


Plaza Garden ^{Cafe} Menu

BREAKFAST

 **PLAZA GARDEN COUNTRY-STYLE OMELETTE**
with Vienna sausages, mushrooms, fried potatoes, tomato and cheese

- with 2 eggs (300 g) **500**
- with 3 eggs (300 g) **520**

 **PLAZA GARDEN COUNTRY-STYLE FRIED EGGS**
with Vienna sausages, mushrooms, fried potatoes, tomato and cheese

- with 2 eggs (270 g) **500**
- with 3 eggs (270 g) **520**

SUNNY SIDE UP EGGS

- with 2 eggs (84/63 g) **270**
- with 3 eggs (126/18 g) **300**

SCRAMBLED EGGS

- with 2 eggs (106 g) **280**
- with 3 eggs (158 g) **310**



OMELETTE

- with 2 eggs (110/63 g) **360**
- with 3 eggs (165/63 g) **390**

omelette / fried eggs fillings

- bacon (30 g) **70**
- ham (30 g) **70**
- Vienna sausage (48 g) **70**
- cheese (30 g) **70**
- tomatoes (30 g) **70**
- sweet pepper (30 g) **70**
- mushrooms (30 g) **70**
- onions (30 g) **70**

FRIED QUARK PANCAKES (150/10 g) **370**
served of Your choice with:

- raspberry jam (60 g) **70**
- condensed milk (70 g) **70**
- sour cream (60 g) **70**
- honey (60 g) **70**

OATMEAL PORRIDGE (230 g) **250**

MILLET PORRIDGE
with pumpkin (210 g) **260**

HOMEMADE PANCAKES (150 g) **200**
served of Your choice with:

- sour cream (60 g) **70**
- honey (60 g) **70**
- smoked trout (50 g) **370**
- red caviar (50 g) **600**

HOMEMADE PANCAKES

- with condensed milk (3 pcs/80 g) **270**
- with cottage & sour cream (170/35 g) **290**

APPETIZERS

FISH TARTAR
served on wheat bread crouton with a layer of cream cheese, cherry tomatoes and basil


- tuna (200/4 g) **690**
- salmon (200/4 g) **690**

HERRING WITH BUTTER FRIED POTATOES
and creamy mustard sauce (100/118/50 g) **450**

CHEESE PLATE WITH CRACKERS AND HONEY
grana padano, gorgonzola, brie, butch cheese (150/20/25 g/3 pcs) **680**

HOMEMADE CURED PORK FAT
with toasts of borodinsky dark brown bread and dijon mustard (50/45/4/30 g) **300**

SALADS

 **PLAZA GARDEN CAESAR SALAD**
with romaine and rucola mix and black bread croutons served of Your choice:

- with chicken (100/180/105 g) **780**
- with shrimps (180/150 g/5 pcs) **900**

SALAD WITH TIGER PRAWNS, CRAB MEAT, AVOCADO, RUCOLA AND CHERRY TOMATOES
with tobiko caviar and wasabi cream sauce (228 g) **950**

VINE-RIPENED TOMATOES AND BRYNDZA CHEESE SALAD
with fresh spinach and olive oil (215 g) **660**

SWEET TOMATOES WITH YALTA ONIONS
dressed with mustard oil (177 g) **570**

OLIVIER SALAD WITH TURKEY (224 g) **450**

BURRATA CHEESE WITH UZBEK TOMATOES & RUCOLA,
with balsamic cream-sauce and lemon-honey dressing (270 g) **720**

BAKED VEGETABLE SALAD
with eggplants, bell peppers, uzbek tomatoes, fresh spinach, green pea sprouts, cilantro & circassian cheese (245 g) **620**

WARM SALAD WITH GRILLED SQUIDS
avocado, uzbek tomatoes, cucumbers, bell pepper, quinoa and teriyaki-lime sauce (270 g) **700**

COUNTRY-STYLE VEGETABLE SALAD
with mustard oil (210 g) **480**

CHICKEN LIVER SALAD
with vegetables and Ranch sauce (230 g) **540**

HERRING AND BEET SALAD (180 g) **400**

SANDWICHES

 **CLUB SANDWICH**
with turkey, bacon and ham, served with French fries and pickles (500/75/30/70/40 g) **850**

BEEF SANDWICH
with cucumber, tomatoes and cheddar cheese (235 g) **400**

PANINI
with ham, fried egg, tomato, cheese and French fries (350/130 g) **650**

SANDWICH WITH SMOKED TROUT
and tartar sauce (180 g) **470**

BRUSCHETTA



BRUSCHETTA WITH PARMA HAM
mozzarella and tomatoes (124/2 g) **270**

BRUSCHETTA WITH AVOCADO AND TIGER SHRIMPS,
creamy cheese, caperberries, cherry tomatoes (100 g) **360**

 **PLAZA GARDEN SIGNATURE DISH**

 **CHEF'S DISH**

 **VEGETARIAN**

NEW NEW DISH

 **SPECIAL OFFER**

All prices are in Russian Rubles including 20% VAT.

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SOUPS

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| CHICKEN SOUP WITH NOODLES | (50/310/2 g) | 380 |
| PORCINI MUSHROOM SOUP | (400/1 g) | 430 |
| BORSCH with beef and sour cream | (25/250/20 g) | 450 |
| TRADITIONAL TOM KHA served with rice and Your choice of: | | |
| • chicken | (342/50 g) | 400 |
| • tiger prawns | (3 pcs/285/50 g) | 550 |
| NEW VIENNESE GOULASH SOUP | (250/30 g) | 440 |

PASTA

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|---|--------------|-------------|
| BLACK LINGUINE with fillet of sea scallops, tiger prawns and fillet of salmon | (300 g/1 pc) | 1300 |
| PASTA TORTIGLIONI with veal, porcini, edible peas in creamy sauce | (290/10 g) | 640 |
| SPAGHETTI CARBONARA with bacon, ham, champignons in creamy sauce and parmesan | (330 g) | 560 |
| SPAGHETTI BOLOGNESE with minced meat in tomato sauce and parmesan | (340 g) | 510 |

PELMENI

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| CROWN HOMEMADE RUSSIAN PELMENI with beef and pork in chicken consomme served with sour cream and parmesan | (180/25/18 g) | 500 |
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DESSERT

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|---|---------------|------------|
| CROWN APPLE STRUDEL with vanilla ice cream, honey and caramel sauce | (135/50/15 g) | 550 |
| HOMEMADE PANCAKES with apple, cinnamon and vanilla sauce | (295/30 g) | 460 |
| CROWN BERRIES MOSAIC blueberry, strawberry, raspberry, physalis and Passion fruit sauce | (110 g) | 650 |
| CHOCOLATE FONDANT with vanilla ice cream | (150 g) | 500 |
| ICE CREAM 1 scoop of Your choice: strawberry, chocolate, vanilla, pistachio, tiramisu | (50 g) | 200 |
| SORBET 1 scoop of Your choice: mango, passion fruit & mango, raspberry & strawberry, lemon & lime | (50 g) | 200 |

SIDES

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|---|--------------|------------|
| BUCKWHEAT fried with onions and mushrooms served with sauce of Your choice: | | |
| • mushroom cream sauce | (200/2/40 g) | 400 |
| • sun dried tomato sauce | | |
| LEAF GRILLED VEGETABLES bell peppers, tomatoes, zucchini | (172 g) | 380 |
| PAN FRIED POTATOES with mushrooms | (200 g) | 430 |
| MASHED POTATOES | (200 g) | 250 |
| FRENCH FRIES | (150 g) | 200 |
| LEAF RICE WITH VEGETABLES | (200 g) | 250 |

MEAT MAIN COURSE

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|---|------------------|------------|
| CROWN STEAK OF BEEF served with porcini risotto | (126/150/15 g) | 900 |
| BEEF STROGANOV with mashed potatoes and pickles | (140/172 g) | 770 |
| CROWN HOMEMADE BEEF AND PORK CUTLETS served with fried potato slices, cherry tomatoes and tomato cream sauce | (110/122/25 g) | 600 |
| ROASTED CHICKEN FILLET with wild mushrooms in creamy sauce served with mashed potatoes | (190/110 g) | 700 |
| CHICKEN LEG STEAK served with with mashed potatoes and sweet chili sauce | (100/30/150/3 g) | 550 |
| CHICKEN CUTLET POZHARSKAYA with buckwheat and sauce of Your choice: | | |
| • sun dried tomato sauce | | |
| • mushroom cream sauce | (145/105/2/40 g) | 520 |
| LIVER STROGANOFF accompanied with creamy sauce & mashed potatoes | (150/150/15 g) | 610 |
| GRILLED CHICKEN BREAST with avocado, uzbek tomatoes, baked bell pepper and edible peas | (260 g) | 480 |

FISH MAIN COURSE

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| CROWN GRILLED SALMON STEAK with White wine sauce and rice in oyster sauce | (289/17 g) | 990 |
| CROWN GRILLED TUNA with buckwheat noodles and stir fried vegetables with oyster sauce | (150/220 g) | 970 |
| CODFISH PATTIES with vegetable ragout, eggplants, bell peppers, champignons and curry sauce | (125/37/15 g) | 780 |
| FILLET OF MEDITERRANEAN SEA BASS with vegetable sauté and basil dressing | (1 pc/85/15/2 g) | 580 |

FITNESS MENU

-10% with WTC FITNESS member card for all menus at Plaza Garden Cafe

SALADS

Cellulose to boost metabolism

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|---|-------|------------|
| Mixed-salad with avocado, Uzbek tomatoes, pine nuts and balsamic dressing | 220 g | 630 |
| Green salad with chicken fillet, green beans, cucumbers and satay sauce | 260 g | 540 |

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| 200,5 kcal, pro - 4,2 g, fat - 15,4 g, carbs - 11,2 g | | |
| 378,0 kcal, pro - 35,6 g, fat - 23,7 g, carbs - 6,0 g | | |

OILS & SAUCES

Good fats to uph activity level

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|--|------|-----------|
| Olive oil | 20 g | 70 |
| 165,4 kcal, pro - 0 g, fat - 18,2 g, carbs - 0,4 g | | |
| Pumpkin seed oil | 20 g | 70 |
| 178,2 kcal, pro - 0 g, fat - 19,8 g, carbs - 0 g | | |

MAINS

Proteins to build muscles

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|--|-------|------------|
| Grilled tuna | 117 g | 650 |
| 141,5 kcal, pro - 33,1 g, fat - 1,3 g, carbs - 0 g | | |
| Grilling calamari | 139 g | 430 |
| 241,6 kcal, pro - 39,6 g, fat - 9,2 g, carbs - 0 g | | |
| Boiled beef medallions | 124 g | 670 |
| 257,4 kcal, pro - 45 g, fat - 8,6 g, carbs - 0 g | | |
| Boiled chicken breast | 93 g | 320 |
| 140,5 kcal, pro - 29 g, fat - 2,7 g, carbs - 0 g | | |

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|--|------|-----------|
| Linseed oil | 20 g | 70 |
| 171,8 kcal, pro - 0,1 g, fat - 19 g, carbs - 0,1 g | | |
| Tomato sauce with sun-dried tomatoes | 40 g | 70 |
| 31,9 kcal, pro - 1,0 g, fat - 1,6 g, carbs - 3,3 g | | |

SIDES

Carbs to get energy

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|--|-------|------------|
| Fresh spinach | 50 g | 300 |
| 11,2 kcal, pro - 1,5 g, fat - 0,2 g, carbs - 1,0 g | | |
| Buckwheat noodles | 120 g | 100 |
| 167,5 kcal, pro - 7,1 g, fat - 0,4 g, carbs - 33,8 g | | |
| Steamed rice | 150 g | 100 |
| 284,4 kcal, pro - 7,4 g, fat - 2,0 g, carbs - 59,2 g | | |

Pro - proteins, fat - fats, carbs - carbohydrates

RECOMMENDED BY

WTC FITNESS FITNESS-DOCTOR

CROWN PLAZA GARDEN SIGNATURE DISH

CROWN CHEF'S DISH

LEAF VEGETARIAN

NEW NEW DISH

STAR SPECIAL OFFER

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