



BREAKFAST | 07:00-11:00

POACHED EGG ON A BUN WITH SUNFLOWER SEEDS with bacon, ham and tomatoes with hollandaise sauce	286 g	550
POACHED EGG ON WHEAT TOAST with salted salmon, avocado and arugula with hollandaise sauce	276 g	950
COUNTRY STYLE FRIED EGG with bacon, potatoes, champignons, onion and cheese	310 g	560
3 FRIED EGGS	3 pcs	250
OMELETTE WITH 3 EGGS	3 pcs	300
OMELETTE / FRIED EGGS FILLINGS:		
• bacon	30 g	150
• ham	30 g	80
• mushrooms	30 g	80
• tomatoes	30 g	80
• bell pepper	30 g	80
• cheese	30 g	80
SAUSAGES		
• beef	80 g	350
• chicken	80 g	300
SAUSAGES	119 g	250
BEANS IN TOMATO SAUCE	100 g	150
CIABATTA		
• with beef pastrami, iceberg leaves and mustard sauce	85 g	340
• with smoked trout, tomato, iceberg leaves and wasabi sauce	93 g	620
OATMEAL PORRIDGE	310 g	250
PORRIDGE OF THE DAY (ask your waiter)	310 g	250
FRIED QUARK PANCAKES with sour cream	150/15 g	330
COTTAGE CHEESE CASSEROLE with sour cream	150/30 g	260
PANCAKES	1 pc	200
TOPPINGS:		
• butter	50 g	50
• strawberry jam	50 g	100
• raspberry jam	50 g	100
• apricot jam	50 g	100
• condensed milk	50 g	100
• honey	50 g	100
TOAST BREAD		100
BELGIAN WAFFLES	80 g	250
TOPPINGS:		
• maple sauce	50 g	300
• caramel sauce	50 g	150
• strawberry sauce	50 g	150
• chocolate sauce	50 g	150
• vanilla sauce	50 g	150
FRUIT SALAD with red grape, kiwi, orange, apple and mint	150 g	300

SALADS

BROCCOLI AND CAULIFLOWER SALAD with spinach, orange and grapefruit fillet, hazelnuts, red onion with olive oil and raspberry vinegar dressing	200 g	620
GREEN SALAD with avocado, asparagus, fennel, zucchini, edamame beans, green peas, rucola, spinach with pumpkin and sunflower seeds, dressed with walnut sauce	190 g	980
VINAIGRETTE Russian beet and vegetable salad	150 g	350
PUMPKIN SALAD sauerkraut and porcini mushrooms	150/6 g	640
CELERY AND BELL PEPPER SALAD with tomatoes, cucumber, carrot, beet root and cherry tomatoes	190 g	490

APPETIZER

MARINATED EGGPLANT on onion toast with avocado and pear guacamole, porcini mushrooms & rosemary, mixed vegetables with celery, potato, carrot, pickled mini-pepper and red onions	200 g	650
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SOUPS

BAKED PUMPKIN AND PEAR SOUP CREAM	320/30 g	500
VEGETABLE BORSCH with porcini mushrooms	300/2 g	530
CREAMY BROCCOLI AND CAULIFLOWER SOUP with oyster mushrooms	300/1 g	510

MAIN DISHES

BAKED SWEET POTATO with glace sauce with creamy leek and avocado butter, coconut mousse and green buckwheat popcorn, candied pecans with wine caramel and fresh coriander	150/40/43 g	690
CAULIFLOWER STEAK with curry mousse and almond petals	180 g	550
ZHAREHA pan-fried potatoes with porcini mushrooms, oyster mushrooms and champignons served with pickled cucumbers and cherry tomatoes	230/105 g	840
GREEN BUCKWHEAT PORRIDGE porridge with porcini mushrooms and onion	260 g	650
GRILLED ZUCCHINI with garlic, served with green mix-salad and balsamic-lime dressing	215 g	580
SPELT WHEAT PORRIDGE STEWED in vegetable broth with pumpkin and pumpkin sunflower seeds	220 g	400
BETROOT RISOTTO with onion puree and mangold salad	160/1 g	510
DESSERT		
CHIA PUDDING with coconut milk and mango	150 g	450

DRINKS

SMOOTHIE with sprouted green buckwheat and cannabis	200 ml	500	WHEATGRASS freshly squeezed with green apple and celery	250 ml	800
WILD BERRY SMOOTHIE with coconut milk	400 ml	600	WHEATGRASS freshly squeezed	30 ml	580

SPORT SMOOTHIE from Chef Maxim Savelyev exclusively for WTC FITNESS
/ the right balance of proteins and healthy fats /



SIDES

ASSORTED SWISS CHEESE PLATTER swiss, saint christoph, grand maurice, fior delle alpi, served with honey, pecan, red grapes and strawberries	138/30/120 g	1690
MEAT PLATTER simonini pork neck, bresaola, parma ham and smoked duck breast	165/66 g	1650
HOMEMADE SALTED SALMON 	155/50 g	1760
BEEF TARTARE with quail egg and Borodino bread crouton	120/20 g	880
HERRING with butter-fried potatoes and red onions	65/105 g	620
HOMEMADE LARD with black bread croutons and mustard & horse radish	147/40 g	510

BRUSCHETTA

BRUSCHETTA WITH TOMATO	45 g	150
BRUSCHETTA WITH LIGHTLY SALTED SALMON with stracciatella, artichokes and capers	161 g	800

SALADS

GRILLED ROAST BEEF SALAD with asparagus, tomatoes, grilled vegetables, flavor of truffle oil and balsamic cream	70/193 g	1460
STIR-FRIED TERIYAKI PRAWN SALAD with avocado, orange and grapefruit fillets, cucumbers and citrus sauce	175 g	790
AVOCADO, TOMATOES & GOAT CHEESE SALAD with pink pepper and white balsamic	230 g	940
RFR GRILL STYLE CAESAR SALAD with romano, cheese croutons, cherry tomatoes and provolone cheese, served of Your choice:		
• with grilled chicken	205/72 g	850
• with grilled black tiger prawns	3 pcs/205 g	1050
TOMATO AND CUCUMBER SALAD with red onion served with dressing of Your choice:	300 g	780
• olive oil	30 g	
• sunflower oil	30 g	
• sour cream	40 g	

• LUNCH TIME •

-20%

ON ALL DISHES FROM THE MENU

AND TAKE AWAY

MON-FRI
12:00-15:00

All prices are in Russian rubles including 20% VAT.



PASTA

- CARBONARA** 📌 380 g **880**
with jamon
- WHOLE GRAIN WHEAT LINGUINE** 📌 360 g **1430**
with prawns, scallops,
cherry tomatoes and tarragon

DESSERTS

- WARM APPLE STRUDEL** 135/15/60 g **600**
with caramel sauce
and vanilla ice cream
- ASSORTED RFR MINI DESSERTS** 7 pcs **560**
- VANILLA CHEESECAKE** 📌 123/77 g **550**
with raspberry sauce
- MEDOVNÍK** 📌 125/18 g **320**
Czech honey cake
- CREME BRULEE** 62/10/60/7 g **370**
with raspberry-strawberry sorbet
- BLUEBERRY CAKE
WITH VANILLA POPPY SEED SAUCE** 165 g **400**
sour cream parfait
with blueberry compote on poppy seed biscuit
and blueberry mirror glaze
- CAFÉ AU LAIT** 📌 80 g **360**
biscuit dessert with hazelnuts,
freshly brewed espresso and cream cheese
- FROMAGE DE CASSIS** 📌 85 g **320**
dark Belgian chocolate mousse
with currant confit in mirror glaze
- ICE-CREAM (1 scoop)** 📌 65/11 g **220**
vanilla, strawberry, chocolate,
pistachio, walnut, mango-cream
- SORBET (1 scoop)** 65 g **220**
raspberry-strawberry, lime-lemon,
mango-passion fruit
- BREAD BASKET** 4 pcs/24/40 g **250**
with homemade bread rolls
and Grissini

SANDWICHES & BURGERS

- CLUB SANDWICH** 📌 280/100/30 g **900**
with chicken fillet, bacon,
cheddar cheese, tomatoes, fresh cucumbers,
marinated cucumber and burger sauce,
served with french fries
- CLASSIC BURGER RFR GRILL** 📌 372/115/30 g **1050**
Black Angus beef patty, bacon,
tomatoes, cheddar cheese,
pickles and red onion,
served with BBQ sauce and french fries

HOT APPETIZER

- CRISPY EGGPLANT** 240 g **830**
with stracciatella cheese
and tomatoes

MAIN DISHES

- RIB-EYE STEAK** 📌 252/7 g **4300**
from the rib section,
especially tenderness and juiciness
- DENVER STEAK** 174/7 g **1540**
from the most tender part of the neck cut
- FILET MIGNON** 100/7 g **1500**
from the smaller end of the tenderloin,
the most tender and lean meat
- GRILLED CHICKEN BREAST** 📌 1 pc/30/65 g **1440**
with asparagus and gorgonzola sauce
- PORK RIBS BBQ** 📌 240/240/30 g **1070**
with coleslaw salad, grilled coarn
and French fries
- BEEF LULEH KEBAB** 195/104/30 g **940**
served with pita, pickling cucumbers,
marinated red onions and pilati sauce
- HOMEMADE RUSSIAN PELMENI** 180/50/25/18 g **780**
with beef and pork in chicken consommé,
served with saour cream
and parmesan cheese



TOM YUM SOUP

SOUPS

- TOM YUM SOUP** 📌 350/20/35 g **850**
with black wood mushrooms and seafood
- BORSCH STAROSLAVYANSKIY** 📌 300/51/35/4 g **650**
Russian beetroot soup
with beef and sour cream
- CHICKEN NOODLE SOUP** 📌 300/35/2 g **350**
- FINNISH SALMON CREAMY SOUP** 360/42 g **1010**
served with cottage cheese bruschetta

- GRILLED FILLET OF HALIBUT** 📌 123/20/117 g **1380**
with mashed potatoes, olives
and cream sauce with red caviar
- GRILLED SALMON STEAK** 📌 136/75/30 g **1840**
on fresh spinach pillow
with asparagus and citrus salsa
- COD FILLET** 258/30/1 g **1260**
baked with avocado, tiger shrimps
and mozzarella cheese,
served with spinach
marinated in linseed oil and lemon juice
- PERCH-HALIBUT MINI-PATTIES** 140/105 g **960**
with green mix salad and balsamic-lime
dressing, served with citrus salsa sauce

GARNISH 📌

- FRESH SPINACH** 116 g **450**
with cucumber, pumpkin seeds and linseed oil
- GRILLED VEGETABLES** 227 g **550**
- MASHED POTATOES** 110 g **350**
with Rucola and parmesan cheese
- FRENCH FRIES** 100/30 g **250**
- FARM POTATO** 100 g **250**
with drawn butter
- STEAMED RICE** 150 g **200**

HOMEMADE BREAD

Freshly baked artisan bread
from our bakery.
You can buy it and take away:

- TABATIÈRE FRENCH BREAD** 275 g **120**
- COUNTRY-STYLE WHOLE RYE BREAD** 380 g **160**



IMMUNE-BOOSTING HOMEMADE DRINKS

- BRIAR DRINK** 250 ml **250**
with lime blossom, ginger and honey
- BERRY DRINK** 250 ml **250**
• Karelian cranberry