



МАРИ VANNA

по-домашнему...

# SALADS

沙拉

## Tomato salad



SALAD WITH TOMATOES, 270/2g 650  
AVOCADO AND KING CRAB  
WITH SOUR CREAM

番茄、牛油果、红王蟹沙拉配酸奶油



LIVER CODFISH A LA MURMANSK WITH ONION AND QUAIL EGG 200/35g 420

摩尔曼斯克式鳕鱼肝配葱和鹌鹑蛋

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CRIMEAN TOMATOES 220g 320  
SALAD WITH RED ONION

南方番茄、红葱、罗勒沙拉



DRESSED HERRING 290/4g 350

皮袄鲱鱼



VINEGRED WITH BALTIC SPRAT

香料黍鲱甜菜沙拉

300/25/5g 350



ARUGULA WITH CRAYFISH TAILS AND BAKED PUMPKIN 135g 450

虾肉、烤南瓜芝麻菜沙拉



MIMOSA SALAD 230/35g 390

煮蔬菜、鸡蛋“含羞草”沙拉



OLIVIER WITH BOILED VEAL 280/30g 390

煮牛肉俄式沙拉

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COLD  
STARTERS

冷开胃菜



VEAL TONGUE

100/30/30g 490

牛舌头



COLD BOILED PORK 100/30/30g 390  
WITH ONION HUSK  
WITH GARLIC

大蒜葱皮白肉



MURMAN  
MARINADE CODFISH

210g 420

腌鳕鱼

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CHICKEN LIVER PATE WITH RASPBERRY AND BASIL

80/25/35g 3 60

鸡肝酱配覆盆子和罗勒



TONGUE WITH COHO SAUCE WITH NUTS

50/40g 4 40

牛舌头加银大麻哈鱼酱与坚果



ROSTOV LARD WITH BORODINSKY BREAD

100/50/10g 3 60

熏鸡肉、虾肉俄式沙拉



SLICED FROZEN ELK MEAT WITH HARD CHEESE

80/20g 6 50

驼鹿肉片



AUBERGINE PASTE

150/25g 2 60

茄子酱



OOLUTOR HERRING  
WITH BAKED POTATO AND YALTA ONION

100/150/40g 390

大西洋鲱鱼配烤土豆和南方葱



SIBERIAN OMUL

80/25g 550

秋白鲑

LADOGA WHITEFISH

80/25g 550

白鱼

MURMANSK SALMON

80/25g 550

摩尔曼斯克三文鱼



SMOKED MUXUN  
WITH LIGHTLY-SALTED  
CUCUMBERS

90/80/60g 550

熏穆森白鲑配轻腌黄瓜



BEEF GALANTIE  
(BEEF JELLY) WITH MUSTARD

210/30g 450

牛尾巴肉冻配芥末



FILLETED LADOGA PIKE

90/50/30g 320

狗鱼配辣根酱

# PICKLES

泡菜



LIGHTLY-SALTED  
RED TOMATOES 120g 290

轻腌红番茄

SALTED CUCUMBERS  
FROM BARREL 140g 290

大桶泡黄瓜

LIGHTLY-SALTED  
CUCUMBERS WITH GARLIC 140g 290

轻腌黄瓜配大蒜



MARINATED CEPS 100g 590

泡牛肝菌



LIGHT-SALTED CABBAGE 140g 290  
WITH HORSE RADISH  
AND CRANBERRY

轻腌白菜配辣根酱和蔓越莓

SAUERKRAUT 140/10g 290  
WITH KUBAN OIL

酸白菜配库班油



SALTED WHITE MILK 130/3g 550  
MUSHROOMS

泡白乳菇

SALTED SAFFRON 130g 550  
MILKCAP

泡松乳菌

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PANCAKES  
薄饼



SLIM WHEATEN PANCAKES 105/50g 150  
小麦薄饼



RYE FRITTERS 180/50g 230  
黑麦油炸饼



FLUFFY GURYEV SOUR MILK PANCAKES 160/50g 210  
酸牛奶松软饼



PANCAKES WITH BUCKWHEAT PORRIDGE AND LIVER 230g 390  
酸牛奶松软饼

PANCAKE WITH CRAB AND BUTTER CREAM 230g 750  
螃蟹奶油薄饼

PANCAKES WITH HOMEMADE CHEESE 180g 390  
家常奶酪薄饼



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# PATTY

烤馅饼

- WITH CALF HEART 30g 100  
牛心脏馅
- WITH CABBAGE 30g 100  
白菜馅
- WITH ONION AND EGG 30g 100  
鸡蛋葱馅
- WITH APPLE 30g 100  
苹果馅
- WITH POTATOES 30g 100  
肉饼配土豆

# CAVIAR FOR 10G

鱼子酱10克

- STURGEON ROE 10/15/30g 490  
鲟鱼
- STERLET ROE 10/15/30g 1500  
小体鲟
- SALMON ROE 10/15/30g 250  
三文鱼
- PIKE ROE 10/15/30g 130  
狗鱼

PELMENI  
AND  
VARENIKI

饺子和素馅饺子



SIBERIAN DUMPLINGS 200/50g 450

西伯利亚饺子



DUMPLINGS  
WITH SALMON  
AND FISH SOUP

200/150/3g 690

三文鱼饺子配鱼汤



VARENIKI WITH  
POUNDED POTATOES  
AND BOLETUS

210/25/50g 390

土豆牛肝菌馅饺子



VARENIKI WITH CHERRY  
AND VOLOGDA BUTTER

210/50g 390

樱桃馅饺子配沃洛格达黄油

HOT  
STARTERS  
热开胃菜



VEGETABLE MARROW FRITTERS WITH SLIGHTLY-SALTED SALMON 130/40/50g 650  
西葫芦油炸饼配轻腌三文鱼



CRAB JULIENNE / JULIENNE WITH CHICK AND PORCINI MUSHROOMS 160/25g 190/25g 790 / 550  
螃蟹炖菜 / 鸡肉牛肝菌炖菜



HOMEMADE CABBAGE ROLLS WITH SOUR CREAM 200/50g 310  
家常肉馅白菜卷加酸奶油



CALF KIDNEYS WITH SOUR CREAM BRINE 180/25g 430  
牛腰子配盐汤和酸奶油



GURIEV PORRIDGE WITH PORCINI MUSHROOMS 320g 420  
奶油碎麦米粥加牛肝菌



CRISPY PATTY WITH DUCK AND APPLE 100/50g 390  
鸭肉脆皮面包

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SOUPS  
汤



GREEN CABBAGE SOUP WITH CHICK AND QUAIL EGG 350/50g 330  
鸡肉、鹌鹑蛋绿白菜汤



FISH SOUP FROM PIKE PERCH AND SALMON 380g 460  
梭鲈与三文鱼汤



BORSCH WITH BEEF 430/50/50g 390  
牛肉红菜汤

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MUSHROOM SOUP WITH PEARL BARLEY

350/50g 4 90

大麦米蘑菇汤



RASSOLNIK WITH CALF KIDNEYS

300/50g 3 80

酸黄瓜肉汤加牛犊肾脏



PEA SOUP ON SMOKED PORK KNUCKLE

300/25g 3 60

熏猪肘豌豆汤



CHICKEN BOUILLON WITH HOMEMADE NOODLES

350g 2 90

家常面条鸡肉汤



BEEF BROTH WITH MEAT PIE

150/250g 4 50

牛肉汤肉馅饼

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# HOT DISHES

热菜



FARM CHICKEN 400/110g 970  
FROM OVEN WITH CRIMEAN  
TOMATO SALAD

整个烤鸡



FILLET MIGNON 170/50g 2990  
WITH FOIE GRAS  
AND MADEIRA SAUCE

菲力牛排与肥鸭肝加马德拉酒酱



MILK PIGGY 150/180/40/30g 1590  
WITH BUCKWHEAT  
PORRIDGE

小猪肉配荞麦粥



LAMB RIBS 150/180/40g 1690  
WITH BAKED  
VEGETABLES

羊羔肋肉配烤蔬菜

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FRIED CARP 140/180/50g 850  
IN SOUR CREAM AND  
BUCKWHEAT PORRIDGE

酸奶油煎鲤鱼配荞麦粥



FISH KULEBYAKA 350g 990  
WITH SMOKED SOUR  
CREAM AND SALMON ROE

鱼馅烤饼配熏酸奶油和三文鱼鱼子酱



ASTRAKHAN STERLET COMPLETELY BAKED 450/200/80g 2990

整烤小体鲟



ZANDER \*ORLY\* 160/200/35g 930  
WITH MUSTARD PUREE

酥炸梭鲈配芥末泥



BEEF STROGANOFF 165/180/60g 890  
WITH FRIED POTATO

俄式炒牛肉配煎土豆



QUAIL IN HONEY 180/80g 720  
CRUST WITH PEAR

蜂蜜脆皮鹌鹑配梨

# CUTLETS

## 肉饼



PIKE CUTLETS 150/190g 690  
WITH CELERY PUREE

狗鱼饼配芹菜泥



HOMEMADE CUTLETS 150/200/80g 590  
WITH TOMATO SAUCE  
AND PICKLE CUCUMBER

家常肉饼配番茄酱和泡黄瓜



KIEV CUTLETS WITH 180/200/5g 790  
MASHED POTATOES AND LINGONBERRY

基辅式鸡肉饼配土豆泥和越橘



POTATO ZRAZY 240/50g 350  
WITH MUSHROOM SAUCE

马铃薯波兰肉卷蘑菇酱



DUCK CUTLETS 150/170/45g 790  
WITH BRAISED SAUERKRAUT

鸭肉饼配焖酸白菜



POZHARSKY CUTLETS 170/180/40g 690  
WITH BAKED POTATO

酥炸禽肉饼配烤土豆

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SIDE  
DISH  
配菜



MASHED POTATOES 200g 120  
土豆泥



BAKED VEGETABLES 240g 370  
烤蔬菜



FRENCH FRIES 150g 150  
薯条



BREAD BASKET 140/40/35g 150  
面包大盘



BUCKWHEAT PORRIDGE WITH BUTTER 200g 120  
荞麦粥配黄油



BRAISED CABBAGE 160g 150  
焖白菜

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# DESSERT

## 甜食



CASTLE RUINS

130g 390

“伯爵的宫殿遗址”传统酸奶油蛋糕



HONEY CAKE

130g 390

蜂蜜蛋糕



COTTAGE CHEESE  
PANCAKES WITH  
HOMEMADE SOUR CREAM

180/50g 350

奶渣饼配家常酸奶油

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SOUR CREAM CAKE

220g 390

酸奶油蛋糕



ICE CREAM: 50g 100  
VANILLA/CREME BRULEE/CHOCOLATE

冰淇淋：香草 / 焦糖奶油 / 巧克力

SORBET: 50g 100  
MANGO/LIME/COWBERRY/RASPBERRY

冰糕：芒果 / 青柠 / 越橘 / 覆盆子



SEASONAL FRUITS/BERRIES

700g 990

*(Ingredients may vary from season to season. Ask your waiter for the details)*

季节水果/浆果



NAPOLEON

140g 390

拿破仑蛋糕



RHUBARB PIE

130/50g 390

大黄大馅饼

# ENERGY VALUE OF THE DISHES

SALADS	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Olivier with boiled veal	280/30	28	50	24	664
Vinegred with baltic sprat	300/25/5	10	4	26	180
Crimean tomato salad with red onion	220	2	1	16	86
Liver codfish a la Murmansk with onion and quail egg	200/35	9	11	14	194
Dressed herring	290/4	26	27	29	458
Salad with tomatoes, avocado and king crab with sour cream	270/2	14	7	15	172
Arugula with crayfish tails and baked pumpkin	135	7	16	3	182
Mimosa salad	230/35	21	33	22	470
COLD STARTERS	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Oolutor hering with baked potato and Yalta onion	100/150/40	22	4	27	224
Filletted Ladoga pike	90/50/30	25	7	17	233
Smoked muxun with lightly-salted cucumbers	90/80/60	24	5	23	235
Beef galantie (beef jelly) with mustard	210/30	54	16	7	388
Chicken liver pate with raspberry and basil	80/25/35	23	7	16	250
Cold boiled pork with onion husk and garlic	100/30/30	42	37	13	553
Sliced frozen elk meat with hard cheese	80/20	50	15	6	344
Rostov lard with Borodinsky bread	100/50/10	2	90	2	823
Veal tongue	100/30/30	21	13	11	241
Murman marinade codfish	210	30	2	33	264
Aubergine pasten	150/25	23	1	22	187
Tounge with coho sauce with nuts	50/40	24	45	2	507
Salted siberian omul	80/25	19	7	1	88
Salted ladoga witefish	80/25	21	10	1	279
Salted murmansk salmon	80/25	22	6	0	200
PICKLES	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Light-salted cabbage with horseradish and cranberry	140	3	0,5	7	43
Sauerkraut with Kuban oil	140/10	3	0,5	4	33
Lightly salted cucumbers with garlic	140	3	0,5	6	96
Salted cucumbers from barrel	140	3	0,5	5	90
Marinated ceps	100	3	1,5	1	28
Lightly-salted red tomatoes	120	3	0,5	14	72
Salted white milk mushrooms	130/3	3	0,3	4	100
Salted saffron milkcap	130	3	0,3	4	100

PANCAKES	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Slim wheaten pancakes	105/50	7	7	44	370
Rye fritters	180/50	11	10	64	484
Fluffy guryev sour milk pancakes	160/50	8	7	46	390
Pancakes with buckwheat porridge and liver	230	30	13	63	487
Pancake with crab and butter cream	230	15	27	35	490
Pancakes with homemade cheese	180	22	25	34	444
PELMENI AND VARENIKI	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Siberian dumplings	200/50	25	16	48	450
Dumplings with salmon and fish soup	200/150/3	30	8	60	650
Vareniki with pounded potatoes and boletus	210/25/50	21	3	76	570
Vareniki with cherry and Vologda butter	210/50	9	3	75	490
HOT STARTERS	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Julienne with chick and porcini mushrooms	190/25	19	33	3	487
Crab julienne	160/25	10	24	2	260
Calf kidneys with sour cream brine	180/25	21	24	4	390
Vegetable marrow fritters with slightly-salted salmon	130/40/50	30	10	35	450
Gurev porridge with porcini mushrooms	320	11	40	36	542
Crispy patty with duck and apple	100/50	30	43	70	500
Homemade cabbage rolls with sour cream	200/50	31	14	28	364
SOUPS	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Fish soup from pike perch and salmon	380	21	15	14	270
Borsch with beef	430/50/50	15	6	26	220
Mushroom soup with pearl barley	350/50	22	4	34	280
Chicken bouillon with homemade noodles	350	26	22	10	330
Green cabbage soup with chick and quail egg	350/50	32	24	16	487
Rassolnik with calf kidneys	300/50	44	15	29	421
Beef broth with meat pie	150/250	40	25	58	614
Pea soup rassolnik with calf kidneys	300/25	8	15	12	160
HOT DISHES	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Fish kulebyaka with smoked sour cream and salmon roe	350	46	60	99	1116
Zander "orly" with mustard puree	160/200/35	43	43	49	780

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# ENERGY VALUE OF THE DISHES

HOT DISHES	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Fried carp in sour cream with buckwheat porridge	140/180/50	63	29	81	840
Beef stroganoff with fried potato	165/180/60	41	38	47	690
Farm chicken from oven with Crimean tomato salad	400/110	50	52	9	702
Astrakhan sterlet completely baked	450/200/80	180	27	38	1111
Milk piggy with buckwheat porridge	150/180/40/30	109	19	75	901
Quail in honey crust with pear	180/80	80	38	42	832
Fillet mignon with foie gras and madeira sauce	170/50	51	41	5	588
Lamb ribs with baked vegetables	150/180/40	47	37	32	646
CUTLETS	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Kiev cutlets with mashed potatoes and lingonberry	180/200/5	35	41	45	880
Homemade cutlets with tomato sauce and pickle cucumber	150/200/80	35	42	31	700
Duck cutlets with braised sauerkraut	150/170/45	29	58	28	845
Pozharsky cutlets with baked potato	170/180/40	28	31	34	650
Potato zrazy with mushroom sauce	240/50	18	10	62	407
Pike cutlets with celery puree	150/190	40	27	30	524
SIDE DISH	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Mashed potatoes	200	4	4	27	160
Buckwheat porridge with butter	200	11	3	52	277
Braised cabbage	160	7	5	18	204
French fries	150	5	22	41	384
Baked vegetables	240	13	1	12	170
PATTY	Weight (g)	Protein	Fat	Carbohydrate	Kcal
With calf heart	30	5	1	10	80
With cabbage	30	2	1	11	60
With onion and egg	30	3	1	12	90
With apple	30	1	1	15	70
With potatoes	30	3	1	18	64
BREAD	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Bread basket	140/40/35	1	1	1	240
DESSERT	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Napoleon	140	11	57	57	788

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DESSERT	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Honey cake	130	11	57	57	788
Rhubarb pie	130/50	8	11	59	366
Castle ruins	130	5	32	36	458
Sour cream cake	220	48	54	47	460
Curd pancakes with homemade sour cream	180/50	26	40	40	600
Fruits/berries	700	4,8	2,7	90,5	430
ICE CREAM	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Ice cream	50	3	4	21	124
SORBET	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Sorbet	50			24	100
ASSORTED CHEESE	Weight (g)	Protein	Fat	Carbohydrate	Kcal
		29	45	30	644
SOFT CURED FISH	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Omul	400	19	7	1	188
Whitefish	490	21	10	1	279
Trout	490	21	10	0	186
Murmansk salmon	490	22	6	0	200
CAVIAR	Weight (g)	Protein	Fat	Carbohydrate	Kcal
Sturgeon roe	10	5	1	1	38
Salmon roe	10	5	1	1	43
Pike roe	10	5	1	1	32
Sterlet roe	10	5	1	2	38

The cooking process is accomplished without any food additives, dietary supplements and other ingredients, produced using gene-engineered or modified organisms.

Due to raw materials of various grade delivered by different suppliers, there may be deviations in nutritional and energy value. Due to raw materials of various grade delivered by different suppliers, the product be may contain traces of gluten-containing cereals and lactose received into products in artificial way.

With more detailed information you can find in the price list.

Prices are indicated in rubles including VAT



  
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