



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]

slow food collaborator



Timeless value in quality!

Since 1980, they have been offering the best quality, at the most competitive prices, with excellent products from local, Cretan farms & livestock units.

They have licensed their own laboratory. Every day they fully prepare for cooking a wide range of quality, delicious and ready to grill meat products.

In addition, they follow all the developments in their sector, successfully attending seminars on meat preparation, from top chefs, culinary institutions and professionals in the field.

Therefore, they can cover any social reception, gathering or your daily table, with suggestions, ideas, art, quality and taste.

www.meatvertoudos.com

❖ Salads ❖

❖ Greek Salad - 10.90€ S D V

Cherry tomatoes, cucumber, peppers, olives, barley bread, "Galomizithra" Cretan goat & sheep soft cheese, *EV00* «Ziro Sitia».

❖ Green Salad - 11.90€ D

"Lountza" traditional smoked cold cut (made from Cretan pork),
"Xerotigano" traditional Cretan crispy dessert with syrup, apple, beetroot, celery root.

❖ Baked Winter Salad - 10.80€ S D V

Potatoes, seasonal vegetables, "Kyano" cheese, egg, almond.

❖ Cold Appetizers ❖

❖ Buffalo Carpaccio - 16.90€ D

Fricassee mayonnaise, pickles, aged "Gruyere" Cretan smoked cheese, *EV00* «Ages Kyklopas».

❖ Raw Fish of the Day - 15.80€

Egg roe, seasonal pickles, citrus fruits.

❖ Tyrokafteri (Spicy Cheese) - 9.80€ V

Baked pepper, olive oil, sourdough bread.

❖ "Xigalo" Spreadable Cheese - 9.80€ D V

Honeycomb, "Alatsolies" Salted Cretan Olives, *EV00* «Pappous».

❖ Local Cheeses Platter - 17.40€ S D V

"Gruyere" Cretan smoked cheese, Aged "Gruyere", "Kyano" Greek blue cheese,
"Galomizithra" Greek soft, white cheese, "Volaki" cheese from Tinos island, homemade jams, rusks.

❖ Olive Oil Tasting - 17.50€ S D

Warm bread, 3 different extra virgin olive oils, 3 different Greek "meze" appetizers.

❖ Hot Appetizers ❖

❖ Shepherd's Bread S D

Sourdough bread, "stakovoutyro" Milk Butter, olives, salt flower.

4.80€

❖ Potatoes with Staka and Smoked "Syglino" local wet-cured ham D

9.80€

❖ Gnocchi S D

Handmade gnocchi with "Gruyere" Cretan smoked cheese, pork Apaki, tomato sauce.

11.80€

❖ Seasonal Greens D V

Tomato, olive oil, "Mizithra" cheese.

10.80€

❖ Herb Pie D V

Handmade pie, seasonal greens, soft cheese, yogurt, garlic, dill.

11.80€

❖ Grilled Mastelo Cheese S D V

Bouyurdi sauce, beetroot.

11.40€

❖ "Fava" Split Peas from Schinoussa S D V Ve

"Fava" croquette, seasonal pickles, fresh salad, *EV00* «Skoutari».

10.90€

❖ Lamb Kebab S D

Tzatziki, tomato salad, peppers.

13.80€

❖ "Trahanas" with Mushroom Stew D V

Red pumpkin "trahanas", "Gruyere" Cretan smoked cheese, variety of mushrooms, truffle.

12.80€

❖ "Sfougato" Sponge Cake with Seasonal Greens S D

Local cheeses, handmade tomato ketchup, "Spetseriko" mix of spices.

10.90€

❖ Main Dishes ❖

❖ "Wedding Pilaf" Risotto - 15.90€ D

"Zigouri" Cretan lamb, "Mizithra" soft cheese, lemon, *EV00* «Zero One».

❖ Chicken with "Hilopites" Curly Cretan Noodles - 14.40€ S D

Curly Cretan Noodles, Metsovone, Pumpkin seeds, King oyster mushrooms.

❖ Beef Cheeks - 23.80€ D

Fresh potatoes puree with "Katsochiri" goat cheese, Cassius.

❖ Pork Loin - 15.80€

Roasted vegetables, Roasted meat sauce.

❖ Slow-Cooked Beef Short Rib - 24.60€ S

Polenta of "Xinochondros" sour cream and sauce made from its juices, *EV00* «Elladaki».

❖ Beef Burger - 16.80€ D

Local cheeses, cabbage, mustard from local herb "Vrouva".

❖ Fish of the Day Stew "Yuvetsi" - 18.90€

Kozani Crocus, *EV00* «Ziro Sitia».

❖ Garnishes ❖ 3.80€ V Ve

❖ Seasonal salad ❖ Roasted vegetables ❖ Potatoes puree ❖ Fresh fried potatoes



❖ Butcher - Grocery Store ❖

❖ Beef Meat (per kilo) from Small Greek Farms D

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

❖ Cheeses from all over Greece

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

❖ Our Desserts ❖

❖ Traditional "Xygopita" - 10.60€ S D

Chocolate Cremeux, walnut praline, raisins with Vinsanto from Santorini island, extra virgin olive oil, salt.

❖ Mocha Espresso - 10.80€

Honeyed "xerotigano" made from crispy, fried pastry sheets, namelaka espresso, Tonka Beans.

❖ Lemon Cremeux - 10.60€ S D

"Sarantavotano" traditional Cretan blend of forty different wild aromatic herbs, meringue, strawberry confit, crumble, mahlep, hyssop. vanilla ice cream.

❖ Rice Pudding - 10.20€

Caramel leaves with cinnamon, vanilla cream.

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

Galení 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 πικτόγαλο 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 πικτόγαλο 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 | Executive Chef: Emmanouil Mplemenos | Chef: Panagiotis Vathianakis

visit our website: www.thigaterra.gr

