



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:



ataxtoi

[www.ataxtoi.gr](http://www.ataxtoi.gr)

## ❖ Salads ❖

### S D V Vc ❖ Greek Salad - 10.40€

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.

### S D V Vc ❖ Beetroot Salad - 11.40€ (+0.50€ A)

Roasted beets, "Kyano" Greek blue cheese, walnut-parsley pesto, orange fillet, aged olive-vinegar.

### S D V Vc ❖ Green Salad - 10.80€

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

### S D V Vc ❖ Slow Food Salad - 11.90€

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

## ❖ Cold Appetizers ❖

### ❖ Variety of Olive Oils S D V Vc

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

17.40€ (+0.50€ A)

### ❖ Mediterranean Dips S D V

"Tirokafteri" cheese dip with Florina peppers, tzatziki with black garlic, Schinousas "fava" (yellow split pea puree) with e.v. olive oil and pickled onion, potato salad with lime mayonnaise, crispy Perek pastry sheet.

11.40€

### ❖ Greek Cheese Platter S D V

"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.

14.90€

### ❖ Xigalo of Sitia S D V

Baby spinach, rustik Serrakon pastry sheet, Kumquat gel, spring onion, black sesame, "Efkrato" e.v. olive oil.

9.80€

### ❖ Our "Tsiladia" S

Meat broth terrine (beef, chicken), carrot flakes, celery, onion, herbs.

10.40€ (+0.50€ A)

### ❖ Greek Cabbage Rolls S D

Beef fillet marinated with herbs, cabbage, celeriac egg/lemon.

16.40€

### ❖ Beef Fillet S D V

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

17.60€

## ❖ Hot Appetizers to Share ❖

### ❖ Shepherd's Handbag S D V

Warm bread (rustic and whole wheat), "Migadi" rusk, coarse salt, "Ziro Bio Sitia" extra virgin olive oil.

5.50€

### ❖ "Saganaki" Fried Cheese S D V

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

10.90€

### ❖ Cretan Pie with Greens in the Oven S D V

Phyllo "ZEAS" with carob, "Galenii" Cretan cream cheese, seasonal wild greens.

9.80€

### ❖ Smoked Pancetta Pies S D

Rustic pie, corn pie, tomato, smoked pancetta, Guacamole cream, chili pepper, fresh potato chips.

11.60€ (+0.50€ A)

### ❖ "Spetsofai" Giants Beans S D

Sausage from Chania, giant beans, "Feta" cheese, sweet peppers, slow ripening bread with sourdough and turmeric flavor.

16.60€

### ❖ Cheese Gnocchi with Smoked Pork S D

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

11.20€

### ❖ Trahanas with Mushroom Stew S D V

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

10.80€

### ❖ "Soutzoukakia" Smyrna Meatballs S D

Lamb & beef mince, "Anthotiro" cheese, tomato sauce, herbs, fried potatoes.

12.80€

### ❖ Eggs with "Staka" & Potatoes S D

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

9.80€

### ❖ Liver Savore S D

Black Angus beef liver, oxymelon, rosemary.

10.80€

### ❖ Grilled Octopus S D V

Tabbouleh with herbs, thyme, lemon/oil mustard-honey.

12.80€ (+0.50€ A)

### ❖ Fried Potatoes V Vc

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

6.00€

### ❖ Fried Potatoes with "Graviera" D V

(Cretan yellow cheese)

6.60€

### ❖ Fried Potatoes with "Staka" D

(Cretan butter cream)

7.20€



## ❖ Main Dishes ❖

❖ <b>"Wedding Pilaf" Risotto</b> <b>S</b>	15.40€	❖ <b>Grilled Beef Kebab at Robata</b> <b>S D</b>	18.60€
Young Cretan lamb, lemon, "Argilos" extra virgin olive oil.		Sheep yogurt with smoked paprika, baked potato stuffed with "Anthogalo" cream cheese and sundried tomato, pita bread from Cyprus.	
❖ <b>Spinach Risotto with Tenderloin</b> <b>15.40€ (+0.50€ A)</b>		❖ <b>Black Pork Pancetta</b> <b>S</b>	15.40€
Pork tenderloin croquette with Aegina pistachio, black olive powder, "Feta" cheese.		Leek-celery puree, baby potatoes, roasted cherry tomatoes.	
❖ <b>Curly Cretan Noodles with Chicken</b> <b>S D</b>	13.20€	❖ <b>Lamb Shank with Local Pasta</b>	19.00€
Cream of Greek cheeses, Greek bacon, "Portobello" mushrooms.		Roasted meat sauce, "Pichtogalo" sour cream cheese.	
❖ <b>Pork Fillet Cutlet</b>	14.80€	❖ <b>Stuffed Beef Burger</b>	15.80€
Carob pies, potato salad with lime mayonnaise.		100% Greek minced beef, "Katsochiri" cheese, Chinese cabbage, potato.	
❖ <b>Goat Fricassee</b> <b>S D</b>	17.80€	❖ <b>Chickpeas with Sea Bass Fillet</b> <b>14.90€ (+0.50€ A)</b>	
Seasonal greens, egg-lemon sauce, artichokes, artichoke chips, "E'thos" extra virgin olive oil.		Chickpeas, sea bass wrapped in "Goules" cabbage, cabbage, lemon sauce.	
❖ <b>Beef Cheeks</b> <b>S D</b>	20.40€		
Fresh potatoes puree, sweet wine sauce.			

### Check the availability

❖ <b>Caramelized Spare Ribs</b> <b>400-450gr S</b>	28.80€
Beef ribs of Greek breeding, "Petimezi" Greek grape syrup, corn with flavored butter, corn pie.	
❖ <b>Grilled Dry-aged Lamb Rib</b> <b>500gr</b>	22.80€

### Beef Meat (per kilo) from "Nikoloudis Farm" **D**

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

## ❖ Main Dishes to Share ❖

❖ <b>Beef "Giouvetsi" (for 2 people)</b> <b>S</b>	26.00€
Beef fillet, scallop, tomato, orzo, smoked "Graviera" cheese.	
❖ <b>Half Roasted Chicken</b> <b>S D</b>	18.80€
Garlic butter, baby potatoes, mustard dip from greens.	

### Garnishes ❖ 3.80€

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

### Sauces ❖ 3.60€

- ❖ Greek aromatic butter ❖ Mustard from greens
- ❖ Sweet wine sauce ❖ BBQ sauce
- ❖ Smoked olive oil

## ❖ Kids' Menu ❖

❖ <b>"Thigaterra" meatballs</b> <b>S D</b>	8.90€	❖ <b>Breaded Chicken Fillets</b>	8.80€ <b>(+0.50€ A)</b>
50%-50% beef & pork mince, yogurt, potato chips.		With fresh fried potatoes, homemade ketchup.	
❖ <b>Linguine with Minced Meat</b> <b>D</b>	8.80€	❖ <b>Linguine with Red Sauce</b> <b>D V Ve</b>	8.00€

## ❖ Our Desserts ❖

❖ <b>Semifreddo Tiramisu</b> <b>S D</b>	10.90€
"Savoardi" biscuits, cream flavored with coffee and Cretan liqueur with herbs, Aegina pistachios, cocoa.	
❖ <b>"Thigaterra Rizogalo" Creamy Rice Pudding</b> <b>S</b>	9.60€ <b>(+0.50€ A)</b>
Dried fruit and caramel crust, cinnamon ice cream.	
❖ <b>Chocolate Souffle</b> <b>D</b>	10.40€
Dark chocolate, almond and hazelnut crumble, salted caramel, vanilla ice cream with rose flavor.	
❖ <b>Warm "Galaktoboureko"</b> <b>S D</b>	12.80€ <b>(+0.50€ A)</b>
Crispy rose phyllo, milk pie cream, "Sarantavotano" herb syrup, orange-stracciatella sorbet.	
❖ <b>"Baklavas"</b> <b>S D</b>	13.60€
Crusty phyllo, cream with Aegina pistachio, Aegina pistachio praline, verbena syrup, pistachio ice cream.	
❖ <b>Scoop of Ice Cream "Solo Gelato" (1 scoop)</b> <b>S</b>	3.80€
Flavors: chocolate-orange ice cream, white chocolate-rose ice cream, yogurt-red fruits ice cream, cinnamon ice cream, pistachio 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.

### ✦ 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**

✦ So<sub>2</sub> ✦ 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**



Scan & Translate  
THE MENU

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

visit our website: [www.thigaterra.gr](http://www.thigaterra.gr)

