholic beverages and 13% legal tax on food and non-alcoholic beverages.*

** Please let us know if you want an invoice during your order.*

PLEASE INFORM OUR STAFF OF ANY ALLERGIES OR INTOLERANCES YOU MAY HAVE AND ASK FOR THE SPECIAL ALLERGEN MENU

✧ So₂ ✧ SHELLFISH ✧ MOLLUSCS ✧ MILK ✧ NUTS ✧ PEANUTS ✧ SESAME ✧ CELERY ✧ MUSTARD ✧ EGG
✧ LUPINE ✧ GLUTEN ✧ SOY ✧ FISH

Manager in case of market inspection: Emmanouil Vozikakis
Chef: Emmanouil Mplemenos | Consulting Chef: Stavros Karpathiotakis

visit our website: www.thigaterra.gr