



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 €0.50 from each of these dishes will be collected and donated to support this Cretan volunteer group's cause.

Find them on:



www.ataxtoi.gr

❖ Salads ❖

❖ Greek Salad - 11.80€ S D V

Cherry tomatoes, cucumber, onion, peppers, olives, basil, "Kritharokouloura" Cretan rusk, "Feta" goat and sheep cheese, aged balsamic vinaigrette with artichoke, extra virgin olive oil.

❖ Green Salad - 11.80€ S D V

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

❖ Slow Food Salad - 12.60€ S D V

Greek "Ospriada" (variety of legumes), seasonal greens, fish roe, Greek farmed smoked trout fillet from Kastoreio of Laconia with extra virgin olive oil.

❖ Cold Appetizers ❖

❖ Olive Oil Experience S D V Ve

3 different e.v. olive oils, 3 different Greek appetizers, warm bread (peasant & whole wheat, rusk).

20.00€

❖ Our Dips S D V

"Tirokafteri" cheese dip with Florina peppers, tzatziki made of avocado & black garlic, smoked eggplant salad with hazelnuts, Perek pastry phyllo.

11.90€

❖ Greek Cheeses Platter S D V

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

15.20€

❖ Fish Roe Salad S D V Ve

Roe powder, green basil oil, carob pie.

9.80€

❖ Prosciutto from Evrytania S D 12.80€ (+0.50€ A)

Tomato carpaccio, "Kopanisti" Greek sour cream cheese, basil pesto, tomato vinegar, olive powder, "Evoo Zero One".

❖ Beef Fillet S D

Buckwheat, 24-month-aged "Graviera" cheese from Naxos, cassius, red arugula, fried capers, oil & lemon sauce with mustard from greens.

17.80€

❖ Stuffed Smoked Salmon Rolls S D V

Greek farmed salmon from Kastoreio of Laconia, "Galen" cream cheese, salmon brick, dill, lime, "Gruyere" cheese crackers.

13.80€

❖ Hot Appetizers to Share ❖

❖ Shepherd's Handbag S D V

Warm bread (rustic and whole wheat), "Migadi" rusk, coarse salt, olives in herbal olive oil.

5.80€

❖ "Saganaki" Fried Cheese S D V

Watermelon-peach jam with bitter almond, "Mastelo" cheese from Chios island.

11.80€

❖ "Trahanas" with Mushroom Stew S D Ve V

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

11.90€ (+0.50€ A)

❖ Cheese Gnocchi with Smoked Pork S D

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

11.80€

❖ "Thigaterra" Meatballs S D

Slow-aged buffalo minced meat from Kerkini, tomato sauce, eggplant bechamel, zucchini chips.

12.80€

❖ Liver Savore S D

Black Angus beef liver, oxymelon, rosemary.

12.40€

❖ Fried Potatoes with "Staka" D

In olive oil with "Staka" butter cream from Sitia.

8.60€

❖ Eggs with "Staka" & Potatoes S D

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

9.80€

❖ Shrimp Mini Pita Bread S D

Mini corn pita bread, Pico De Gallo, guacamole, "Gruyere" smoked Cretan cheese.

12.90€

❖ Seafood Stuffed Vine Leaves S D

Carrot, dill, spearmint, zucchini, shrimp, crayfish, fish, shellfish broth, lemon foam, "EVOO Aheleon Psili Raxi".

12.80€

❖ Fried Squid S D V

Mayonnaise, lime, green olive oil, chives.

12.90€

❖ "Saganaki" Mussels S D V

Tomato sauce with bukovo, "Pichtogalo" cream from Chania, Sitian "Staka" butter cream.

12.80€

❖ Grilled Octopus S D V

"Fava" split peas from Schinoussa, pickled onion, "EVOO Efkrato".

12.80€



❖ Main Dishes ❖

❖ "Wedding Pilaf" Risotto D Young Cretan lamb, lemon.	15.90€	❖ Beef Cheeks S D Fresh potatoes puree, sweet wine sauce.	22.60€
❖ Curly Cretan Noodles S D with Chicken Cream of Greek cheeses, Greek bacon, King oyster mushrooms.	13.80€	❖ Stuffed Beef Burger S D 100% Greek minced beef, "Katsochiri" cheese, cabbage, potato.	16.80€
❖ Goat Fricassee S D Seasonal greens, egg-lemon sauce, artichokes, artichoke chips, <i>EVOO Skoutari</i> .	17.80€	❖ Sea Bass in Salt S D V Coarse salt with herbs, seasonal greens, oil & lemon sauce.	23.80€ (+0.50€ A)
❖ Black Pork Pancetta S Leek-celery puree, baby potatoes, roasted cherry tomatoes.	16.20€	❖ Sauteed Fagri S D V Rusk crust, herbs, peas, carrot puree with almonds.	16.80€
		❖ Our Shrimp Spaghetti S D V Linguine, shrimp tartare.	16.60€

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

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

❖ Garnishes - 4.00€ ❖

❖ Baby potatoes in the oven with rosemary
❖ Seasonal salad ❖ Fresh fried potatoes ❖ Potatoes puree
❖ Roasted vegetables ❖ Corn with flavored butter

❖ Sauces - 3.80€ ❖

❖ Greek aromatic butter ❖ Mustard from greens
❖ Sweet wine sauce ❖ BBQ sauce

❖ Kids Menu ❖

- ❖ Breaded Chicken Fillets with fried potatoes - 8.40€ (+0.50€ **A**)
- ❖ Linguine with Red Sauce - 7.60€ **D V Vc**
- ❖ Linguine with Minced Meat - 8.60€ **D**

❖ Our Desserts ❖

❖ Semifreddo Tiramisu S D Savoardi biscuits, cream flavored with coffee and Cretan liqueur with herbs, pistachios of Aegina, cocoa.	10.90€
❖ Mastic Panacotta with 2 flavors S V Fruits Blueberries - Raspberries, salted caramel.	9.80€
❖ Mango - Passion Fruit Tart S V Mango compote - vanilla Montee - "Myzithra" Greek cheese, exotic fruits crumble.	10.80€
❖ Chocolate Mousse on Carob Rusk S D White chocolate mousse, ganache of dark chocolate, "Myzithra" Greek cheese ice cream, <i>EVOO Ziro Sitia</i> .	11.20€ (+0.50€ A)
❖ Variety of Ice Cream Sorbets D V Vc Flavors: lemon - basil sorbet, orange - stracciatella sorbet, red fruits sorbet.	12.80€
❖ Scoop of Ice Cream "Solo Gelato" (1 scoop) S Flavors: chocolate-orange ice cream, white chocolate-rose ice cream, yogurt-red fruits ice cream, cinnamon ice cream, pistachio ice cream.	4.00€

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.

✦ Barrel Aged Feta Cheese

Matures in its natural brine in wooden barrels.

✦ 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

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Scan & Translate
THE MENU

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

visit our website: www.thigaterra.gr

