



Ω – mark means that meal can be cooked as **vegan**

β – mark means that the meal are **gluten free**

Ÿ – mark means that meal is **raw**

Δ – **sugar free dish**

Ö – **spicy dish**

Dear guests, if you have any food allergies, please inform your waiter/waitress.

This is a presentation material, you can ask the waiter or administrator for the menu

BREAKFAST

daily from 8:00 to 12:00

Organic dairy porridge with cow's milk*:

- quinoa with chia seeds	200	95.00
- semolina with flax seeds	200	95.00
- oatmeal with flax seeds	200	95.00

*lactose-free/soy/almond/coconut milk available

Δ Granola with mint avocado mousse	230	210.00
Ω Belgian waffles with ginger and berry sauce	100/100	200.00
Belgian waffles with cream cheese, black chia caviar, guacamole and sun-dried tomatoes	250	240.00
Belgian waffles with ginger and berry sauce and cheese mousse	100/80/80	230.00
Vegetarian cheese scramble with crispy toasts and avocado	250	240.00
Ω Vegan tofu scramble with crispy toasts and avocado	280	240.00
Cheese pancakes with banana	200/40	170.00
Ω Coconut cheese-pancakes with mango-coconut sauce	180/40	195.00
Curd dumplings with mango sauce	200	170.00

BURGER-ROLL MENU

βΩ Fish burger with crispy apple rings

270/30 285.00

Ω Hamburger with sweet potato fries

220/90/30 285.00

Ω Cheeseburger with sweet potato fries

270/90/30 295.00

Roll-sandwich with paneer
and pesto sauce

280/30 225.00

Roll-sandwich with smoked tofu
and avocado

280/30 225.00

MENU

Starters and salads

βΩ Mix salad with soy bacon, tomatoes, pesto sauce and wasabi	250	270.00
βΩ Pickled beetroot carpaccio with cashew cream and arugula	250	255.00
β Green mix with soft cheese and ginger-spicy pear	250	260.00
βΩ Warm salad with baked fennel, bell pepper, miso eggplant and sesame sauce	250	270.00
β Set with warm tofu and eggplant pates, hummus, vegetables and tortilla	100/100/120 /30	265.00
ŶβΩ Green roll in nori with kale and mango, avocado and broccoli	250	265.00
Ω Bowl with broccoli, mango, avocado, soba and edamame beans	240/40	285.00
βΩ Grilled salad with sweet potato, avocado, bell peppers and jerked tomatoes	250	280.00
βΩ Salad with avocado, bamboo, pecans and mango sauce	240/50	280.00
βΩ Mung bean salad with avocado and tomatoes	220	260.00
Ω Olivie with avocado and sweet potato with soy mayonnaise	200	280.00
βΩ Onigiradzu – sandwich with tofu, sweet potato hummus and avocado	220/40	260.00

First courses

Ω Solyanka	280/30	195.00
Creamy pumpkin soup with paneer	280	190.00
Ω Creamy broccoli and spinach soup	280	195.00
ÖΩ Tom Yum sea soup	280	195.00
βΩ Indian dal	280	180.00

Hot appetizers and main courses

β Risotto with tomatoes and smoked olives	250	255.00
Creamy pasta with greens, edamame beans, green peas and mint	250	260.00
β Chicken Kiev in black sesame with sweet potato puree	250/100	290.00
βÖΩ Crispy cauliflower with grilled broccoli and hot sauce	250/40	270.00
βΩ Eggplant with miso glaze, cashew cream and fermented tomatoes	250	270.00
β Crispy olives with coat cheese, smoked carrots and cashew cream	280	250.00
ÖΩ Grilled Broccoli with Spicy Curry	260	240.00
ÖβΩ Spicy tofu with sweet potato puree and pickled kumquat	150/100	275.00
Ω Soba with vegetables and crispy tofu	300	260.00
ÖβΩ Baked sweet potatoes with edamame beans and smoked curry	260	270.00

βΩ Eggplant with paneer and tomatoes
(optional with paneer or tofu) 220/30 260.00

βΩ Panikesh with cashew nuts (your choice of side
dish)
(optional with paneer or tofu) 220/100 240.00

Ω Paneer in nori seaweed on vegetable julienne
(optional with paneer or tofu) 120/80/20 260.00

Baked Pita with cheese 200/40 210.00

Samosas with spinach and paneer 180/30/30 230.00

Choice of side dish:

βΩ quinoa 100 90.00

βΩ rice noodles 100 90.00

Desserts

«The Day of Happiness» chef's special cake 130 185.00

ΔβΩ Chocolate cashew tart 140/30 190.00

Ω Spicy Rochester pear on date roasted nuts 200 195.00

Ω Carrot cake on crispy bizet with berry sauce 180 185.00

⊗ΔβΩ Mango-strawberry cashew tart 140 190.00

Δβ Dessert of seventh chakra 140/30 190.00

Cheese pancakes with banana 200/40 170.00

ΔΩ Napoleon cake with mango - passionfruit cream 180 195.00

Choice of sweets:

kerob bar with hazelnuts	30	40.00
truffle&nut /cream marzipan/sesame&coconut	35	40.00
Ö salted-sharp with almonds and carob	35	40.00
βΩ chocolate date-hazelnut/ prunes in chocolate	30	40.00
ÿΔβΩ ginger truffle	30	40.00

Sauces

βΩ Smoked coconut curry	40	45.00
ÖβΩ Tomato chutney	40	45.00
βΩ Sweet chili	40	45.00
β Honey- mustard	40	45.00
β Pesto	40	45.00
Ω Teriyaki	40	45.00

Bread

Yeast free bread with basil butter	70/40	45.00
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Drinks list

Hot berry-ginger drinks

Raspberry-cranberry	220	90.00
Sea buckthorn- mango	220	90.00

Ginger tinctures

Rochester Ginger (ginger, raisins, primrose, elderberry, lemon juice, caramel)	100	80.00
Rochester Ginger Light (ginger, apple juice, lemon juice, caramel)	100	80.00
Rochester Organic (elderberry, apple juice, blackcurrant juice, lemon juice, natural orange oil, spice mixture)	100	80.00
Rochester Dark Ginger (ginger, lemon juice, caramel)	100	80.00

Kombucha

Bergamot – hamp seeds	330	90.00
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Immunomodulate cocktails

Immunobooster (honey / agave / fresh ginger / fresh / lemon)	40/40/15	90.00
Vitgrass with Anchan and lime (wheat germ, Anchan, lime)	40/40/20	80.00
Cachew – mango (mango, cachew nuts, banana, hamp seeds, agave syrup)	230	105.00
Vitgrass – kiwi (juice of wheat germ, kiwi, orange, apple, agave syrup)	230	105.00
Grape kale (grapefruit, kale, mango, banana, coconut cream)	230	105.00
Detox (spinach, mint, celery, kiwi, apple)	230	105.00
Green mix (celery, spinach, cucumber, arugula, ginger, lemon)	230	105.00

Delight (banana, raspberry, soya milk, spirulina, agave syrup) 230 105.00

Shamrock (matcha green tea, mint, banana, agave, coconut milk) 230 105.00

Amrita (raspberry, mango, chia, spirulina, agave syrup, banana, soya milk) 230 105.00

Green (agave, orange, apple, spirulina) 230 105.00

Double green (spirulina, chlorella, orange, banana, lime, agave syrup) 230 105.00

Fruit Smoothie

Orange - mango – coconut – banana 230 105.00

Orange - mango – kiwi – lemon 230 105.00

Pineapple – mango – banana – coconut 230 105.00

Orange – banana – pineapple – raspberry 230 105.00

Agave – coconut – orange – pineapple 230 105.00

Choice of fresh juices (apple / carrot / celery / beetroot) 220 100.00

Choice of fresh juices (lemon / orange / grapefruit) 220 105.00

Special herbal teas

Thyme-sage-marigold (thyme, sage, marigolds, currant leaves, goji berries)	600	120.00
Rose-thyme-melissa (rose, thyme, melissa, goji berries)	600	120.00
Lemongrass-anise-sage (lemongrass, anise, sage, melissa, fresh orange, goji berries)	600	120.00
Lavender- hypericum –raspberry (lavender, hypericum, raspberry leaves, linden, chamomile, goji berries)	600	120.00
Linden-ginger-mint (linden, fresh ginger, mint, lemongrass, black pepper peas)	600	120.00

Hot Drinks

Ginger-grape mulled wine	220	80.00
Special tea with honey (cloves, ginger, cardamom, thyme, marjoram, lemon)	400/30	80.00
Ginger tea	220	70.00
Cocoa (milk of choice)	220	75.00
Matcha-Latte with agave syrup (milk of choice)	200/20	120.00
Tea masala (milk/soy milk)	220	80.00
Morschynska (still /light sparking water)	500	55.00
Borjomi water	500	70.00

«Just» wine / Germany / white / red / semi-sweet (non-alcoholic)	100	65.00
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«Just» wine / Germany / white / red / semi-sweet (non-alcoholic)	750	450.00
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Sparkling wine «Just» Germany / white / semi-sweet (non-alcoholic)	750	450.00
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Tea

Buckwheat tea	600	110.00
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Blue Anchan Butterfly	600	80.00
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Classic Green Tea	600	80.00
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Jasmine Green Tea	600	80.00
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Milk oolong tea	600	80.00
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Oolong tea Te Ghuanin 2	600	80.00
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Black Tea Shu Pu-Erh	600	80.00
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Black Tea Dian Hong	600	80.00
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Earl Grey Tea	600	80.00
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Alpine Meadow (herbal blend)	600	80.00
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«Honey» chamomile (herbal blend)	600	80.00
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Lemongrass – mint – ginger (herbal blend)	600	80.00
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Linden-melissa (herbal blend)	600	80.00
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Coffee

Capuorange	200	125.00
Espresso (spices are optional)	40	55.00
Americano (spices are optional)	120	55.00
Americano with milk	120/50	65.00
Cappuccino	150	65.00
Latte	200	70.00
Americano with milk / Cappuccino / Latte (with lactose-free /soya/ almond/coconut/ oat milk)	170/150/ 200	90.00