



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

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

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

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

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

BUCKWHEAT fried with onions and mushrooms served with sauce of Your choice:		
• mushroom cream sauce	(200/2/40 g)	400
• sun dried tomato sauce		
VEG 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
VEG RICE WITH VEGETABLES	(200 g)	250

MEAT MAIN COURSE

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

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

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

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

Olive oil	20 g	70
Pumpkin seed oil	20 g	70

165,4 kcal, pro - 0 g, fat - 18,2 g, carbs - 0,4 g
178,2 kcal, pro - 0 g, fat - 19,8 g, carbs - 0 g

MAINS

Proteins to build muscles

Grilled tuna	117 g	650
Grilling calamari	139 g	430
Boiled beef medallions	124 g	670
Boiled chicken breast	93 g	320

141,5 kcal, pro - 33,1 g, fat - 1,3 g, carbs - 0 g
241,6 kcal, pro - 39,6 g, fat - 9,2 g, carbs - 0 g
257,4 kcal, pro - 45 g, fat - 8,6 g, carbs - 0 g
140,5 kcal, pro - 29 g, fat - 2,7 g, carbs - 0 g

SIDES

Carbs to get energy

Fresh spinach	50 g	300
Buckwheat noodles	120 g	100
Steamed rice	150 g	100

11,2 kcal, pro - 1,5 g, fat - 0,2 g, carbs - 1,0 g
167,5 kcal, pro - 7,1 g, fat - 0,4 g, carbs - 33,8 g
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

VEG VEGETARIAN

NEW NEW DISH

STAR SPECIAL OFFER

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