



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]



The Cretan Volunteer group **A.T.A.H.T.O.I.** provides important work for our society since 2012.

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

As **Thigaterra** we embrace this significant effort, with selecting specific dishes, that 0.50€ of their cost will be collected and donated to their effort.

We would be grateful if you support this effort by choosing this dishes for this purpose.

Find them on:



www.ataxtoi.gr

❖ Salads ❖

❖ Greek Salad ❖ 9.80€

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

❖ Beetroot Salad ❖ 10.20€ (+0.50€ A)

Roasted beets, «Kyano» Greek blue cheese, walnut-parsley pesto, aged olive-vinegar.

❖ Green Salad ❖ 10.60€

Green leaves, lettuce, pumpkin seed, raisins, bacon from black pork, crispy Greek Mozzarellini, pomegranate vinegar.

❖ Slow Food Salad ❖ 11.60€

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

❖ Appetizers Cold - Omophagian ❖

❖ Variety of Olive Oils S D V 16.50€

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

❖ Mediterranean Dips S D V 10.90€ (+0.50€ A)

Eggplant salad with tahini and walnuts, cheese sauce with peppers from Florina, cream of white tarama with grated roe, tzatziki with Purslane, black garlic, crispy Perek phyllo.

❖ Greek Cheese Platter S D V 14.80€

«Kefalotyri» cheese, «Graviera» Cretan smoked cheese, «Kyano» Greek blue cheese, «Pychtogalo» sour cream cheese from Chania, «Volaki» cheese from Tinos island, tomato jam, plum jam.

❖ Tartar Of Sea Bream Fillet S * V 13.90€

Cucumber Vinegar, green apple, citrus fruits, avocado from Chania, almond.

❖ Shrimp Carpaccio S * V 11.80€

Fennel, orange fillet, green olives from Halkidiki, dill.

❖ Fisherman's Anchovy with Vinegar S V 9.80€

Anise Vinegar, peppercorns, garlic, onion, parsley, «heftazimo» rusk.

❖ Beef Carpaccio Mosaic S D V 17.40€

Buckwheat, 24-month-aged Graviera from Naxos, Cassius, red rocket, fried capers, oil/lemon sauce with mustard from Greens.

❖ Hot Appetizers to share ❖

❖ Olive Oil Experience ❖ 19.50€ S D V

Training and testing of extra virgin olive oils with the guidance of our olive oil sommelier (ask our sommelier for availability).

❖ Shepherd's Hadbag S D V Vc 5.50€ (+0.50€ A)

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

❖ Cheese Gnocchi S D V 9.60€

Manouri & Graviera cheese, sun-dried tomato, cherry tomato, oregano olive oil.

❖ «Saganaki» Cheese S D V 10.90€

«Mastelo» cheese from Chios island, watermelon-peach jam with bitter almond.

❖ Cretan Pie with Greens S D V Vc 9.40€

Carob's phyllo «ZEAS», seasonal wild greens, «Galeni» Cretan cream cheese.

❖ «Thigaterra» Meatballs S D 10.70€ (+0.50€ A)

50%-50% beef-pork minced meat, peppers from Florina, Greek aromatic yogurt, potato chips.

❖ Shrimp Souvlaki at Robata S * V 10.80€

Oxymelon marinade, roasted fennel.

❖ Grilled Stuffed Squid S D * V 12.80€

Onion, zucchini, carrot, tomato, feta cheese, spinach, aged Cretan Graviera, roasted Florina's peppers sauce.

❖ Red-Mullet Fillet S * 12.80€

Sun-dried tomato, capers, olive, leek, fresh onion, orange, ouzo.

❖ Grilled Octopus S D * V 12.20€

Chickpeas puree with garlic, olive oil/lemon sauce with mustard-honey-thyme.

❖ Fried Potatoes V Vc 5.80€

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

- with Grated «Graviera» V D 6.20€
(Cretan yellow cheese)

- with «Staka» D 7.00€
(Cretan cream butter cheese)

- with Minced Meat 7.00€



❖ Main Dishes ❖

❖ «Wedding Pilaf» Risotto S	15.10€ (+0.50€ A)	❖ Goat Fricassee S D	17.40€
Young Cretan lamb, lemon, «Argilos» extra virgin olive oil.		Seasonal greens, egg-lemon sauce, artichokes, «E'thos» extra virgin olive oil.	
❖ «Skioufikta» like «Mousaka» S V Ve	10.20€	❖ Beef Cheeks S D	19.90€
Fresh pasta, vegetables that we use in mousaka, soy mince, almond milk.		Fresh potatoes puree, sweet wine sauce.	
❖ Curly Cretan Noodles S D	13.10€ (+0.50€ A)	❖ Black Pork Pancetta S	15.40€
with Chicken		Leek-celery puree, baby potatoes, roasted cherry tomatoes.	
Cream of Greek cheeses, Greek bacon, Portobello mushrooms.		❖ AnglerFish Fillet S *	16.80€
❖ Grilled Kebab at Robata S D	17.40€	Greens, fennel, parsnips, egg lemon sauce.	
(2 grill spits), 50%-50% beef-lamb minced meat, sheep yogurt with smoked paprika, baked potatoes, pita bread.		❖ Our Shrimp Pasta S D *	15.80€
		Linguini, shrimp tartare.	

❖ Main Dishes to Share ❖

❖ Orzo with Seafood S * V	28.80€
(for 2 persons)	
Mussels, prawns, crayfish, squid, octopus, clams, Kozani yolk.	
❖ Sea Bass in Salt D	22.40€
Seasonal greens, extra virgin olive oil, lemon/oil sauce.	
❖ Half Roasted Chicken S D	18.80€
Garlic butter, baby potatoes, dip mustard from greens.	

V Ve ❖ Garnishes ❖ 3.80€

- ❖ Baby potatoes with rosemary
- ❖ Seasonal salad ❖ Fresh fried potatoes ❖ Potatoes puree
- ❖ Roasted vegetables

❖ Sauces ❖ 3.60€

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

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

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

❖ Kids Menu ❖

- ❖ Breaded Chicken Fillets with Fresh Fried Potatoes ❖ 7.90€ (+0.50€ **A**)
- D V Ve** ❖ Linguine with Red Sauce ❖ 7.20€
- D** ❖ Linguine with Minced Meat ❖ 8.20€

❖ Our Desserts ❖

❖ Tiramisu S D	10.70€ (+0.50€ A)
Savoyard, cream flavored with coffee and sweet wine, pistachios, cocoa.	
❖ «Thigaterra Rizogalo» Creamy Rice Pudding S	9.10€ (+0.50€ A)
Dried fruit and caramel crust.	
❖ «Tsoureki» Homemade Bun with Chocolate Cream Filling S D	10.70€ (+0.50€ A)
Yoghurt, carob, chocolate, orange jelly, vanilla sheep ice cream.	
❖ Warm «Galaktoboureko» S D	9.40€ (+0.50€ A)
Rose crispy phyllo pastry, milk pie cream, «Sarantavotano» herb syrup, orange-stracciatella sorbet.	
❖ Scoop of Ice Cream (1 scoop) S	3.60€
Flavors: white chocolate-rose, yogurt with red fruits, sheep vanilla, chocolate-orange.	
❖ Variety of Sorbets in Bowl D V Ve	12.60€
Lemon basil sorbet, orange-stracciatella sorbet, sorbet with red fruits.	

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.

❖ Galeni Cheese

Galeni is a Cretan soft sour cream cheese.

❖ Cretan Smoked Graviera Cheese

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

❖ 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.

** 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.

** During periods when fresh products are not available, we use frozen products of highly quality. Where (*) frozen product.*

** 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: Giorgos Chatzopoulos

visit our website: www.thigaterra.gr