



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 Thygaterra [=daughter in the Cretan dialect] and terra [=earth in Latin]

# Cold Appetizers

## ✦ Platter of Greek Tapas Starters — 8.00€ **V S D**

Homemade «Tirokafteri» (spicy cheese dip) with sheep and goat's PDO feta cheese, beetroot tzatziki, hummus with sun-dried tomato, smoked eggplant salad «politiki», Mediterranean sauce «Saza» with capers and basil.

## ✦ Beetroot Carpaccio — 8.90€ **S V D**

Beetroot, beetroot leaves, beetroot sprouts, pickled beetroot, mandarin gel, herb oil, smoked Burrata di Bufala, walnut powder.

## ✦ Lake «Kerkini» Buffalo Fillet — 15.80€ **S D**

Marinated in olive oil and sea salt, lemon-olive oil herb, fig, red wild arugula, pomegranate, chervil, peels of Cretan smoked «gruyere».

## ✦ Black Angus Beef Fillet Tartare — 15.60€ **S D**

Cream cheese «katiki Domokou», parsley oil, coriander, ketchup, mustard from greens, chives, soy, chili, salty egg yolk.

## ✦ Greek Cheese Platter — 10.80€ **S D**

«Askotiri» local cheese from Kozan, «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 «Grissini» breadstick.



# Salads

## ✦ «Spinach Pie» Salad — 7.90€ **S V D**

Crispy phyllo from «Serres», baby spinach leaves, dill, parsley, sour «Mizithra», vinaigrette grape molasses, Corfu kumquat.

## ✦ Greek Salad — 8.40€ **S V D**

Outdoor tomato, cherry tomatoes, cucumber, onion, peppers, olives, boiled potatoes, black basil, Cretan «Kritharokouloura», sheep and goats' «feta» cheese, vinaigrette aged balsamic and honey, e.v. olive oil «Ziro Bio-Sitia».

## ✦ Green Salad — 8.60€ **S B D**

Mustard leaves, red mizuna, valerian, watercress, lettuce, pumpkin seeds, Evia figs, mint, Grevena sheep cheese «manouri», beef pastrami, citrus vinaigrette with Cretan carob honey, croutons.



# Hot Appetizers

## ✦ Shepherd's Handbag — 5.80€ **V ve S D**

Warm bread (rustic and whole wheat), carob rusk, homemade bread sticks, dip «Ziro Bio-Sitia» e.v. olive oil, salt blossom.

## ✦ Salty «Galaktoboureko» — 8.80€ **S V D**

Rustic whole wheat phyllo, air rose phyllo, Greek cheese filling, honey spheres with olive oil, tomato jam, black sesame.

## ✦ Mushrooms Fricassee — 8.60€ **ve S V D**

Pleurotus, portobello, agaricus, lettuce, dill, spinach, vegan cheese flavored with lime, e.v. olive oil «Skoutari».

## ✦ Oil Pie of Kimolos — 9.80€ **S V D**

Fresh and hot dough, cherry tomatoes confit, peppers, pickled onions, green olives, Cretan «gruyere», basil leaves.

## ✦ Handmade Tinian Sausage — 9.20€ **D S**

Aged pork with fennel, herbs, «bouyourdi» cream.

## ✦ Crispy Rabbit Bites — 10.90€ **S D**

Nut crust, stew foam.

## ✦ Meatballs «Thigaterra» — 8.80€ **S**

Chicken mince, tomato sauce, eggplant bechamel, zucchini chips.

## ✦ «Mastelo» cheese from Chios Island — 9.80€ **D S V**

Grilled tomatoes, basil, honey cream, sweet pumpkin's chutney.

## ✦ Split Peas of «Schoinousa» Island — 8.00€ **S V D**

Florins pepper sauce with «anthotiro» farmer's cheese and ouzo, caramelized onion.

## ✦ «Pastirma» Pie (cured beef) — 8.20€ **S D**

Pie phyllo from Serres, fresh Cretan goat cheese, sundried tomato, chestnut puree.

## ✦ Beef Liver Savore — 9.90€ **D S**

Black Angus beef liver, rosemary, «Oxymeli» sweet-sour ancient Greek food from honey and vinegar.

## ✦ Fried Potatoes — 3.60€ **V ve**

✦ With grated «gruyere» Cretan cheese — 3.80€ **V** ✦ With tomato sauce — 4.80€ **V ve**  
(The potatoes are local, fresh, cleaned and cut by hand)

## Main Dishes

### ✦ Curly Cretan Noodles with Chicken — 9.80€ **D S**

Cream of Greek cheeses, portobello mushrooms, Agaricus mushrooms, Greek bacon.

### ✦ Spinach Risotto — 10.20€ **S D**

Tenderloin fillet of black pork with Aegina pistachio crust, black olive powder, Cretan aged «gruyere».

### ✦ Handmade Carob Raviola — 11.20€ **S D**

Stuffed with veal scallop ragout, sauce «Galo-Mizithra» (sheep and goats' Cretan cream cheese).

### ✦ Risotto «Wedding Pilaf» (Chania recipe) — 12.60€ **D**

Chicken, sheep, calf, «Staka» cream.



### ✦ Minced Chicken Roll tuffed with «Kaprico» (smoked pork) — 10.80€ **S**

«Mizithra» sheep and goats' cream cheese, wild arugula, sundried tomato, celeriac puree.

### ✦ Beef Cheeks — 14.60€ **S D**

White stew sauce, purple butter potato with greens, Cretan herbs.

### ✦ Pork Knuckle — 13.80€ **S D**

Roast sauce, sage and verbena, carrot puree.

### ✦ Sorrel-Dolma with Goat Kid — 13.40€ **S D**

Sorrel, seasonal greens, egg-lemon sauce, e.v. olive oil «E'thos»

### ✦ Flap Steak Black Angus with Forest Fruits — 18.00€ **S D**

Potato mille-feuille, cheese cream, homemade demi-glace, forest fruit sauce.

### ✦ Sea Bass Fillet — 14.80€ **S D**

Sauté, with vinsanto sweet wine sauce, celery root.



### ✦ Chicken «Kontosouvli» — 12.90€ **D**

Vegetables, potato in the oven stuffed with «Galeni» cheese, e.v. olive oil «Pamako».

### ✦ Greek Meat Variety — 29.20€ **S D**

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

### ✦ Tomahawk Pork Steak «En Elladi» — 15.80€ **D S**

Sweet potato chips, dip mustard from greens.

### ✦ Grilled Lamb Kebab PDO of «Elassona Farm» — 12.80€ **S D**

Carob pie, fresh potato chips, yogurt dip with smoked paprika.

### ✦ Beef Meat per kilo from «Nikoloudis Farm» **D**

Grilled Cypriot pita bread, fresh fries chips, yogurt dip with smoked paprika.  
(Visit our butcher's showcase and find out about our availability)

### ✦ Garnishes — 3.20€

Baked baby potatoes with rosemary | Seasonal salad | Fresh fried potatoes | Pumpkin chips  
Celery root purees | Grilled vegetables

### ✦ Sauces — 2.00€

Mustard with honey | Mustard from greens | Beetroot tzatziki | Pepper sauce  
Homemade BBQ sauce | «Giaourtlou»



## Kid's Menu

### ✦ Breaded Chicken Fillets — 4.60€

Fresh fried potatoes and seasonal vegetables.

### ✦ Spaghetti with Red Sauce — 4.60€

### ✦ Spaghetti with Minced Meat — 4.80€

## Our Sweets

✦ **Εkmek Kantaifi — 7.90€** **S D**

Peanut kantaifi, mastic cream, kazan-dibi ice cream.

✦ **Namelaka with Red Fruits — 9.80€** **S D**

Dark chocolate cream, red fruits, crumple, chocolate soil, raspberry jam and Greek coffee sauce.

✦ **Lemon Tart — 8.80€** **S D**

Lemon cream, butter cookie, meringue, honeycomb, forest fruit sorbet.

✦ **«Galaktoboureko» — 7.80€** **S D**

Warm cream, rose crispy phyllo crust, orange sorbet, dikatmo syrup.

✦ **«Xerotigano» Thigaterra — 8.20€** **S D**

Sweet «Mizithra» cream, sweet cashew spread with blueberry, blueberry and raspberry gel, yogurt ice cream with red fruits.

✦ **«Sfakian» Carob Pie — 7.40€** **D**

«Mizithra», pollen, honey, «mizithra» pastel ice cream.

✦ **Variety of Ice Creams in Bowls — 8.80€**

Chocolate orange ice cream, Kazan-dibi, yogurt with fruit

## 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



NIKΟΛΟΥΔΗΣ  
EXCEPTIONAL MEAT



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

The story of the family business «NIKΟΛΟΥΔΗΣ 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 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

✦ So<sub>2</sub> ✦ SHELLFISH ✦ MOLLUSCS ✦ MILK ✦ NUTS ✦ PEANUTS ✦ SESAME ✦ CELERY ✦ MUSTARD ✦ EGG ✦ LUPINE  
✦ GLUTEN ✦ SOY ✦ FISH

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

visit our website: [www.thigaterra.gr](http://www.thigaterra.gr)