



THE ART OF SLOW FOOD

Thigaterra

Kalos esmixame!*

"Thigaterra" ** is the daughter of a great love for the materials that the Greek land has been delivering from its "womb" for centuries now. She is the daughter born from a deep love for eco-gastronomy, good and fair food that respects nature and the Greek seas.

She is the daughter of the Earth and the Sun.

Here, you will gain experiential knowledge of the global Slow Food movement through the journey of taste and smell. Selected raw materials from organic farming, slowly cooked when necessary.

You will discover unique recipes and flavorful combinations from different regions of Greece, as well as authentic creations from award-winning small producers. Traditional cheeses and cold cuts, wines and spirits you never imagined would have such a rich taste.

Our Deli-Grocery Store & Cellar offer a variety of delicacies for you to take home as a reminder of this flavorful journey.

A journey worth living and narrating.



***Kalos esmixame!**

A Cretan phrase to express your joy when welcoming someone into your company. It means "It is nice to be together" or "It is nice to come together."

**** Thigaterra**

is a combination of the Cretan word Thigaterra (meaning "daughter") and the Latin word terra (meaning "earth").



The Cretan volunteer group **A.T.A.H.T.O.I.** has been making significant contributions to our society **since 2012.**

Their next ambitious goal is to establish the first **Volunteer House-Community Center** for the city of Heraklion and beyond.

At **Thigaterra**, we embrace this meaningful initiative.

We have selected specific dishes that we would be grateful for you to choose, as €0.30 from each of these dishes will be collected and donated to support this Cretan volunteer group's cause.

Find them on:



ataxtoi

www.ataxtoi.gr

slow food collaborator



www.meatvertoudos.com

❖ Salads ❖

❖ Greek Salad - 10.40€ **D V**

Tomatoes, cherry tomatoes, cucumber, peppers, sweet pepper, olives, barley rusk bread, soft goat cheese "galomizithra", EVOO "Ziro Sitia".

❖ Green Salad - 10.80€ **D**

Smoked pork "Apaki", fresh green aromatic leaves, citrus dressing, honeyed fried dough strips, pickles, Cretan semi-salty cheese.

❖ Thigaterra Salad - 10.90€ (+0.30€ **A**) **S D V**

Buckwheat, quinoa, couscous, lentil tabbouleh, smoked fish fillet, balsamic vinegar dressing.

❖ Cold Appetizers ❖

❖ Greek Buffalo Carpaccio - 16.80€ **D S**

Mayonnaise from local greens, pickles, Cretan aged goat cheese "graviera".

❖ Marinated Anchovy - 11.60€ **D**

Pickles, aged vinegar.

❖ Trilogy of Greek Dips - 11.40€ **D V**

Creamy spicy feta cheese, sour cream "Xigalo", garlic yogurt "tzatziki", local breadsticks.

❖ Local Cheeses Platter - 17.60€ **V D**

Aged salty goat cheese "graviera", Cretan smoked salty goat cheese "graviera", Greek blue cheese "kyano", soft goat cheese "galomizithra", butter semi-hard cheese from Tinos island "volaki", homemade jams, rusks.

❖ Olive Oil Tasting - 18.00€ **D Vc**

Warm bread, 3 different excellent virgin olive oils, 3 mini local "meze".

❖ Hot Appetizers ❖

❖ Hot Bread of Shepherd **D Vc** 3.90€

Slices of sourdough bread (multi-grain, white), fresh aromatic olive oil, sea salt, Cretan olives.

❖ Fresh Fried Potatoes with creamy butter cheese "Staka" & Smoked Local Ham **D** 9.40€

❖ Local Split Pea Puree "Fava" **D Vc** 9.90€

Fresh aromatic extra virgin olive oil, seasonal pickles.

❖ Stuffed Vine Leaves **V D** 10.60€ (+0.30€ **A**)

Vine leaves, rice, lemon sauce.

❖ Fried Meatballs "Keftedes" 10.90€

Feta, yogurt, fresh dill, pita bread, slow-cooked tomato sauce.

❖ Grilled Saganaki Cheese **D V** 10.40€

Semi-soft cow cheese "mastelo", watermelon - bitter almond jam.

❖ Moussaka Croquette **D S** 10.40€

Eggplants, zucchini, potatoes, yogurt, buttermilk sauce.

❖ Greens Pie **D V** 11.40€

Handmade flatbread, seasonal wild greens, soft cheese, yogurt, garlic, dill.

❖ Fermented Soup Wheat "Trahanas" with Eggplants **D V** 10.60€

Soft creamy feta cheese sauce, coarsely ground wheat "Xinochondros".

❖ Fried Calamari * 12.60€

White fish roe spread.

❖ Grilled Octopus * 12.90€

Lemon sauce cooked with peas, carrots, artichokes.



* FRESH FROZEN PRODUCT OF EXCELLENT QUALITY (FRESH DURING FISHING PERIODS)

A A.T.A.X.T.O.I

Vc vegan (ask your waiter)

V vegetarian

S chef's signature

D deli product

❖ Main Dishes ❖

❖ **Chicken with Curly Cretan Noodles "Hilopites" - 14.40€** **S D**
Smoked creamy cheese sauce "Metsovone", pumpkin seeds, mushrooms.

❖ **Grilled Pork Chops - 14.60€**
Smash baby potatoes, peppers cream sauce.

❖ **Rooster in Wine Sauce - 15.60€** (+0.30€ **A**) **S D**
Fresh tomato sauce, homemade gnocchi pasta, soft goat cheese "galomizithra".

❖ **Rice with Lamb "Cretan Wedding Pilaf" - 15.60€** **S D**
Slow cooked rice in lamb juice, soft goat cheese "mizithra", lemon juice, EVOO "Skoutari".

❖ **Grilled Beef Patty "Mpifteki" - 16.40€** **D**
Fresh potato salad with smoked pork "apaki".

❖ **Slow-Cooked Beef Short Ribs - 22.40€** **S D**
Pasta, bechamel, mixed local herbs "pastitsada".

❖ **Local Lamb Slow-Cooked in a Pot - 18.00€**
Seasonal greens "fricassee", egg-lemon sauce.

❖ **Grilled Sea Bass Fillet - 16.80€**
Boiled seasonal greens-vegetables, fish lemon soup sauce "kakavia", EVOO "Kritsa".

❖ **Shrimp Pasta - 16.80€** * **D**
Fresh pasta, shrimp bisque, Kozani saffron.

❖ **Garnishes** ❖ **3.40€** **V Ve**

❖ Seasonal salad ❖ Roasted vegetables ❖ Fried potatoes ❖ Smash baby potatoes

Butcher - Grocery Store Thigaterra **D**

Beef Meat (per kilo) from Small Greek Farms - Cheeses from all over Greece

Visit our display fridge and check the availability. Choose the cut you like.

Make your own cheese platter and we'll bring it to your table.

❖ Kids Menu ❖

❖ **Breaded Chicken Fillets with Fried Potatoes - 8.40€** (+0.30€ **A**)

❖ **Linguine with Red Sauce - 7.40€**

❖ **Linguine with Minced Meat - 8.20€**

❖ Our Desserts ❖

❖ **Chocolate Nuts Biscuit "Carioca" - 10.80€**
Walnut praline sauce, vanilla ice cream made from goat's milk, EVOO "Elladaki".

❖ **Mocha Espresso - 10.60€**
Namelaka espresso, tonka, honeyed fried dough strips "Xerotigano".

❖ **Lemon Cremeux - 10.80€** **S D**
Meringue, strawberry confit, mahlep, mixture of 40 different aromatic and medicinal herbs "sarantavotano".

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D deli product



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, through its gastronomic narrative and at the same time with its actions, promotes the principles and values of the global **Slow Food** movement and with great love and respect highlights every local diamond of the Greek land. The restaurant through its journey all over Greece created its **Deli - Grocery** where you have the opportunity to explore and discover local products that come from every spot and land, with the primary sector being present and designing every plate of yours. Looking for the symbol **D**, in the new Thigaterra's menu you choose the most **authentic recipes** with raw materials directly from **our restaurant's Deli-Grocery**, in which your Greek products "fructify" and "flourish". Our 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 ❖

❖ Sheep Yogurt

From 100% sheep's milk.

❖ Kefalotiri Cheese of Crete

Hard cheese from goat's milk.

❖ 24 Months Aged Graviera Cheese of Naxos

Naxos Graviera is a P.D.O. (Product of Protected Designation of Origin) hard cheese, with a pale yellow color, made from at least 80% cow's milk and no more than 20% goat milk with the addition of traditional rennet.

❖ Cretan Smoked Graviera Cheese

Semi-hard cheese from 100% pasteurized Cretan goat's and sheep's milk, naturally smoked with wild Cretan herbs.

❖ Volaki Cheese of Tinos

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

❖ Galeni Cheese

Galeni is a Cretan cream cheese.

❖ Metsovone

Metsovone is a semi-hard, smoked cheese that comes from Metsovo, where another well-known cheese, metsovela, is produced. It is a Protected Designation of Origin cheese.

❖ Kyano Blue Cheese

Kyano is the first Greek blue cheese and it is produced from goat's milk, collected from free-range goats in the mountains of Central Macedonia.

❖ Mastelo of Chios

Made exclusively on the island by Konstantinos Toumazos. Fresh, whole cow's and goat's milk from Chios. The word "Mastelo" has Venetian origins and it literally refers to the wooden vat traditionally used for milk collection.

❖ Pichtogalo P.D.O. of Chania

Ένα είδος ξινομυζήθρας είναι το πηχτόγαλο Χανίων, τυρί αλειφώδες, χωρίς συγκεκριμένο σχήμα ή περίβλημα. Φτιάχνεται κατευθείαν από γάλα, πρόβειο ή μείγμα πρόβειου με λίγο γίδινο. Για να μην υπάρχουν παρεξηγήσεις, το ονόμασαν και πηχτόγαλο Χανίων και κατοχύρωσαν την ονομασία αυτή ως ΠΟΠ, με τον όρο το γάλα να είναι από τα Χανιά.

❖ Galomuzithra

Soft creamy cheese from 100% sheep's milk.

❖ Katsochiri

"Katsochori" is a traditional Cretan semi-hard cheese, made from the curd left over from the first stage of making Graviera, by kneading it and giving it the shape of a hedgehog. It is soft, slightly sour, ideal for saganaki (fried) or raw, and is essentially the "fresh" version of Graviera.

Applying many practices of circular and sustainable development, we aim to reduce our waste by recycling much of it. By sourcing 95% of our products from local Greek small-scale producers, we significantly reduce the transportation distance of our supplies, thus contributing to a smaller environmental footprint

❖ During periods when fresh products are unavailable, we use high-quality frozen products. (*) indicates a frozen product.

❖ We use extra virgin olive oil for our salads.

❖ The consumers aren't required to pay the relevant fee unless they have received the official receipt or invoice.

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

❖ Please let us know when placing your order, if you would like an invoice to be issued.

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

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

Manager in case of market inspection: Emmanouil Vozikakis

visit our website: www.thigaterra.gr

