

WE BELIEVE IN HUMAN BEINGS AND THEIR DIVERSITY

RULES OF LIFE

On weekdays our doors are open from 9 a.m. till midnight

Weekends at Teplo start at 11 a.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., weekends 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 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

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 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, STRAWBERRIES AND 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 HOMEMADE GRANOLA AND BAKED MILK 180 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 FENNEL AND BLACK PEPPER 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 MOZZARELLA 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

FRIED EGGPLANT WITH MOZZARELLA AND TOMATO

420 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

PUMPKIN SOUP 280 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.