

ZABYLI SAHAR

est. 2016



ABOUT OUR PROJECTS **JIY[∞]**
and the fruit and berry orchard in Sochi





BREAKFASTS from 9:00 to 13:00 on weekdays and until 14:00 on weekends

A healthy habit to start your day with WOW 280

A functional green bowl containing 50% of your daily fiber intake

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






Croissants

Classic	230
With butter and jam	390
With tambov ham and poached egg	670
With trout and poached egg	820



Mixed breakfast

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Big: scrambled eggs, croissant or tartine, mixed salad, butter, garden fig jam


 - with tambov ham 850
 - with trout 990
- English:** omelette, chicken sausages, baked beans, mushrooms, tomatoes, mixed salad, and tartine 990
- Farmhouse:** scrambled eggs, hash browns, mixed salad, tomatoes, cucumbers, whole grain bread, and butter 590


trout +450 | tambov ham +250


Avocado toast with poached egg, mix salad and truffle cream cheese	550
A healthy breakfast with green buckwheat, avocado, poached egg, and mixed salad 	620
Carrot waffle with mashed avocado, poached egg, and mixed salad	590
Zucchini pancake with poached egg and sour cream	530
Classic pancakes	350
Large green salad 	790

Eggs

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Fried, omelet, or scrambled eggs with 3 eggs 350
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Benedict on hash browns with spinach trout +450 | tambov ham +250 550
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Fried eggs with chicken breast, broccoli, and Parmesan sauce 550
- Benedict on tartine with marinated zucchini and poached egg trout +450 | tambov ham +250 570
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French omelet or scrambled eggs with mozzarella and truffle cream cheese 590





Porridges

We can cook on cow's milk and without additives

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Oatmeal with garden fig, raspberry, almonds on oat milk 490
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Rice with white chocolate ganache and mango on coconut milk 550
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Creamy green buckwheat with mushrooms, spinach, and poached egg 590
- Quinoa with spiced apples, lingonberry jam, and almonds 690




Gluten-free syrniki

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With garden figs and sour cream 670
- With royal raisins, lingonberry confiture, and sour cream 720
- With wild strawberries and sour cream 790
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Tofu-syrniki with coconut caramel and banana 630

Add to any dish

Poached egg	120	Prawns	370	Sour cream	120
Hash brown 2 pcs	150	Trout	450	Confiture:	
Parmesan Avocado	250	Chicken breast	270	- garden cherry	190
Tambov ham	250	Coconut caramel	370	- garden fig 	290
				- wild strawberry	290

MAIN MENU all day

Here you will find
photos of dishes



For start

Homebaked bread with butter	250
🍴 Chicken liver pate with <u>garden fig</u> and cherry confiture	570
🍴 Crispy eggplant with pink tomatoes and feta cheese	630
Caesar salad	
- with chicken	670
- with prawns	770
🍴 Dried beets with figs and stracciatella	690
🍴 Prawns Bang Bang	770
🍴 Mixed salad with quinoa, strawberry, mango and ricotta	770
🍴🍴 Large green salad	790
🍴 Nicoise Salad	790
🍴 Greek salad	820



Bowls

🍴🍴 With quinoa, avocado, tomatoes, edamame beans and sweet chili sauce	750
trout +450 prawns +370	
🍴🍴 Big with avocado, green lentils, crispy tofu and soy	820
walnut aioli	
trout +450 chicken breast +270 prawns +370	

Soups

Chicken broth with breast, celery root and romaine lettuce	490
🍴🍴 Pumpkin cream soup on coconut milk	490
- with prawns	590
A hearty soup with beef cheeks and seasonal vegetables	790
🍴🍴 Tom Yum with seafood and jasmine rice	990

Pasta

Can be cooked with gluten-free pasta

Carbonara with bacon	690
Talolini with chicken, mushrooms and parmesan	720
Pappardelle with duck confit and sun-dried tomatoes	770
Gnocchi with shrimp, sun-dried tomatoes, green peas, and ricotta	850
Tagliatelle with seafood, tomatoes and basil	950



Main courses

🍴 Potato draniki	
- with tambov ham and sour cream	670
- with trout and sour cream	820
🍴 Turkey cutlets with root vegetable puree and truffle sauce	690
Shawarma	
- with chicken	650
- with prawns and mango sauce 🍴	770
Chicken breast with baked pumpkin and demi-glace sauce	750
🍴 Beef steak with stone-cut potatoes, mixed salad, and pesto	790
Chicken schnitzel with caesar dressing and romaine lettuce	790
Pike perch fillet with parsnip puree and sautéed spinach	990
🍴 Braised beef cheek with baked celery puree and spiced apples	1190
🍴🍴 Trout steak with quinoa, broccoli, mixed salad, and soy aioli walnut	1590

Side dishes

Mashed Potatoes	190
Jasmine Rice Green Buckwheat	190
Quinoa	250

We cook all day

Classic croissant	230
Gluten-free syrniki with sour cream 🍴	
- and <u>garden figs</u> 🍴	670
- royal raisins and lingonberry jam	720
- and wild strawberries	790
Tofu syrniki with coconut caramel and banana 🍴	630
Zucchini pancake with poached egg and sour cream	530
Avocado toast with poached egg, mix salad and truffle cream cheese	550
A healthy breakfast with green buckwheat, avocado, poached egg and mixed salad	620
Carrot waffle with mashed avocado, poached egg, and mixed salad	590

We recommend adding:
trout +450 | prawns +370 | tambov ham +250

Coffee

roasted in-house under the Pa Pa Power brand

Espresso	230
Americano 250 ml	290
Filter 250 350 ml	290 350
brew using the drip method	
Flat white 250 ml	350
Cappuccino 250 350 ml	300 350
☼ Latte 350 ml	390
☼ Chicory cappuccino 350 ml	420
on coconut milk	
Lemon latte with andaliman	470
☼ Salted caramel latte	470
Raf with bourbon vanilla	470
☼ Plant-based 5YES! or lactose-free milk + 100	
Any coffee can be made on decaf	



Seasonal drinks

all syrups are made by ourselves

Cranberry strainer with honey foam 250 ml	390
Hojicha raf 350 ml	470
Carrot cake latte 350 ml	470
Citrus latte with white chocolate 350 ml	470
Pink hot chocolate 350 ml	490
Matcha and cocoa 350 ml	
☼ Matcha latte classic blue pink	450
Cocoa with melted belgian chocolate	490
milk or dark	



Warming teas 500 ml

Rosehip	490
Ginger with apple	490
Pine with candied pine cones and rosemary	520
Sea buckthorn with ripe mango	550

☼ Selective teas and tisanes 500 ml

Black Black with bergamot	
green with jasmine Pear-wild strawberry	
Melissa-chamomile-cornflower Oolong Te Guan Yin	
Rooibos-lemongrass-currant leaf	
Taiga herbs ivan-tea, cedar, rowan	

Fresh juices 300 ml

Ripe apples	490
Sweet oranges Juicy grapefruits	520
Citrus mix	520

Cold drinks 350 ml

Espresso tonic Matcha tonic	420
Strawberry homemade lemonade ☼	450
with lemongrass and tarragon	
Orange bumblebee on juice fresh	450 550
Vanilla milkshake	490
Tropical homemade lemonade	470
with passion fruit and blood orange	
Juice I'll Primo in assortment	290
Coca-Cola zero	390
Water Aqua Russa still water sparkling 500 ml	370

Lunches

12:00 PM to 4:00 PM weekdays | 2 courses + drink = 720 | 3 courses + drink = 820

Choose from different sections to suit your taste

Salads

Chicken Caesar

Juicy with squid, apple, and mango 🍷

Fresh vegetables ☼☼

with sour cream or olive oil

Bulgur, broccoli, crispy tofu,

and soy aioli walnut bowl ☼☼

Soups

Hearty with beef cheeks

and seasonal vegetables 🍷☼

Cream of mushroom soup

with oyster mushrooms ☼

Cream of pumpkin soup

with coconut milk and croutons ☼

Cod fish soup

Homemade bread +50

Hot

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 creamy ptitim

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