



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 — 9.40€ **S V D B**

Cherry tomatoes, cucumber, onions, colorful peppers, olives, basil, Cretan rusk «Kritharokouloura», «Feta» goat cheese with Cretan herbs, aged balsamic vinaigrette, blossom honey, extra virgin olive oil «Ziro Bio Sitia».

❖ Beetroot Salad — 9.20€ **S V D**

Roasted beets, Greek «Kyano» blue cheese, walnuts, aged vinegar, olive oil.

❖ Green Salad — 10.40€ **S B D**

Green leaves, lettuce, pumpkin seed, smoked chicken fillet, bacon from Black Pork, «Agkonari» cheese from Olympus, pomegranate dressing.

❖ Slow Food Salad — 11.80€ **S V D B**

Greek «ospriada» (a mix of legumes), seasonal greens, cod fish roe, salted fish (ask our waiter), extra virgin olive oil «Soligea».

❖ Cold Appetizers ❖

❖ Homemade «Tyrokafteri» — 8.40€ **S V D**

Barrel-fed «Feta» cheese, red peppers from Florina, olives, red pepper flakes, extra virgin olive oil «Elladaki».

❖ Baba Ghanoush — 8.90€ **S V D ve**

Eggplant, sesame paste, hazelnut, parsley, carob pie.

❖ Beef Carpaccio — 16.80€ **S D**

24 months aged cheese «Graviera» from Naxos island, hazelnut, red arugula, extra virgin olive oil «Akali».

❖ «Soutzoukaki» Tartar — 14.80€ **S D**

Beef fillet, tomato, cumin, toasted bread, extra virgin olive oil «Marmaro».

❖ Greek Cheese Plater — 13.60€ **S D B V**

«Kefalotyri» cheese with Cretan herbs, smoked «Graviera» cheese from Crete, sour cream cheese «Pychtogalo» from Chania, «Kyano» (Greek blue cheese), «Volaki» cheese from Tinos island, watermelon and peach jam with bitter almond, plum jam.

❖ Hot Appetizers To Share ❖

❖ Olive Oil Testing — 15.60€ **ve S V D**

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

❖ Shepherd's Hadbag **S V D ve** 4.90€

Warm bread (rustic and whole wheat), homemade bread sticks, extra virgin olive oil «Ziro Bio Sitia».

❖ «Saganaki» Cheese **S V D** 9.40€

«Mastelo» cheese from Chios island, traditional spoon sweet from Chios tangerine peel with mastic.

❖ «Thigaterra» Meatballs **S D** 10.80€

50%-50% beef and pork minced meat, red pepper, Greek cream cheese «Katiki» from Domokos, zucchini chips.

❖ Cretan Pie With Greens **S D V** 8.90€

Leaf from carob, seasonal wild greens, foam from Cretan cream cheese «Galení».

❖ Dough With Cold Cuts **S D** 12.80€

Salami, Greek Prosciutto, Coppa from organic Iberico, roasted tomato sauce, Cretan «Graviera» cheese.

❖ Fried Potatoes **ve V** 5.40€

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

-With grated «Graviera» cheese (Cretan yellow cheese) **V D** 5.80€

-With «Staka» (Cretan cream butter cheese) **D** 6.40€

-With minced meat 6.80€

❖ Eggs With «Staka» **S D** 8.90€

Potatoes, thyme, Cretan cream butter cheese «Staka», roasted cherry tomatoes.

❖ Bean Soup With Sausage **S D** 10.40€

Traditional Cretan sausage with vinegar, «Feta» cheese, hot pepper.

❖ Small Goat Fricasse **S D** 14.80€

Sorrel, seasonal greens, egg-lemon sauce, potato chips, extra virgin olive oil «E'thos».

❖ Pancetta From Black Pork **S** 14.80€

Leek-celery purees, baby potatoes, roasted cherry tomatoes.

visit our website: www.thigaterra.gr

✧ Main Dishes ✧

✧ Risotto «Wedding Pilaf» — 12.90€ **S** **D**

Young lamb, lemon, extra virgin olive oil «Argilos».

✧ Curly Cretan Noodles With Chicken — 10.80€ **S** **D**

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

✧ Beef Cheeks — 17.80€ **S** **D**

Potatoes purees, sweet wine sauce.

✧ Grilled Kebab — 14.80€ **S**

50%-50% beef and lamb minced meat, spicy tomato sauce, sheep yogurt, Cypriot pie.

✧ Black Pork Steak — 13.60€

Fresh fries, carob pies.

✧ Rib Eye Steak Black Angus 200gr — 24.80€ **D**

Premium cut of meat.

✧ Striploin Black Angus 200gr — 19.80€ **D**

✧ Black Angus Beef Fillet 200gr — 21.80€ **D**

Tender fillet with low fat content.

Beef Meat (per kilo) From «Nikoloudis Farm» **D**

Visit our display fridge and check
the availability.

Choose the cut you like.

Garnishes — 4.00€

- ✧ Baby potatoes with rosemary
- ✧ Seasonal salad
- ✧ Fresh fried potatoes
- ✧ Potatoes purees

Sauces — 3.40€

- ✧ BBQ sauce
- ✧ Sweet wine sauce
- ✧ Mustard from greens
- ✧ Aromatic Greek butter
- ✧ Naturally smoked olive oil

✧ Main Dishes To Share ✧

✧ Greek Variety Meat — 31.80€ **S** **D**

Pancetta of Black pork, Black Angus beef liver, Kebab, Cretan lamb sausage, chicken sausage), fresh fries, carob soft pies, BBQ dip sauce.

✧ Half Roasted Chicken — 16.80€ **S** **D**

Garlic butter, baby potatoes, dip mustard from greens.

✧ Kids Menu ✧

✧ Breaded Chicken Fillets With Fresh Fried Potatoes — 7.00€

✧ Linguini With Red Sauce — 6.40€ **V** **ve**

✧ Linguini With Minced Meat And Cheese — 7.20€

✧ Our Desserts ✧

✧ «Babas» 40herbs — 9.40€ **V** **S**

Limoncello syrup, herbal syrup, lemon cream, caramel whipped cream, lemon basil sorbet.

✧ Carob Chocolate Souffle — 10.20€ **V** **S**

Orange-lavender sauce, orange-stracciatella sorbet.

✧ White Chocolate Mousse — 10.20€ **V** **S**

Extra virgin olive oil, ground pistachio, pomegranate sauce.

✧ Cretan Flan — 9.40€ **V** **S**

Apricot cream, «Soumada» cream, hazelnut praline cream, salt caramel sauce, ice cream yogurt with red fruits.

✧ Variety Of Ice Creams In Bowl — 9.00€ **V**

Chocolate-orange ice cream, vanilla ice cream from goat milk, yogurt ice cream with red fruits.

✧ Variety Of Sorbets In Bowl — 9.60€ **V** **ve**

Lemon basil sorbet, orange-stracciatella sorbet, sorbet with forest fruits.

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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

❖ Our Cheeses ❖

❖ Feta Cheese P.D.O.

Made 100% from Greek, pasteurized, goat and sheep milk.

❖ Barrel Aged Feta Cheese

Matures in its natural brine in wooden barrels.

❖ Sheep Yogurt

From 100% sheep milk.

❖ 24 Months Aged Graviera Cheese Of Naxos

Naxos Graviera is P.D.O. (Product of Protected Designation of Origin) hard cheese, with a pale yellow color, made from 80% cow's milk as a minimum and 20% goat's milk as a maximum, with the addition of traditional rennet.

❖ Kefalotyri Cheese Of Crete

Hard cheese from goat's milk.

❖ Cretan Smoked Graviera Cheese

Semi-hard cheese from 100% pasteurized Cretan goat and sheep milk, with natural smoking from wild Cretan herbs.

❖ Galeni Cheese

Galeni is a Cretan soft sour cream cheese.

❖ Pichtogalo P.D.O. Chanion

It is a fresh soft cheese which is produced exclusively in the prefecture of Chania in Crete. It has a soft creamy texture and a slightly sour taste. It is produced by pasteurized sheep and goat's milk.

❖ Kyano Blue Cheese

Kyano is the first Greek blue cheese and is produced from goat's milk. It contains fresh goat's milk collected from flock of goats that graze freely in the mountains of Central Macedonia.

❖ Volaki Cheese Of Tinos

Off-white, soft, traditional cheese with a deep aroma and sweet taste, produced from pasteurized cow's milk.

❖ Agkonari Cheese From Mount Olympos

Its pale appearance hides years. And yet, Agkonari is an elaborate sheep Graviera, with two full years of aging.

❖ Katiki Cheese Of Domokos

It is produced in the area of Domokos, the Prefecture of Fthiotida, from 100% pure goat and sheep milk, faithfully following its traditional recipe until our days.

** 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 | Consulting Pastry Chef: Paris Leonidou

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