

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

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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