

## WE BELIEVE IN HUMAN BEINGS AND THEIR DIVERSITY

### RULES OF LIFE

On weekdays our doors are open from 9 a.m. till midnight  
Saturdays at Teplo start at 11 a.m., Sundays - at 1 p.m.

The kitchen normally closes at 10:30 p.m. However, on Friday  
and Saturday – at 11.30 p.m.

We love having breakfast at Teplo and we invite you to join us:  
weekdays 9 a.m. – 12 p.m., Saturdays 11 a.m. – 1 p.m.

We serve homemade lunch on weekdays 1 p.m. – 4 p.m.

We take orders only according to our menu.

We bake a variety of pastries and cookies daily.  
You can check them out on display by the bar.

If you'd like to write a letter, we'll provide you with envelopes,  
postcards and stamps. And we'll make sure it is sent to the  
recipient.

The envelopes are here to be colored.

Some guests come to us so often they even got their favorite  
mugs. We store them on a special rack and will be happy to find  
a place for yours!

We have an outdoor playground, playroom inside, kids meals  
and many kind grown-ups.

We have books and magazines in Teplo.

There are board games and kicker in Teplo.

We take part in various charity activities. If you'd like to join in  
– let us know!

### COFFEE

ESPRESSO 120 rub

MACCHIATO, RISTRETTO, ROMANO

ESPRESSO DOPPIO 240 rub

AMERICANO 120 rub

CAPPUCCINO SMALL  
milk 180 rub \ oat milk 260 rub

CAPPUCCINO LARGE  
milk 240 rub \ oat milk 320 rub

COFFEE LATTE  
milk 240 rub \ oat milk 320 rub

COFFEE GLACE 240 rub

RAF COFFEE 280 rub

ICE COFFEE 240 rub

### TEA

ASSAM 180 rub

EARL GREY 180 rub

PU-ERH 180 rub

SENCHA 180 rub

JASMINE 180 rub

MILK OOLONG 180 rub

WILLOW-HERB 180 rub

MOROCCAN MINT 180 rub

BERRY TEA 180 rub  
raisins, elder, cherries, hibiscus

BLACKBERRY MINT 180 rub  
blackberry leaf, blackberry, apple,  
hibiscus, bean peel, mint, chamomile,  
marigold flowers

### TEA TRAY

MILK 20 rub

CREAM 50 rub

HONEY 120 rub

JAM 120 rub  
/cloudberry, raspberry, strawberry,  
blackcurrant, pine cone, apple butter,  
linen&honey paste /

FRESH MINT 50 rub

FRESH THYME 50 rub

HYPERICUM / CHAMOMILE/  
SAGAN-DALI/ ROSE HIP/  
LINDEN/ LAVENDER 50 rub

SPICES: CINNAMON/ CLOVES/ MUSCAT

### WARM DRINKS

CACAO 240 rub

SPANISH HOT CHOCOLATE WITH  
ORANGE 180 rub

SEABUCKTHORN INFUSION 240 rub


ROSE HIP INFUSION WITH HONEY  
240 rub

HOT MILK WITH HONEY AND BUTTER  
160 rub

HOT GINGER DRINK 280 rub

MASALA 260 rub



### SWEET FOOD

HOMEMADE GRANOLA WITH YOGURT, FRUITS AND HONEY 280 rub 

FARM CURD WITH FRUITS AND CONDENSED MILK 380 rub 

OATMEAL ON WATER WITH DRIED FRUIT, NUTS AND HONEY 180 rub 

CURD PUDDING WITH SOUR CREAM 140 rub 

FRUITS 320 rub 

BANANA SMOOTHIE 240 rub 

BANANA-BERRY SMOOTHIE 260 rub 

### DESSERTS

CREAM CAKE WITH BANANAS AND STRAWBERRIES 220 rub 

HOME-STYLE CREAM CAKE 180 rub 



HONEY CAKE WITH PRUNE 220 rub 

"NAPOLEON" CAKE WITH FRESH BERRIES 340 rub 

CREAM PUFF 140 rub 

ECLAIR 140 rub 

PANNA COTTA 220 rub 

GANACHE WITH SOUR CREAM AND FRUITS 240 rub 

### LEMONADE

TRADITIONAL LEMONADE

260 rub

MINT LEMONADE WITH BLACKCURRANT  
360 rub

GRAPEFRUIT LEMONADE WITH PEACH  
SYRUP 280 rub

SEABUCKTHORN LEMONADE WITH  
ORANGE 280 rub

### JUICE

APPLE/ ORANGE/ CHERRY /

TOMATO / PINEAPPLE /

APRICOT/ GRAPE

80 rub

### FRESH

ORANGE 180 rub

GRAPEFRUIT 180 rub

APPLE 180 rub

CARROT 180 rub

CELERY 260 rub

### SOFT DRINKS

BAIKAL WATER 220 rub  
still / sparkling

PEPSI/ 7UP/ TONIC EVERVESS  
160 rub

DRIED FRUIT COMPOTE 120 rub

KISSEL 120 rub

RED BERRY DRINK 120 rub

MUG OF MILK 120 rub

BLACK ICE TEA WITH LEMON  
220 rub

GREEN ICE TEA WITH FRESH MINT  
220 rub

RED ICE TEA WITH FRUITS  
220 rub

MOJITO N/A 320 rub

PINA KOLADA N/A 220 rub

STRAWBERRY AND ORANGE SHAKE  
WITH GRENADINE SYRUP 220 rub

# MENU

restaurant Teplo

### SALADS LIGHT


FRESH VEGETABLES WITH HERBS AND ONION 220 rub 

GREEK SALAD 320 rub 

TABBOULEH, BULGUR AND FETA CHEESE 280 rub 

GREEN SALAD WITH BLACK PEPPER, FENNEL, BEETROOT, RADISH AND CHICKPEA 220 rub 

GREEN SALAD WITH BEAN SPROUTS, CASHEW AND SWEET CHILI SAUCE 280 rub  
*add cold roast beef / + 220 rub / or roast tuna / + 360 rub /*

PEARL BARLEY, CANNED TUNA, CHERRY TOMATOES AND OLIVES 320 rub 

### GOOD

CAESAR SALAD WITH CHICKEN FILLET 420 rub

CANNED TUNA WITH FRESH SALAD, VEGETABLES, EGG AND HOME-MADE MAYONNAISE 480 rub

WARM SALAD WITH VEGETABLES, SHRIMPS, SQUID AND BASIL SAUCE 480 rub

ITALIAN SALAD WITH HAM, PENNE AND ROSE SAUCE 420 rub

MEAT SALAD WITH BOILED VEAL, POTATOES, KIDNEY BEANS, BACON AND MAYONNAISE 480 rub

### LOCAL

OLIVIER SALAD WITH CHICKEN 280 rub

VINAIGRETTE WITH HERRING 240 rub

PICKLED CABBAGE WITH RED ONION 140 rub 

### PASTA DISHES

PENNE WITH EGGPLANT AND STRACCIATELLA CHEESE IN TOMATO SAUCE 480 rub 

TAGLIATELLE WITH RED PESTO, SQUIDS AND SHRIMPS 680 rub

ASIAN-STYLE RICE NOODLES WITH SHRIMPS 480 rub

ASIAN-STYLE RICE NOODLES WITH BEEF, VEGETABLES AND TOFU 580 rub

### MAIN

FRIED CODFISH WITH MASHED POTATOES AND STEWED SPINACH 480 rub

SALMON STEAK WITH STEAMED VEGEABLES AND BUERRE BLANC SAUCE 820 rub 

SEA BASS WITH BULGUR AND SWEET&SOUR PAPRICA SAUCE 820 rub

FISH CAKES MADE WITH SALMON AND CODFISH WITH CREAM SAUCE 520 rub

CHICKEN FILLET WITH TERIYAKI SAUCE AND RICE 320 rub



CHICKEN CUTLETS WITH CREAM SAUCE 220 rub

FILET MIGNON WITH POTATO AND RED WINE COWBERRIES SAUCE 820 rub 

BEEF STROGANOFF WITH BUCKWHEAT OR MASHED POTATOES 560 rub

PORK MEDALLION WITH BAKED POTATOES AND MUSHROOM SAUCE 380 rub

NUREMBERG SAUSAGES WITH MASHED POTATOES AND STEWED SAUERKRAUT 420 rub

RACK OF LAMB WITH FRESH TOMATOES 1200 rub 

### APPETIZERS COSMOPOLITANS

OLIVES 260 rub 

BRUSCHETTA "MARGHERITA" 180 rub 

BRUSCHETTA WITH MASHED CHICKPEAS AND  
AVOCADO 240 rub 

BRUSCHETTA WITH FRIED EGGPLANT, TOMATO AND  
STRACCIATELLA 320 rub 

SMUSHI WITH SALMON AND CREAM CHEESE ON  
BRIOCHE BREAD 220 rub

AVOCADO WITH SHRIMPS IN MAYONNAISE SAUCE  
480 rub

SHRIMPS WITH ZUCCHINI, DAIKON, CILANTRO AND  
CHILI SAUCE 380 rub

ROAST TUNA WITH AVOCADO TARTARE 560 rub

COLD ROAST BEEF WITH BAKED BEETROT AND  
HORSERADISH SAUCE 480 rub 

### LOCAL

PICKLED PRODUCTS 360 rub 

SMUSHI WITH HERRING 120 rub

HERRING WITH BREAD, PICKLED ONION AND  
POTATOES 320 rub

POTATO PANCAKES 580 rub  
WITH SALMON AND RICOTTA  
WITH CAVIAR ANR SOUR CREAM

### SOUPS

PUMPKIN SOUP 320 rub 

MUSHROOM SOUP 220 rub 

BORSCHT 260 rub

CHICKEN SOUP 220 rub

SOUR CABBAGE SOUP 240 rub

FISH SOUP with milk 380 rub 

### SIDE DISHES

VEGETABLES FRIED IN A PAN WITH RED  
ONION AND GARLIC 260 rub 

STEAMED VEGETABLES 260 rub 

RICE 80 rub 

BUCKWHEAT 80 rub 

MASHED POTATOES 140 rub 

JACKET POTATO FRIED WITH GREENS AND  
GARLIC 80 rub 

STEWED SAUERKRAUT WITH BACON 180 rub

\*  DOES NOT CONTAIN MEAT, POULTRY, FISH, SEAFOOD,  
MAY CONTAIN DAIRY PRODUCTS AND EGGS.

\*  DOES NOT CONTAIN GLUTEN.

We enjoy answering your questions. Don't be shy!  
Feel free to call us: 407 27 02 or stop by at 45 Bolshaya Morskaya St.