

MENU



BOWLS & SALAD

Green Whale is our worldview, which we share with you with joy and love. Balanced diet is delicious and modern, and we prove it every day!

HUMMUS BAR

- CLASSIC (290 G / 380 KCAL) - 89**
mashed chickpea / olive oil / garlic / lemon juice / sweet pepper / sesame paste
- "WITH POACHED EGG" (320 G / 380 KCAL) - 110**
mashed chickpea / olive oil / poached egg / broccoli / lemon juice / sweet pepper / sesame paste
- "WITH FALAFEL" (290 G / 380 KCAL) - 100**
mashed chickpea / olive oil / poached egg / broccoli / lemon juice / sweet pepper / sesame paste

Hummus is a bright dish and a one-fits-all appetizer for those having abandoned meat and gluten. Our Green Whale prefers tasting it with Pesto of baked beetroot, using set of vegetable snacks and pita bread instead of a spoon..



VEGETARIAN DESSERT CLASSIC

- BANANA-CARROT TART (160 G / 390 KCAL) - 70**
Served with banana and lemon curd, walnuts
- BROWNIE WITH DELICATE COCONUT CREAM (180 G / 535 KCAL) - 74**
chocolate tuile / coconut cream
- LEMON MATCHA TART (170 G - 360 KCAL) - 75**
light and delicate mousse with candied fruits, caramel tuile and lemon curd

VEGAN

- PURPLE CASHEW CHEESECAKE (140 G / 295 KCAL) - 89**
strawberries or blueberries, cashew, dates
- TROPICAL CHIA PUDDING (250 G / 265 KCAL) - 75**
mango, coconut-banana cream, buckwheat granola, matcha
- SNICKERS (140 G / 295 KCAL) - 89**
cashew, dates, almond, coconut milk, chocolate
- VEGAN SWEETS: (4 pcs - 140 G / 1 pcs - 35 G) - 85/25**
 - COCONUT BALLS (Rafaello)
 - MATCHA SWEETS TOKYO (tea)
 - CHILLI TRUFFLES (savoury and hot)
 - CHOCOLATE HALVA (choco-vegan)

COOKIES

- RAW COOKIES: (4 pcs - 140 G / 1 pcs - 35 G) - 85/25**
dates, almond, walnut
- OATMEAL CHOCOLATE COOKIES: (4 pcs - 140 G / 1 pcs - 35 G) - 75/20**
deliciously chocolate

SWEETS YOU WON'T SURVIVE WINTER WITHOUT

- APPLE PARADISE (140 G / 295 KCAL) - 80**
with buckwheat-oatmeal flour, apples, cinnamon, chia, raisings
- PUMPKIN MUFFIN (140 G / 295 KCAL) - 55**
with pumpkin seed mousse, pumpkin, chia, peanut butter, cinammon, ginger, oatmeal milk
- BANANA BREAD (140 G / 295 KCAL) - 80/30**
with nut butter, almond and coconut flour, banana, coconut butter, eggs
WE USE LOCAL TOPINAMBUR SYRUP IN OUR VEGAN DESSERTS INSTEAD OF SUGAR AND HONEY. IT IS NATURAL PREBIOTIC WITHOUT SUGAR, FLAVOURING SUBSTANCES OR COLOURANTS.

PIE

- SPINACH PIE «QUATRO 4 MAGGI» (150 G / 260 KCAL) - 75**
phyllo dough with spinach and harmoniously combined types of cheese: bryndza, mozzarella, parmesan, hard cheese
- «COLORS OF AUTUMN» PIE (200 G / 275 KCAL) - 75**
phyllo dough with mushrooms, beets, pumpkin and harmoniously combined types of cheese: bryndza and mascarpone
- "BATATA POOL WITH SALMON" PIE (180 G / 280 KCAL) - 89**
phyllo dough with harmoniously combined batata, spinach, salmon and bryndza

- LYONNAISE ONION PIE (170 G / 230 KCAL) - 70**
Gouda, delicate caramelized onion, eggs, milk, Pesto sauce of baked beetroot, microgreen

SOUPS

- CHICKEN BROTH (410 G / 100 KCAL) - 60**
Served with quail egg and green mix
- MINISTRONE (440 G / 110 KCAL) - 60**
With lentils and moong dal, served with savoury soy sauce

CREAM SOUPS

- PUMPKIN (335 G / 190 KCAL) - 65**
Spicy soup, served with microgreen, poppy and pumpkin grains
- MUSHROOM (350 G / 210 KCAL) - 65**
Delicate creamy soup with mushrooms, served with sesame and microgreen
- BROCCOLI (330G/170KCAL) - 70**
Light soup with broccoli, green peas and lemon fresh, served with orange and lemon candied fruit and mint
- CREAM BORSCH (400 G / 210 KCAL) - 75**
Borsch with potato, carrot, onions, beets and lemon juice soft cheese at your choice
- CARROT COCONUT (360 G / 195 KCAL) - 70**
Carrot, coconut cream, ginger



- SPRING BLISS BOWL (370 G / 510 KCAL) - 105**
Rice + lentil
baked beefroot / grilled corn / broccoli / hazelnut / citrus peel / celery root
- MUSHROOM BOWL (360 G / 590 KCAL) - 105**
Buckwheat + white beans
Brussels sprouts / delicate caramelized red onion / fried mushrooms / peanuts
- PURPLE AZTEC BOWL (370 G / 530 KCAL) - 105**
Whole-grain bulgur + Purple beans
baked vegetables: pieces of pumpkin / beetroot / broccoli / delicate caramelized onion / hazelnut

SEASONAL BOWLS

- INDIAN FALAFEL BOWL (325 G / 425 KCAL) - 120**
hummus, red falafel, cauliflower with curry, baked pumpkin, mushroom mix, curry chickpea, broccoli, sunflower and flax seeds sauce
sauce: hummus / cashew tzatziki
- CHINESE MUSHROOM FIELD (325 G / 425 KCAL) - 120**
mushrooms: champignon, shiitake, fungi, tofu in seaweed, green buckwheat + quinoa, lotus root, edamame
guacamole sauce
- PANIKESH "POPEYE THE SAILOR" from literary cafe «IMBYR» (180 G / 315 KCAL) - 129**
spinach, cashew, baked paneer cheese or tofu, curry mix of spices
1. side dish at your choice: quinoa, rice noodles, bulgur
2. baked paneer cheese or tofu at your choice



PROTEIN ADD-ONS

- ROAST CHICKEN DRESSED WITH GINGER SAUCE (100 / 50 G / 160 / 80 KCAL) - 70/40**
cumin / small rosemary twigs
- VEAL DRESSED WITH BERRY_CHILI SAUCE (100 / 50 G / 172 / 86 KCAL) - 98/54**
small rosemary twigs
- SALMON PIECE ROASTED WITH SWEET HERBS (100 G / 208 KCAL) - 165**
sous vide or grilled
- SLIGHTLY SALTED SALMON (50 / 100 G 80 / 160 KCAL) - 80/150**
- 2 HARD-BOILED EGGS (100 G / 140 KCAL) - 25**



- CURLY NUT (190 G / 350 KCAL) - 98**
Served with white vinaigrette sauce
green mix / vegetable mix: apple / carrot / broccoli / juicy celery stalks / cabbage / hazel nut / dried cranberries / Dijon mustard grains
- VEGETARIAN RODENT (225 G / 370 KCAL) - 98**
Served with vinaigrette classic sauce
green mix / baked beetroot / walnut / sesame and hemp seeds / bright red pepper and tomatoes / onions / bryndza / cucumber

SEASONAL SALADS

- POKE BOWL (360 G / 425 KCAL) - 130**
Hawaii next door
brown rice, light-salted salmon, avocado, edamame beans, kimchee, chuka salad, seaweed, pickled ginger, soy and sesame sauce
- AUTUMN SALMON SALAD (250 G / 355 KCAL) - 155**
mixed greens + arugula, baked salmon, avocado, quinoa, edamame beans, fresh cucumber, blue raisins, broccoli, sunflower and sesame seeds
olive lemon sauce



VEGAN PROTEIN ADD-ONS

- GRILLED PICKLED TOFU (100 G / 140 KCAL) - 65**
dressed with ginger sauce
- TOFU IN SEAWEED (100 G / 338 KCAL) - 69**
vegan fish
- GRILLED PANEER (100 G / 338 KCAL) - 69**
- RED FALAFEL (100 G / 234 KCAL) - 45**
nearly steak
chickpea, cilantro, turmeric, onion, chili, hummus
sauce: hummus