

IT WILL GO YOUR WAY

delivering to
Kolonaki, Syntagma, Ilisia



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

210 3631827 - 210 3635773

The new **IT** delivery numbers

Salads


- | | | | | | | |
|---|--|---|---|---|---|------|
|  | Summer salad with carob rusks , katiki cheese, cherry tomatoes, cucumber, caper and olive | 6,50 |  | Nicoise salad with tuna , green beans, corn, potato and mustard dressing | 6,50 | |
|  | Green grain salad with fresh chicken , coriander, rocket, avocado and radish | 7,00 |  |  | Organic lentil tabbouleh with caramelized onion, raisins, cherry tomatoes, carrot and celery | 5,50 |
|  | Green salad with fresh salmon , green peas, carrot, celery and dill | 7,00 |  |  | Beetroot salad with chickpeas , walnuts, orange, spinach, fresh mint and honey vinaigrette | 5,50 |
| | Caesar salad with fresh chicken and bacon | 7,20 |  | Pasta salad with smoked salmon and sour yogurt dressing | 7,00 | |
|  |  | Quinoa with corn , red beans, feta cheese and avocado sauce with tahini | 7,80 | | Pasta salad with pesto sauce , fresh chicken, gruyere and almond fille | 6,80 |
|  |  | Quinoa salad with smoked salmon , cucumber, green peas, radish, dill and yogurt dressing | 7,80 |  | Pasta with baked vegetables , fresh basil pesto, pine nuts and gruyere | 6,80 |



Sandwiches

Multigrain baguette with baked chicken, tomato, 4,30
mista and mustard cream

Poppy-seed baguette with prosciutto, tomato, 4,80
mista and basil pesto

 **Dinkel bread with smoked turkey**, brie 4,40
and honey mustard

 **Dinkel bread with avocado**, baked manouri cheese, 4,00
tomato, lettuce and balsamic sauce

  **Dinkel bread with baked vegetables** 3,80
(eggplant, pepper, mushroom, zucchini)
balsamic sauce and pesto cream cheese

Wraps on flat bread

Smoked turkey wrap with emmental cheese, 4,50
lettuce and mustard sauce

Chicken Caesar wrap with gruyere cheese 4,50

 **Fresh chicken** with **guacamole** and tomato 4,90

  **Quinoa** wrap with avocado and feta 4,50

We make food
the IT way

fresh from mother earth to our doorstep, every morning.


handmade with love and care, just like at home.

clean cleanliness is civilness.


healthy pure, nutritious and wholesome.

tasty clean flavors, embracing nature's wisdom.

Sweets & Bakery²













Yoghurt cup with homemade granola (oats, coconut flakes, dried fruits) and honey	3,60
Brownie	2,40
Rocky bar	2,70
Cinnamon sticks	0,45
 Sticks (whole grain, sesame, corn)	0,45
Cake of the day	2,20
Healthy bars	2,00



Coffee and other drinks

Espresso / Espresso double	1,60 / 2,00
Cappuccino / Cappuccino double	1,90 / 2,40
Freddo espresso / Freddo cappuccino	2,00 / 2,20
Nescafé Frappe	2,00
Latte	2,30
Iced latte	2,60
Organic filter coffee	1,90
 Organic tea	2,00
Chocolate	2,60

Fresh juices

300ml / 400ml

 Orange juice	2,20 / 3,40
 Good-day pear or seasonal fruit, banana, orange	2,80 / 3,40
 Spicy apple apple, banana, cinnamon and ginger	2,80 / 3,40
  Sunrise smoothie orange, banana, yoghurt, honey	3,70
 Energy Bliss smoothie orange, banana, pear, apple, honey and nuts	3,70
  Fruit Must smoothie orange, banana, seasonal fruit, yoghurt, honey	3,70
 Monkey Business smoothie apple, banana, peanut butter	3,70
  Four seasons seasonal fruit, grapefruit, banana and mint	3,70
 Spinapple spinach, apple juice, lime, banana	3,70
  Super beet beetroot, orange, yoghurt, honey, walnut, ginger	3,70

Homemade lemonade with mint	2,20
  Lemonade with mastic and stevia	3,50

Refreshments

Coca Cola / Coca Cola Light / Zero (330ml)	1,20
Three Cents (<i>Pink Grapefruit soda, Ginger beer</i>)	2,20
Ανθρακούχο νερό (250ml)	1,50
Mastiqua (330ml)	3,10

Certified Food Service Outlet Manager: Chrysoula Gavria
Prices are final and include all legal charges.
The restaurant is obliged to carry legal complaint forms at the exit.
The consumer has no obligation to pay unless a legal receipt is issued.
We use sunflower oil for frying and extra virgin olive oil in our salads.
¹frozen
²may contain nuts, traces of nuts or dairy products



Skoufa 29, kolonaki | itonthego.gr

Delivery hours
Mon. - Fri. 12:00 - 16:00

T .210 3631827 - 210 3635773