



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 - 10.80€ D V

Cherry tomatoes, cucumber, onion, peppers, olives, "Kritharokouloura" Mylopotamo's rusk, "Feta" goat and sheep cheese, balsamic vinaigrette with artichoke, *EV00 «Ziro Bio Sitia»*.

❖ Beetroot - 11.20€ S D V

Roasted beets, Swiss chard, Greek «Kyano» blue cheese, walnuts, aged olive oil and vinegar, seven-dough croutons, *EV00 «Elladaki»*.

❖ Green Salad - 11.40€ D V

Green bio leaves, lettuce, pumpkin seed, bacon from black pork, "Anthotyros" Cretan dry cheese, dressing of pomegranate, pasteli.

❖ Cold Appetizers ❖

❖ Tyrokafteri (spicy cheese) - 8.90€ D V

Feta cheese, "Kopanisti" cheese from Mykonos, sweet peppers, Perek leaf with "Alis" salt flower.

❖ "Xigalo" from Siteia (spreadable cheese) - 9.20€ D V

Green oil, flinders of carob dakos.

❖ Greek Cheeses Platter - 15.80€ S D V

Cretan "Kefalotiri" cheese, "Graviera" Cretan smoked cheese, "Pichtogalo" sour cream cheese from Chania, "Kyano" Greek blue cheese, "Volaki" cheese from Tinos island, tomato jam, plum jam.

❖ Beef Fillet - 16.70€ S D V

Buckwheat, 24-month-aged "Graviera" cheese from Naxos, cassius, kelp, fried capers, oil & lemon sauce with mustard from greens, *EV00 «Ages Kyklopas»*.

❖ Hot Appetizers ❖

❖ Shepherd's Handbag D V

Warm bread (rustic and whole wheat), coarse salt, aromatic "staka" butter, "Stafidoelies" Cretan olives.

5.40€

❖ Eggs with "Staka" & Potatoes S D

2 fried eggs, potato pave, thyme, "Staka" Cretan butter cream, roasted cherry tomatoes.

9.80€

❖ Cheese Gnocchi with Smoked Pork S D

Apaki, "Manouri" & "Graviera" cheese, Kalamon olives, sun-dried tomato, cherry tomato, oregano olive oil.

11.80€

❖ Veloute Celery Root Soup D

Smoked "Graviera" cream cheese, salami from Lefkada, *EV00 «Pappous»*.

10.80€

❖ "Stamnagathi" Tsigariasto S D V

"Stamnagathi" Cretan smoked greens, "Volaki" chesse from Tinos island, tomato with "Alis" salt flower.

9.90€

❖ "Kalitsouni" Greens Pie in the Oven S D V

Dicoccum phyllo Zea with carob, "Galení" cheese, grilled seasonal greens.

10.90€

❖ "Thigaterra" Meatballs D

Beef minced meat, Florina peppers, flavored yogurt, potato chips.

11.90€

❖ "Saganaki" Fried Cheese D V

"Mastelo" cheese from Chios island, forest fruit jam.

10.90€

❖ "Trahanas" with Mushroom Stew S D Ve

Variety of mushrooms, stew sauce, "Kokkari" onion.

10.90€

❖ "Fava" from Schinoussa with Sausage D

Yellow split peas puree, pickled onion, mixed Cretan sausage, royal caper, *EV00 «Skoutari»*.

12.40€

✧ Main Dishes ✧

✧ "Wedding Pilaf" Risotto D	15.90€	✧ Stuffed Beef Burger S D	16.80€
"Zigouri" Cretan lamb, lemon.		100% Greek dry-aged ground minced beef, "Katsochiri" cheese, grilled amanita mushrooms, potatoes.	
✧ Curly Cretan Noodles with Chicken D	13.80€	✧ "Youvetsi" Pork Knuckle D	15.80€
Cream of Greek cheeses, Greek bacon, King oyster mushrooms.		Greek pork stew with fresh tomato, barley with Florina pepper, "Graviera" cheese from Naxos.	
✧ Rooster "Pastitsada" D	13.80€	✧ Black Pork Pancetta	15.90€
Curly Cretan Noodles, dry "Anthotyros" cheese, Spetseriko mix of herbs, cherry tomatoes confit.		Leek-celery puree, baby potatoes, roasted cherry tomatoes.	
✧ Goat Fricassee S D	16.80€	✧ Sea Bass in Salt D	22.90€
Seasonal greens, egg-lemon sauce, artichokes, artichoke chips, <i>EVVO «Aheleon»</i> .		Seasonal greens, <i>EVVO «Zero One»</i> .	
✧ Beef Cheeks D	22.90€		
Fresh potatoes puree, sweet wine sauce.			

✧ Garnishes - 3.80€ ✧ **V** **Ve**

- ✧ Baby potatoes in the oven with rosemary
- ✧ Seasonal salad ✧ Fresh fried potatoes ✧ Potatoes puree ✧ Roasted vegetables

✧ Sauces - 3.60€ ✧

- ✧ Sweet wine sauce
- ✧ Greek aromatic butter ✧ Mustard from greens ✧ BBQ sauce

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

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

✧ Kids Menu ✧

✧ Breaded Chicken Fillets with Fried Potatoes	8.90€
✧ Linguine with Red Sauce D V Ve	7.90€
✧ Linguine with Minced Meat D	8.90€

✧ Our Desserts ✧

✧ Blueberry Tart S D	10.80€
Blueberry compote, vanilla & "Mizythra" cheese monté, forest fruit sorbet.	
✧ Semifreddo Tiramisu S D	10.90€
Savoiardi biscuits, cream flavored with coffee and Cretan liqueur with herbs, pistachios of Aegina, cocoa.	
✧ Black Forest D	10.80€
Chocolate ganache with mastic, almond and hazelnut crumble, dark chocolate crème, wild cherry compote, yogurt ice 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 ✧

✧ Feta Cheese P.D.O.

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

✧ Sheep Yogurt

From 100% sheep'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.

✧ Pichtogalo P.D.O. of Chania

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 made from by pasteurized sheep's and goat's milk.

✧ Kefalotiri Cheese of Crete

Hard cheese from goat's milk.

✧ 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.

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



Evaluate your experience with
Thigaterra
and enter the draw to win an **iPhone 13 Pro**

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

visit our website: www.thigaterra.gr

