



Greek
Extra
Virgin
Olive oil



Greek
Free
Range
Chicken



Omega 6 acids & <1% saturated
fats sunflower oil

IT's a fact



Bio
Eggs



Only fresh
Vegetables
From small
Producers

Speciality Coffee TAF



 is all about fresh
clean, tasty, honest food

The IT breakfast



Yogurt with granola

seasonal fruits and honey 4,50



Seasonal fruit salad

with fresh mint 4,50

French toast

with feta cheese and honey 7,00

Croque madame

on brioche with ham, cheese and egg in the oven 9,00

Sunny side up eggs in the oven

with tomato sauce, chorizo, fresh potato chips and feta cheese 10,00

Boiled egg

on walnut bread with avocado, granola, cucumber and cherry tomatoes 7,00



Poached eggs

on traditional corn bread with quinoa taboule and avocado 9,00



Scrambled eggs

with smoked salmon 11,00

Omelette with mushrooms

goat cheese and fresh thyme 8,00



White eggs omelette

with asparagus and smoked turkey 10,00

Daily: 9:00 - 13:00 Saturday 10:00 - 14:00

The IT snacks & starters



Tarama cream with avocado

orange, chili and crispy pita 6,00

Bruschetta with white tarama cream

and marinated shrimps 8,00



Salmon tartar

on wholegrain bruschetta with tomato confit, horseradish mayonnaise and avocado cream 12,00



Seasonal greens with mizithra cheese

zucchini and tomato vinegraitte 7,00



Handmade traditional pie

with seasonal green, feta and pine nuts 7,50



Potato chips

with truffle oil, fresh thyme and parmesan 4,50



Fresh potatoes

with feta cheese and rosemary 3,80

Betty's handmade bread

100% organic flour, sea salt and water 1,50

The IT salad



Cherry tomatoes with white cheese

carob rusks, cucumber, caper leaves, olives, spear mint and oregano 8,00

Green salad with prosciutto

sweet melon, zucchini, spear mint and honey vinaigrette 9,00



Green salad with sundried tomato

rocket, caramelized manouri cheese, sunflower seeds, raisins and vinaigrette dressing 9,00



Green salad with roasted haloumi cheese

pumpkin, raisins, fennel seeds, spring onion and balsamic vinaigrette 10,00



Green salad with fresh chicken

fresh coriander, raddish, mint, parsley and vinaigrette with sesame oil 9,00

Green Caesar salad

with parmesan flakes, fresh chicken and bacon 9,00

Green salad with fresh salmon

baby spinach, peas, avocado, dill and honey dressing 10,00

Nicoise salad with tuna

with green beans, corn, potato, egg, capers, olives and mustard dressing 9,00



Quinoa (bio) salad with avocado

feta cheese and tahini dressing 10,00



Quinoa (bio) with marinated shrimps*

kale, peas, celery and miso vinaigrette 11,00



Lentil (bio) salad

with caramelized onions, cherry tomatoes, carrot, celery and feta cheese 6,50

As main as IT gets



Vegetable risotto

with parmesan and feta 10,00

Homemade tagliatelle

with tuna tartar, sundried tomato, capers, lime and fresh oregano
14,00



Ravioli with mizithra cheese

pesto with walnuts and thyme 8,00

Traditional pasta with chicken

fresh pesto sauce, spinach and mizithra cheese 8,00

Carbonara

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



Free range chicken breast

marinated in yogurt with basmati rice 13,00



Free range chicken burger

with green salad 12,00



Naked beef burger

with smoked eggplant cream and asparagus 15,00

Beef burger

with gruyere, caramelized onions and crispy baked potatoes
12,00



Beef tagliata

with rocket and molasses sauce 19,00

Croaker fillet

with seasonal greens and chili 17,00

Salmon fillet

with parsley salad and avocado 19,50

Put IT on the side



Basmati rice

with lemon, sesame and parsley 3,50



Seasonal greens 4,00



Quinoa (bio)

with avocado and lemon-oil dressing 6,50



Green salad

with mint, cherry tomatoes and carrot 4,50

As sweet as IT gets



Lemon mousse

with meringue 5,50

Chocolate mousse

with chili 6,50

Chocolate fondant

with orange ice cream 7,00



Pavlova

with fresh red fruits and coconut cream 7,00

Mille-feuille

with fresh passion fruit cream 7,00

Cinnamon or pistachio ice cream

with fruit crumble 6,50

Yogurt ice-cream

with honey sauce and caramelized walnuts 6,50

IT's about real coffee

*almond milk + 0,40€

Espresso 2,70

Espresso double 3,30

Brazilian Espresso

with lime zest 3,30

Cappuccino 3,10

Cappuccino double 3,60

Freddo Espresso 3,10

Freddo Cappuccino 3,60

 **Matcha Latte** 4,80

Iced latte 3,80

Frappe 3,10

Organic filter coffee

direct distillation 3,60

IT's other than coffee

Chocolate 3,90

 **Organic tea in various flavors** 3,10
(see our tea menu)

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

Refreshments

Coca Cola / Light / Zero (250ml) 2,00

Greek Sparkling Water (330ml) 2,20

Mastiqua sparkling drink with mastiha water (330ml) 3,80

Natural Spring Water (1 lt) 1,50

Three Cents

(Aegean tonic, Gentlemen's soda, Pink Grapefruit soda,
Ginger beer - 200ml) 2,50

Lemonades

Homemade lemonade with mint (250ml) 2,80



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

Juice IT up

-   **Orange juice** (250ml / 400 ml) 2,70 / 3,90
-   **Pomegranate / Orange pomegranate juice** (250ml / 400 ml) 4,20 / 4,30
-   **Sunrise smoothie** (400 ml)
orange, banana, yogurt, honey 4,30
-   **Energy Bliss smoothie** (400 ml)
orange, banana, pear, apple, honey and nuts 4,30
-   **Good-day** (250ml / 400 ml)
pear or seasonal fruit, banana, orange 3,30 / 3,90
-   **Spicy apple** (250ml / 400 ml)
apple, banana, cinnamon and ginger 3,30 / 3,90
-   **Fruit Must smoothie** (400 ml)
orange, banana, seasonal fruit, yogurt, honey 4,30
-   **Monkey Business smoothie** (400 ml)
apple, banana, apple juice, peanut butter 4,30
-   **Four seasons** (250 ml)
seasonal fruit, grapefruit, banana and mint 4,30
-   **Spinapple** (250 ml)
spinach, apple juice, lime, banana 4,30
-   **Super beet** (250 ml)
beetroot, orange, yogurt, honey, walnut, ginger 4,30

Foodnotes

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

® June 2019
the IT company

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**IT's an experience to be shared.
Yours to explore.**