

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**
 1. COCONUT BALLS (Rafaello)
 2. MATCHA SWEETS TOKYO (tea)
 3. CHILLI TRUFFLES (savoury and hot)
 4. 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, cinnamon, 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 beetroot / 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**

* You are welcome to add, modify, or exclude any ingredient from the selected dish..



-  **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

* Please let us know if you have an allergic reaction to any of the ingredients, we will take it into consideration..



100% FRESHLY ROASTED ARABICA

ESPRESSO	29
ESPRESSO WITH MILK	29
AMERICANO	29
DOPPIO	38
CAPPUCCINO	37
LATTE	45
FLAT WHITE	44
RAF COFFEE	55
CUP O' RANGE / CUP O' POMEGRANATE	55

BREW

AEROPRESS	48
FILTER COFFEE from New York city in 50's	40



VEGETABLE MILK

Green Whale recommends cooking coffee, cocoa or matcha with our home-made milk. It does not contain lactose, is rich in vitamins, lean fat and micronutrients.

AT YOUR CHOICE:

OATMEAL / BUCKWHEAT	10
ALMOND / COCONUT / SOY	25

almond
 coconut
 oat
 soy
 cow's

WARM DRINKS

MASALA with turmeric root	55
COCOA /no sugar/	49
CHILI COCOA with chilli pepper and spices	55
BLUE LATTE detox	50

MATCHA

MATCHA SHOT (matcha + water)	65
MATCHA CAPPUCCINO (matcha + less milk)	75
MATCHA LATTE (matcha + more milk)	85

COFFEE



ELITE TEA SORTS FROM DIFFERENT REGIONS OF THE WORLD

	300 ML / 600 ML
SENCHA	45/69
SHU PU'ER	
OOLONG	
MILKY OOLONG	
DA HONG PAO	
DIAN HONG	

LET'S DRINK TEA IN CHINESE TEA CEREMONY STYLE	1,5 L 89
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HERBAL / WINTER / EASTERN NOT-TEA

HERBAL TEAS FROM UKRAINE AND DIFFERENT REGIONS OF THE WORLD

	300 ML / 600 ML
CARPATHIAN HERBS	40 / 65
ANCHAN BLUE TEA	tibetan tea
BUCKWEAT TEA	cookies taste from Taiwan

WINTER TEAS

COME WITH FARMER'S HONEY

GINGER+ORANGE + GRAPEFRUIT	40 / 65
BERRY	warm winter
TROPICAL	mango punsh
POMEGRANTE PUNSH	with pomegranate fresh

EASTERN DESSERT TEAS

	come with sweets set
EASTERN NIGHTS	40 / 65
HIBISCUS TEA	hibiscus tea
MOROCCAN	with mint

LET'S DRINK TEA



COLD DRINKS FRESH JUICE

	230 ml
ORANGE	62
GRAPEFRUIT	70
POMEGRANATE	75

LEMONADE

	330 ml
HOME-MADE fresh juice, berries and herbs	45
OVERSEA WOSTOK, Club Mate	65
COMPOTE / FRUIT PUNCH / BRIER DRINK	35
	warm or cold



SMOOTHIE

	330 ml
GREEN TURTLE	65
	(no harm done to turtles)
MANGO	70
SUPER-BERRY SMOOTHIE BOWL +SEASONAL SECRET	95

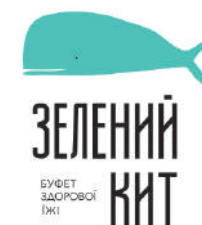
NON-ALCOHOLIC (BEER)

BrewDog nany state	75
	Scotland
Mikkeler raspberry	75
	Denmark

(WINE)

TORRES ESSENTIAL white / red	80 / 400
	SPAIN

BAR



BREAKFAST

ENJOY ALL DAY LONG

From the early morning, while the city center is still waking up, we open the door of "Green Whale" and invite you to enjoy balanced and nutritious breakfast. Give yourself a happy morning regardless of the time of the day!



SWEET

-  **CLASSIC COTTAGE-CHEESE PANCAKES** made by Green Whale's granny **(220 G / 290 KCAL) - 89**
eggs, cottage cheese, cane sugar
sauce: avocado-mango + coconut
-  **COCONUT TOFU PANCAKES** **(220 G/290 KCAL) - 89**
tofu, banana, coconut flakes, cinnamon
sauce: avocado-mango + coconut
-  **"CONTENT FARMER" PUDDING** **(150 G/290 KCAL) - 75**
cottage cheese pudding straight from baking oven
sauce at your choice: berry coulis, caramel or sour cream

SALTY

-  **POLENTA** **(330 G / 385 KCAL) - 80**
crushed corn grains with creamy mushroom sauce, baked with parmigiano until crust
served with tomatoes and microgreen
-  **BIG WHALE BREAKFAST** **(360 G/400 KCAL) - 125**
fried eggs with avocado, paneer, spinach, salad mix, cherry tomatoes
-  **ENGLISH VEGAN BREAKFAST** **(365 G/390 KCAL) - 125**
seitan sausages, beans in tomato sauce, salad mix, hummus, baked pumpkin, cherry tomatoes



BRUNCH IS THE DEGUSTATION
OF FAVORITE GREEN WHALE'S BREAKFAST MEALS

-  **FOR ONE PERSON - (500 G) 179**
fresh juice (orange / grapefruit / pomegranate)
cappuccino / filter coffee / tea/
grain at your choice (buckwheat / porridge/ quinoa+chia)
scramble with truffle oil
guacamole + hummus
classic cottage - cheese pancakes with mango sauce
-  **ADD SLIGHTLY SALTED SALMON + (50G/100G) 80/150**
-  **FOR TWO PERSONS - (850 G) 299**
twice bigger than for one person
2x fresh juice (orange / grapefruit / pomegranate)
2x cappuccino / filter coffee / tea/
grain at your choice (buckwheat / porridge/ quinoa+chia)
scramble with truffle oil
2x guacamole + 2x hummus
classic cottage - cheese pancakes with mango sauce
-  **ADD SLIGHTLY SALTED SALMON + (50G/100G) 80/150**

HEALTHY PORRIDGE

-   **MATCHA OATMEAL / CLASSIC OR SALTY SEA** **(310 G/275 KCAL) - 55/75**
wholegrain oatmeal porridge with French coulis or parmigiano with blue cheese
seasonal fruits / berry coulis / walnut / matcha tea
-  **GREEN BUCKWHEAT WITH APPLE** **(300 G/230 KCAL) - 65**
apple baked with cinnamon / flax / topinambur syrup
-  **QUINOA + CHIA WITH PUMPKIN** **(350 G/265 KCAL) - 70**
caramelized pumpkin / almond / walnut
-   **AT YOUR CHOICE WE CAN COOK:**
SALTY OR SWEET
ON WATER / DAIRY MILK / ALMOND / COCONUT / OATMEAL MILK

EGG OR TOFU DISHES



-  **GUACAMOLE ON THE TOAST** **(300 G/320 KCAL) - 99**
avocado guacamole, salsa, cilantro, chili, poached egg
-   **TOFU OR EGG SCRAMBLE** **(330 G/310 KCAL) - 85**
curry cauliflower, salad mix, truffle oil, toast
sauce: Béarnaise
-  **HONEY OMELETTE** **(280 G/290 KCAL) - 99**
omelette, avocado, tomatoes, salad mix, microgreen
sauce: honey and mustard

BRUNCH

ALL DAY BRUNCH ON WEEKENDS
AND BEFORE 12.00 AND AFTER 16.00 ON WORKDAYS

-  **FOR ONE VEGAN - (500 G) 179**
fresh juice (orange / grapefruit / pomegranate)
cappuccino / filter coffee / tea/
grain at your choice (buckwheat / porridge/ quinoa+chia)
tofu scramble with truffle oil
guacamole + hummus
chia pudding
coconut tofu pancakes with mango sauce
-  **FOR TWO VEGANS - (850 G) 299**
twice bigger than for one vegan
2x fresh juice (orange / grapefruit / pomegranate)
2x cappuccino / filter coffee / tea/
grain at your choice (buckwheat / porridge/ quinoa+chia)
tofu scramble with truffle oil
2x guacamole + 2x hummus
chia pudding
coconut tofu pancakes with mango sauce

 VEGETARIAN

 VEGAN

 EGGS

 FISH

