

ZABYLI SAHAR

est. 2016



ABOUT OUR PROJECTS **JOY**[∞]
and fruit and berry garden in Sochi



BREAKFASTS all day

A useful habit at the beginning of the day WOW

290

we serve only until 13:00 on weekdays and until 15:00 on weekends

A functional green bowl containing 50% of the daily dose of fiber

Kale, beetroot microgreens, kiwi, chia seeds, dried cranberries



Croissants

Classic	230
With jam and butter	390

Mixed breakfast

Big: scramble, croissant or tartine, mixed salad, butter, <u>garden fig confiture</u>	
- and tambov ham	850
- and trout	990
Farm: scramble, hash brown, mixed salad, tomatoes, cucumbers, grain bread and butter	590
trout +450 tambov ham +250	
English: omelette, chicken sausages, baked beans, champignons, tomatoes, mixed salad and tartine	990

Avocado toast with poached egg, mixed salad and truffle cream cheese	550
Healthy breakfast with green buckwheat, avocado, poached egg and mixed salad	590
Carrot waffle with mashed avocado, poached egg and mixed salad	590

Add to any dish

Poached egg	120
Truffle cream cheese	190
Parmesan avocado	250
Tambov ham	250
Chicken breast	270
Prawns low-salt tuna	370
Trout	450
Confiture: <u>garden fig</u> 🍷 wild strawberry	290

Eggs

☒ Sunny-side up eggs, omelette or scramble from 3 eggs	350
☒ Sunny-side up eggs with chicken breast, broccoli and parmesan sauce	650
French omelette or scramble with mozzarella and truffle cream	590
Zucchini pancake with poached egg and sour cream	570
Benedict on a hash brown with spinach	570
We recommend adding: trout +450 prawns +370 tambov ham +250	



Porridges

We can cook on cow's milk and without additives

🍷☒ Oatmeal with <u>garden fig</u> , <u>raspberry</u> and almonds on oat milk	490
☒ Rice white chocolate ganache and mango on coconut milk	590
Quinoa with spiced apples, lingonberry jam and almonds	690
☒ Creamy green buckwheat with mushrooms, spinach and poached egg	690

Pancakes and granola

Classic pancakes	350
trout +450 sour cream +120 wild strawberry +290	
Granola with high-protein yogurt	670



☒ Gluten-free syrniki

With royal raisins, lingonberry confiture and sour cream	690
🍷 With <u>garden fig</u> and sour cream	750
With wild strawberries and sour cream	790
🍷 Tofu syrniki with coconut caramel and banana	620



For start

Homebaked bread with butter	250
🍷 Chicken liver pate with <u>garden fig</u> and cherry confiture	590
Caesar salad	
– with chicken	690
– with prawns	770
🍷 Mixed salad with quinoa, baked pumpkin and feta cheese	750
🍷 Big green salad	790
🍷 Nicoise salad	790
🍷 Greek salad	850



Bowls

🍷 With quinoa, avocado, tomatoes, edamame beans and sweet chili sauce trout +450 prawns +370	790
🍷 Big with avocado, green lentils, crispy tofu and soy walnut aioli trout +450 chicken breast +270 prawns +370	850



Soups

Chicken broth with breast, celery root and romaine lettuce	490
🍷 Pumpkin cream soup on coconut milk – with prawns	490 650
🍷 Hearty soup with beef cheeks and seasonal vegetables	790
🍷 Tom Yum with seafood and jasmine rice	1090



Main courses

Chicken breast with baked pumpkin and demi-glace sauce	690
Shawarma	
– with chicken	690
– with prawns and mango sauce 🍷	790
🍷 Turkey cutlets with mashed root vegetables and truffle sauce	750
🍷 Potato draniki	
– with tambov ham and sour cream	720
– with trout and sour cream	850
🍷 Beef marble steak with potato stone, mixed salad and pesto	790
Zander fillet with parsnip puree and spinach saute	950
🍷 Stewed beef cheek with mashed baked celery and spiced apples	1190
🍷 Trout steak with quinoa, broccoli, mixed salad and soy walnut aioli	1590

Side dishes

Mashed potatoes	190
Jasmine rice green buckwheat	190
Quinoa	250



Homemade pasta

Can be cooked with gluten-free pasta

Pasta al pomodoro	590
Carbonara with bacon	720
Tagliolini with chicken, mushrooms and parmesan	750
Pappardelle with duck confit and sun-dried tomatoes	790
Gnocchi with prawns, sun-dried tomatoes, green peas and ricotta	850
Tagliatelle with seafood, tomatoes and basil	990

Coffee our own roastery Pa Pa Power

Espresso	250
Americano <small>250 350 ml</small>	290 370
Hario V-60	350
Flat white <small>250 ml</small>	350
Cappuccino <small>250 350 ml</small>	350 390
☼ Latte <small>350 ml</small>	390
☼ Chicory cappuccino <small>350 ml</small> on coconut milk	420
Lemon latte with andaliman <small>350 ml</small>	490
☼ Salted caramel latte <small>350 ml</small>	490
Raf with bourbon vanilla <small>350 ml</small>	490

☼ Plant-based 5YES! or lactose-free milk + 100
Any coffee can be made on decaf



Seasonal drinks

all syrups are made by ourselves

Hodzicha raf <small>350 ml</small>	470
Citrus latte with white chocolate <small>350 ml</small>	490
Pink hot chocolate <small>350 ml</small>	490

☼ Warming teas 500 ml

Coniferous with candied cones and rosemary	490
With rosehip	490
Ginger and apple	490
Sea buckthorn with ripe mango	550

☼ Selective teas and tisanes 420

Black black with bergamot
Green with jasmine oolong
Rooibos-lemongrass-currant leaf
Melissa-chamomile-cornflower
Taiga herbs ivan-tea, cedar, rowan

Matcha and cocoa 350 ml

☼ Matcha latte classic blue pink	470
Cocoa with melted belgian chocolate milk or dark	490

Fresh juices 300 ml

Ripe apples	490
Sweet oranges	550

Cold drinks

Matcha tonic <small>350 ml</small>	390
Espresso tonic <small>350 ml</small>	390
Orange bumble with juice fresh juice <small>350 ml</small>	450 570
Homemade lemonade <small>350 ml</small>	490
- strawberry with lemongrass and tarragon ☼	
- tropical with passion fruit and blood orange	

Juices I'll Primo in assortment <small>200 ml</small>	290
Water Aqua Russa sparkling or still <small>500 ml</small>	370
Coca-Cola zero <small>330 ml</small>	390

Lunches from 12:00 to 16:00 on weekdays | 2 dishes + drink = 720 | 3 dishes + drink = 820

Make a choice from different sections to suit your taste

Salads

Caesar with chicken
Juicy with squid, apple and mango 🍷
Made from fresh vegetables ☼☼
with sour cream or olive oil
Bowl with bulgur, broccoli, crispy tofu and soy walnut aioli ☼☼

Soups

Rich soup with beef cheeks and seasonal vegetables 🍷
Mushroom cream soup with oyster mushrooms ☼
Pumpkin cream soup on coconut milk and croutons ☼
Cod fish soup
Homemade bread +50



Main courses

Pad Thai noodles with tofu and vegetables 🍷☼
Pasta with chicken, mushrooms and parmesan
Orzo with shrimp and cream sauce
Turkey cutlets with creamy green buckwheat
Chicken breast with cream cheese and vegetables

Drinks

Berry lemonade
Tea black, green or fruity
Espresso or Americano
Classic milk +50 | Alternative +100

Complete your lunch

A glass of red or white wine +490
Any handmade candy +180