



LUNCH

Modern cuisine with a regional accent



STIHIA REST. RU

STIHIA Restaurant · 16 Lenin Ave., Ivanovo · +7 (4932) 26-36-12

Sun–Thu: 10:00–22:00 · Fri–Sat: 12:00–00:00

SALADS

Herring under a fur coat 150 g	270 ₺
roasted beetroot, boiled carrot, baked potato, salted herring, chicken egg, onion, mayonnaise (vegetable oil, egg yolk, mustard, lemon juice, fish sauce)	
Allergens: egg, fish, mustard · 348 kcal · protein / fat / carbs 8 / 29 / 14	
Smoked ham salad 150 g	270 ₺
fried button mushrooms, sunflower oil, boiled potatoes, smoked pork leg, cherry tomatoes, romano, honey mustard dressing (mustard, mayonnaise, flower honey)	
Allergens: soy, egg, mustard, honey · 245 kcal · protein / fat / carbs 8 / 18 / 13	
Green salad with cream cheese 160 g	270 ₺
lollo rosso, fresh cucumbers, blanched tomatoes, green herb oil (sunflower oil, parsley, dill), cream cheese (cream, cream cheese, Fetaxa cheese)	
Allergens: dairy products · 315 kcal · protein / fat / carbs 3 / 32 / 4	
Caesar with turkey 130 g	270 ₺
turkey fillet, romano, tomatoes, cherry tomatoes, parmesan cheese, croutons (baguette, sunflower oil), Caesar sauce (Dijon mustard, egg yolk, mixed peppers, sunflower oil, lemon juice concentrate, salt, Worcestershire sauce, fish sauce, garlic, sprats in oil)	
Allergens: gluten, egg, dairy products, fish, garlic, mustard · 362 kcal · protein / fat / carbs 13 / 27 / 16	
Niçoise with tuna 130 g	270 ₺
marinated caramelized tuna (tuna, garlic, rosemary, thyme, olive/sunflower oil, salt, sugar, wine vinegar), boiled potatoes, red onion, fresh cucumbers, romano, chicken egg, tonnato sauce (capers, canned tuna, mayonnaise, olive oil, water)	
Allergens: egg, fish, garlic, mustard · 225 kcal · protein / fat / carbs 11 / 16 / 10	
Olivier salad with chicken 175 g	270 ₺
chicken breast fillet, boiled potatoes, boiled carrot, fresh cucumbers, canned green peas, chicken egg, olive mayonnaise (vegetable oil, egg yolk, mustard, lemon juice, fish sauce, olives)	
Allergens: egg, fish, mustard · 273 kcal · protein / fat / carbs 12 / 19 / 13	
Shrimp salad 130 g	270 ₺
shrimp, fresh cucumbers, cherry tomatoes, romano, sunflower seeds, cereal chips (wheat/rye flour, baking powder, sugar, sunflower seeds, pumpkin seeds, salt), sauce (mayonnaise, masago caviar, sweet chili sauce, salt)	
Allergens: crustaceans, gluten, egg, mustard · 223 kcal · protein / fat / carbs 8 / 19 / 5	

SOUPS

Tom Yum 280 g	280 ₺
shrimp, fried button mushrooms, boiled rice, coriander, tom yum base (coconut milk, tom yum paste, lemon juice concentrate, sugar, salt, hondashi)	
Allergens: crustaceans, soy, gluten, fish · 497 kcal · protein / fat / carbs 20 / 34 / 27	

Borscht with chicken 200/30/30/5/5 g 280 ₺
boiled whole chicken, roasted beetroot, boiled potatoes, white cabbage, onion, carrot, tomato paste, vinegar 9%, garlic, sunflower oil, mixed peppers, beef broth (beef bones, onion, carrot, bay leaf, allspice, water, leek, sugar, bay leaf, salt), smoked sour cream (sour cream 20%, liquid smoke, salt), dill, parsley
Allergens: dairy products, soy, gluten · 303 kcal · protein / fat / carbs 25 / 17 / 12

Pumpkin cream soup 240 g 280 ₺
roasted pumpkin, sweet potato, onion, coconut milk, nutmeg, cream, milk, sunflower oil, water; pumpkin seeds, cream, microgreens
Allergens: dairy products, nuts · 256 kcal · protein / fat / carbs 7 / 16 / 22

HOT DISHES

Pasta with turkey pastrami 240 g 370 ₺
fettuccine (wheat flour, chicken egg, water, sunflower oil), turkey pastrami, fried capers, parmesan cheese, tomato sauce (tomatoes, onion, sunflower oil, garlic, salt, mixed peppers)
Allergens: gluten, egg, dairy products, garlic · 171 kcal · protein / fat / carbs 11 / 11 / 7

Beef Stroganoff with mashed potatoes 250 g 370 ₺
potato, milk, cream 22%, butter, beef rump, compressed cucumbers (smoked dill oil, salt), pickled red onion (red onion, salt, sugar, wine vinegar), sauce (onion, button mushrooms, tomato paste, sour cream 20%, mushroom broth, salt, pepper, sunflower oil, water)
Allergens: dairy products · 352 kcal · protein / fat / carbs 8 / 23 / 28

Pink salmon and pike-perch croquettes with sweet potato fries 210 g 370 ₺
pink salmon fillet, pikeperch fillet, oyster sauce, onion, mayonnaise, salt, pepper, sunflower oil, chicken egg, wheat flour, breadcrumbs; sweet potato fries, parmesan cheese, truffle aioli sauce (Dijon mustard, sunflower oil, chicken egg, salt, lemon juice, garlic, truffle oil, truffle paste), avocado cream (avocado, cream, cream cheese, red onion, lemon juice, salt)
Allergens: fish, molluscs, gluten, egg, dairy products, mustard · 480 kcal · protein / fat / carbs 18 / 28 / 39

Pasta with salmon 240 g 370 ₺
fettuccine (wheat flour, chicken egg, water, sunflower oil) salmon, cream 22%, cherry tomatoes, sunflower oil, parsley, hondashi
Allergens: gluten, egg, fish, dairy products · 398 kcal · protein / fat / carbs 4 / 41 / 3

Chicken roulade with mashed potatoes 270 g 370 ₺
chicken roulade (chicken thigh fillet, rouille sauce, button mushrooms, cheddar cheese), rouille sauce (mayonnaise, garlic, paprika, salt, ground pepper), potato, milk, cream 22%, butter, demi-glace sauce (beef bones, onion, carrot, dry red wine, tomato paste, teriyaki sauce, butter, garlic, thyme, water), beetroot glaze (demi-glace sauce, fresh beetroot juice, cane sugar)
Allergens: dairy products, egg, soy, sulphur dioxide and sulphites, mustard · 787 kcal · protein / fat / carbs 60 / 41 / 45

Hungarian goulash with buckwheat 350 g 370 ₺
buckwheat, fresh cucumbers, cherry tomatoes, goulash (onion, carrot, bell pepper, tomato paste, thyme, sunflower oil, pork neck, allspice, bay leaf, salt, water)
Allergens: none · 337 kcal · protein / fat / carbs 11 / 29 / 8

Battered pike-perch with rice 250 g	370 ₺
rice, pikeperch, batter (chicken egg, milk, wheat flour, salt, paprika), creamy oyster sauce (cream, milk, oyster sauce), butter, microgreens	
Allergens: fish, molluscs, egg, gluten, dairy products · 361 kcal · protein / fat / carbs 20 / 8 / 52	
Beef cheeks with orzo 180 g	370 ₺
braised beef cheeks (onion, carrot, tomato paste, dry red wine, garlic, water, teriyaki sauce, butter/sunflower oil), orzo (wheat flour, chicken egg, water), cream 22%, smoked suluguni cheese, salt	
Allergens: dairy products, egg, gluten, sulphur dioxide and sulphites · 521 kcal · protein / fat / carbs 26 / 29 / 39	
Chicken thigh with potatoes 230 g	370 ₺
chicken thigh fillet, salt, pepper, thyme, garlic, sunflower oil, potato wedges (rouille sauce, potato, Dijon mustard, salt, pepper, paprika), Torrisi sauce (confit pepper (Ramiro pepper, olive oil, salt, pepper, sunflower oil, basil, thyme, garlic, wine vinegar), tomatoes in their own juice, water, soaked lingonberries, Worcestershire sauce, salt, garlic, teriyaki sauce, chili pepper, soy sauce, sugar, green onion, parsley), garlic oil (olive oil, garlic)	
Allergens: mustard, gluten, soy, dairy products, sulphur dioxide and sulphites · 372 kcal · protein / fat / carbs 22 / 21 / 24	

DESSERTS

Choux pastry 160 g	230 ₺
choux pastry (wheat flour, chicken egg, butter, salt, water), craquelin (wheat flour, butter, sugar), chocolate ganache (sour cream 20%, condensed milk) cocoa craquelin (wheat flour, butter, sugar, cocoa powder), buttercream (cream, popping juice pearls, icing sugar), white chocolate ganache (white chocolate, cream), fresh strawberries, fresh blueberries	
Allergens: gluten, egg, dairy products, soy, sulphur dioxide and sulphites · 434 kcal · protein / fat / carbs 6 / 29 / 37	
Oladyi pancakes with sour cream and fresh berries 125 g	230 ₺
dough (wheat flour, chicken egg, milk, kefir 1%, sugar, salt, baking soda, baking powder), cream (sour cream 20%, cream, icing sugar, salt), icing sugar, sunflower oil, fresh strawberries, fresh blueberries	
Allergens: gluten, egg, dairy products · 377 kcal · protein / fat / carbs 4 / 28 / 28	

BREAD

Homemade wheat bun 50 g	20 ₺
wheat flour, yeast, milk, butter, chicken egg, sugar, salt, water, sesame	
Allergens: gluten, egg, dairy products, sesame · 194 kcal · protein / fat / carbs 6 / 3 / 35	
Homemade Borodinsky rye bun 50 g	20 ₺
wheat flour, coarse rye flour, sugar, fermented rye malt, salt, wheat gluten, barley malt flour, citric acid, coriander food additive (salt, maltodextrin, coriander oleoresin), cumin, caramel colour E150c	
Allergens: gluten, soy, sulphur dioxide and sulphites · 180 kcal · protein / fat / carbs 4.5 / 0.75 / 36	

DRINKS

Berry mors 200 g	80 ₺
frozen cranberries, frozen blackcurrants, sugar, water, lemon juice concentrate	
Allergens: none · 71.5 kcal · protein / fat / carbs 0.3 / 0.1 / 17.3	
Americano 100 g	100 ₺
100% Arabica coffee beans, water	
Allergens: none · 1 kcal · protein / fat / carbs 0.05 / 0 / 0.7	
Cappuccino 260 g	150 ₺
100% Arabica coffee beans, milk, water	
Allergens: dairy products · 139 kcal · protein / fat / carbs 6.4 / 7.4 / 10.8	
Black tea 800 g	180 ₺
Assam black tea (India), water	
Allergens: none · 8 kcal · protein / fat / carbs 0 / 0 / 1.6	
Green tea 800 g	180 ₺
Mao Feng green tea (India), water	
Allergens: none · 139 kcal · protein / fat / carbs 6.4 / 7.4 / 10.8	



Dear guests, please let your waiter know about any allergies.

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