

ZABYLI SAHAR

est. 2016

TASTE. COFFEE. MOMENTS



ABOUT OUR PROJECTS
and fruit and berry garden in Sochi

JOY^{co}



English menu



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



Constructor

- ☞ Big breakfast: scramble, croissant or tartine, mixed salad, butter, garden fig confiture

– with tambov ham

– with trout

890

1090
- 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

720
- trout +470 | tambov ham +290
- ☒ Potato draniki

– with tambov ham and sour cream

– with trout and sour cream

750

890
- Healthy breakfast with green buckwheat, avocado, poached egg and mixed salad ☒☒

620
- Avocado toast with poached egg, mixed salad and truffle cream cheese

650
- Zucchini pancake with poached egg and sour cream

650
- Carrot waffle with guacamole, poached egg and mixed salad ☒

670
- ☞ 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 hash brown with romaine lettuce

590
- trout +470 | tambov ham +290
- Draniki from green buckwheat with tambov ham, soft-boiled egg and oyster mushroom sauce

690
- Croissant with poached egg

– and tambov ham

– and trout

720

850
- ☒☒ Big green salad

890



Porridges

We can cook on cow's milk and without additives

- ☒☒☒ Oatmeal with garden figs, raspberries and almonds with oat milk

490
- ☒ Rice white chocolate ganache and mango on coconut milk

650
- ☒ 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 garden fig and cherry confiture	590
☞ Salad with chicken breast, pear, wheat germ and chimichurri sauce	690
☞ Crispy eggplant with pink tomatoes and feta cheese	690
Caesar salad	
– with chicken	720
– with prawns	790
☞ Bang Bang prawns	790
☞ Salad with prawns, avocado, summer greens and wheat germ	820
☞ Big green salad	890
☞ 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
☞ Tom Yum with seafood and jasmine rice	1250



Homemade pasta

Can be cooked with gluten-free pasta

☞ Buckwheat noodles with prawns and broccoli	690
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

Main courses

Chicken breast with zucchini and carrot tagliatelle with demi-glace sauce	750
☞ Turkey cutlets with mashed root vegetables and truffle sause	820
Chicken schnitzel with Caesar sauce and romaine lettuce	850
Shawarma	
– with chicken	750
– with prawns and mango sauce ☞☞	850
☞ Pike-perch fillet and orzo with avocado cream	890
☞ Beef marble steak with potato stone, mixed salad and pesto	890
Trout cutlet with green buckwheat and gorgonzola cream	950
☞ Trout steak with quinoa, broccoli, mixed salad and soy walnut aioli	1690



Russian dishes from Muka Cafe

Homemade solyanka with smoked ribs, sour cream and herbs	790
Borscht with stewed beef, homemade lard and farm sour cream	990
Varenyky we sculpt ourselves	
– with cherries and tarragon	520
– with potatoes, oyster mushrooms and blackberry	590
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
Healthy breakfast with green buckwheat, avocado, poached egg and mixed salad ☞☞	620
Avocado toast with poached egg, mixed salad and truffle cream cheese	650
Zucchini pancake with poached egg and sour cream	650
Carrot waffle with ryakamole, poached egg and mixed salad ☞	670
Green buckwheat draniki with tambov ham, soft-boiled egg and oyster mushroom sauce	690

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

Coffee our own roastery by Pa Pa Power

Espresso	290
Americano 250 350 ml	330 390
Filter 250 350 ml brew using the drip method	320 390
Flat white 250 ml	420
Cappuccino 250 350 ml	390 420
☼ Latte 350 ml	420
☼ Chicory cappuccino 350 ml with 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 +110
Any coffee can be made on decaf

Add to any drink

Functional additives	90
Protein Marine collagen	protein source
Lion's mane + reishi + cordyceps	
MCT powder + peruvian maca	
Sprinkles	
Orange Currant Explosive caramel Carameltonka Asian citrus	30



Seasonal drinks 350 ml
we make all the syrups ourselves

Cold filter with tonka bean foam and non-alcoholic amaro	390
Matcha-tonic	420
Espresso-tonic	470
Orange bumble on juice on freshly squeezed juices	490 590

Homemade lemonades 350 ml

Ripe sea buckthorn-mango	390
Fresh lime with mint ☼	390
☼ Wild strawberry with lemongrass and tarragon	490
Tropical with passion fruit and blood orange	490
Chokeberry with rosemary	490

Matcha and cocoa 350 ml

☼ Matcha latte green blue pink	490
Cocoa with melted belgian chocolate dark milk	520

Wellness drinks WOW

with functional additives



Banana latte
with protein foam
MCT powder, cordyceps
and maca peruvian
Energy x stamina

450



Apple smoothie lemonade
with lime and mint,
spirulina, apple
fiber and psyllium
Detox x immunity

450



Hojicha with salted
caramel and pear
cordyceps, MCT powder
and lion's mane
Concentration x productivity

450

With homemade ice cream

Affogato Glyase	490
Milkshake chocolate vanilla	550
☼ Lactose-free mango-passion fruit with homemade sorbet	550

Fresh juices 300 ml

Juicy carrot Apple-carrot	490
Ripe apples Sweet oranges	490

☼ Smoothies 300 ml 570

Banana-chia-pink matcha
Black currant-basil
Blueberry-avocado-banana

Garden fruit drinks 300 ml

☼ Raspberry Strawberry	390
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☼ Selective teas and tisanes

Black Green Green with jasmine	470
Black with bergamot Moroccan mint	470
Pear-strawberry	470
Rooibos-lemongrass-currant leaf	470
Melissa-chamomile-cornflower	470
Taiga herbs ivan-tea, cedar, rowan	470
Ginger with apple	590
☼ Garden raspberries and black currants	590
Sea buckthorn with ripe mango	590

Other drinks

Juice l'I Primo in assortment	350
Water Aqua Russa sparkling still	390
Coca-Cola zero	450