THE PARK RESTAURANT

MENU

A LA CARTE

Daily
6.30 a.m.—11 a.m.

dresscode
smart casual

SELECTION OF COLD CUTS

140/30 g

CPFC
389,1 / 21,2 / 32,9 / 2

1 700 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

CHEESE SELECTION

160/80 g

CPFC
610 / 36,1 / 43,4 / 18,7

2 600 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

SELECTION OF FISH

150/30 g

CPFC
384,9 / 36,9 / 20,8 / 12,6

2 200 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

SALMON ROE

50 g

CPFC
117,2 / 15,8 / 6 / 0

3 500 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

MIX SALAD

60 g

CPFC
18 / 1,4 / 0,2 / 2,7

550 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

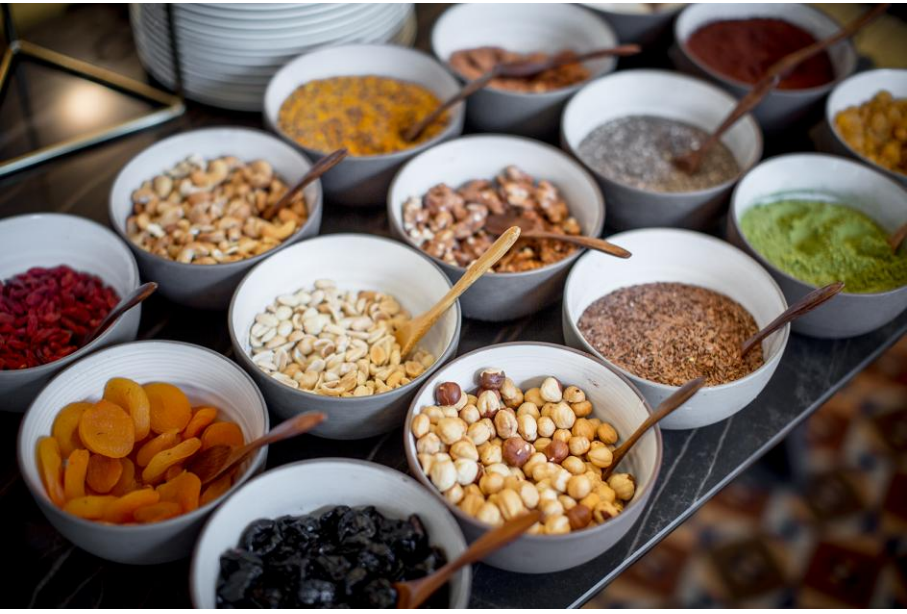
AVOCADO

70 g

CPFC
133,5 / 1,3 / 13,7 / 1,3

500 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS



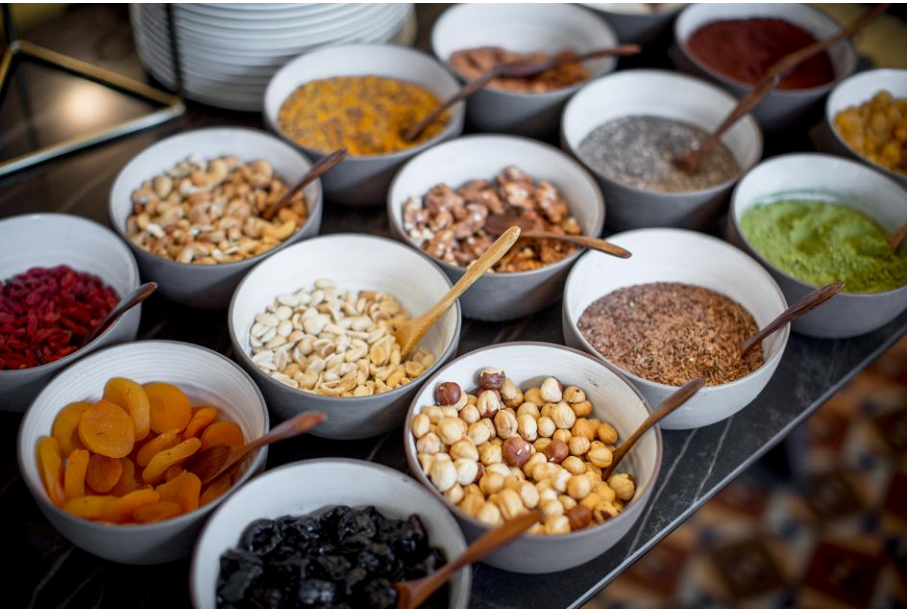
MIX NUTS

100 g

CPFC
628,3 / 17,8 / 56,5 / 12,3

750 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS



DRY FRUITS

100 g

CPFC
239,6 / 2,5 / 0,2 / 57

700 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

FRUIT & GRANOLA SMOOTHIE BOWL

330 g

CPFC
560,1 / 19,4 / 24,2 / 66,4

850 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

BIRCHERMUESLI

300 g

CPFC
521,1 / 14,2 / 22 / 66,5

850 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

SELECTION OF FRESH FRUITS

220 g

CPFC
95,8 / 1,8 / 0,5 / 21

2 200 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

FRUIT SALAD

270 g

CPFC
260 / 2,6 / 1,1 / 60

850 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

CEREALS

choco pops

80 g

CPFC
379 / 8,7 / 4,3 / 72,1

600 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

CEREALS

granola

80 g

CPFC
381,7 / 8,5 / 19 / 44,2

600 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

CEREALS

fitness flakes

80 g

CPFC
370 / 10,5 / 2,1 / 78

600 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

CEREALS

cornflakes

80 g

CPFC
376 / 6,9 / 2,4 / 79,5

600 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

CEREALS

gluten free flakes

80 g

CPFC
371 / 8 / 1 / 80

600 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

PLAIN YOGHURT

120/20 g

CPFC
63,4 / 6,3 / 1,8 / 5,4

400 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

FRUIT YOUGHURT

140/20 g

CPFC
146,7 / 4,2 / 7 / 16

500 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

FOUL MEDAMES

fava beans, lemon juice, onion, olive oil

250 g

CPFC
52,3 / 3,8 / 1,8 / 5,3

850 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

VEGETABLE PARATHA AND RAITA

vegetable stuffed paratha with cheese, served with yogurt

170 g

CPFC
635 / 31,4 / 23,7 / 73,9

850 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

SHAKSHUKA

baked eggs in a rich homemade tomato and red pepper sauce, olive oil, coriander, sumac

220 g

1 100 ₽

CPFC
376,9 / 15,1 / 30,3 / 11

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

HUEVOS LA FLAMENCA

baked eggs, vegetables, tomato sauce, chorizo picante

315/45 g

CPFC
526,8 / 29,5 / 25 / 46,1

1 100 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

HEALTHY BREAKFAST BOWL

poached eggs, avocado, falafel, avocado humus, quinoa, spinach, olive oil

360 g

CPFC
628,1 / 17,3 / 25,1 / 83,2

1 200 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

GLUTEN FREE TAPIOCA CREPES

guacamole, smoked salmon, sour cream, chives

180 g

CPFC
304,9 / 12,4 / 13,3 / 33,8

1 500 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

MILLET PORRIDGE ON WATER

260/20 g

CPFC
267 / 7,6 / 2,2 / 54

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

MILLET PORRIDGE WITH MILK

260/20 g

800 ₽

CPFC
361,1 / 12,6 / 7,1 / 61,4

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

MILLET PORRIDGE WITH ALMOND MILK

260/20 g

CPFC
270,6 / 7,7 / 2,4 / 54,5

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

MILLET PORRIDGE WITH COCONUT MILK

260/20 g

CPFC
521,2 / 10 / 28,7 / 55,6

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

MILLET PORRIDGE WITH SOY MILK

260/20 g

CPFC
321,5 / 8,8 / 3 / 60,1

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

OAT PORRIDGE ON WATER

260/20 g

CPFC
232,7 / 7,3 / 4,1 / 41,6

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

OAT PORRIDGE WITH MILK

260/20 g

CPFC
326,9 / 12,3 / 9,1 / 48,9

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

OAT PORRIDGE WITH ALMOND MILK

260/20 g

800 ₽

CPFC
270,6 / 7,7 / 2,4 / 54,5

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

OAT PORRIDGE WITH COCONUT MILK

260/20 g

CPFC
521,2 / 10 / 28,7 / 55,6

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

OAT PORRIDGE WITH SOY MILK

260/20 g

CPFC
321,5 / 8,8 / 3 / 60,1

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

RICE PORRIDGE ON WATER

260/20 g

CPFC
197 / 3,5 / 0,3 / 45

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

RICE PORRIDGE WITH MILK

260/20 g

CPFC
302,3 / 9,1 / 5,9 / 53,2

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

RICE PORRIDGE WITH ALMOND MILK

260/20 g

CPFC
199,3 / 3,6 / 0,4 / 45,3

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

RICE PORRIDGE WITH COCONUT MILK

260/20 g

CPFC
345,4 / 4,9 / 15,8 / 46

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

RICE PORRIDGE WITH SOY MILK

260/20 g

CPFC
229 / 4,3 / 2 / 48,6

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

BUCKWHEAT ON WATER

260/20 g

CPFC
338,6 / 11,8 / 3,1 / 65,9

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

BUCKWHEAT WITH MILK

260/20 g

CPFC
531 / 20,5 / 9 / 91,8

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

PORRIDGE «JUMBO»

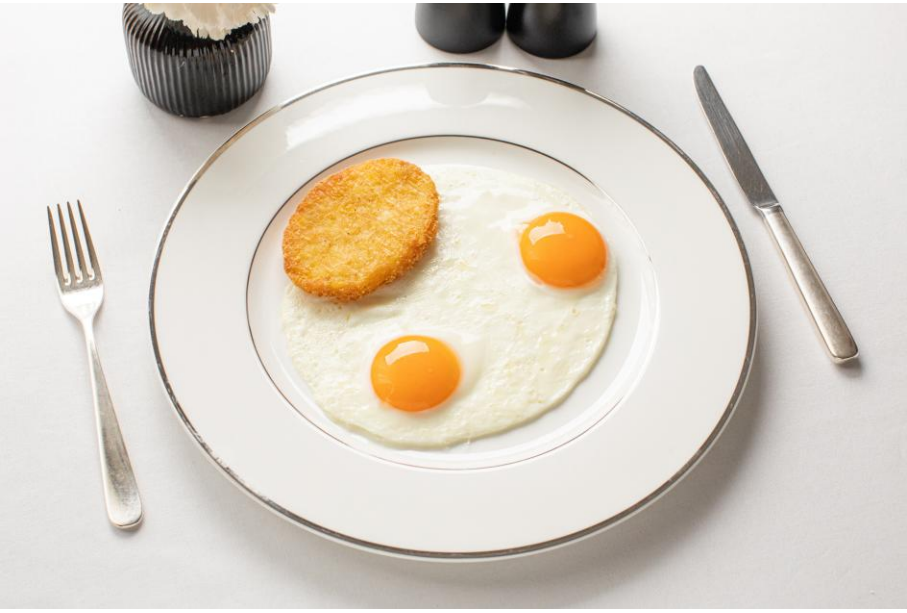
oats with 72% grué de cacao, almonds, berries, pomegranate

290 g

CPFC
386,9 / 12,1 / 14,3 / 52,5

950 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

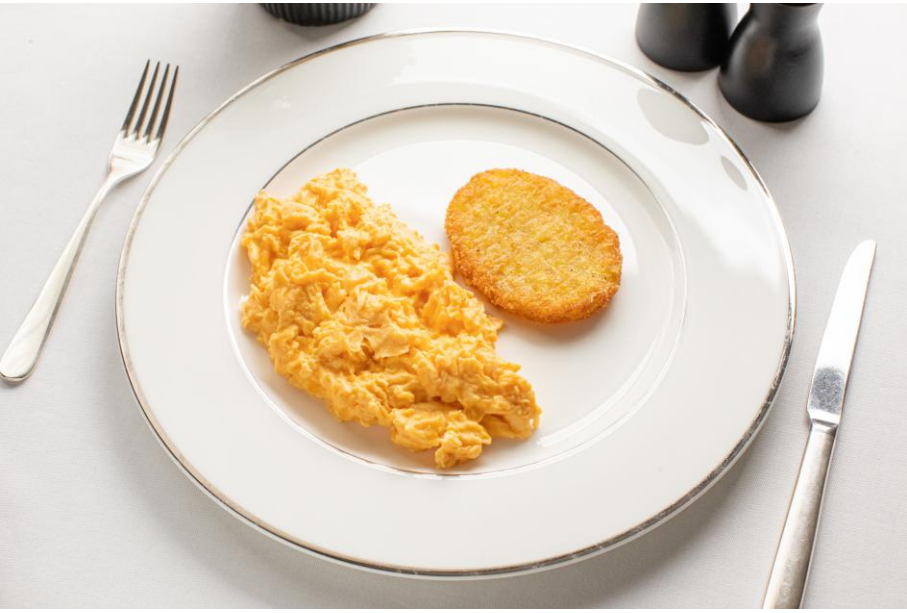


FRIED EGGS

800 ₽

CPFC
495,1 / 15,6 / 37,7 / 23,4

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

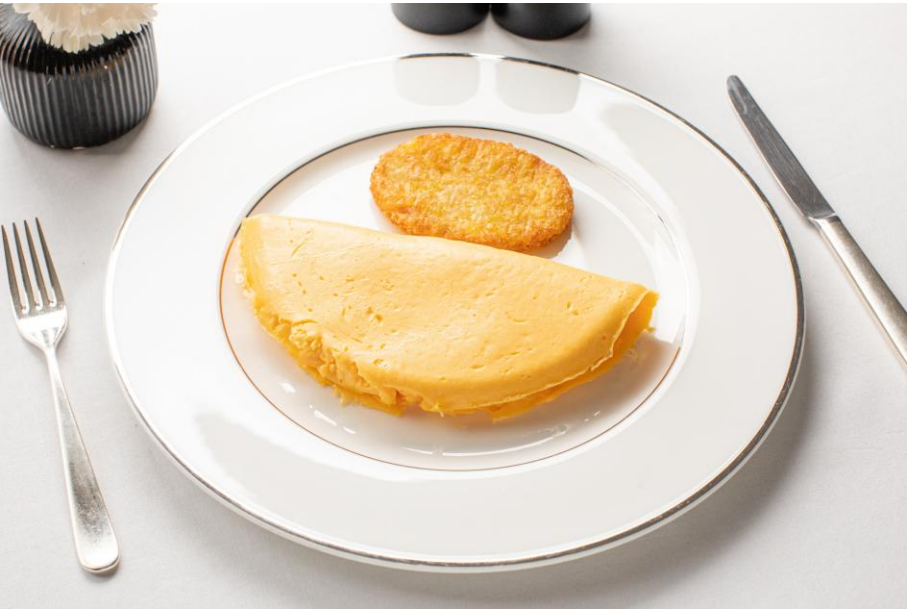


SCRAMBLES EGGS

800 ₽

CPFC
539,9 / 16,1 / 42,1 / 24,1

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS



OMELETTE

200 g

CPFC
382,4 / 15,2 / 26,2 / 21,3

800 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

BOILED ORGANIC EGGS

2 pcs. / 100 g

CPFC
151 / 13 / 11 / 0

500 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

BEE POLLEN & AVOCADO

scrambled eggs cooked in raw coconut oil, avocado sprinkled with bee pollen, rocket and organic goji berries with truffled acacia honey

180 g

CPFC
376,1 / 14,3 / 33,8 / 3,7

1 100 ₽

BUFFET | ORIENTAL DISHES | HEALTHY DISHES | EGGS & MORE | DESSERTS

MULTIGRAIN AVOCADO TOAST

smashed avocado, marinated stracciatella, tomato salsa, poached eggs

245 g

CPFC
488,7 / 24,9 / 28,4 / 33,3

1 100 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

BREAKFAST BAO

miso tuna, mashed avocado, poached eggs, steamed bao buns

225 g

CPFC
488,7 / 24,9 / 28,4 / 33,3

1 300 ₽

BUFFET | ORIENTAL DISHES | HEALTHY DISHES | EGGS & MORE | DESSERTS

FLORENTINE POACHED EGGS

230/1 g

CPFC
510,8 / 19 / 33,6 / 33,2

1 100 ₽

BUFFET | ORIENTAL DISHES | HEALTHY DISHES | EGGS & MORE | DESSERTS

POACHED EGGS BENEDICT

220/1 g

CPFC
573,2 / 20,5 / 40,1 / 32,7

1 100 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

POACHED EGGS ROYAL

230/1 g

CPFC
583,3 / 24,5 / 38 / 35,9

1 100 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

WHITE EGG OMELETTE

280 g

CPFC
384,8 / 27,5 / 29 / 3,4

950 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

EGGS COCOTTE

230 g

CPFC
473,2 / 23,9 / 34,8 / 16

1 400 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

CLASSIC PANCAKES

mixed berries, powdered sugar

180 g

CPFC
518,8 / 7,5 / 25,2 / 65,4

1 000 ₽

BUFFET | ORIENTAL DISHES | HEALTHY DISHES | EGGS & MORE | DESSERTS

BELGIAN WAFFLES

berries, sour cream, maple syrup

240 g

CPFC
926,5 / 13 / 33,6 / 143

1 000 ₽

BUFFET | ORIENTAL DISHES | HEALTHY DISHES | EGGS & MORE | DESSERTS

RUSSIAN SYRNIKI

strawberry salsa, basil, sour cream with condensed milk

140/50 g

CPFC
574,9 / 18,9 / 46,2 / 21

1 300 ₽

BUFFET
ORIENTAL DISHES
HEALTHY DISHES
EGGS & MORE
DESSERTS

FRENCH TOAST

brioche bread, mixed berries, raspberry mousse, maple syrup, banana

230 g

CPFC
536,8 / 13,1 / 17 / 83

950 ₽

BUFFET | ORIENTAL DISHES | HEALTHY DISHES | EGGS & MORE | DESSERTS

RUSSIAN BLINIS

served with sour cream and honey

175/40 g

CPFC
536,8 / 13,1 / 17 / 83

900 ₽

BUFFET | ORIENTAL DISHES | HEALTHY DISHES | EGGS & MORE | DESSERTS