



напарах

WE MAKE  
HEALTHY FOOD  
TASTY



ЗАКАЗ.НАПАРАХ.РФ




НАПАРАХ




We are the first chain of restaurants in St.Petersburg with the unique and actual conception of preparing dishes by steam without frying. We try to make steamed dishes tasty, interesting and clear to any guest. The main goal for us is to make it easier to find a place with tasty and balanced dishes of different national cuisines.


## Team «Na Parah»

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 Chef's recommendation

 Gluten free

 Lactose free

 No sugar

 Vegetarian dish  
dishes without animal origin products  
(fish, sea products, meat and eggs)



KPFC 

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Calories are indicated for one portion.

Icons with dish characteristics are represented only in the kitchen section. Icons have a recommendatory nature.

Please study all the ingredients of the dishes if you have individual intolerance to any components.

If you have an allergy to one or more ingredients, please tell the waiter.

# BREAKFAST



## MORNING SET

Morning set: dumplings with cottage cheese and toast with salmon.

**590-** 380 g/678 kcal



## ORDER FOR BREAKFAST

FRESH JUICE  
**320-** 250 ml



AMERICANO 150 ml  
OR CAPPUCCINO 200 ml  
• SEAFOOD RILLETTE

**490-**



## SEAFOOD RILLETTE

Delicate filling made of shrimp, salmon, cod, cream cheese and onion, served with black bread and egg. Decorated with dried olives, microgreens and dried onions.

**420-** 160 g/354 kcal

### SPECIAL OMELETTE 🍳 🌱

Tender omelette with broccoli, edamame beans and stracciatella. Decorated with microgreens and dried olives.

**450-** 200 g/400 kcal

### FRIED EGGS

**190-** 140 g/323 kcal

### SCRAMBLED EGGS

**230-** 120 g/270 kcal

### TOPPINGS

Shrimps	<b>220-</b>	40 g/53 kcal
Salmon	<b>220-</b>	30 g/54 kcal
Parmesan cheese/ Gauda	<b>90-</b>	30 g/117 kcal 103 kcal
Chicken fillet	<b>120-</b>	30 g/40 kcal
Cherry tomatoes	<b>90-</b>	30 g/4 kcal
Broccoli	<b>90-</b>	30 g/8 kcal
Champignons	<b>90-</b>	30 g/35 kcal

### TOAST WITH SALMON AND STRACCIATELLA

A slice of black bread with guacamole, stracciatella and salmon. Decorated with greens and dried olives.

**490-** 110 g/188 kcal

### AVOCADO TOAST

A slice of black bread with guacamole and a poached egg, served with herbs and a lime wedge. Decorated with dried olives.

**390-** 150 g/221 kcal



### OATMEAL WITH MANGO AND BLACK CURRANT

Oatmeal porridge based on soy milk with the addition of mango, black currants and chia seeds. Served with peanut mousse. Does not contain sugar.

**290-** 220 g/215 kcal



### OATMEAL

BASED ON WATER  

**190-** 250 g/188 kcal

ON COW MILK

**190-** 250 g/387 kcal

ON COCONUT MILK  

**250-** 250 g/406 kcal

### BULGUR WITH TURKEY

Bulgur porridge based on milk and cream, with the addition of sous vide turkey, mushrooms and stracciatella, served with a poached egg and spinach. Decorated with dried olives.

**350-** 260 g/521 kcal



### SPINACH PANCAKES WITH SALMON

Spinach and zucchini pancakes. Served with salted salmon, cream cheese and guacamole.

**450-** 140 g/293 kcal



### EUROPEAN BREAKFAST

Fried or scrambled eggs with turkey cutlets covered by melted cheddar cheese, served with beans, warm cherry tomatoes and salad mix.

- with fried eggs 270 g/351 kcal
- with scrambled eggs 290 g/558 kcal

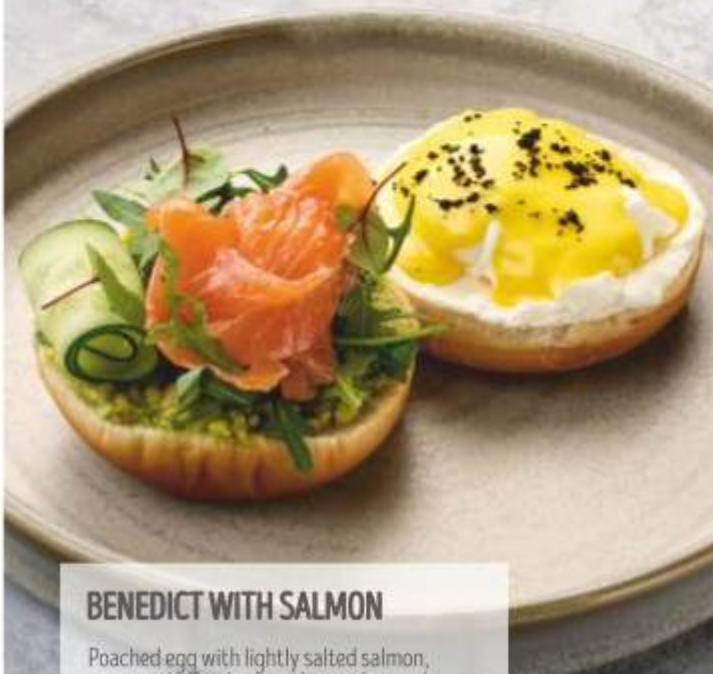
**450-**



**ORDER FOR BREAKFAST**



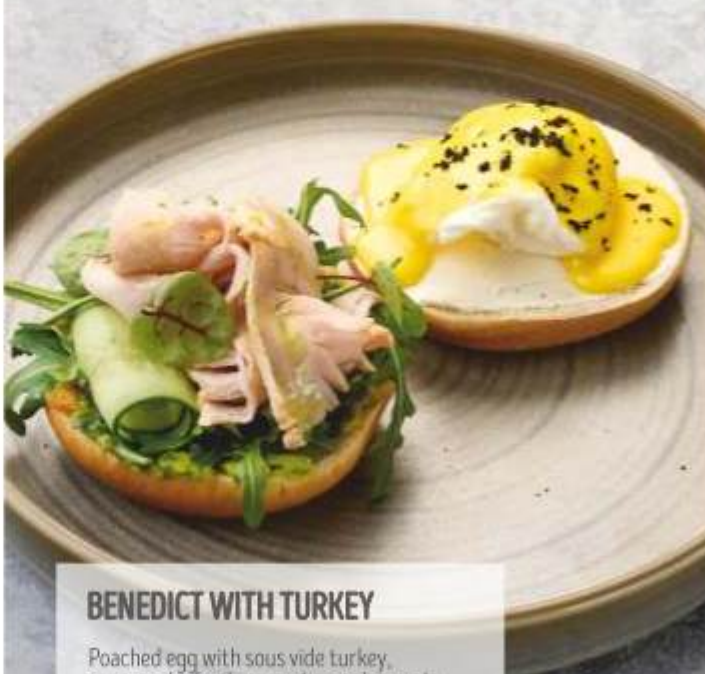
**FRESH JUICE**  
**320-** 250 ml



### BENEDICT WITH SALMON

Poached egg with lightly salted salmon, guacamole, fresh cucumber and arugula. Served with cheese sauce on brioche buns. Decorated with dried olives.

**590-** 210 g/516 kcal



### BENEDICT WITH TURKEY

Poached egg with sous vide turkey, guacamole, fresh cucumber and arugula. Decorated with cheese sauce on brioche buns. Decorated with dried olives.

**450-** 200 g/562 kcal

### CURD MOUSSE 🌱

Cottage cheese with soft whipped cream and condensed milk. Decorated with blueberries, sublimated raspberries and almond petals.

**330-** 165 g/412 kcal



### DUMPLINGS

Dumplings filled with cottage cheese. Served with homemade cherry jam and sour cream.

**330-** 270 g/490 kcal



### COTTAGE CHEESE CAKES 🌱

Cakes made from cottage cheese with the addition of rice flour, served with raspberry-sour cream sauce.

**290-** 180 g/285 kcal



### SMOOTHIE BOWL 🌱 🥥 🌱

#### MANGO-PASSION FRUIT

Rich puree of mango, passion fruit, banana and coconut milk. Served with banana, kiwi, blueberries and chia seeds.

**350-** 190 g/162 kcal



# STARTERS



## GUACAMOLE

Fresh avocado puree with the addition of tomatoes, cilantro and lemon juice. Served with wheat tortilla chips.

**320-** 120 g/190 kcal



## HOMEMADE PATE

Homemade chicken liver pate with onion jam and sublimated raspberries. Served with crispy rye bread.

**320-** 130 g/453 kcal

Extra portion of crispy bread.

**90-** 40 g/84 kcal



## HUMMUS

Chickpea puree with cilantro, mint, zira and garlic. Served with wheat tortilla chips.

**190-** 120 g/255 kcal

## BRUSCHETTA

Bruschetta with vegetables.

**240-** 70 g/102 kcal

Bruschetta with roast beef.

**260-** 75 g/115 kcal

Bruschetta with salmon.

**290-** 90 g/210 kcal



## ASSORTED 3 BRUSCHETTAS

**640-** 235 g/427 kcal





### SALMON TACOS

Wheat tortilla with cream and filling of salted salmon, fresh cucumber, lettuce leaves and cherry tomatoes.

**490-** 170 g/418 kcal



### MINI TOASTS WITH BRIE CHEESE

Tapas with warm brie cheese, pesto sauce, honey and walnut on french bun toast.

**395-** 90 g/316 kcal

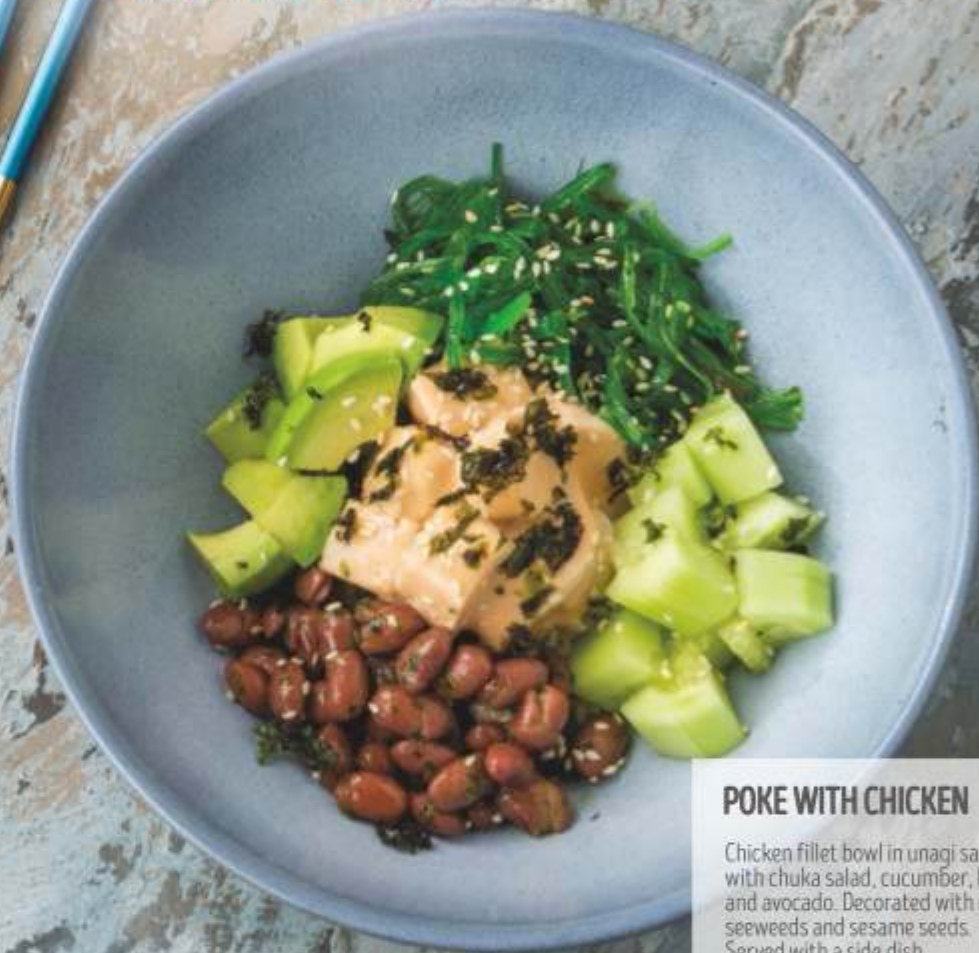


### CHEESE PLATE

Assorted 4 types of cheese: parmesan, gorgonzola, brie and gouda. Served with honey, peanuts, season berries and celery.

**460-** 165 g/460 kcal

# SALADS



## POKE WITH CHICKEN

Chicken fillet bowl in unagi sauce with chuka salad, cucumber, beans and avocado. Decorated with nori seaweeds and sesame seeds. Served with a side dish on your choice:

• with rice 260 g/391 kcal

• with quinoa 260 g/387 kcal

**390-**

## POKE WITH SALMON

Salmon fillet in teriyaki sauce with chuka salad, cucumber, avocado, edamame beans and cream cheese mousse with coconut milk. Decorated with nori seaweeds and sesame. Served with a side dish on your choice:

• with rice 240 g/336 kcal

• with quinoa 240 g/340 kcal

**570-**



## SALAD WITH CHICKEN FILLET AND APPLE



Chicken fillet in combination with a juicy apple and thinly sliced celery stem, dressed with homemade mayonnaise.

- with smoked chicken fillet 170 g/263 kcal
- with sous vide chicken fillet 170 g/270 kcal

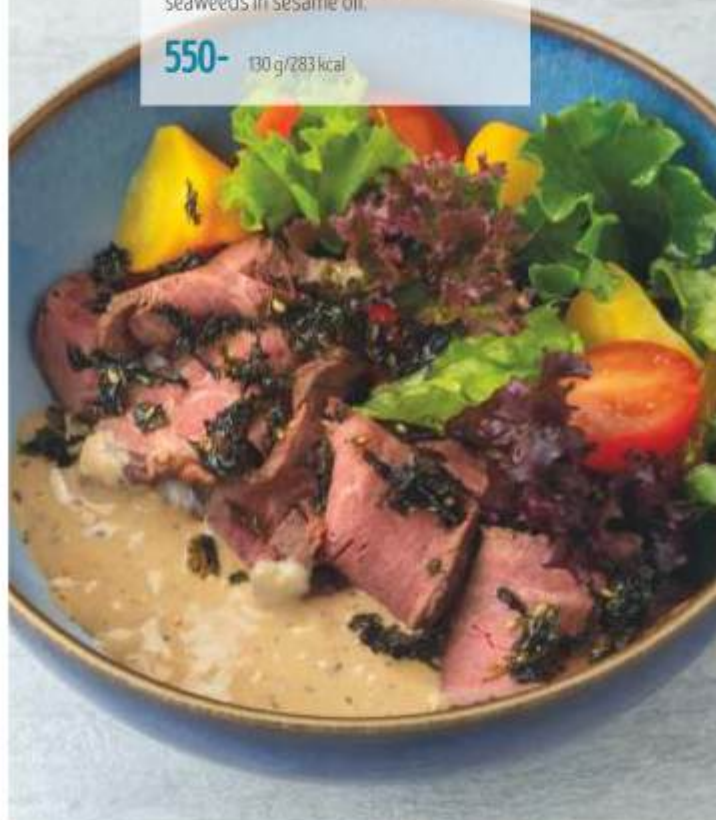
395-



## ROAST BEEF SALAD

Roast beef slices with lettuce leaves, blanched paprika, cherry tomatoes and pickled patissons. Served with nut and sesame sauce and decorated with nori seaweeds in sesame oil.

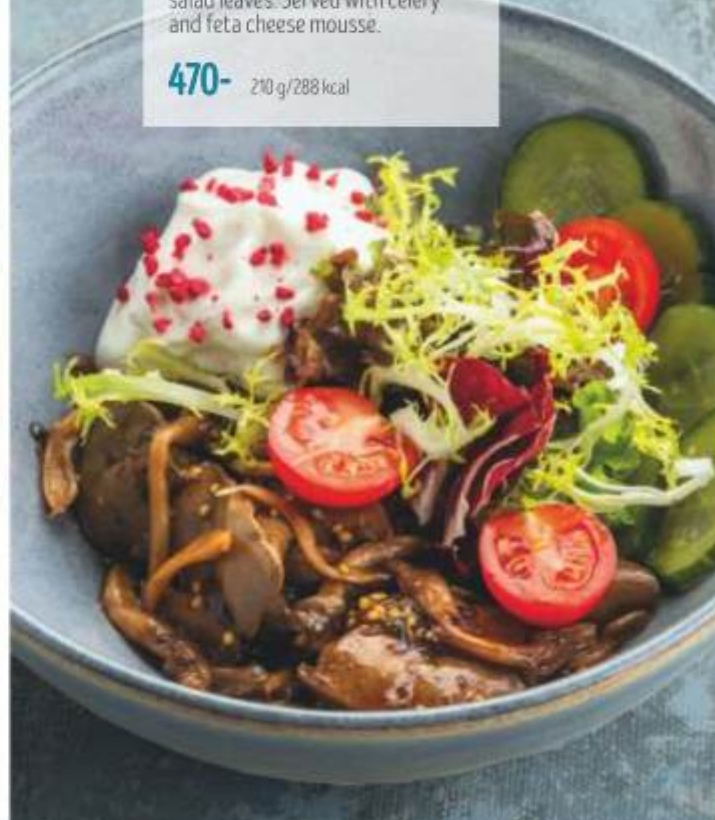
550- 130 g/283 kcal



## WARM SALAD WITH LIVER

Warm salad with chicken liver and mushrooms in berry and meat sauce with kimchi cucumbers, fresh cherry tomatoes and assorted salad leaves. Served with celery and feta cheese mousse.

470- 210 g/288 kcal



## TARTAR

Fresh tuna or salmon fillet (on your choice) with fresh cucumber and avocado in shiso sauce, topped with mango-passion fruit puree and kimchi. Decorated with black sesame seeds.

• with tuna 175 g/329 kcal

• with salmon 175 g/317 kcal

**590-**

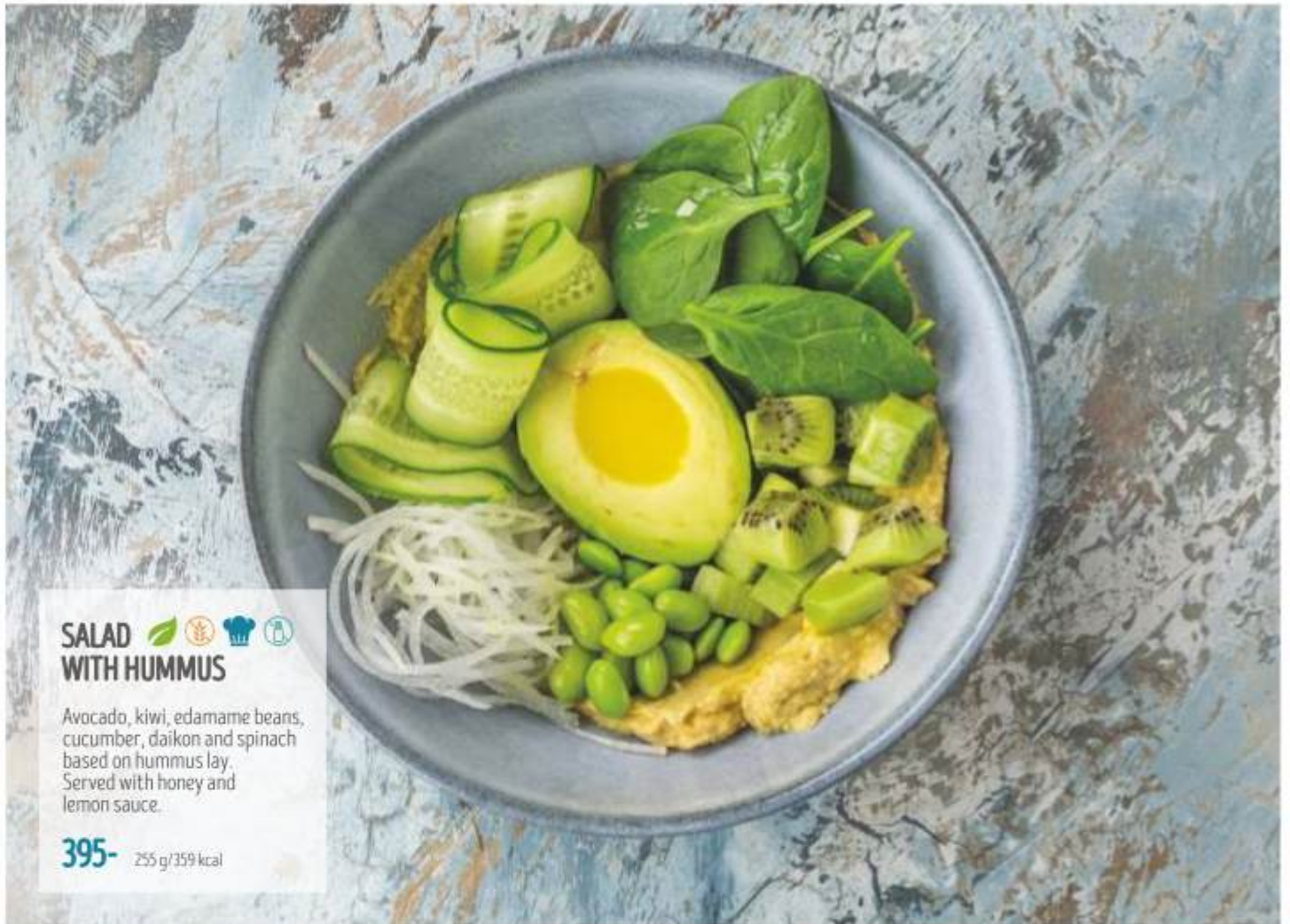


## SHRIMP SALAD WITH YUZU SAUCE

Delicate tiger shrimps with fresh vegetables, avocado, spinach and yuzu sauce. Served with a daikon and black sesame seeds.

**550-** 240 g/331 kcal





**SALAD WITH HUMMUS**

Avocado, kiwi, edamame beans, cucumber, daikon and spinach based on hummus lay. Served with honey and lemon sauce.

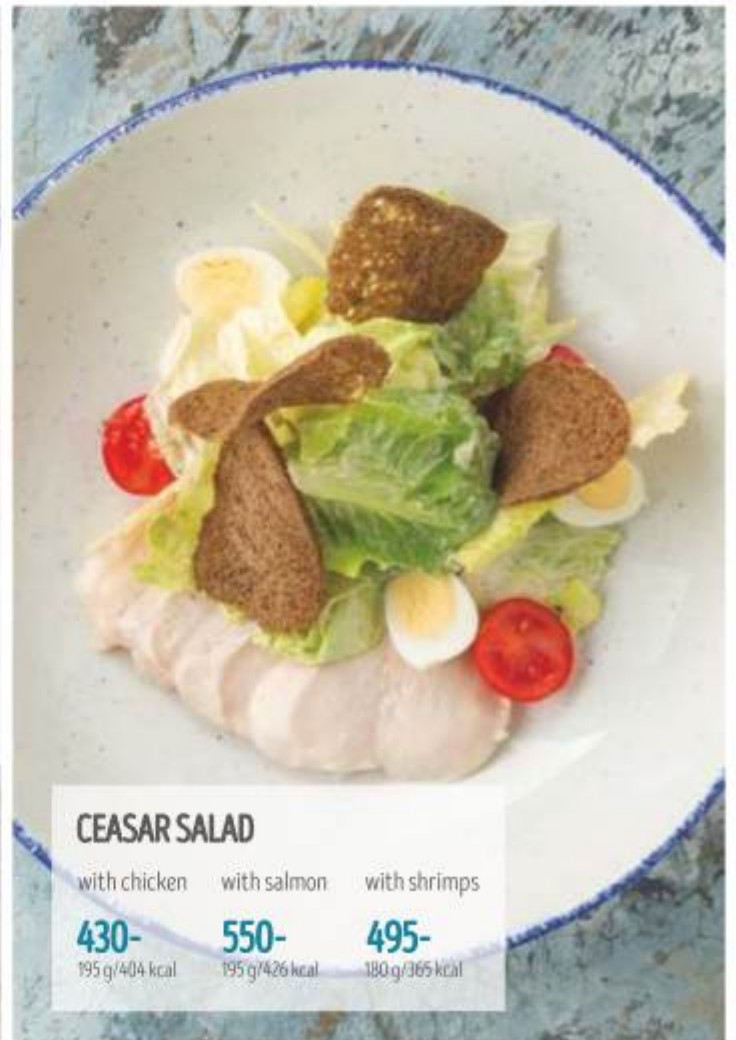
**395-** 255 g/359 kcal



**GREEK SALAD**

Vegetable mix: cucumber, tomato and paprika combined with olives, feta cheese mousse and onion confitur. Served with parmesan cheese.

**470-** 245 g/250 kcal



**CEASAR SALAD**

with chicken    with salmon    with shrimps

**430-**  
195 g/404 kcal

**550-**  
195 g/426 kcal

**495-**  
180 g/365 kcal

# SOUPS



## RICE BASMATI

Served with black sesame seeds.

**70-** 70 g/93 kcal

## THAI SOUP WITH SHRIMPS



Special recipe of asian soup with shrimps based on coconut milk with shiitake mushrooms, tomatoes, zucchini and ginger. Decorated with cilantro and black sesame seeds.

**560-** 330 g/300 kcal



## CHEESE SOUP

Delicate soup made of processed cheese on chicken broth. Served with spinach and parmesan cheese chips.

**450-** 255 g/712 kcal

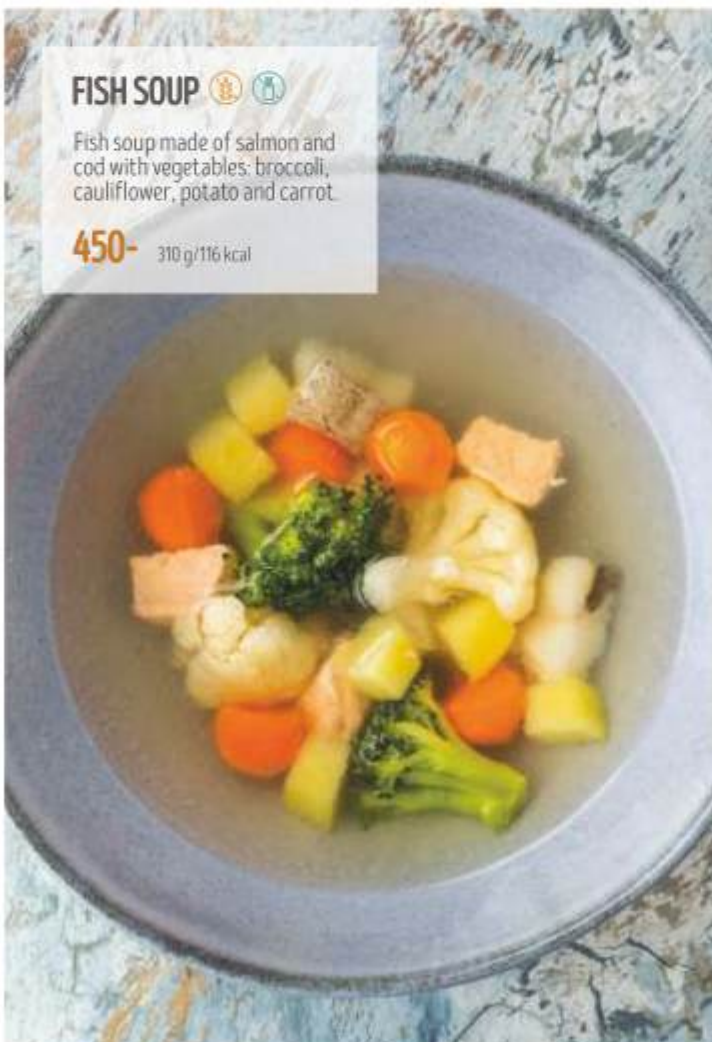


## FISH SOUP



Fish soup made of salmon and cod with vegetables: broccoli, cauliflower, potato and carrot.

**450-** 310 g/116 kcal



## PUMKIN CREAM SOUP



Cream soup made of pumpkin baked with honey, with the addition of coconut milk. Served with pumpkin seeds and microgreens.

**450-** 250 g/396 kcal

### YOU CAN ADD SHRIMPS

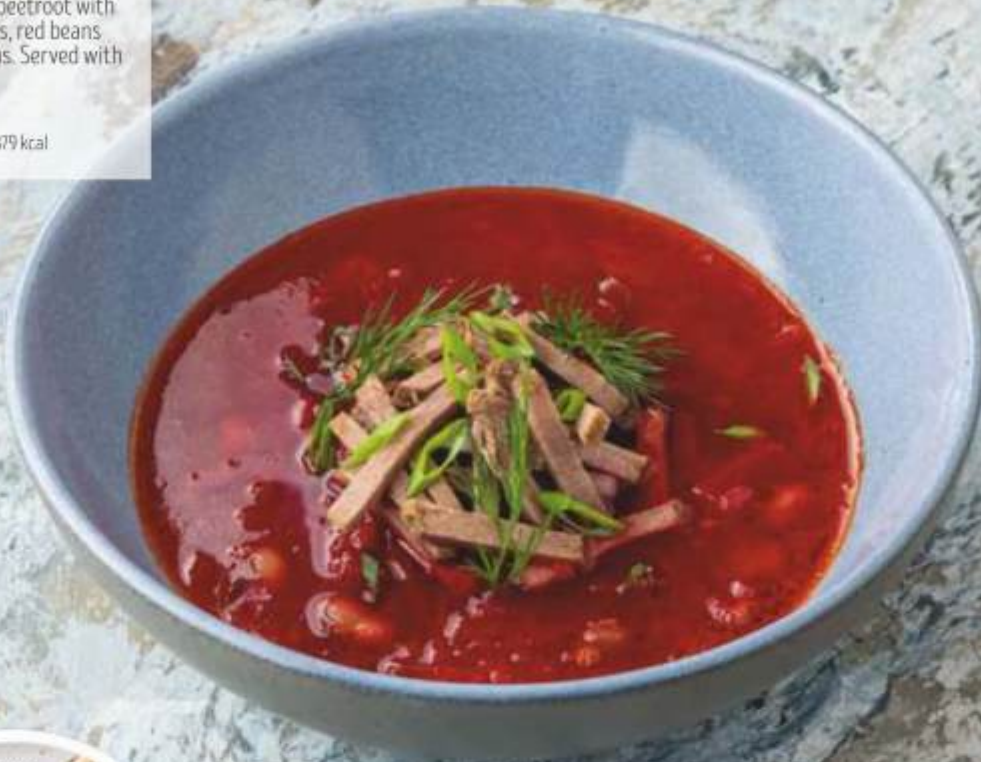
**220-**  
40 g/53 kcal



## BORSCH

Soup based on beetroot with beef, vegetables, red beans and fresh greens. Served with sour cream.

**450-** 340 g/379 kcal



## TAPAS WITH CHICKEN BREAST

**170-**  
90 g/100 kcal



## CHICKEN BROTH WITH TAPAS

Classic chicken broth with tapas on yeast-free rye bread with chicken breast, homemade sauce and green onions.

**395-** 340 g/217 kcal



# PASTA

## GEDZA

Steamed gedza with meat filling, shiitake mushrooms, chinese cabbage, ginger, green onions and cilantro. Served with new york sauce.

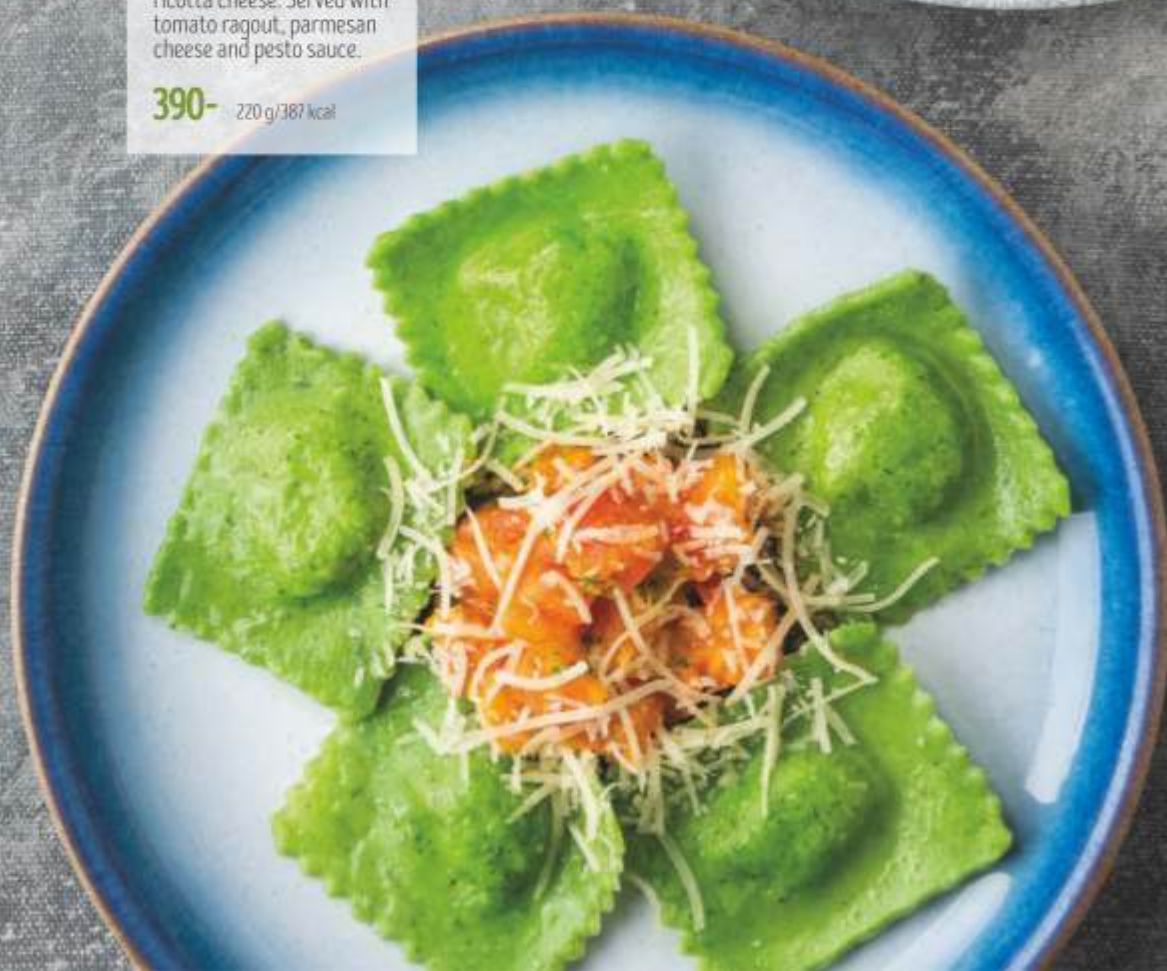
**450-** 180 g/264 kcal



## RAVIOLI WITH RICOTTA AND SPINACH

Ravioli made of basil pastry filled with spinach and ricotta cheese. Served with tomato ragout, parmesan cheese and pesto sauce.

**390-** 220 g/387 kcal





## MEAT MANTY

Manty made of thin pastry, minced beef and pork, onion and zira. Served with sour cream and herbs.

**440-** 305 g/747 kcal



## TURKEY DUMPLINGS

Homemade dumplings with minced turkey fillet. Served with soy-sour cream sauce or sour cream on your choice.

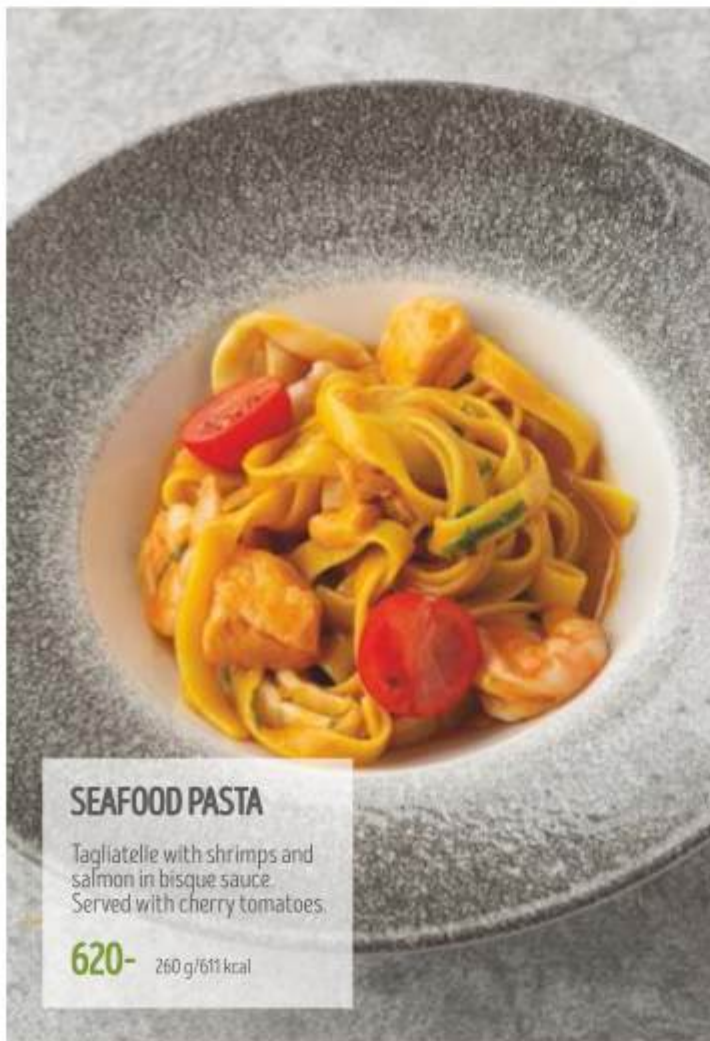
**450-** 225 g/560 kcal



### LASAGNE

Lasagne made of thin dough with bolognese meat sauce and creamy bechamel sauce, gouda and parmesan cheese.

**560-** 275 g/682 kcal



### SEAFOOD PASTA

Tagliatelle with shrimps and salmon in bisque sauce. Served with cherry tomatoes.

**620-** 260 g/611 kcal



### PASTA CARBONARA

Spaghetti with chosen topping, cream sauce and parmesan cheese. Served with microgreens.

with smoked brisket    with turkey    with beef

**550-**  
250 g/ 858 kcal

**550-**  
250 g/707 kcal

**590-**  
250 g/616 kcal

# MAIN DISHES

## **CODFISH WITH CAULIFLOWER PUREE**

Tender steamed cod fillet with creamy cauliflower puree. Served with steamed spinach and olive pesto with pumpkin seeds.

**620-** 270 g/353 kcal





## SQUID CURRY

Squid fillet in creamy coconut curry sauce with steamed vegetables: zucchini, cauliflower, broccoli, carrots and cherry tomatoes.

**550-** 290 g/403 kcal

### RICE

**90-** 100 g/133 kcal



## SALMON CUTLETS WITH BROCCOLI

Steamed salmon cutlets and broccoli. Served with sauce made of coconut milk and wasabi. Served with nori chips in sesame oil.

**790-** 260 g/357 kcal

## CONSTRUCTOR WITH SALMON



Salmon fillet of medium or well-done steaming with chosen side dish and sauce.

**990-** 125 g/256 kcal

**BROCCOLI PUREE**  
150 g/120 kcal



**MASHED POTATO**  
200 g/283 kcal



**CAULIFLOWER PUREE**  
150 g/133 kcal



The photo shows the recommended combination.  
Salmon with basmati rice and teriyaki sauce with sesame seeds



**STEAMED VEGETABLES**  
200 g/136 kcal



**BASMATI RICE**  
150 g/259 kcal



## CONSTRUCTOR WITH CHICKEN FILLET

Chicken sous-vide fillet with chosen side dish and sauce.

**580-** 125 g/205 kcal

**QUINOA**  
150 g/199 kcal

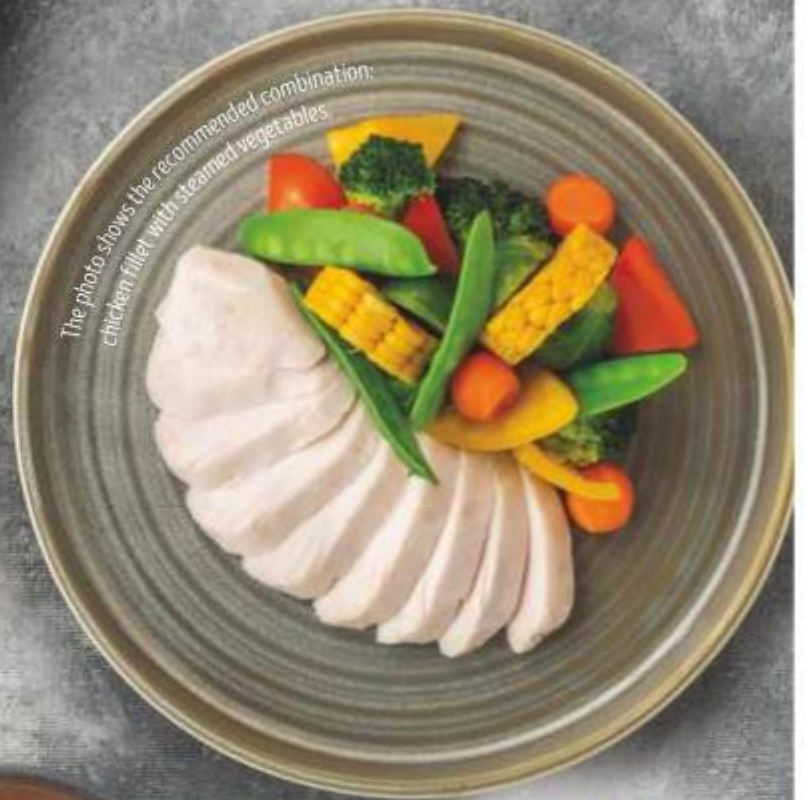


**FRESH VEGETABLES**  
160 g/36 kcal

**STEAMED BROCCOLI**  
150 g/45 kcal



The photo shows the recommended combination:  
chicken fillet with steamed vegetables



**MASHED SWEET POTATO**  
150 g/94 kcal



**BUCKWHEAT**  
150 g/270 kcal



### SAUCES

Nut-sesame	40 g	152 kcal
Sour cream	83 kcal	
Soy-sour cream	76 kcal	
Sour-sweet chilli	51 kcal	
Spinach	77 kcal	
Mushroom	113 kcal	
Teriyaki with sesame	60 kcal	
Coconut curry	108 kcal	
Creamy Pesto	220 kcal	
TOMATO	29 kcal	
Pesto	254 kcal	

## CAULIFLOWER STEAK

Steamed cauliflower with parmesan cheese mousse and soy-nut sauce. Served with nori algae and microgreens.

**390-** 240 g/380 kcal







### **BEEFSTEAK WITH SWEET POTATO PUREE**

Beefsteak made of beef tenderloin and chicken fillet steamed in new york sauce. Served with sweet potato puree, steamed spinach and egg.

• with meat cutlet 290 g/481 kcal

• with plant cutlet 290 g/618 kcal

**690-**



### **BEEF MEDALLIONS WITH QUINOA**

Sous vide beef fillet of well-done or medium steaming in raspberry-meat sauce with creamy quinoa and white mushrooms. Served with cherry tomatoes in lime dressing with cilantro.

**890-** 310 g/465 kcal



**TURKEY CUTLETS** 🍴  
**WITH MASHED POTATO**

Delicate turkey fillet cutlets with mashed potato and creamy pesto sauce. Served with bright vegetable mix.

**540-** 280 g/565 kcal

## STEAMBURGER IN LETTUCE LEAVES

Burger with steam meat cutlet, cheddar cheese, lettuce leaves, tomato, pickled cucumbers, red and dried onion with special sauce. Served in lettuce leaves or a brioche bun on your choice.

**580-** 280 g/397 kcal  
• in lettuce leaves

**580-** 280 g/530 kcal  
• in brioche bun

**560-** 280 g/715 kcal  
• with plant cutlet



## STEAMBURGER WITH CHICKEN CUTLET

Burger with steamed chicken cutlet, avocado, cheddar cheese, tomatoes, kimchi cucumbers, paprika brulee, red onion and lettuce leaves with special sauce. Served in lettuce leaves or a brioche bun on your choice.

• in lettuce leaves 300 g/467 kcal

• in brioche bun 300 g/600 kcal

**480-**



# SIDE DISHES

**FRESH VEGETABLES**  
230- 160 g/135 kcal



**CAULIFLOWER PUREE**  
230- 150 g/133 kcal



**STEAMED BROCCOLI**  
230- 130 g/145 kcal



**BROCCOLI PUREE**  
230- 150 g/120 kcal



**QUINOA WITH WHITE MUSHROOMS**  
290- 170 g/396 kcal



**MASHED SWEET POTATO**  
290- 150 g/96 kcal



**BUCKWHEAT**  
180- 150 g/270 kcal



**BASMATI RICE**  
180- 150 g/259 kcal



**MASHED POTATO**  
180- 200 g/283 kcal



## SAUCES

	40 g		
Nut-sesame	152 kcal	Teriyaki with sesame	60 kcal
Sour cream	83 kcal	Coconut curry	108 kcal
Soy-sour cream	76 kcal	Creamy Pesto	220 kcal
Sour-sweet chili	51 kcal	TOMATO	29 kcal
Spinach	77 kcal	Pesto	254 kcal
Mushroom	113 kcal		

**80-**

**STEAMED VEGETABLES**  
290- 200 g/136 kcal



# BREAD

## STEAMED BUNS

Steamed buns with curry and ricotta cheese, with spinach and gouda cheese, with oregano and parmesan cheese.

**190-** 160 g/375 kcal

## HOT BUNS (3 PCS.)

Buns on your choice: classic white or black rye.

**160-** 120 g/314 kcal

## BAGUETTE WITH GARLIC BUTTER AND SPICY HERBS

French bread with garlic butter and spicy herbs.

**180-** 70 g/239 kcal

# DESSERTS



## DESSERT CLOUD



Delicate mousse with the addition of matcha tea in white chocolate based on a thin almond biscuit with a bright center of mango and passion fruit. The dessert does not contain sugar.

**450-** 140 g/468 kcal

**ASSORTED  
DESSERTS**

**550-**  
290 g/897 kcal

Cheesecake

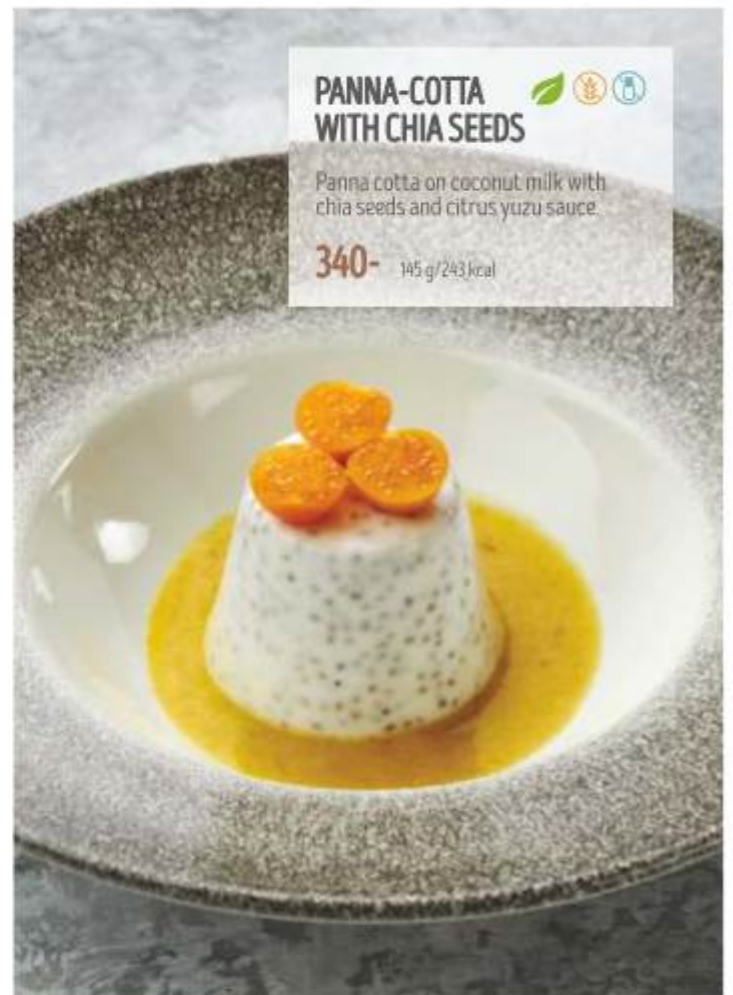
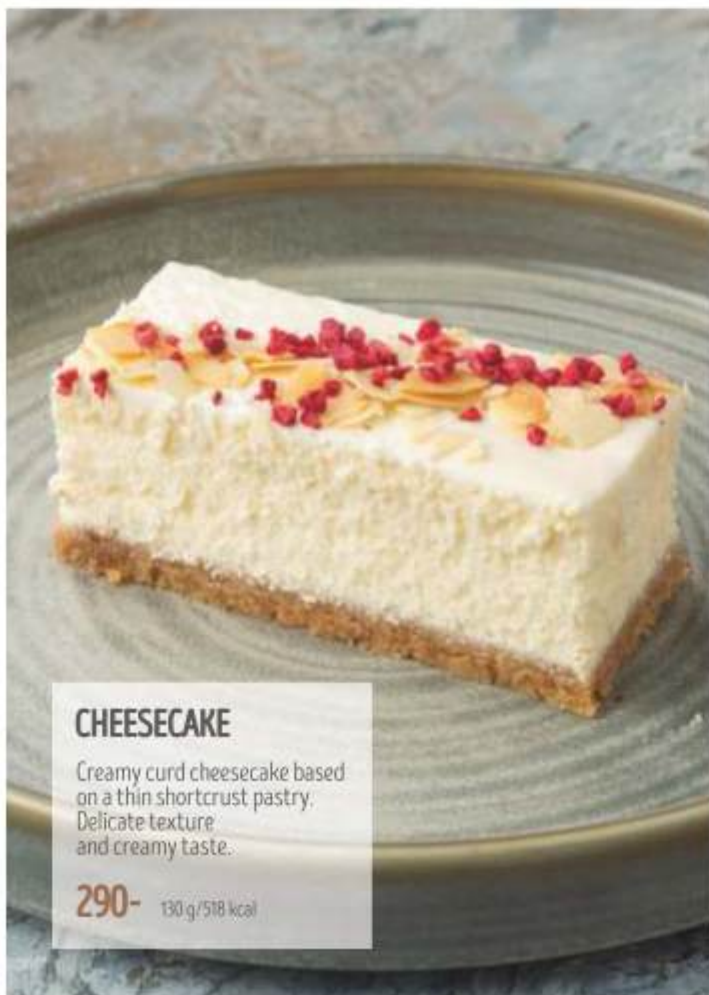
Carrot-sea  
buckthorn dessert

Caramel-Nut  
Crisper

Panna-Cotta  
with chia seeds

Mochi

To choose from:  
Creamy mochi/chocolate cherry

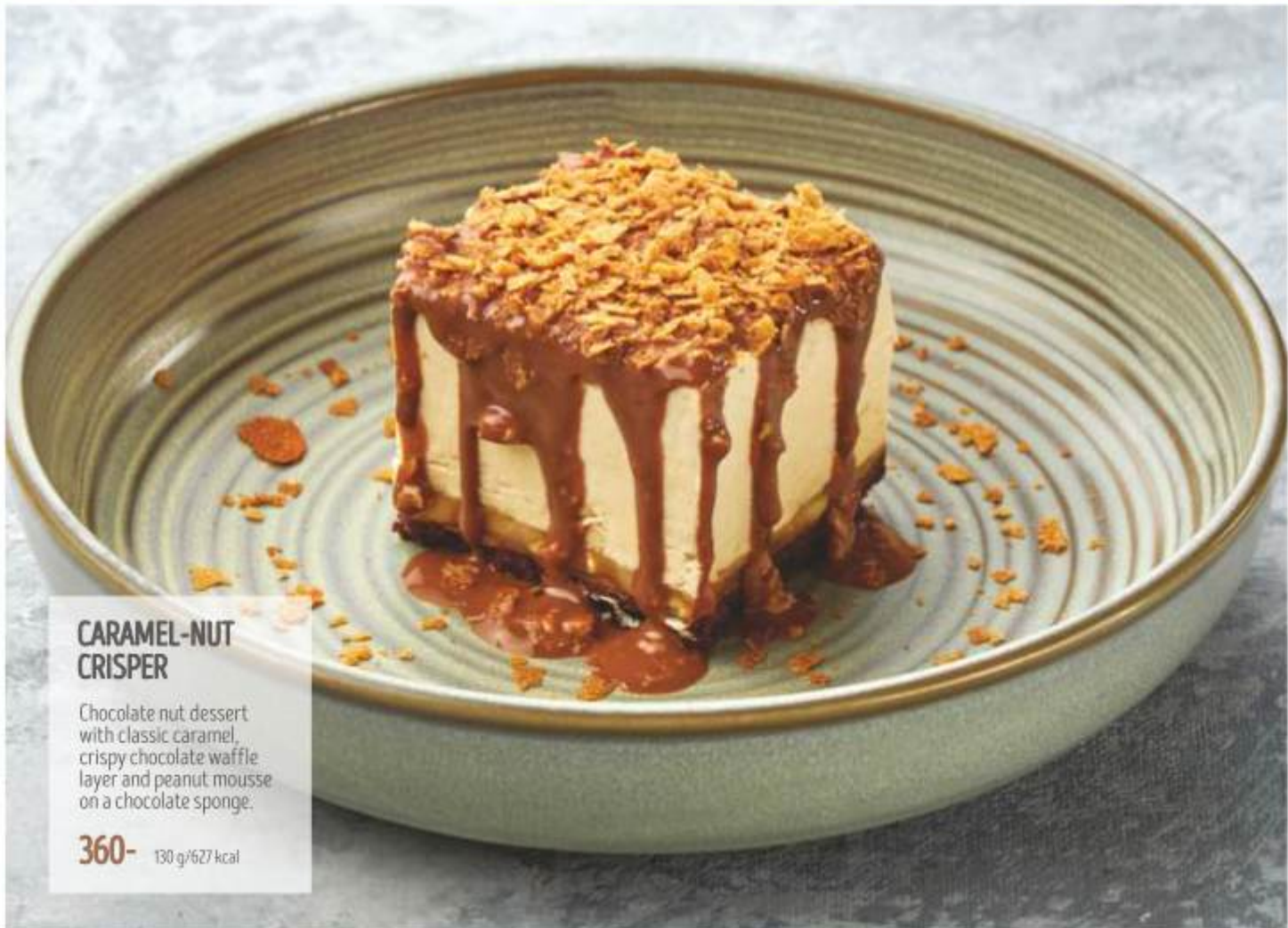




### CARROT-SEA BUCKTHORN DESSERT

Carrot sponge with caramel, cream cheese and sea buckthorn jam with prunes in wine-caramel sauce. Decorated with sublimated raspberries.

**340-** 150 g/494 kcal



### CARAMEL-NUT CRISPER

Chocolate nut dessert with classic caramel, crispy chocolate waffle layer and peanut mousse on a chocolate sponge.

**360-** 130 g/627 kcal





**MERINGUE ROLL**  
 1300-  
 540g/1363 kcal  
 PRE-ORDER  
 24 HOURS  
 IN ADVANCE

**MERINGUE ROLL DESSERT** 🌱  
 Delicate dessert made of meringue, butter cream, mango and passion fruit puree. Decorated with mango-passion fruit cream.  
**360-** 130 g/370 kcal



**MOCHI SET** 🌱 🍷  
 A set of two mochi: desserts made of rice dough, one is made with a delicate creamy filling, and the second - with chocolate-cherry.  
**360-** 120 g/385 kcal



**TRIFLE DESSERT**  
 Delicate creamy ganache cream with the addition of white chocolate, ripe mango, marshmallows and chocolate chips. Served in a cup to go.  
**380-** 120 g/446 kcal

Pre-order 24 hours in advance

# CAKES

CHEESECAKE

2400- 1700 g



CARAMEL-NUT CAKE

2400- 1730 g



CARROT-SEA  
BUCKTHORN CAKE

2400- 2100 g



# ICE-CREAM



Banana

30 g/26 kcal **50-**

Apple

30 g/14 kcal **50-**

Kiwi

30 g/12 kcal **50-**



Honey

30 g/160 kcal **50-**

Cherry jam

40 g/55 kcal **120-**

Chocolate sauce

40 g/268 kcal **140-**

Raspberry sauce

40 g/89 kcal **120-**

Mango sauce

40 g/20 kcal **120-**



Blueberry

30 g/18 kcal **150-**



Nut mix

12 g/67 kcal **50-**



Prunes

40 g/73 kcal **30-**

**CHOCOLATE**  
194 kcal



1SCOOP 70 g **140-**

3SCOOPS 210 g **350-**

\*Calories are indicated for 1scoop.

**WALNUT**  
176 kcal



**MANGO SORBET**  
115 kcal



**GORGONZOLA**  
143 kcal



**VANILLA**  
140 kcal



**SALTED CARAMEL**  
196 kcal



**CHERRY**  
122 kcal



## TOPPINGS

	Mint	4g	30-
	Thyme	4g	30-
	Lemon	30g	30-
	Ginger	20g	50-
	Honey	30g	50-

# TEA

## LEAF TEA

- CENLON
- EARL GRAY
- GREEN SENCHA
- GREEN WITH JASMINE
- MILK OOLONG
- CAMOMILE
- LINDEN

**270-** 500 ml

## SEA BUCKTHORN AND GINGER TEA

Special tea based on sea buckthorn jam, ginger, rosemary and orange juice.

**380-** 500 ml/194 kcal

## LINDEN-ROSEHIP TEA

Special chamomile tea, linden and rosehip berries with honey, rosemary and mint.

**380-** 500 ml/104 kcal

## TEA MANGO-PASSION FRUIT

Fruit tea based on mango and passion fruit with added honey, cinnamon and mint.

**380-** 500 ml/191 kcal

## ANTISTRESS TEA

Tea based on chamomile inflorescences with added tarragon, honey and lemon

**380-** 500 ml/103 kcal



# COFFE

## TOPPINGS

Milk	50 ml	40-
Cream	50 ml	60-
Plant milk	50 ml	70-
Syrup	20 ml	60-
Marshmallow	20 g	60-

## RAF COFFEE

**320-** 280 ml/230 kcal

Americano	150 ml/18 kcal	190-
Espresso	30 ml/18 kcal	180-
Double espresso	60 ml/36 kcal	220-
Cappuccino	200 ml/106 kcal	260-
Double cappuccino	350 ml/207 kcal	320-
Latte	250 ml/136 kcal	320-
Latte Matcha	250 ml/156 kcal	290-

## BUMBLE

Refreshing drink made of layers of strong espresso and bright orange juice.

**320-** 250 ml/89 kcal

## ESPRESSO-TONIC

**320-** 250 ml/34 kcal

## SPICY LATTE TEA

Spicy black tea with milk, ginger and oriental spices.

**320-** 280 ml/82 kcal

## FLAT WHITE

**320-** 200 ml/106 kcal

## COCOA WITH MARCHMALLOW

**260-** 280 ml/194 kcal

ORDER ANY COFFEE DRINK WITHOUT CAFFEINE ☹️

ANY DRINK CAN BE DONE BASED ON PLANT OR LACTOSE-FREE MILK **70-**

# NON-ALCOHOLIC COCKTAILS

## SMOOTHIE WILD BERRIES

Beverage based on berries, citrus fruits and grenadine. Served with fresh blueberries.

**380-** 310 ml/195 kcal

## SMOOTHIE MANGO - PASSION FRUIT

Fruit smoothie based on sweet mango and passion fruit combined with orange juice, banana and chia seeds.

**380-** 310 ml/191 kcal

## MILKSHAKE

Classic milkshake. Decorated with colored dragees.

**290-** 310 ml/346 kcal

## SMOOTHIE SPINACH - APPLE

Beverage based on spinach, apple and citrus, with added honey, pumpkin seeds and basil.

**380-** 310 ml/188 kcal

## BERRY SHAKE

Milkshake based on ice cream, milk and berry puree.

**290-** 310 ml/309 kcal

## MANGO SHAKE

Milkshake based on ice cream, milk and mango puree.

**290-** 310 ml/319 kcal



### BERRIES - BASIL

Berry lemonade with citrus and fresh basil.

**270-** 350 ml/115 kcal

### MANGO - PASSION FRUIT

Fruit lemonade based on sweet mango and passion fruit, citrus fruit and fresh mint.

**270-** 350ml/118 kcal

### LEMON DRAGEE

Mix of apple and lemon juice with banana syrup.

**380-** 410 ml/226 kcal

### TARHUN

Refreshing lemonade with the tart taste of tarragon, apple juice and lemon fresh.

**270-** 350 ml/164 kcal



### JAR OF LEMONADE

#### BERRIES - BASIL

1000 ml/304 kcal

#### MANGO - PASSION FRUIT

1000 ml/259 kcal

#### TARHUN

1000 ml/298 kcal

**580-**

# ALCOHOLIC COCKTAILS

## STRAWBERRY MARGARITA

Classic strawberry margarita with tequila and triple sec.

**540-** 250 ml/153 kcal

**APEROL SPRITZ** 260 ml/165 kcal **540-**

**BASIL SMASH** 150 ml/244 kcal **490-**

## MULLED WINE

• with red wine 270 ml/254 kcal **390-**

• with white wine 270 ml/247 kcal **390-**

• with morse 270 ml/133 kcal **290-**

## RASPBERRY SOUR

Gin combined with raspberry puree and citrus.

**490-** 150 ml/256 kcal

## MEXICO

Tequila, citrus, banana and coconut syrup. Served with mint.

**540-** 350 ml/243 kcal

## MOJITO

Light rum, lime, mint, syrup, sparkling water.

**490-** 350 ml/243 kcal

• non-alcoholic

**340-** 350 ml/122 kcal

## FLAMINGO

Refined cocktail with gin and strawberry syrup.

**490-** 150 ml/165 kcal



## WHITE WINE

	125 ml	750 ml
<b>CLIFFHANGER RIESLING</b> semi-dry, DEU	450-	2600-
<b>MALBORO KIA ORA SAUVIGNON BLANC</b> dry, NZ	450-	2600-
<b>HAY BAY CHARDONNAY FANAGORIA</b> dry, RUS	260-	1500-
<b>CHATEAU FOROS MUSCAT</b> semi-sweet, RUS	260-	1500-
<b>DOLOMITI, TERRE DEL NOCE, PINOT GRIGIO</b> dry, ITA	410-	2300-

**CHABLIS, ALBERT BICHOT**  
dry, FRA

375 ml  
2700-

## SPARKLING WINE

	200 ml	750 ml
<b>CHATEAU TAMAGNE SELECT</b> dry, RUS	410-	
<b>CHATEAU TAMAGNE SELECT ROSE</b> dry, RUS		1500-
<b>PROSECCO SPUMANTE, VILLA DEGLI OLMI</b> dry, ITA	790-	2900-
<b>GANCIA ASTI</b> sweet, ITA	790-	2900-

## RED WINE

	125 ml	750 ml
<b>CHATEAU TAMAGNE SELECT ROUGE</b> dry, RUS	260-	1500-
<b>HAY BAY PINOT NOIR FANAGORIA</b> cyxoe, RUS	260-	1500-
<b>CARENIENA CARE TINTO SOBRE LIAS</b> dry, ESP	410-	2300-
<b>TORREBRUNA SANGIOVESE, TOSCANA</b> semi-dry, ITA	450-	2600-
<b>CHATEAU LA FAVIERE BORDEAUX SUPERIEUR</b> dry, FRA		2900-

## ROSE WINE

	125 ml	750 ml
<b>WINZERVEREINIGUNG PORTUGIESER ROSÉ</b> semi-dry, DEU	450-	2600-

## NON-ALCOHOLIC WINE

	750 ml
<b>KLAUS LANGHOFF</b> white, sweet, DEU	1500-



If you order any bottle of red,  
white or rose wine 750 ml you will get olives as a GIFT!

## WHISKY

BELL'S ORIGINAL

50 ml  
350-

## BRANDY

ARARAT ANI

50 ml  
390-

CHATEAU TEMRUK, 5 YEARS

280-

## VODKA

RUSSIAN STANDART ORIGINAL

50 ml  
190-

RUSSIAN STANDART PLATINUM

220-

## BOTTLED BEER

ASTROLOGER

lager 4,7%

500 ml  
390-

WEISSGLUCK

unfiltered light 4,5%

390-

ACE CREAM

unfiltered dark 5%

390-

VIVIZERO

dry cider 5,5%

420-

GRAPFRUIT

semi-sweet cider with the addition of grapefruit juice 5,5%

450 ml  
420-

SATORI

non-alcoholic lager

340-

## SOFT DRINKS

BERRY MORSE

250 ml 1000 ml  
180- 560-

FRESH JUICE

250 ml 500 ml  
320- 580-

• apple

• orange

• carrot

• grapefruit

• celery

JUICE

200 ml  
220-

• apple

• orange

• cherry

• tomato

FIZZY DRINKS

330 ml

Rich cola

240-

Rich cola, without sugar

Rich tonic

Lemonade «Lapochka»

290-

• Grapefruit and lemon

• PINEAPPLE AND LUCRÉE

WATER

• BOW AQUA ST, SP.

330 ml 130-

• DAUSUZ ST, SP.

500 ml 190-

# DELIVERY AND PICKUP OF DELICIOUS AND HEALTHY DISHES

## ЗАКАЗ.НАПАРАХ.РФ



If you have comments and suggestions for improving the work the restaurant chain "Na Parah", send them to [info@naparah.ru](mailto:info@naparah.ru).  
This brochure is promotional material. The full menu and information concerning the dishes can be found at the customer information stand. The sale of alcohol to minors is prohibited.  
All prices are indicated in rubles.

