

# the IT breakfast



**YOGURT WITH GRANOLA**  
seasonal fruits and honey

€ 4,50



**SEASONAL FRUIT SALAD**  
with fresh mint

€ 4,50



**BOILED EGG**  
on walnut bread with avocado,  
granola, cucumber and cherry  
tomatoes

€ 7,00

**POACHED EGGS**

on traditional corn bread with  
quinoa tabbouleh 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

**SUNNY SIDE UP EGGS**

in the oven with tomato sauce,  
chorizo, fresh potato chips and  
feta cheese

€ 10,00

**CROQUE MADAME**

on brioche with ham, cheese  
and egg in the oven

€ 9,00

**FRENCH TOAST**

with feta cheese and honey

€ 7,00

\*We only use organic eggs

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



Low cal



Vegetarian



Low gluten



Detox

# The IT snacks & starters

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## Sourdough bruschetta

with caramelised pumpkin, speck, goat cheese  
and carob honey 9,00



## Salmon tartar

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



## Tuna tartar

with pear, baked beetroot, poppyseeds and lime ginger 13,00



## Handmade pie

with aromatic herbs and feta cheese 7,50

## Greek pita

with slow cooked beef, aromatic yogurt, rocket  
and graviera cheese flakes 7,00



## Potato chips

with truffle oil, fresh thyme and parmesan 4,50



## Fresh potatoes

with feta cheese and rosemary 3,80

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## Betty's handmade bread

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

# The IT salad

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**Spinach salad with feta & anthyro cheese,**  
crispy pastry sheet, sesame 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 baby spinach**  
mushrooms, boiled egg, edamame beans, coriander, cucumber,  
carrot, cashew nuts and sesame oil 10,00



**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

# The IT salad

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## 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

## Nicoise salad

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

with tuna fillet 9,00

with fresh fillet of tuna 16,00

# As main as IT gets

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## 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



## Dinkel spaghetti

with vegetables 9,00

## Fresh pappardelle Bolognese

with parmesan cream 13,00

## Carbonara

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



## Chicken

marinated in yogurt 10,00



## Chicken burger

with green salad 12,00



## Naked beef burger

with vegetable spaghetti 14,00

## Beef burger

with gruyere, caramelized onions and crispy baked potatoes 11,80



## Beef tagliata

with rocket and molasses sauce 19,60

# As main as IT gets

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## Fresh tuna fillet

with vegetable carpaccio 19,80



## Salmon fillet

with parsley salad and avocado 19,50

# Put IT on the side

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## Basmati rice

with lemon, sesame and parsley 3,50



## Crushed potato

with herbs 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

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## Lemon mousse

with meringue 5,50

## Chocolate ganache tart

with sea salt and caramelized hazelnuts 6,50

## Chocolate fondant

with orange ice cream 7,00



## Pavlova

with fresh red fruits and coconut cream 7,00

## Cinnamon or pistachio ice cream

with fruit crumble 6,50

## Mille-feuille

with fresh passion fruit cream 7,00

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

# The IT sandwiches

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## BAGUETTE

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### Multigrain with baked chicken

tomato, mista and mustard cream 5,50

### French with ham

emmental and butter 5,50

### Poppy-seed with prosciutto

tomato, mista and basil pesto 5,50

## DINKEL BREAD

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**smoked turkey**, brie and honey mustard 5,40



**avocado**, soft white cheese and tomato 5,20

Availability changes daily | 9:00 - 17:00

# The IT wraps

### Wrap with turkey

emmental cheese, iceberg and mustard dressing 5,50

### Fresh chicken

guacamole and tomato 5,50

### Caesar

fresh chicken, gruyere 5,50



### Quinoa

chickpeas, avocado hummus and feta cheese 5,50



# Coffee & tea

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**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

**Hot / Cold Chocolate** 3,90























**Organic filter coffee**  
direct distillation 3,60

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

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

# Fresh juices

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

# Refreshments

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

**Greek Sparkling Water** 2,20  
(330ml)

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

**Natural Spring Water** 2,00  
(1,5lt)

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

# Lemonades

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



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

# Beer

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**Nisos Pilsner** 5,00  
(330ml)

**Sol** 5,00  
(330ml)

**Erdinger Weiss** 5,00  
(330ml)

**Fix Hellas** 3,00  
(330ml)

**Fix Hellas Dark** 3,50  
(330ml)

**Volcan Blonde** 5,50  
(330ml)

**Buckler alcohol-free beer** 3,50  
(330ml)

# Distillates

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**Ouzo Idoniko** 3,00 / 8,00  
(50 / 200ml)

**Cretan tsikoudia** 4,50 / 8,50  
(100 / 200ml)