



## RESTAURANT MENU

	<b>Weight, gr</b>	<b>Price, RUB</b>
<b>COLD SNACK</b>		
<b>Herring with boiled potatoes</b> (herring, boiled potatoes, onions, herbs) In 100 grams protein-10, fats-8, carbohydrates-7, kcal 137	<b>150/100/25/ 5</b>	<b>350</b>
<b>Farm-fresh vegetables with spicy greens</b> (fresh cucumbers, tomatoes, bell peppers, herbs in assortment) In 100 grams protein-1, fats-1, carbohydrates-4, kcal 27	<b>300/30/5</b>	<b>400</b>
<b>Don pickles</b> (pickled cucumbers, salted tomatoes, soaked apples, salted cabbage) In 100 grams protein-1, fats-0, carbohydrates-4, kcal 20	<b>395/5</b>	<b>450</b>
<b>Meat specialties platter</b> (smoked horse meat, beef, Turkey pastrami) In 100 grams protein-16, fats-11, carbohydrates-2, kcal 168	<b>300/15/5</b>	<b>750</b>
<b>Cheese platter</b> (camembert, cheddar, Dor blue, brie cheese, honey, walnuts, grape) In 100 grams protein-18, fats-23, carbohydrates-7, kcal 311	<b>300/30/20/2 0/5</b>	<b>800</b>
<b>Fish platter</b> (salmon, oil fish, herbs in assortment, oil, limon) In 100 grams protein-17, fats-4, carbohydrates-1, kcal 104	<b>200/25/20/5</b>	<b>850</b>
<b>HOT SNACK</b>		
<b>Chicken wings in honey-mustard sauce</b> In 100 grams protein-14, fats-7, carbohydrates-14, kcal 177	<b>300/25/5</b>	<b>430</b>
<b>Kiwi mussels</b> (mussels baked with sauce and Parmesan cheese, cherry tomatoes) In 100 grams protein-9, fats-7, carbohydrates-3, kcal 110	<b>220/10</b>	<b>700</b>



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<b>SALADS</b>	<b>Weight, gr</b>	<b>Price, RUB</b>
<b>Greek Salad with Feta Cheese</b> (fresh tomatoes, fresh cucumbers, bell peppers, lettuce, feta cheese) In 100 grams protein-2, fats-8, carbohydrates-2, kcal 108	<b>310</b>	<b>350</b>
<b>Olivier whith beef</b> (beef, potatoes, cucumbers, chicken egg, peas, carrot, mayonnaise, herbs) In 100 grams protein-10, fats-9, carbohydrates-6, kcal 149	<b>280/5</b>	<b>400</b>
<b>Shrimp Caesar</b> (mixed salad, shrimps, cherry tomatoes, Parmesan, croutons, Caesar dressing) In 100 grams protein-6, fats-9, carbohydrates-11, kcal 154	<b>210</b>	<b>40</b>
<b>Caprese salad</b> (fresh tomatoes, mozzarella, pesto sauce) In 100 grams protein-7, fats-8, carbohydrates-3, kcal 108	<b>345</b>	<b>420</b>
<b>Salmon Caesar</b> (mixed salad, fillet of salmon, cherry tomatoes, Parmesan, croutons, Caesar dressing) In 100 grams protein-10, fats-8, carbohydrates-8, kcal 146	<b>210</b>	<b>550</b>
<b>SANDWICH</b>		
<b>Chicken Breast Sandwich</b> (bread, chicken breast meat, cucumber, tomato, lettuce, egg, cream cheese) In 100 grams protein-10, fats-2, carbohydrates-22, kcal 144	<b>235</b>	<b>250</b>
<b>Mild-cured Salmon Sandwich</b> (bread, mild-cured salmon, cucumber, tomato, lettuce, egg, cream cheese) In 100 grams protein-2, fats-1, carbohydrates-2, kcal 19	<b>235</b>	<b>300</b>



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<b>PIZZA</b> <b>(cooked with classic recipes of GARAZH pizzeria)</b>	<b>Weight, gr</b>	<b>Price, RUB</b>
<p><b>Margarita Pizza</b> (four cheese mix, sauce, tomatoes) In 100 grams protein-16, fats-17, carbohydrates-32, kcal 346</p>	<b>600</b>	<b>500</b>
<p><b>Mamma Mia Pizza</b> (ham, mushrooms, cheese, olives, fresh herbs, tomatoes, hot sauce) In 100 grams protein-13, fats-14, carbohydrates-39, kcal 333</p>	<b>680</b>	<b>550</b>
<p><b>Salami Pizza</b> (cheese, salami, olives, sauce) In 100 grams protein-17, fats-14, carbohydrates-32, kcal 327</p>	<b>700</b>	<b>590</b>
<p><b>Torino Pizza</b> (three cheese mix, mushrooms, chicken fillet, olives, sauce) In 100 grams protein-16, fats-13, carbohydrates-37, kcal 333</p>	<b>700</b>	<b>600</b>
<p><b>Seafood Pizza</b> (cheese, squid, shrimps, mussels, olives, sauce) In 100 grams protein-14, fats-12, carbohydrates-32, kcal 293</p>	<b>670</b>	<b>800</b>
<b>BREAD</b>		
<p><b>Bread platter</b> In 100 grams protein-7, fats-1, carbohydrates-40, kcal 196</p>	<b>100</b>	<b>60</b>



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	<b>Weight, gr</b>	<b>Price, RUB</b>
<b>SOUP</b>		
<b>Mushroom Cream Soup</b> (mushrooms, potatoes, cream, onions, herbs) In 100 grams protein-2, fats-3,7, carbohydrates-3,1, kcal 52,2	<b>300/5</b>	<b>350</b>
<b>Cossack Borscht</b> (beef broth borscht, cabbage, potatoes, onions, carrots, beets, tomatoes, beef, sour cream, garlic, herbs) In 100 grams protein-5, fats-7, carbohydrates-5, kcal 100	<b>300/25/5</b>	<b>350</b>
<b>Meat Solyanka Soup</b> (beef broth, beef tongue, Kobasa with/to, chicken ham, sausages, cucumbers salt., sour cream, olives, herbs) In 100 grams protein-5, fats-6,1, carbohydrates-1,8, kcal 82,1	<b>300/30/10/5</b>	<b>400</b>
<b>Fish soup</b> (fish broth, salmon fillet, carp fillet, lemon, herbs) In 100 grams protein-2, fats-5, carbohydrates-2, kcal 14	<b>300/25/5</b>	<b>450</b>
<b>MAIN COURSE</b>		
<b>Grilled Salmon Steak</b> (salmon, salad mix, lemon) In 100 grams protein-31, fats-44, carbohydrates-0, kcal 521	<b>100/10/10</b>	<b>390</b>
<b>Grilled beef tenderloin</b> (fillet of beef tenderloin served with a mix of lettuce and herbs) In 100 grams protein-30, fats-48, carbohydrates-0, kcal 554	<b>100/10/5</b>	<b>450</b>
<b>Carp simmered in sour cream</b> (carp fillet baked in sour cream and cheese) In 100 grams protein-4, fats-15, carbohydrates-8, kcal 187	<b>180/25/20/5</b>	<b>500</b>
<b>Pike cakes in spinach sauce</b> (pike served with a sauce of spinach, mixed salad and lemon) In 100 grams protein-11, fats-14 carbohydrates-8, kcal 197	<b>200/50/20/1</b> <b>0</b>	<b>650</b>
<b>Trout with grilled vegetables</b> (baked trout served with grilled vegetables, salad mix and lime) In 100 grams protein-16, fats-18, carbohydrates-1, kcal 153	<b>300/50/25/2</b> <b>0</b>	<b>650</b>
<b>Rack of lamb with potatoes</b> (rack of lamb served with potato wedges, salad mix and herbs) In 100 grams protein-14, fats-20, carbohydrates-11, kcal 278	<b>200/150/20/</b> <b>5</b>	<b>850</b>



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	<b>PASTA</b>	<b>Weight, gr</b>	<b>Price, RUB</b>
<b>Carbonara</b> (spaghetti, bacon, parmesan, egg, herbs) In 100 grams protein-12, fats-24, carbohydrates-7, kcal 297		<b>300/5</b>	<b>550</b>
<b>Seafood Pasta</b> (fettuccine, sun-dried tomatoes, cream, parmesan cheese, squid, shrimps, mussels, greens) In 100 grams protein-12, fats-13, carbohydrates-9, kcal 205		<b>300/5</b>	<b>650</b>
	<b>GARNISHES</b>		
<b>French fries</b> (french fries, herbs) In 100 grams protein-2, fats-13, carbohydrates-12, kcal 173		<b>150/5</b>	<b>200</b>
<b>Potato puree</b> (potato puree, herbs) In 100 grams protein-2, fats-13, carbohydrates-12, kcal 173		<b>200/5</b>	<b>200</b>
<b>Homemade-style potatoes with mushrooms</b> (potatoes, mushrooms, onions, herbs) In 100 grams protein-3, fats-33, carbohydrates-18, kcal 381		<b>280</b>	<b>250</b>
<b>Grilled vegetables</b> (eggplant, zucchini, mushrooms, tomatoes, bell pepper ) In 100 grams protein-3, fats-4, carbohydrates-8, kcal 80		<b>250/10</b>	<b>350</b>
	<b>DESSERTS</b>		
<b>Ice cream</b> In 100 grams protein-4, fats-10, carbohydrates-24, kcal 220		<b>100/20</b>	<b>100</b>
<b>Strudel in assortment</b> (strudel served with ice cream) In 100 grams protein-7, fats-1,carbohydrates-40, kcal 196		<b>150/50/10</b>	<b>200</b>
<b>Cheesecake in assortment</b> In 100 grams protein-7, fats-23,8,carbohydrates-28,6, kcal 357		<b>100/13</b>	<b>230</b>