



MENU

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

COLD STARTERS



Winter cherry 150 g

510 ₺

duck leg meat (house cognac, butter, thyme, garlic), cherry glaze (cherry puree, agar agar, sugar, food coloring), brioche (flour, yeast, egg, sugar, salt), cherry jam (with pit), cheese frappe (Fetaxa cheese, butter)

Allergens: gluten, egg, dairy products, garlic · 531 kcal · protein / fat / carbs 19 / 33 / 40



Trout crudo tataki 130 g

520 ₺

trout, deep-fried Pai potatoes, compressed cucumbers, pickled courgettes, smoked dill oil, teriyaki sauce (soy sauce), mango lime sauce (mango puree, teriyaki sauce, fresh lime juice, citronette)

Allergens: fish, soy, citrus · 262 kcal · protein / fat / carbs 4 / 23 / 10

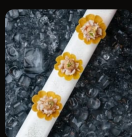


Beef carpaccio with fried capers 95 g

550 ₺

beef tenderloin (soy sauce, paprika, garlic, sunflower oil), parmesan cheese, fried capers, compressed cucumbers, citronette sauce (olive oil, fresh lemon juice), truffle aioli sauce (homemade mayonnaise, garlic, Dijon mustard, fresh lemon juice)

Allergens: soy, dairy products, egg, mustard, citrus, garlic · 555 kcal · protein / fat / carbs 8 / 57 / 1

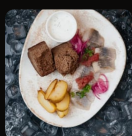


Smoked bream in baskets with Lukh jam 100 g

490 ₺

wonton dough (wheat flour, egg), chilled smoked bream, onion marmalade (red onion, wine vinegar, sugar, sunflower oil, cinnamon, cloves, ginger, star anise), Bonito sauce (cream cheese, oyster sauce, sweet chili sauce, sesame oil, soy sauce, sunflower oil), microgreens, gold leaf, spinach powder

Allergens: gluten, dairy products, molluscs, sesame, soy, fish, egg · 468 kcal · protein / fat / carbs 18 / 26 / 41

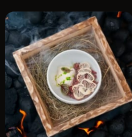


Lightly salted herring with potatoes 225/30 g

430 ₺

salted herring, caviar, boiled potatoes, pickled red onion, homemade Borodinsky bread (yeast-leavened), garlic sauce (sour cream 20%, garlic, dill)

Allergens: fish, gluten, dairy products, garlic · 706 kcal · protein / fat / carbs 18 / 51 / 44

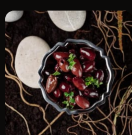


Tartare of smoke-scented beef tenderloin 100 g

730 ₺

beef tenderloin, cream, teriyaki, parmesan, flour, water, butter, sugar, pasteurized egg white, dill, vegetable oil, alder wood chips, pattypan squash, onion, sun-dried cherry tomatoes, dried garlic, Dijon mustard, parsley, olive oil

Allergens: soy, gluten, milk, egg, mustard · 240 kcal · protein / fat / carbs 14 / 19 / 3



Olives with citronette 115 g

350 ₺

olives, citronette sauce (lemon juice, olive oil)

Allergens: citrus · 344 kcal · protein / fat / carbs 1 / 37 / 1



Cheese sky: assortment of Shuya cheeses 280 g

1,250 ₺

camembert cheese, goat's, truffle, gorgonzola, parmesan, buckwheat honey, pear, grapes

Allergens: dairy products, honey · 611 kcal · protein / fat / carbs 34 / 37 / 35



Meat platter: coppa, jamon, beef and turkey pastrami 320 g

1,550 ₺

Coppa pork neck, cured jamón ham, turkey pastrami, beef pastrami, biquinho pepper, roasted bell pepper, olives with pits, camembert cheese, cream, honey, table horseradish, tomatoes, coriander, garlic, salt, ground black pepper, red onion, chili pepper

Allergens: dairy products, mustard, egg, soy, gluten, honey, garlic · 575 kcal · protein / fat / carbs 39 / 40 / 15

SALADS

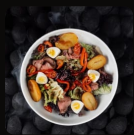


Stihia with salmon tartare, mango sauce and cheese 170 g

1,300 ₺

salmon, sesame oil, salt, ground black pepper, cocoa butter, mango, fresh lime juice, teriyaki sauce, orange seasoning, food coloring, cherry tomatoes, dried garlic, sunflower oil, salt, courgettes, salad mix

Allergens: dairy products, mustard, soy, gluten, garlic, sesame · 237 kcal · protein / fat / carbs 6 / 23 / 2

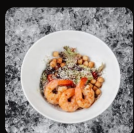


Roast beef with roasted potatoes in rosé sauce 180 g

790 ₺

beef tenderloin, salt, ground black pepper, soy sauce, paprika, garlic, sunflower oil, lollo rosso lettuce, quail egg, garlic, olive oil, strawberry puree, coriander, sweet chili sauce, baby potatoes with dried garlic, butter, thyme, lemon juice, sun-dried cherry tomatoes, confit pepper

Allergens: dairy products, soy, egg, gluten, garlic, strawberries, citrus · 785 kcal · protein / fat / carbs 10 / 81 / 5

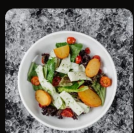


Caesar with prawns and lollo rossa 140 g

580 ₺

shrimp, egg, Dijon mustard, lemon juice, sunflower oil, garlic, sprats, ground black pepper, Harry's sandwich bread, dried garlic, parmesan cheese, salt, ground black pepper

Allergens: crustaceans, egg, mustard, fish, gluten, soy, dairy products, garlic, citrus · 415 kcal · protein / fat / carbs 18 / 37 / 2

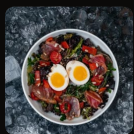


Commander Islands squid 165 g

530 ₺

squid, baby potatoes, sun-dried cherry tomatoes, mayonnaise, sriracha sauce, salt, ground black pepper, lollo rosso lettuce, parsley, sunflower oil, garlic, butter, dried garlic, thyme

Allergens: molluscs, egg, mustard, fish, gluten, soy, dairy products, garlic · 339 kcal · protein / fat / carbs 10 / 30 / 7

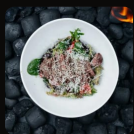


Marinated tuna with cherry tomatoes in umami sauce 200 g

670 ₺

marinated caramelized tuna (garlic, rosemary, thyme, olive oil), marinated smoked egg (soy sauce, kimchi sauce, ginger, garlic), lollo rosso, confit pepper (Ramiro pepper), sun-dried cherry tomatoes (dried garlic, sunflower oil), roasted green onion, sunflower seeds, umami sauce dressing (soy sauce, tomato juice, sunflower oil)

Allergens: fish, egg, gluten, soy, garlic, ginger · 434 kcal · protein / fat / carbs 14 / 35 / 15



Beef tenderloin with roasted vegetables in chimichurri 170 g

820 ₺

beef tenderloin, aubergine, pepper, tomatoes, lollo rosso (salad mix), chimichurri sauce dressing (sunflower/olive oil, sweet chili sauce, lemon juice concentrate, garlic), parmesan cheese

Allergens: dairy products, gluten, soy, garlic, citrus · 514 kcal · protein / fat / carbs 13 / 50 / 4

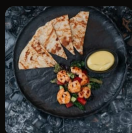
Fresh vegetables with cream cheese 200 g

490 ₺

salad mix, tomatoes, avocado, cucumbers, cream, cream cheese, Fetaxa cheese, sunflower oil, parsley, dill, cereal chips (wheat flour, rye flour, sunflower seeds, pumpkin seeds)

Allergens: dairy products, gluten · 424 kcal · protein / fat / carbs 11 / 38 / 10

HOT STARTERS

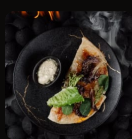


Roti with shrimp 170 g

490 ₺

shrimp, lettuce leaves, cucumbers, tomatoes, salt, ground black pepper, avocado, cream, cream cheese, red onion, roti flatbread

Allergens: crustaceans, dairy products, gluten · 333 kcal · protein / fat / carbs 19 / 21 / 17

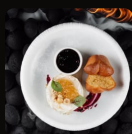


Roti with beef cheeks and cheddar 215 g

550 ₺

beef cheek, roti flatbread, sunflower oil, cheddar cheese, dry red wine, onion, carrot, garlic, tomato paste, teriyaki sauce, butter, egg yolk, Dijon mustard, truffle oil, truffle paste, lettuce leaves, kimchi, unagi, sweet chili, sesame oil, sesame, soy sauce, sugar

Allergens: egg, dairy products, gluten, soy, sesame, garlic, alcohol · 864 kcal · protein / fat / carbs 32 / 67 / 34



Hot camembert with pear and berry sauce 230 g

650 ₺

camembert cheese, flower honey, hazelnut, pear in wine (dry white wine, sugar, cinnamon, cloves), blackcurrant sauce (blackcurrants, soaked lingonberries, honey, cinnamon, cloves), brioche (flour, yeast, egg, sugar, salt)

Allergens: egg, dairy products, gluten, nuts, honey, alcohol · 641 kcal · protein / fat / carbs 25 / 34 / 58

Eggplant in sweet chili 270 g

490 ₺

aubergines, starch, avocado cream (avocado, cream, cream cheese, red onion, lemon juice concentrate, sweet chili sauce), sun-dried cherry tomatoes (tomatoes, sunflower oil, dried garlic, sea salt, mixed peppers, granulated sugar), shoestring potatoes

Allergens: gluten, dairy products, citrus, garlic · 658 kcal · protein / fat / carbs 6 / 44 / 59

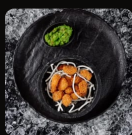


Hot skillet with squid in sweet and spicy sauce 170 g

690 ₺

squid, sesame, sesame oil, teriyaki, sweet chili, kimchi, unagi, soy sauce

Allergens: molluscs, sesame, soy, gluten · 397 kcal · protein / fat / carbs 35 / 25 / 9



Popcorn prawns with avocado guacamole 105 (75/30) g

390 ₺

fried shrimp, popcorn (wheat flour, breadcrumbs, egg), fried rice noodles (rice noodles, frying oil), guacamole (avocado, tomatoes, garlic, chili pepper, onion, lemon juice, olive oil)

Allergens: crustaceans, egg, gluten, garlic, chili pepper, citrus · 220 kcal · protein / fat / carbs 21 / 7 / 18

SOUPS

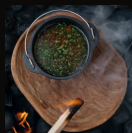


Borscht with beef, prunes, smoked sour cream and lard 400 (300/20/25/40/10) g

580 ₺

beef, onion, carrot, cabbage, potato, prunes, beetroot, tomato paste, lard (grated lard with garlic and herbs) smoked sour cream, green onion, homemade bread (flour, water, malt, coriander, yeast)

Allergens: gluten, dairy products, garlic · 613 kcal · protein / fat / carbs 28 / 36 / 44



Fish soup with pike-perch and bream on dark broth 350 g

490 ₺

hot-smoked bream, pikeperch, salmon, onion, carrot, potato, parsley, dill, salt, garlic, pepper

Allergens: fish, garlic · 229 kcal · protein / fat / carbs 14 / 10 / 19



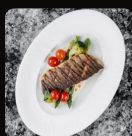
Tom yum: salmon, prawns, champignons, sun-dried tomatoes, rice 350 g

650 ₺

salmon, shrimp, onion, carrot, rice, lemongrass, tom yum paste, coconut milk, garlic, tomatoes, chili pepper, fresh lemon juice, sun-dried cherry tomatoes, dried garlic, vegetable oil, lime, button mushrooms, boiled rice

Allergens: fish, crustaceans, soy, dairy products, garlic, chili pepper · 300 kcal · protein / fat / carbs 12 / 16 / 26

MAIN COURSES

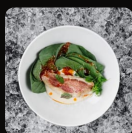


Sea bass fillet with asparagus in creamy miso sauce 210 g

1,350 ₺

sea bass fillet, salt, pepper, cherry tomatoes, asparagus, broccoli, cream, soybean paste, coconut milk, tomato paste

Allergens: fish, dairy products, soy, gluten · 315 kcal · protein / fat / carbs 20 / 22 / 8



Perch fillet with spinach 200 g

790 ₺

perch fillet, spinach, salt, pepper, cream, soybean paste, coconut milk, sesame, sesame oil, kimchi, teriyaki, sweet chili, soy sauce, tomato paste, garlic, thyme

Allergens: fish, dairy products, soy, gluten, sesame, garlic · 379 kcal · protein / fat / carbs 25 / 27 / 8



Hot skillet with pike-perch, potatoes and tomatoes 350 g

710 ₺

pikeperch fillet, baby potatoes, butter, dried garlic, thyme, onion, carrot, celery stalk, white wine, cream, sun-dried cherry tomatoes

Allergens: fish, dairy products, celery, garlic, alcohol · 369 kcal · protein / fat / carbs 26 / 13 / 36



Lamb cutlets with eggplant gratin 276 g

1,450 ₺

lamb ribs, aubergine, parmesan, cream, pomegranate juice, sugar, red wine, dill, sunflower oil, salt, pepper, coriander, cardamom, canned chickpeas, onion, olive oil, sesame oil, tahini paste, cream, flour

Allergens: dairy products, sesame, gluten, alcohol, pomegranate · 811 kcal · protein / fat / carbs 34 / 59 / 37

Duck in a potato sphere 260 g

730 ₺

Boiled potatoes, duck meat, salt, ground black pepper, garlic, chicken egg, wheat flour, breadcrumbs, onion, butter, creamy demi-glace sauce (cream, beef bones, onion, carrot, dry red wine, tomato paste, teriyaki sauce, butter, garlic, ground black pepper), romesco sauce (roasted pepper, tomatoes, garlic, olive oil, salt, black peppercorns), sunflower oil, parsley, dill

Allergens: egg, gluten, alcohol, soy, garlic · 564 kcal · protein / fat / carbs 30 / 25 / 55



Beef cheeks with mashed potatoes and sun-dried tomatoes 310 g

870 ₺

veal cheek, red wine, onion, carrot, red wine, tomato paste, narsharab sauce, cream, milk, butter, potato, sun-dried cherry tomatoes (salt, pepper, dried garlic, vegetable oil) pattypan squash, dill, microgreens

Allergens: dairy products, alcohol, garlic · 736 kcal · protein / fat / carbs 46 / 44 / 39



Veal filet mignon with potato cake 300 g

1,390 ₺

beef tenderloin, potato cake (potato, cream sauce, suluguni cheese, egg), mushroom sauce (button mushrooms, porcini mushrooms, house cognac, cream, milk, garlic, butter/sunflower oil), smoked dill oil (sunflower oil, dill, oyster sauce), tomato oil (tomato paste, garlic, thyme, sunflower oil), Maldon sea salt, microgreens

Allergens: dairy products, egg, molluscs, mushrooms, alcohol, garlic · 522 kcal · protein / fat / carbs 30 / 35 / 21

Chicken terrine with truffle sauce and bulgur 230 g

850 ₺

chicken thigh fillet, spinach, fried button mushrooms, bacon, bulgur, truffle sauce (truffle paste, cream, salt, truffle oil, microgreens), confit pepper (Ramiro pepper, olive oil, sea salt, mixed peppers, sunflower oil, basil, thyme, garlic)

Allergens: gluten, dairy products, mushrooms, alcohol, garlic, soy · 457 kcal · protein / fat / carbs 7 / 39 / 20

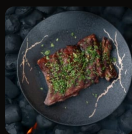


Beef stroganoff with mashed potatoes 300 g

760 ₺

mashed potatoes (milk, cream, butter, parmesan cheese), braised beef rump, compressed cucumbers (smoked dill oil, salt), sun-dried cherry tomatoes (sunflower oil, dried garlic, sugar, salt), biquinho pepper, sauce (tomato paste, sour cream 20%, button mushrooms, onion, mushroom broth), buckwheat flakes

Allergens: dairy products, garlic · 711 kcal · protein / fat / carbs 21 / 50 / 44



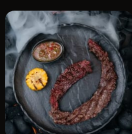
Glazed baked pork ribs 330 g

1,130 ₺

baked ribs (garlic, mustard, paprika, green onion, parsley, liquid smoke, sunflower oil), glaze (dark beer, sugar, ketchup, mustard, sweet chili sauce, liquid smoke), green onion, parsley

Allergens: mustard, gluten, soy, garlic · 734 kcal · protein / fat / carbs 41 / 55 / 18

GRILL

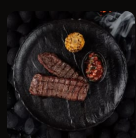


Skirt steak 240 (180/30/30 g)

1,360 ₺

beef steak, tomato salsa (fresh tomatoes, coriander, onion, garlic, dill, chili pepper, olive oil), corn on the cob

Allergens: garlic, chili pepper · 331 kcal · protein / fat / carbs 27 / 20 / 10

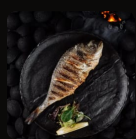


Flank steak 200 (140/30/30 g)

1,380 ₺

beef steak with tomato salsa (fresh tomatoes, coriander, onion, garlic, dill, chili pepper, olive oil), corn on the cob

Allergens: garlic, chili pepper · 335 kcal · protein / fat / carbs 28 / 23 / 5



Sea bream 330 (300/5/10/15 g)

1,390 ₺

dorado, lollo rosso, lemon, salt, ground black pepper, sunflower oil

Allergens: fish, citrus · 962 kcal · protein / fat / carbs 162 / 34 / 0.7

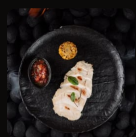


Salmon 170 (135/5/20/10 g)

1,350 ₺

salmon fillet, lollo rosso, lemon, citrus sauce (juice, buckwheat honey, yuzu sauce, sugar)

Allergens: fish, citrus, honey, soy · 268 kcal · protein / fat / carbs 9 / 17 / 19



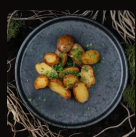
Turkey 230 (170/30/30 g)

720 ₺

turkey breast fillet: marinade (mineral water, tomatoes, onion, salt), tomato salsa (fresh tomatoes, coriander, onion, garlic, dill, chili pepper, olive oil), corn on the cob (grilled on the barbecue)

Allergens: garlic, chili pepper · 252 kcal · protein / fat / carbs 35 / 4 / 19

SIDES

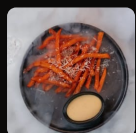


Baby potatoes 120 g

270 ₺

sous vide baby potatoes (garlic, thyme, sunflower oil, butter), garlic, herbs, thyme

Allergens: garlic · 284 kcal · protein / fat / carbs 3 / 18 / 28



Sweet potato fries 150 (120/30 g)

310 ₺

sweet potato fries, Parmesan cheese, truffle aioli sauce (homemade mayonnaise, garlic, Dijon mustard, fresh lemon juice)

Allergens: dairy products, egg, mustard, garlic, citrus · 427 kcal · protein / fat / carbs 6 / 32 / 29



Grilled broccoli 160 g

310 ₺

Broccoli, nut sauce, sunflower oil, salt, pepper, microgreens

Allergens: nuts, soy, peanuts · 211 kcal · protein / fat / carbs 9 / 14 / 11

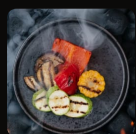


Mashed potatoes 150 g

250 ₺

potato, milk, cream, butter, microgreens

Allergens: dairy products · 338 kcal · protein / fat / carbs 4 / 23 / 29



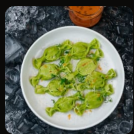
Grilled vegetables: zucchini, tomatoes, eggplant, pepper, corn 170 g

290 ₺

aubergines, bell pepper, tomatoes, courgette, corn on the cob, sunflower oil, salt, pepper

Allergens: none · 238 kcal · protein / fat / carbs 5 / 19 / 12

PASTA



Confetti pasta with smoked bream in spinach dough 340 g

780 ₺

pasta dough (egg, wheat flour, pasta flour, spinach, olive oil), smoked bream, cream cheese, oyster sauce, sour cream, bisque sauce (onion, carrot, celery, tomatoes in their own juice, dry white wine, nutmeg, hondashi, fish sauce, thyme), smoked dill oil (sunflower oil, dill, oyster sauce) Parmesan cheese, microgreens

Allergens: fish, gluten, egg, soy, dairy products, nuts, celery, molluscs, alcohol · 812 kcal · protein / fat / carbs 35 / 48 / 61

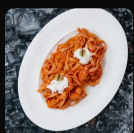


Beef pastrami with romesco sauce 295 g

740 ₺

pasta dough (wheat flour, pasta flour, egg, water), beef pastrami (coriander, paprika, garlic, dried thyme, ginger, sugar, salt, pepper), romesco sauce (roasted pepper, tomatoes, garlic, olive oil), Parmesan cheese, microgreens

Allergens: gluten, egg, dairy products · 713 kcal · protein / fat / carbs 26 / 34 / 75



Prawns with stracciatella and tomato sauce 300 g

720 ₺

pasta dough (wheat flour, pasta flour, egg, water), pan-fried shrimp, tomato sauce (tomatoes in their own juice, basil, garlic, olive oil), stracciatella cheese, dry white wine

Allergens: crustaceans, gluten, egg, dairy products, alcohol · 585 kcal · protein / fat / carbs 38 / 19 / 66

BREAD



Rye and grain bread with porcini butter 180 (75/75/30 g)

220 ₺

rye flour, wheat flour, yeast, water, malt, coriander, grain bread, cereal seeds, yeast, water, wholemeal flour, butter, porcini mushroom powder

Allergens: dairy products, gluten · 641 kcal · protein / fat / carbs 14 / 27 / 85



Smoky bream: a pie with a story 80 g

260 ₺

Oblomov dough: wheat flour, milk, yeast, egg, butter/sunflower oil, filling: smoked bream, cream cheese, oyster sauce, sour cream

Allergens: fish, molluscs, gluten, egg, soy, dairy products · 291 kcal · protein / fat / carbs 15 / 4 / 47

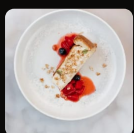
Kineshma-style meat pie 230 (170/60 g)

440 ₺

beef rump, pork leg, onion, carrot, chicken egg, wheat flour, broth, milk, yeast, butter, granulated sugar, beef bones, parsley, dill, salt, bay leaf

Allergens: dairy products, gluten, egg · 812 kcal · protein / fat / carbs 2738 / 90

DESSERTS



Kuleyka by an old recipe 140 g

520 ₺

curd cheese, chicken egg, cream, starch, flour, water, yeast, sugar, strawberries, star anise, anise, red wine, honey, xanthan gum

Allergens: dairy products, egg, gluten, honey, strawberries, alcohol · 417 kcal · protein / fat / carbs 8 / 19 / 53

Drunken Lady 150 g	490 ₺
cupcake, butter, egg, sugar, yeast, salt, flour, punch (sugar, yuzu juice, orange juice, pineapple juice, grapefruit juice, passion fruit puree, rum, cinnamon, orange seasoning), white ganache (white chocolate, cream), soaked lingonberries (peaches, lemon juice, starch, vanilla sugar)	
Allergens: dairy products, egg, gluten, soy, citrus, alcohol · 171 kcal · protein / fat / carbs 2 / 9 / 21	
Gold for two 155 g	780 ₺
wafer crumbs, pistachio paste, truffle sponge cake (wheat flour, chicken egg, butter, baking soda, baking powder, granulated sugar, sour cream, cocoa powder), chocolate mousse (milk chocolate, cream, egg, gelatin, butter), white chocolate, sunflower oil	
Allergens: dairy products, egg, gluten, soy, nuts · 817 kcal · protein / fat / carbs 12 / 58 / 61	
Chocolate ganache, reindeer-moss sponge, hazelnuts, fresh berries 130 (100/14/4/5/5/2 g)	520 ₺
ganache (cream, chocolate, curd cheese) chocolate biscuit, hazelnut, berries, reindeer moss	
Allergens: dairy products, egg, gluten, soy, nuts · 502 kcal · protein / fat / carbs 7 / 39 / 30	
Sour cream cake 210 g	490 ₺
cream, cream cheese, icing sugar, baking powder, chicken egg, flour, spinach, starch, butter, almond syrup	
Allergens: dairy products, egg, gluten, soy, nuts · 548 kcal · protein / fat / carbs 8 / 32 / 55	
Napoleon cake 170 g	650 ₺
flour, egg, baked milk, boiled condensed milk, starch, cream, icing sugar, pecan, strawberries, icing sugar, blueberries	
Allergens: dairy products, egg, gluten, soy, nuts, strawberries · 395 kcal · protein / fat / carbs 5 / 25 / 36	
Belgian ice cream 50 g	160 ₺
pistachio, hazelnut praline, caramelized walnuts, blackcurrant cassis, vanilla	
Allergens: dairy products, gluten, soy, nuts	



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

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

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

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