

# ZABYLI SAHAR

est. 2016



ABOUT OUR PROJECTS **JOY**<sup>®</sup>  
and a fruit and berry garden in Sochi




**Breakfasts** From 9:00 to 13:00 on weekdays and 14:00 on weekends

**A healthy habit to start your day with** 390 WOW

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

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




## Croissants

Classic	250
With jam and butter	420
With tambov ham and poached egg	690
With trout and poached egg	850

## Mixed breakfast

Big: scramble, croissant or tartine, mixed salad, butter, <u>garden fig confiture</u>	
- with tambov ham	990
- with trout	990
English: omelette, chicken sausages, baked beans, champignon tomatoes, mixed salad and tartine	1050
Farm: scramble, hash brown, mixed salad, tomatoes, cucumbers, grain bread and butter	690

Avocado toast with poached egg, mixed salad and truffle cream cheese 570

A healthy breakfast with green buckwheat, avocado, poached egg and mixed salad 650

Carrot waffle with mashed avocado, poached egg and mixed salad 650

Zucchini pancakes with poached egg and sour cream 550

Homemade pancakes 350

Big green salad 820

## Eggs

Sunny-side up eggs, omelette or scramble from 3 eggs	370
Benedict on a hashbrown with spinach trout +470   tambov ham +290	570
Sunny-side up eggs with chicken breast, broccoli and parmesan sauce	650
Benedict on tartine with marinated zucchini and poached egg trout +470   tambov ham +290	590
French omelette or scramble with mozzarella and truffle cream	590



## Porridges

We can cook it on classic milk or without addings

Oatmeal with <u>garden figs</u> , <u>raspberries</u> and almonds oat milk	490
Rice with white chocolate ganache and mango coconut milk	590
Creamy green buckwheat with mushrooms, spinach and poached egg	620
Quinoa with spiced apples, lingonberry jam, and almonds almond milk	750



## Gluten-free syrniki

With <u>garden figs</u> and sour cream	690
With royal raisins, lingonberry jam and sour cream	750
With wild strawberries and sour cream	820
Tofu-syrniki with coconut caramel and banana	650

## Add to any dish

Poached egg	130	Prawns	390	Sour cream	130
Hashbrowns 2 pcs	150	Trout	470	Confiture:	
Parmesan   Avocado	270	Chicken breast	290	- garden cherry	190
Tambov ham	290	Coconut caramel	390	- <u>garden fig</u>	290
				- wild strawberry	350

## MAIN MENU all day

Here you will find  
photos of dishes



### To begin with

Homemade bread with butter	250
☞ Chicken liver pâté with garden figs and cherry jam	590
↵ Crispy eggplant with pink tomatoes and feta cheese	650
Caesar salad	
- with chicken	690
- with prawns	790
✕ Beetroot with stracciatella	690
↵ Prawns Bang Bang	790
Mixed salad with quinoa, baked pumpkin and feta cheese	790
✕ Big green salad	820
✕ Nicoise Salad	820
✕ Greek salad	850



### Bowls

✕ With quinoa, avocado, tomatoes, edamame beans and sweet chili sauce trout +470   prawns +390	790
✕ Big with avocado, green lentils, crispy tofu, and soy walnut aioli trout +470   chicken breast +290   prawns +390	850

### Soups

Chicken broth with homemade noodles and egg	490
✕ Pumpkin cream soup with coconut milk - with prawns	520 630
Hearty soup with beef cheeks and seasonal vegetables	820
↵ Tom yum with seafood and jasmine rice	1050

### Homemade pasta

We can cook any pasta with gluten-free one

Carbonara with bacon	690
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	870
Tagliatelle with seafood, tomatoes and basil	1050



### Hot dishes

✕ Potato pancakes	
- with tambov ham and sour cream	690
- with trout and sour cream	850
✕ Pulled turkey cutlets with root vegetable puree and truffle sauce	750
Shawarma	
- with chicken	690
- with prawns and mango sauce	790
Chicken breast with baked pumpkin and demi-glace sauce	790
✕ Beef steak with stone potatoes, mixed salad and pesto	820
Chicken schnitzel with Caesar dressing and romaine lettuce	790
Pike perch fillet with parsnip puree and sautéed spinach	1150
✕ Braised beef cheek with baked celery puree and spiced apples	1250
✕ Trout steak with quinoa, broccoli, mixed salad and soy aioli from walnut	1690

### Side dishes

Mashed potatoes	190
Jasmine rice   green buckwheat	190
Quinoa	250

### We cook all day

Classic croissant	250
Gluten-free syrniki with sour cream ✕	
- and garden figs ☞	690
- royal raisins and lingonberry jam	750
- and wild strawberries	820
Tofu-syrniki with coconut caramel and banana	650
Zucchini pancakes with poached egg and sour cream	550
Avocado toast with poached egg, mixed salad and truffle cream cheese	570
Healthy breakfast with green buckwheat, avocado, poached egg and mixed salad	650
Carrot waffle with mashed avocado, poached egg, and mixed salad	650
We recommend to add:	
trout +470   prawns +390   tambov ham +290	

## Coffee own roasting by Pa Pa Power

Espresso	250
Americano <small>250</small>	320
Filter <small>250 350 ml</small> brew using the drip method	320 370
Flat white <small>250 ml</small>	370
Cappuccino <small>250 350 ml</small>	320 370
☼ Latte <small>350 ml</small>	390
☼ Chicory cappuccino <small>350 ml</small> with coconut milk	420
Lemon latte with andaliman	490
☼ Salted caramel latte	490
Raff with bourbon vanilla	490

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



## Seasonal drinks

We make all the syrups ourselves

Cranberry filter with honey foam <small>250 ml</small>	420
Hodzicha raf <small>350 ml</small>	490
Carrot cake latte <small>350mln</small>	490
Citrus latte with white chocolate <small>350 ml</small>	550
Pink hot chocolate <small>350 ml</small>	520

## Matcha and cocoa 350 ml

☼ Matcha latte green   blue   pink	450
Cocoa with melted belgian chocolate dark   milky	490



## Warm teas 500 ml

With rose hips	490
Ginger with apple	490
Coniferous with candied pine cones and rosemary	550
Sea buckthorn with ripe mango	590

## ☼ Selective teas and tisanes 500 ml 450

Black | black with bergamot  
Green with jasmine | Pear-strawberry  
Wulong Te Guan Yin | taiga  
Melissa-chamomile-cornflower  
Rooibos-lemongrass-currant Leaf

## Freshly squeezed juices 300 ml

Ripe apples	520
Sweet oranges   Rich grapefruits	550
Citrus mix	550

## Cold drinks 350 ml

Espresso tonic   matcha tonic	450
Strawberry homemade lemonade ☼ with lemongrass and tarragon	470
Orange bumblebee on juice   fresh	490 590
Vanilla milkshake	490
Tropical homemade lemonade with passion fruit and blood orange	490
Juice I'll Primo in assortment	300
Coca-Cola zero	390
Water Aqua Russa sparkling   still <small>500 ml</small>	390

## Lunches 12:00 PM to 4:00 PM weekdays | 2 courses + drink = 750 | 3 courses + drink = 850

Choose from different sections to suit your taste

### Salads

Caesar salad with chicken  
Juicy with squid, apple and mango ☼  
Bowl with bulgur, crispy tofu  
and soy aioli  
from walnut ☼☼

### Soups

Creamy root vegetable soup with  
crispy tofu and shiitake mushrooms ☼  
Nutty miso ramen with chicken  
and homemade noodles  
Goulash with beef and vegetables  
Pumpkin cream soup  
with coconut milk and croutons ☼  
Homemade bread +50



### Hot

Pasta with chicken, mushrooms and parmesan  
Mini chicken schnitzel with cheese sauce  
and orange coleslaw  
Orecchiette pasta with prawns and pesto  
Vegetable ratatouille  
with caramelized onions ☼  
Turkey cutlets with creamy  
green buckwheat ☼

### Drinks

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