

ZABYLI SAHAR

est. 2016



ABOUT OUR PROJECTS
and fruit and berry garden in Sochi



BREAKFASTS from 10:00 to 13:00 on weekdays and until 15:00 on weekends



Constructor

- ☞ **Big breakfast:** scramble, croissant or tartine, mix salad, butter, garden fig confiture
 - with tambov ham 890
 - with trout 1050
- English breakfast:** omelette, chicken sausages, baked beans, champignons, tomatoes, mixed salad and tartine 1150
- Farm breakfast:** scramble, hash brown, mixed salad, tomatoes, cucumbers, grain bread and butter 690
trout +470 | tambov ham +290
- ✕ **Potato draniki**
 - with tambov ham and sour cream 750
 - with trout and sour cream 890
- Avocado toast with poached egg, mixed salad and truffle cream cheese 620
- Healthy breakfast with green buckwheat, avocado, poached egg and mixed salad 620
- Carrot waffle with mashed avocado, poached egg and mixed salad 650
- Zucchini pancake with poached egg and sour cream 620

☞ **We recommend to add:** trout +470 | strachatella +270
prawns +390 | tambov ham +290

Eggs

- ✕ Sunny-side up eggs, omelette or scramble from 3 eggs 390
- ✕ Sunny-side up eggs with chicken breast, broccoli and parmesan sauce 590
- ✕ Benedict on a hash brown with spinach 590
trout +470 | tambov ham +290
- Croissant with
 - and tambov ham 720
 - and trout 850
- ☞ Big green salad 850



Porridges

We can cook on cow's milk and without additives

- ☞ ☞ ☞ Oatmeal with garden fig, raspberry and almonds on oat milk 490
- ✕ Rice white chocolate ganache and mango on coconut milk 650
- ☞ Quinoa with spiced apples, lingonberry jam and almonds on almond milk 790
- ✕ Creamy green buckwheat with mushrooms, spinach and poached egg 750



✕ Gluten-free syrniki

- With garden cherries and sour cream 790
- With royal raisins, lingonberry confiture and sour cream 750
- With wild strawberries and sour cream 870
- ☞ Tofu syrniki with coconut caramel and banana 690



Add to any dish

| | |
|----------------|-----|
| Poached egg | 130 |
| Parmesan | 270 |
| Strachatella | 270 |
| Avocado | 270 |
| Prawns | 390 |
| Trout | 470 |
| Tambov ham | 290 |
| Chicken breast | 290 |



For start

| | |
|--|-----|
| Homebaked bread with butter | 250 |
| ☞ Chicken liver pate with <u>garden fig</u> and cherry confiture | 590 |
| ↵ Crispy eggplant with pink tomatoes and feta cheese | 690 |
| Caesar salad | |
| - with chicken | 720 |
| - with prawns | 790 |
| ↵ Bang Bang prawns | 790 |
| ☞ Big green salad | 850 |
| Mixed salad with quinoa, baked pumpkin and feta cheese | 850 |
| Nicoise salad | 890 |
| ☞ Greek salad | 890 |



Bowls

| | |
|--|-----|
| ☞ With quinoa, avocado, tomatoes, edamame beans and sweet chili sauce trout +470 prawns +390 | 820 |
| ☞☞ Big with avocado, green lentils, crispy tofu and soy walnut aioli trout +470 chicken breast +290 prawns +390 | 870 |

Soups

| | |
|--|------------|
| Chicken broth with homemade noodles and egg | 490 |
| ☞☞ Pumpkin cream soup on coconut milk - with prawns | 520 690 |
| ↵ Rich soup with beef cheeks and seasonal vegetables | 790 |
| ↵☞☞ Tom Yum with seafood and jasmine rice | 1250 |



Homemade pasta

Can be cooked with gluten-free pasta

| | |
|---|------|
| Carbonara with bacon | 750 |
| Tagliolini with chicken, mushrooms and parmesan | 790 |
| Pappardelle with duck confit and sun-dried tomatoes | 830 |
| Gnocchi with prawns, sun-dried tomatoes, green peas and ricotta | 890 |
| Penne with trout, broccoli and cream sauce | 990 |
| Tagliatelle with seafood, tomatoes and basil | 1050 |

Main courses

| | |
|--|------|
| ☞ Turkey cutlets with mashed root vegetables and truffle sauce | 820 |
| Chicken schnitzel with Caesar sauce and romaine lettuce | 850 |
| Shawarma | |
| - with chicken | 750 |
| - with prawns and mango sauce ☞↵ | 850 |
| Chicken breast with baked pumpkin and demi-glace sauce | 850 |
| ☞ Beef marble steak with potato stone, mixed salad and pesto | 890 |
| Zander fillet with parsnip puree and spinach saute | 1150 |
| ☞ Stewed beef cheek with mashed baked celery and spiced apples | 1290 |
| ☞☞ Trout steak with quinoa, broccoli, mixed salad and soy walnut aioli | 1690 |



Russian dishes from Muka Cafe

| | |
|---|-----|
| Olivier with turkey ☞ | 650 |
| Borscht with stewed beef, homemade lard and farm sour cream | 990 |
| Dumplings with cherries and tarragon | 520 |
| Homemade dumplings serve with or without broth | |
| - with turkey and sour cream | 690 |
| - with pork, beef and sour cream | 750 |

All day

| | |
|--|-----|
| Gluten-free syrniki with sour cream ☞ | |
| - and garden cherries | 790 |
| - royal raisin and lingonberry confiture | 750 |
| - and wild strawberries | 870 |
| Tofu syrniki with coconut caramel and banana ☞☞ | 690 |
| Potato draniki ☞ | |
| - with tambov ham and sour cream | 750 |
| - with trout and sour cream | 890 |
| Avocado toast with poached egg, mixed salad and truffle cream cheese | 620 |
| Healthy breakfast with green buckwheat, avocado, poached egg and mixed salad | 620 |
| Carrot waffle with mashed avocado, poached egg and mixed salad | 650 |
| Zucchini pancake with poached egg and sour cream | 620 |

We recommend to add: trout +470 | strachatella +270
prawns +390 | tambov ham +290

Coffee our own roastery by Pa Pa Power

| | |
|---|---------|
| Espresso | 270 |
| Americano 250 350 ml | 330 390 |
| Filter 250 350 ml brewed by the drip method | 320 390 |
| Flat white 250 ml | 420 |
| Cappuccino 250 350 ml | 390 420 |
| ☒ Latte 350 ml | 420 |
| ☒ Chicory cappuccino 350 ml on coconut milk | 450 |
| Lemon latte with andaliman 350 ml | 490 |
| ☒ Salted caramel latte 350 ml | 490 |
| Raf with bourbon vanilla 350 ml | 490 |
| ☒ Plant-based 5YES! or lactose-free milk + 100 Any coffee can be made on decaf | |



Seasonal drinks

all syrups are made by ourselves

| | |
|--|-----|
| Cranberry filter with honey foam 250 ml | 490 |
| Blackcurrant Basil Latte 350 ml | 490 |
| Hodzicha raf 350 ml | 490 |
| Carrot Cake Latte 350 ml | 490 |
| Citrus latte with white chocolate 350 ml | 550 |
| Pink hot chocolate 350 ml | 550 |

☕ Warm teas 500 ml

| | |
|--|-----|
| Coniferous with candied cones and rosemary | 550 |
| With rosehip | 550 |
| Ginger and apple | 550 |
| ☒ Garden raspberry and black currant tea | 590 |
| Sea buckthorn with ripe mango | 590 |

☕ Selective teas and tisanes 450

| | |
|--|--|
| Black green | |
| Black with bergamot green with jasmine | |
| Hibiscus-apple-papaya pear-wild strawberry | |
| Rooibos-lemongrass-currant leaf | |
| Melissa-chamomile-cornflower | |
| Taiga herbs ivan-tea, cedar, rowan | |



Matcha and cocoa 350 ml

| | |
|---|-----|
| ☒ Matcha latte classic blue pink | 490 |
| Cocoa with melted belgian chocolate milk or dark | 520 |

With homemade ice cream

| | |
|--|-----|
| Affogato Glace | 490 |
| Milkshake chocolate vanilla | 550 |
| ☒ Lactose-free mango-passion fruit shake with homemade sorbet | 590 |

Fresh juices 300 ml

| | |
|-------------------------------|-----|
| Juicy carrot apple-carrot | 490 |
| Ripe apples | 490 |
| Sweet oranges | 570 |
| Citrus mix rich grapefruits | 570 |

☒ Smoothies 300 ml 570

| | |
|---|--|
| Banana-chia-pink matcha black currant-basil | |
| Blueberry-avocado-banana | |

Cold drinks

| | |
|--|---------|
| Matcha tonic 350 ml | 420 |
| Espresso tonic 350 ml | 470 |
| Orange bumble with juice fresh juice 350 ml | 490 590 |
| Homemade lemonade 350 ml | 490 |
| - strawberry with lemongrass and tarragon ☒ | |
| - chokeberry with rosemary | |
| - tropical with passion fruit and blood orange | |
| ☒ Garden juice raspberry strawberry 300 ml | 390 |
| Juices I'll Primo in assortment | 350 |
| Coca-Cola zero | 450 |
| Water Aqua Russa sparkling or still 500 ml | 390 |