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#it_restaurant | itrestaurant.gr

The IT snacks & starters

| | | | | | | |
|---|---|---------|--|---|--|---------|
|  | Handmade pie with aromatic herbs and goat cheese | € 7,50 | | Tuna tartar with zucchini, avocado, pine nuts, ginger pickle and sour cream | € 13,00 | |
| | Bruschetta with mushrooms, pine nuts and parmesan mousse | € 8,00 | |   | Ceviche with fresh salmon, avocado and coriander | € 12,00 |
|  | Bruschetta with white tarama cream and marinated shrimps | € 8,00 | | Seasonal greens with mizithra cheese, zucchini and tomato vinegraitte | € 6,00 | |
|   | Platter with fresh salmon gravlax | € 9,00 | |  | Potato chips with truffle oil, fresh thyme and parmesan | € 4,00 |
|  | Beef tartar with truffle oil, Dijon mustard, onion pickle and Santorini caper leaves | € 12,00 | | Fresh potatoes with feta cheese and rosemary | € 3,80 | |

IT is good for you

IT introduces nutritional filters that guide your dish choices depending on your nutritional needs. Knowing how consciously you select your food, we added these symbols to help you make a healthy pick. Choose IT wisely.



Vegetarian



Superfood



Low cal



Detox



Low gluten

As main as IT gets

 **Barley pasta** with vegetables, roasted tomato sauce and goat cheese € 11,00

 **Ravioli with mizithra cheese,** pesto with walnuts and thyme € 8,00

Traditional pasta with chicken, fresh pesto sauce, spinach and mizithra cheese € 8,70

Pappardelle with Bolognese sauce and cream of parmesan € 13,00

Carbonara with fresh tagliatelle with smoked pancetta and poached egg € 13,00

  **Sticky chicken** thighs in the oven with sweet potato puree € 13,00

 **Chicken** marinated in yogurt € 9,80

 **Chicken burger** with green salad € 12,00

Burger with caramelized onions € 9,80

  **Beef tagliata** with rocket and molasses sauce € 19,60

 **Veal liver** with caramelized onions, fresh thyme and potato chips € 18,50

  **Fresh sea bass** fricassee with coconut milk, lemon and ginger € 18,50

  **Fresh tuna fillet** with celery root, kale and carob syrup € 19,50

  **Salmon fillet** with parsley salad and avocado € 18,50

Put IT on the side

  **Basmati rice** with lemon, sesame and parsley € 3,50

  **Sweet potato** puree € 4,50

  **Quinoa (bio)** with avocado and lemon-oil dressing € 6,50

  **Green salad with mint,** cherry tomatoes and carrot € 4,50

The IT salad

  **Cole slaw** with Brussels sprouts, lemon, yogurt, tahini and cranberries € 7,00

  **Seasonal salad** with crispy collyflower, baked baby carrots, beetroot, edamame beans, fresh mint and bergamot vinegar € 9,00

 **Green salad with sundried tomato**, rocket, caramelized goat cheese, sunflower seeds and vinaigrette dressing € 8,70

 **Green salad with roasted halloumi**, seasonal asparagus, raisins and fennel seeds € 9,80

 **Green salad with fresh chicken**, fresh coriander, raddish and vinaigrette with sesame oil € 9,00

Green Caesar salad with fresh chicken and bacon € 8,70

 **Green salad with fresh salmon**, spinach, lettuce, peas, avocado, dill and honey dressing € 10,00

 **Nicoise salad** with green beans, corn, potato, and mustard dressing with tuna € 8,70
with fresh tuna fillet € 15,30

  **Quinoa (bio) salad** with avocado, feta cheese and tahini dressing € 10,00

  **Quinoa (bio) with kale**, marinated shrimps and miso vinaigrette € 11,00

  **Lentil (bio) salad** with caramelized onions, cherry tomatoes, carrot, celery and feta cheese € 6,50

As sweet as IT gets

Lemon mousse with meringue € 5,50

Chocolate ganache tart
with sea salt and caramelized
hazelnuts € 6,50

Chocolate fondant
with orange ice cream € 6,50

Pumpkin cheesecake with
cinnamon, maple syrup and
ginger dough € 6,50

Cinnamon ice cream
with apple crumble € 6,00

Mille-feuille with fresh
passion fruit cream € 6,50

Coffee and tea

250ml / 400 ml

Espresso / Espresso διπλός € 2,70 / € 3,30

Brazilian Espresso with lime zest € 3,30

Cappuccino / Cappuccino double € 3,10 / € 3,60

 **Freddo Espresso / Freddo Cappuccino** € 3,10 / € 3,60

Latte € 3,50

Iced latte € 3,80

Frappe € 3,10

Hot / cold Chocolate € 3,90

Organic filter coffee direct distillation € 3,60

Organic tea in various flavors (see our tea menu) € 3,10 / € 3,30

 **Matcha green booster** (Matcha Ninja®, ginger, stevia and mint) € 4,50

Fresh juices Lemonades

250ml / 400 ml

  **Orange juice** € 2,70 / € 3,90

  **Pomegranate / Orange pomegranate juice** € 4,20 / € 3,80

  **Sunrise smoothie** € 4,30
orange, banana, yogurt, honey

  **Energy Bliss smoothie** € 4,30
orange, banana, pear, apple, honey and nuts

  **Good-day** € 3,30 / € 3,90
pear or seasonal fruit, banana, orange

  **Spicy apple** € 3,30 / € 3,90
apple, banana, cinnamon and ginger

  **Fruit Must smoothie** € 4,30
orange, banana, seasonal fruit, yogurt, honey

  **Monkey Business smoothie** € 4,30
apple, banana, apple juice, peanut butter

  **Four seasons** € 4,30
seasonal fruit, grapefruit, banana and mint

  **Spinapple** € 4,30
spinach, apple juice, lime, banana

  **Super beet** € 4,30
beetroot, orange, yogurt, honey, walnut, ginger

Homemade lemonade with mint (250ml) € 2,80

  **Lemonade** with mastic and stevia (250ml) € 4,20

The IT sandwiches

| | |
|---|--------|
| Whole grain bread with tuna salad, carrot and yogurt cream | € 4,60 |
| Farmer bread with avocado, fresh chicken and chickpea hummus | € 4,80 |
| Farmer bread with roasted vegetables, rocket and feta cheese | € 4,80 |
| Whole grain sesame roll with smoked salmon, cucumber and yogurt | € 5,50 |
| Sesame roll with manouri cheese, tomato and thyme pesto | € 4,50 |
| Sesame roll with ham, gruyere, herbed cream cheese and tomato | € 4,50 |

The IT wraps

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|--|--------|
| Wrap with turkey, emmental cheese, iceberg and mustard dressing | € 5,50 |
| Chicken salad, bacon, corn and gruyere | € 5,50 |
| Whole grain wrap with quinoa, chickpeas, avocado hummus and feta cheese | € 5,50 |

Availability changes daily

9:00 - 17:00

Refreshments

| | |
|---|--------|
| Coca Cola / Light / Zero (250ml) | € 2,00 |
| Greek Sparkling Water (250ml) | € 2,20 |
| Mastiqua sparkling drink with mastiha water (330ml) | € 3,80 |
| Natural Spring Water (1,5lt) | € 2,00 |
| Three Cents (200ml) (Aegean tonic, Gentlemen's soda, Pink Grapefruit soda, Ginger beer) | € 2,80 |

Beer

| | |
|--|--------|
| Nisos Pilsner (330ml) | € 5,00 |
| Sol (330ml) | € 5,00 |
| Erdinger Weiss (330ml) | € 5,00 |
| Fix Hellas (330ml) | € 3,00 |
| Fix Hellas Dark (330ml) | € 3,50 |
| Volcan Blonde (330ml) | € 5,50 |
| Buckler alcohol-free beer (330ml) | € 3,50 |

Distillates

| | |
|---------------------------------------|---------------|
| Ouzo Idoniko (50 / 200ml) | € 3,00 / 8,00 |
| Cratan tsikoudia (100 / 200ml) | € 4,50 / 8,50 |

Cocktails

€ 11,00

Red Secret

Vanilla flavored Vodka, raspberry, lime, homemade cinnamon syrup and mint

Gin Basil Smash

Dry gin, fresh basil leaves, homemade lemon juice and sugar syrup

Bitter Sweet Symphony

Mastic, orange liqueur, strawberries, mint, sugar syrup, lime and bitter chocolate

Spice Mandarin

Gin, lime, mandarin syrup, bitter orange and ginger syrup

Giger Rumber

King's ginger, lime juice, cucumber and sugar syrup

Dark & Stormy

Spicy rum, lime, sugar syrup and ginger beer

Hot Breeze

Premium silver tequila, lime, orange liqueur, homemade chilli syrup and agave foam

€ 10,00

Apple Martini

Dry Martini

Bloody Mary

Caipirinha

Caipiroska

Cosmopolitan

Fizz

Mai Tai

Margarita

Mojito

Spritz



Prices are final with all legal charges included.

Complaint notes are provided at the stores' entrance.

Consumer is not obliged to pay if the notice of payment (receipt) has not been received.

We use extra virgin olive oil in our salads and sunflower oil for frying.

* frozen product