Kemerovo Central Department store 10 June

Cooked from natural products

Menu (price-list) sports cafe «Bandy»

Wild fish catch, meat farm.

«Healthy Eating»

Salad «Crab» 80/20 gr., Noodle soup with mushrooms, chicken and sour cream 250 gr., Buckwheat porridge 100 gr., Cutlet «Sports» (beef mixed, buckwheat, onion) 100gr., Bread bun 40 gr., Drink Citrus 200 ml.

(Complex launch)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|   | **Cold meals** | **proteins, fats, carbohydrates** | **energy value** | **output** | **cooking time** | **price** |
| 1 | Georgian Cabbage marinated |   | 140 | 100 |   | 40,00 r. |
| 2 | Salad «Fresh» (gabbage, cucumber, green, butter) |  | 140 | 150 |  | 60,00 r. |
| 3 | Salad"Caesar" (fillet of chicken, egg, toast, tomatoes) | 2,9; 10,2; 12 | 140 | 150/40 |   | 170,00 r. |
| 4 | Salad «Piquant» (omelet pancake, Korean carrot, ham, cucumber) | 2; 9,8; 10,5 | 140 | 150/40 |  | 130,00 r. |
| 5 | Salad «New» (chiken, egg, meat, carrot, cheese, cucumber salt) | 8,8; 15,6; 3,6 | 140 | 150/40 |  | 120,00 r. |
|   | **Pizza** | **proteins, fats, carbohydrates** | **energy value** | **output** | **cooking time** | **price** |
| 1 | Pizza "Made dish" |   |   | 100 |   | 70,00 r. |
|   | **First Meals** |   |   |   |   |   |
| 1 | Okroshka with sausages, sour cream | 2,2; 0,9; 8,3 | 140 | 250/20 |   | 90,00 r. |
| 2 | Soup of fresh vegetables with sour cream, chicken | 3,8; 1,1; 2,5 | 140 | 250/20 |  | 80,00 r. |
| 3 | Soup noodles with chicken with sour cream |  | 140 | 250/20 |  | 80,00 r. |
|   | **Second Meals** | **proteins, fats, carbohydrates** | **energy value** | **output** | **cooking time** | **price** |
| 1 | Home cutlet (minced beef, pork, egg, onion, spices) | 28,0; 20,6; 8,2 | 350 | 75 |   | 100,00 r. |
| 2 | Pork under potatoes | 16; 31,5; 20,8 | 562 | 150 |   | 160,00 r. |
| 3 | Chopped beefsteak (fried) with egg | 13; 18; 2 | 293 | 70/40 |   | 130,00 r. |
| 4 | Сhum "hug"(tomato,cheese, mayonnaise, pancake, carrot, onion) | 18,2; 20,4; 28,5 | 370 | 140 |   | 140,00 r. |
| 5 | Cabbage rolls meat «lazy» (minced meat mixed, rice) | 4,5; 9,5; 9,3 | 388 | 200/100 |  | 160,00 r. |
| 6 | Pilaf pork | 21; 29,1; 7,7 | 550 | 75/200 |   | 150,00 r. |
| 7 | Chicken "October" (cheese, mushrooms, spices) | 3,6; 2,4; 1,8 | 370 | 140 |   | 140,00 r. |
| 8 | Chum salmon baked in omelette | 18,2; 20,4; 28,5 | 370 | 150 |   | 130,00 r. |
| 9 | Fillet "Tender" (chiсken fillets, tomato, cheese, mayonnaise, greens) | 55,3; 15; 10,4 | 284 | 130 |   | 120,00 r. |
| 10 | Chopped Zrazy with onion and egg (mixed minced meat) | 11,7; 10,7; 8,9 | 407 | 140 |  | 130,00 r. |
| 11 | Zrazy potato with mushrooms and onions | 11,7; 10,7; 8,9 | 407 | 140 |   | 70,00 r. |
| 12 | Fillet of Pollock in batter |  | 10 | 100 |  | 120,00 r. |
| 13 | «Pockets» chicken fillet with cheese (sweet pepper, spices) |  3,6; 2,4; 1,8 | 370 | 150 |   | 140,00 r. |
|   | **Meat dumplings, pelmeni** | **proteins, fats, carbohydrates** | **energy value** | **output** | **cooking time** | **price** |
| 1 | Boiled Pelmeni "Delicious" (meat) | 9,8; 9,0; 32,7 | 362 | 300 |   |  150,00r. |
|   | **Side dishes, Vegetable dishes** | **proteins, fats, carbohydrates** | **energy value** | **output** | **cooking time** | **price** |
| 1 | Boiled rice | 2,4; 0,2; 0,2 | 160 | 100 |  5 – 10 | 30,00r. |
| 2 | Mashed potatoes | 2,2; 0,8; 14,3 | 164 | 150 |  5 – 10 | 40,00r. |
| 3 | Buckwheat groats | 5,9; 1,6; 0,6 | 220 | 150 |  5 – 10 | 40,00r. |
|   | **Porridge, pancakes, cheesecakes** | **proteins, fats, carbohydrates** | **energy value** | **output** | **cooking time** | **price** |
| 1 | Milk porridge rice | 2; 1,3; 0,8 | 186 | 250/10 |  5 – 10 | 60,00r. |
| 2 | Pancakes 1 piece | 28; 67; 2,6 | 340 | 50 |   | 15,00r. |
| 3 | Pancakes with ham and cheese | 28; 67; 2,6 | 340 | 150 |   | 70,00r. |
|   | **Toppings to choose from for pancakes** | **proteins, fats, carbohydrates** | **energy value** | **output** | **cooking time** | **price** |
|   | **Supplements** | **proteins, fats, carbohydrates** | **energy value** | **output** | **cooking time** | **price** |
| 1 | Sour cream | 2,8-20-3,2 | 75 | 30 | 5 | 20,00r. |
| 2 | Mayonnaise "Calve" | 2,8-67-2,6 | 60 | 30 | 5 | 30,00r. |
| 3 | Greens (dill, parsley) | 2,8-20-3,2 | 10 | 10 | 5 | 5,00r. |
| 4 | Sauce "Pink" (ketchup, mayonnaise) |   | 50 | 30 | 5 | 30,00r. |
| 5 | Sauce "Caesar"  | 2,8-67-2,6 | 55 | 30 | 5 | 30,00r. |
| 6 | Ketchup | 2,8-20-3,2 | 30 | 30 | 5 | 30,00r. |
| 7 | Minced ham and cheese (for pancakes) |   | 45 | 25 | 5 | 20,00r. |
| 8 | Butter | 0,5-82,5-0,8 | 45 | 30 | 5 | 15,00r. |
| 9 | Strawberry sauce  |   | 50 | 30 | 5 | 30,00r. |
| 10 | Cottage cheese with sugar | 2,8-67-2,6 | 50 | 25 | 5 | 15,00r. |
|   | **Tea, coffee juices** |   | **energy value** | **output** | **cooking time** | **price** |
| 1 | Tea in the teapot (flavored) |   | 116 | 400 | 5 | 80,00r. |
| 2 | Tea "Newby" with sugar (green, black) |   | 58 | 200 | 5 | 35,00r. |
| 3 | coffee "Americano" |   | 58 | 100 | 10 | 80,00r. |
| 4 | coffee "Espresso" |   | 59 | 50 | 10 | 80,00r. |
| 5 | coffee "Double Espresso" |   | 116 | 100/100 | 10 | 80,00r. |
| 6 | coffee "Latte" (with milk) |   | 70 | 250 | 10 | 80,00r. |
| 7 | coffee "latte macchiato" |   | 75 | 220 | 10 | 80,00r. |
| 8 | coffee "Capuchino" |   | 75 | 100 | 10 | 80,00r. |
| 9 | Fresh orange juice | 0,7;-12,8 | 60 | 200 | 15 | 90,00r. |
| 10 | Сranberry juice |   | 60 | 200 | 15 | 40,00r. |
|   | **Additive to coffee** |   | **energy value** | **output** | **cooking time** | **price** |
| 1 | Powdered cinnamon |   |   | 2 |   | 5,00r. |
| 2 | Ice cream "Sundae" |   |   | 30 | 15 | 20,00r. |
|   | **Ice cream milkshakes** |   | **energy value** | **output** | **cooking time** | **price** |
| 1 | Strawberry milk cocktail |   | 50 | 250 | 15 | 110,00r. |
| 2 | Milk shake (ice cream, milk, fruit syrup) |   | 51 | 300 | 15 | 95,00r. |
| 3 | Ice cream with strawberry sauce |   | 420 | 180/30 | 15 | 110,00r. |
| 4 | ice cream ball |   | 130 | 60 | 15 | 40,00r. |
|   | **Fruit dessert** |   | **energy value** | **output** | **cooking time** | **price** |
| 1 | Shortbread "Home" |   | 450 | 100 |   | 40,00r. |
| 2 | Cake "Turtle" |   | 450 | 100 |   | 55,00r. |
| 3 | Charlotte with apples |   | 240 | 100 |   | 45,00r. |
|   | **Bread** |   | **energy value** | **output** | **cooking time** | **price** |
| 1 | bread bun |   | 149 | 40 | 5 | 5,00r. |
|   | **Beer on tap** |   |   | **output** |   | **price** |
| 1 | Unfiltered beer "Vandort Helles" |   |   | 0,5 ml. |   | 90,00r. |