

WE BELIEVE IN HUMAN BEINGS AND THEIR DIVERSITY

COFFEE

ESPRESSO 120 rub
MACCHIATO, RISTRETTO, ROMANO
ESPRESSO DOPPIO 240 rub
AMERICANO 120 rub
CAPPUCCINO SMALL 180 rub
CAPPUCCINO BIG 240 rub
COFFEE LATTE 240 rub
COFFEE GLACE 240 rub
RAF COFFEE 280 rub
ICE COFFEE 240 rub

TEA

ASSAM 180 rub
EARL GREY 180 rub
SENGHA 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 240 rub
FARM CURD WITH FRUITS AND CONDENSED MILK 360 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 180 rub
HOME-STYLE CREAM CAKE 160 rub
HONEY CAKE WITH PRUNE 180 rub
"NAPOLEON" CAKE WITH FRESH BERRIES 340 rub
CREAM PUFF 120 rub
ECLAIR 120 rub
PANNA COTTA 220 rub
GANACHE WITH SOUR CREAM AND BERRIES 180 rub
RESPBERRY TRIFLE 160 rub

ICE-CREAM

THREE SCOOPS OF ICE CREAM 240 rub
vanilla / chocolate
ICE-CREAM TOPPINGS:
"CARAMEL&PECAN" 180 rub
"CHOCOLATE&CHERRY" 120 rub
"BERRIES" 180 rub
SORBET 100 rub

MILK SHAKES

VANILLA 280 rub
BANANA 280 rub
CHOCOLATE 320 rub
STRAWBERRY 320 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
TOMATOES WITH RED ONION AND CILANTRO 280 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
BURRATA WITH TOMATO 620 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

BORSCHT hot / cold 260 rub
SORREL SOUP 220 rub
CHICKEN SOUP 220 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

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.