

RESTAURANT

FOUNDED IN 2000

THE JOURNALIST

Created by A. Mudrik

a daily paper

Fitness section

For the first time in Russia there's a special section in a menu.

"The Journalist" has discovered "the success formula".

You can eat delicious dishes without limitations and stay slim, beautiful and successful.

SALADS

From Old Papers

At the state reception in honor of the hundredth anniversary of Russia's victory in the war 1812

• Salad "Kutuzov" was served

Boiled beef. Mushrooms. Salted herring. Apples. Pickled cucumbers. Boiled beet and carrot. Red caviar and other products dressed with mayonnaise.

Price: 130 rub. Weight: 20/15/15/10/10... - total 140 gr.

• La Gourmetto

Under such a name a special salad is served in "The Journalist". Well, what can be said: "Very nice and tasty".

Boiled salmon. Potato and Carrot. Fresh cucumbers. Lemons. Lettuce. Dill and Parsley with piquant breadcrumbs dressed with mayonnaise and jelly made of white wine.

Price: 144 rub. Weight: 43/ 15/8/20/... - total 170 gr.

• "Fish cheese"

Residents of Russian Northern provinces learned to cook "Fish cheese". They take: Boiled zander. Lemons. Butter. Then they add some cheese and mustard and serve it with green lettuce, parsley and basil.

Price: 110 rub. Weight: 80/ 25/30/30/... - total 175 gr.

FISH SALADS

FISH SALADS

• Terpsichore

This play in 3 parts was given on the 23d of December 1916 in "RUS" theatre. In the intervals the spectators were offered the salad of the same name. Salted salmon. Rice. Eggs. Lettuce. Green onion and parsley dressed with mayonnaise.

Price: 155 rub. Weight: 60/ 50/40/5/... - total 200 gr.

FITNESS section

Mediterranean tuna salad

Tuna. Tomatoes. Black olives with Lettuce leaves. Dressed with a winy sauce and mustard. Decorated with eggs and haricot beans.

Price: 165 rub.
Weight: 170 gr. +
35 ml.

Nutritional value per serving:	
Energy content	161.8 kcal.
Fat	3.7 gr.
Protein	55.2 gr.
Carbohydrates	6 gr.

• Calamari salad

With mushrooms dressed with mayonnaise.

Price: 115 rub. Weight: 50/50/40/10 ... - Total 185 gr.

To be continued on page 2

From Old Papers

• Russian salad with fish

Boiled zander. Potato. Beet. Shrimp meat and Greens with a dressing made of white wine. Mustard. Eggs. Bouillon and Butter.

Price: 95 rub. Weight: 65/35/40...- total 200 gr.

• Salad "Piquant details".

Our piquant details provoke piquant feelings.

Delicate Asparagus. delicate Chicken fillet. delicate Cheese. delicate Mushrooms. delicate Mango. delicate Tomatoes and Apples dressed with Oil. Mustard and Apple vinegar.

Price: 130 rub. Weight: 40/15/15/15/10... - total 185 gr.

• Salad "Paris Match"

A correspondent Ch. of a French magazine "Paris match" in 191... being drunk betrayed a secret of cooking this delicate salad to Omsk's reporter E.

A special kind of Omelette and Chicken Fillet dressed with mayonnaise.

Price: 95 rub. Weight: 70/45... - total 146 gr.

• Bobbini

Salad with beans

Canned beans. boiled Potato. pickled cucumbers. Herring fillet. Lettuce leaves. Carrot and Eggs dressed with mayonnaise.

Price: 90 rub. Weight: 25/25/20/20/10... - total 160 gr.

Musical programme

Thursday
Saturday

Piano

Friday

Saxophone
guitar

FITNESS section

SALADS



• "Bolieriny" with shrimps

Made of grilled Aubergines with shrimps and lemon-and-fish dressing

Nutritional value per serving:	
Energy content	70.5 kcal.
Fat	3.76 gr.
Polysaturated fat	0.68 gr.
Cellulose	1.2 gr.

Price: 175 rub. Weight: 75/65/100...- total 285 gr.

From Old Papers

- In Omsk like in the capital there was opened a "Cafe-restaurant" in the electro-theatre "The Giant". Low prices for everything. The provision's freshness is beyond comparison. The special dish is

"The Giant theatre"

Fried Beef with boiled Potato and Carrot. Apples and pickled Cucumbers dressed with mayonnaise and topped with Omelette. Green lettuce. fresh Tomatoes and Cucumbers.

Price: 155 rub. Weight: 15/15/10/15...- Total 200 gr.

In order to cook the salad "The Announcer" you must have

Beef "Tongue".... and ham. cheese. corn. green peas. egg. tomatoes. greens dressed with mayonnaise.

Price: 140 rub. Weight: 40/22/15/15... - total 200 gr.

MEAT SALADS

MEAT SALADS

FITNESS section

MEAT SALADS



• Thai salad

Fairly piquant meat salad of lean Beef grilled with Onion rings and Cucumbers. dressed with Soy. Chilli and Lemon sauces.

Nutritional value per serving:	
Energy content	150 kcal.
Fat	4.8 gr.
Protein	14.1 gr.
Carbohydrates	6.4 gr.

Price: 130 rub. Weight: 65/20/40...- total 200 gr.

From Old Papers

• Salad "The Interview"

- Do you like this taste?
- Yes!
- Have you ever tasted anything like that?
- No.

Cheese. Apples and stewed Mushrooms. Sweet pepper and Orange segments with a refined piquant dressing.

Price: 98 rub. Weight: 30/30/20/20... - total 160 gr.

• Russian salad with mushrooms

Beet. Mushrooms and pickled Cucumbers. Boiled Carrot and Potato with Vegetable Oil and mayonnaise dressing.

Price: 95 rub. Weight: 40/35/20/25 ...- total 200 gr.

- The seasons of cuisines of different countries were opened in "The Journalist". The guests are offered:

Italian salad

Tomatoes with sweet Pepper. Parsley. Lettuce and Feta Cheese dressed with Olive Oil.

Price: 120 rub. Weight: 40/40/5/20...- total 170 gr.

VEGETABLE SALADS

MUSHROOM SALADS

FITNESS section

New!

CU-CA-RA-CHA

Salad of Chicken. Calamari with Sweet Pepper and a delicious "Tobasco" dressing with white wine. Served with thin slices of Bread. baked with Cheese.

Price: 198 rub. Weight: 60/55/65 ...- total 250 gr.

FITNESS

• "Fresh" news

The freshest Tomatoes and Cucumbers with sweet Pepper and... Onion, if you wish.

The News- Salad is served with a light dressing of apple juice, winy vinegar, lemon juice, Chilli pepper and spices.

Nutritional value per serving:	
Energy content	77 kcal.
Fat	0.3 gr.
Protein	2.3 gr.
Carbohydrates	15.4 gr.

Price: 105 rub. Weight: 207 gr. + 60 ml.

COLD STARTERS

• Pickled mushrooms

White mushrooms with sour cream and onion, if you wish.

Price: 120 rub. Weight: 100/30...- total 135 gr.

• Green/Black Olives

Price: 100 rub. Weight: 85/75...- total 160 gr.

• Pickles

Assorted pickles: Crispy pickled cucumbers. Tomatoes in their own juice. Sauerkraut.

Nutritional value per serving:	
Energy content	61 kcal.
Fat	0 gr.
Protein	3.5 gr.
Carbohydrates	9.0 gr.

Price: 130 rub. Weight: 50/120/100...- total 300 gr.

FITNESS

• Pickled mushrooms

White mushrooms with yoghurt dressing and onion, if you wish.

Nutritional value per serving:	
Energy content	43 kcal.
Fat	1.9 gr.
Protein	3.3 gr.
Carbohydrates	3.6 gr.

Price: 120 rub. Weight: 100/30...- total 135 gr.

From Old Papers

• Assorted dainty meat

Smoked Beef, Pork and Sausage are sliced thinly and served with greens and olives.

Price: 165 rub. Weight: 50/50/50... - total 170 gr.

• Beef tongue

Tongue is boiled, sliced and served with horseradish

Price: 155 rub. Weight: 100/30 ... - total 150 gr.

• Open sandwiches with red caviar

Price: 130 rub. Weight: 10/30 ... - total 75 gr.

F i s h for your choice	Faintly salted salmon	230 rub.
	Smoked trout	230 rub.
	Smoked muksun	240 rub.

Weight: 130/10 ... - total 180 gr.

MEAT, FISH AND CHEESE STARTERS

News

New!

• "Grotta Azzura" (Seafood cuisine)

The extraordinary dish of fritted Tuna, Calamari and Shrimps served on wooden sticks with Lemon Sorbet.

Price: 220 rub. Weight: 100 ... - total 150 gr.

• CHEESE

New!

Roquefort, Maazdam and Cheddar

Served on the Breadboard

Price: 100 rub. Weight: 50/50/50 ... - total 185 gr.

• Rolieriny with herring

New!

With tuna, Crab meat and Mustard jelly.

Price: 105 rub. Weight: 70/20/20/30 ... - total 180 gr.

HOT STARTERS

Julienne of calves' brains

Price: 75 rub. Weight: 67/30/10 gr.

of calamari with sour cream

Price: 85 rub. Weight: 30/20 gr.

of mushrooms with sour cream

Price: 75 rub. Weight: 30/20/10 gr.

• On the toasts

Fresh Mushrooms baked in Sour cream with Cheese and dry Wine on the Toasts of slightly roasted bread.

Price: 120 rub. Weight: 100/30... - total 290 gr. +50 ml.

The dish will be served in 20 min.

• Of red royal crabs

News!

Wonderful strudel with layers of spinach, carrot, onion and Red Royal Crabs with cream-and-crab dressing.

Price: 280 rub. Weight: 120/10+ 50 ml.

SOUPS

From Old Papers

• Solyanka with assorted meat

Beef, Ham, Sausages and beef Kidneys with Onion, Pickled cucumbers, Black olives and Lemon cooked in Bouillon and served with sour cream.

Price: 115 rub. Weight: 400 gr.

The dish will be served in 25 min.

• Soup A-la-tortue with Madeira

A genuine masterpiece

A lot of Beef and Mushrooms, Black olives and assorted greens boiled in Chicken and Beef Bouillon with Madeira.

The soup is served with a small pie of calves' brains.

Better with cognac.

Price: 150 rub. Weight: 400 gr.

The dish will be served in 30 min.

• The experiments of doctor Fromberg, whose office is situated at Omskaya street near the pontoon bridge, proved that for strengthening one's health it's useful to eat borsch for lunch and dinner, especially if it's

MOSCOVSKY BORSCH

of a genuine flavour

Beef bouillon with Beet, Cabbage, Carrot, Ham, Sausages and lean Beef.

Borsch is served with garlic pampushkas!

Price: 95 rub. Weight: 400 gr.

The dish will be served in 25 min.

DELICIOUS

DELICIOUS

DELICIOUS

FITNESS section



• Venice Soup of white fish

Zander fillet with Onion, Carrot, Tomatoes, Sweet pepper and greens boiled in a light fish bouillon with Wine.

Nutritional value per serving:	
Energy content	180 kcal.
Fat	4.8 gr.
Protein	6.7 gr.
Carbohydrates	22.8 gr.

Price: 105 rub.

Weight: 400 gr.

The dish will be served in 25 min.



• Vegetable minestrone

Carrot, Tomatoes, Green peas, Onion and Green onion, Garlic, Saffron, Macaroni shaped as small rings boiled in chicken bouillon.

Nutritional value per serving:	
Energy content	153 kcal.
Fat	0.7 gr.
Protein	6.8 gr.
Carbohydrates	28.4 gr.

Price: 75 rub.

Weight: 400 gr.

The dish will be served in 25 min.

From Old Papers

A book "The collection of recipes for gourmets" is on sale at the books' department of Baronessa Erlikh's store. Here is the dish from it:

"Solyanka of fish" with sea products and salmon

The tastiest bouillon of Salmon, Shrimps, Scallops with Tomatoes, Capers, Black olives and White wine. Soup is served with sour cream, greens and Lemon.

Price: 150 rub. Weight: 400 gr.

The dish will be served in 30 min.

FISH, MEAT, CHICKEN DISHES, etc.

From Old Papers

• Osetrina, dressed with "Katalone" sauce

Osetrina can be either tasty
or very tasty.

Our osetrina is very tasty!

Osetrina pickled in white wine with spices
and fried on a frying-pan.
Served with slices of Calamari,
slices of unpeeled Young Potato and Onion.
Dressed with a sauce of Tomatoes, Black
Olives, Garlic, greens and spices.

Price : 250 rub. Weight: 65/170-120...total 205 gr
Sauce: 55 ml.
The dish will be served in 30 min.

• Trout baked in tin foil

This dish was invented and first cooked
by "The Journalist"'s chef.
You'll hardly find tastier "trout".

Trout baked in foil with a delicate garnish of Aubergines
and Tomatoes topped with Garlic and dressed with Mayonnaise.

Price for 100 gr. of trout: 165 rub.

Weight: trout from 120 to 250 gr.
garnish - 200 gr.

The dish will be served in 30 min.

• Salmon with apples and caviar dressing

A rare delicacy for genuine lovers

Salmon fillet stewed with white wine, dressed with
a light sauce of fish bouillon, egg, cream, wine
and red caviar.

For a more delicate flavour - Apples
breaded and fried in oil until soft.

Price for 100 gr. of salmon: 190 rub.

Weight: salmon from 150 to 170 gr.
garnish - 135 gr.

The dish will be served in 30 min.

FITNESS section

FITNESS

• Grilled Tuna

Tuna steak is marinated in lemon juice
wine and spices. The steak is grilled and served with
new potatoes, tomatoes and a dressing of red wine.

Nutritional value per serving:	
Energy content	110 kcal.
Fat	6.3 gr.
Protein	25.6 gr.
Carbohydrates	39.7 gr.

Price for 100 gr. of trout: 150 rub.

Weight: tuna from 150 to 250 gr.
garnish - 60 gr.
dressing - 50 ml.

The dish will be served in 20 min.

FITNESS

• Cod with tomatoes

Cod, baked with Tomatoes, Garlic
and Onion with wine, greens,
tomato sauce and ground breadcrumbs until
soft. Served with boiled Potato
and a salad of fresh greens.

Nutritional value per serving:	
Energy content	271 kcal.
Fat	1.5 gr.
Protein	31.4 gr.
Carbohydrates	29.7 gr.

Price: 125 rub. Weight: 150/100 ...- total 285 gr.
The dish will be served in 30 min.

New!

• Madam Butterfly

(or a salmon
futuristic grille)

Salmon steak with a dressing of cream, dry wine
and red caviar.

Price for 100 gr. of salmon: 220 rub.

Weight: salmon from 150 to 180 gr.
Garnish-85 gr. Sauce 50 ml.

FISH DISHES

FISH DISHES

• Real fish hits

Sea bass

Served with Rice, Shrimps and sweet Pepper.

Weight from 160 to 260 gr. Price for 100 gr. : **140 rub.**

Dorado

Served with new Potatoes and Mushrooms.

Weight from 160 to 290 gr. Price for 100 gr. : **140 rub.**

The Unique Contest's Dish

"The mystery of a count's cook"

Hunchback salmon fillet in Puff pastry stuffed with fried Shrimps and Cheese and then baked until golden. Dressed with a sauce of Beef bouillon with sweet Pepper, Tomatoes, Green Onion and Parsley. Served with rice boiled with Saffron, Lettuce, fresh Tomatoes and Cucumbers.

Price: **300 rub.**

Weight: 90/20/20/70... total 330 gr. + 100 ml.

The dish will be served in 30 min.

From Old Papers

- A traveller D. returned from the voyage round the world. Here is the recipe he shared with us:

Florentine chicken rolls

Chicken breasts stuffed with Spinach, Cheese and smoked Siberian Salmon. Dressed with "Velouté" sauce made of butter, Flour and chicken bouillon. Served with Cauliflower, Brussel sprouts, boiled Carrot, Black olives and Lettuce.

Price : **225 rub.**

Weight: 220/20/20... total 315 gr. + 100 ml.

The dish will be served in 30 min.

CHICKEN DISHES

News

News!

• Poulet with "Dommerie" dressing

Delicate chicken breasts with Potatoes and sweet Pepper dressed with Mustard and Greens.

Price: **165 rub.**

Weight: 75/95/60 ... - total 235 gr.

Dressing: 50 ml.

The dish will be served in 30 min.

FITNESS

• "Envelopes" with chicken and crab meat

Chicken breast, Cucumbers, Garlic, Onion, Carrot, sweet Pepper, Tomatoes, Black olives and Crab meat arranged in layers and baked in an "envelope" with Apple juice and Wine.

Price: **140 rub.**

Weight: 300/10 ...

- total 315 gr.

Nutritional value per serving:	
Energy content	280 kcal.
Fat	5.3 gr.
Protein	46.8 gr.
Carbohydrates	9.6 gr.

The dish will be served in 30 min.

News

News!

Chicken with vegetables in a "bag" of pastry

Chicken meat with fried Aubergines, Carrot and Onion, baked in a "bag" of puff pastry with a rich sauce of Cherry and Orange juices with Wine.

Price: **185 rub.**

Weight: 220/40 ... - total 260 gr. + 40 ml.

The dish will be served in 30 min.

• American steak of marble beef

You can choose the level of roasting by yourself.

Served with tomato cocktail.

Steak's weight: from 130 to 340 gr.

Price for 100 gr. of steak: **195** rub.

- Pork from Wellington was delivered in Omsk by a special wagon with ice. We recommend you

Wellington fillet

A piece of lean pork pickled with Tomatoes, Fresh Coriander, Tarragon, Walnut and Garlic, then fried and baked in Puff pastry together with a stuffing of Ham, Mushrooms, Onion and Parsley. Topped with fresh Adygei cheese and served with fresh Tomatoes and Cucumbers, Corn, Parsley, Dill, Lettuce and Espouma made of beef liver.

Price: **235** rub.

Weight: 100/70/20/20/20... total 330 gr. + espouma 50 ml.

The dish will be served in 35 min.

- A genuine cherry juice is now produced at the shop of the merchant Tsyshkalov. Cherry for the juice is delivered by railway from Southern provinces. Now Omsk's residents can taste

Beef in cherry juice

A piece of Beef sirloin is pickled in Soy sauce with Onion, Garlic, Ginger and Tarragon, then it is slightly fried and stewed in Cherry juice with dry Wine. Beef is served with French Potatoes, Cabbage, fresh Tomatoes and Cucumbers, Parsley, Dill and Lettuce. The dish is dressed with a sauce "Tkemali derevensky".

Price: **220** rub.

Weight: 100/50/50/50/50... total 300 (+ sauce - 30 gr.) gr.

The dish will be served in 35 min.

PORK DISHES

PORK DISHES

BEEF DISHES

- The harvest of cedar nuts has started in taiga regions. This unique Siberian product is very useful and nutritious. Nuts can be added to different dishes. We'd like to offer you:

Pork with cedar nuts

A piece of Pork is floured and then fried. Cedar nuts are fried in Olive Oil until golden. Beef and nuts are stewed in a sauce of beef Bouillon, Sugar, Onion, Curry madras, Oregano and Basil. The dish is served with French Potatoes.

Price: **235** rub.

Weight: 100/15/15... total 270 gr. + 100 ml.

The dish will be served in 30 min.

Long Ago Forgotten

• Pork with apricots

Pork chops stewed in Apricot juice with Apricots and Garlic.
Served on a clay frying-pan.

Price: **200** rub.

Weight: 150/75 ...- total 285 gr.

• Russian Tornado

This delicate Portuguese dish in the best traditions of Russian cuisine is made by "The Journalist"'s cooks. "An extraordinary flavour", that is what can be said after tasting this Portugo-Siberian delicacy.

A piece of beef sirloin is pickled in Olive Oil with Dry wine and a sauce "Satsibeli „11". Then it is fried until prepared. Beef is served on a big round toast with baked Tomatoes stuffed with Chicken meat, Cheese, Fresh Coriander, Parsley and Garlic. The dish is supplemented with Potato Truffles, Black olives and green peas.

Price: **200** rub.

Weight: 100/45/30/30/6... total 365 gr.

The dish will be served in 40 min.

The Latest News From Old Papers

• "De Luxe" Liver

This dish, that is the author's discovery of this menu's editor and "The Journalist"'s cooks, was presented for a tasting by the competent jury in May 2002. Their unanimous decision was that this wonderful dish is worth being called "De Luxe".

Three layers of beef Liver fried in watery pastry, together with Carrot, Onion and fried Apples in-between. The dish is served with Potato Truffles, fresh Tomatoes and Cucumbers, Parsley, Dill, Lettuce and Basil.

Price: 185 rub.

Weight: 90/30/30/20/50... total 330 gr.

The dish will be served in 30 min.

- Basically, for minced meat beef and pork are chopped but sometimes pork is replaced by mutton. Let us offer one of such dishes to you:

"Chops-mignon" on wooden sticks

Miniature chops of minced Beef and Mutton with fried Onion and Garlic. Chops are dressed with a sauce of beef bouillon and cream. The dish is served with Green peas, Haricot beans, Cauliflower and Carrot fried in Oil.

Price: 215 rub.

Weight: 200/30/30/40/20... total 310 gr.+ 50 ml.

The dish will be served in 25 min.

• Grilled mutton chops on a flat cake

Served with fried Mushrooms, sweet Pepper and "Tkemali" dressing.

Price: 265 rub. Weight: 200/120 ...- total 385 gr.+50 ml.

The dish will be served in 30 min.

Our Regular Visitor's Favorite Dish

• Mutton on "ribs" with pineapples

Fried and baked Mutton, served with Carrot and Aubergines and dressed with a sauce of Blackberry and Red wine with pineapples.

Price: 245 rub.

Weight: 100/75/5... total 180 gr.+ 60 ml.

The dish will be served in 25 min.

• Roast "Starozagorodnoe" of calves' brains

A simple but very tasty dish we borrowed from the menu of roadside inns

Beef Brains baked on a clay frying-pan with sour cream. Served with Potato stuffed with Mashed potatoes, Eggs, Pickled cucumbers, Green peas and liver Espouma.

Price: 180 rub.

Weight: 150/15/20... total 370 gr. + espouma 50 ml.

The dish will be served in 30 min.

FITNESS section



• Kidneys "Grenadine" with berries

Beef kidneys "flambé" with Spinach, Strawberry, Black currants, Blackberry and Cherry, with Wine, Cognac, syrup "Grenadine" and sauce "Demi Glace".

Nutritional value per serving:

Energy content	315 kcal.
Fat	9.5 gr.
Protein	32.2 gr
Carbohydrates	10.5 gr.

Price: 150 rub.

Weight: 240/5 ...- total 245 gr.

The dish will be served in 20 min.

Instant PHOTO
in the restaurant's interior
90 rub. per 1 photo

DISHES OF CHOPPED MEAT AND OTHER MEAT PRODUCTS

• Rump steak with mustard crust

Beef sirloin fried and then baked, topped with egg yolk and french mustard with Pommerie seeds. Served with Cauliflower and Broccoli and dressed with winy sauce and spices.

Price: 185 rub.

Weight: 105/145... total 250 gr.

The dish will be served in 25 min.

**YOUR FAVOURITE
FILM**

News!

**Choose your favourite film!
Eat and watch!**

WE BUY antique things
For the restaurant's interior
or receive them as presents.

WE COLLECT literary reviews
written by restaurant's guests.

VEGETABLE DISHES

Editor's Column

• The best Jardinière

Potato, Cabbage, Haricot beans, Green peas, Squash, green Radish and Carrot baked with sour cream.

Price: 85 rub.

Weight: 37/27/20/15/15...- total 220 gr.

The dish will be served in 25 min.

- Omsk's botanist and selectionist M. has achieved great success in cooking vegetable dishes. We asked Mister M. to share one of his recipes with our readers.

RATATOUILLE with cabbage, wine and cheese

Broccoli, Cauliflower, Brussel sprouts, and sweet Pepper stewed in white dry Wine and served with Cheddar cheese.

Price: 130 rub.

Weight: 60/60/60... total 245 gr.+
(sauce 85ml., cheese 30 gr.)

The dish will be served in 30 min.

VEGETABLE DISHES

FITNESS section



Tavern's baked potato

Potato stuffed with Garlic and baked in the oven in a special way. Served with a dressing of Feta cheese, yoghourt and greens.

Nutritional value per serving:	
Energy content	195 kcal.
Fat	4.5 gr.
Protein	8 gr.
Carbohydrates	18.5gr.

Price: 85 rub.

Weight: 100/5 ...- total 105 gr.+ 70 ml.
The dish will be served in 20 min.

News

New!

• Bake-mix with chicken

Squash, Tomatoes, sweet Pepper and Carrot baked with Rice, Eggs, Cheese and chopped Chicken meat.

Price: 150 rub.

Weight: 300 gr.
The dish will be served in 30 min.

• Vegetables with oriental sour-sweet dressing

Cauliflower, Carrot, Green beans, Garlic and sweet Pepper with pineapples, dressed with Soy sauce, Honey and spices.

Price: 150 rub.

Weight: 300/10 ...- total 315 gr.

The dish will be served in 30 min.

News

• BROCCOLI PIQUANT-PURÉE

Delicious dish for "honorable"
vegetarians and gourmets.

Served with bread crumbs baked
with Omelette mixture in a saucepan.

Price: 105 rub.

Weight: 300 gr.

The dish will be served in 30 min.

FITNESS section



• HARICOT with "sommet" of black currants

White haricot beans baked with
stewed Mushrooms, Tomatoes, Carrot,
Onion, Garlic, Greens and Spices together with
"sommet" of heated black currants.

Nutritional value per serving:	
Energy content	178 kcal.
Fat	3.4 gr.
Protein	10.2 gr.
Carbohydrates	24.7 gr.

Price: 140 rub.

Weight: 255 gr. + 25 ml.

The dish will be served in 30 min.

PANCAKES

• "At the beginning of June 19..
Zamesov's Pancake-house was opened in Omsk.
Our correspondent who visited this new house
said the following: "I ordered pancakes
and was amazed at the splendour
of this dish. It was absolutely
different from pancakes I was used to.

Everything was very unusual: the way
pancakes were rolled up and their
stuffing. Familiar products
but a nice new taste! Pancakes
are served with special dressings
that add savour to them.

Omsky TELEGRAPH, №366, 19..

Pancakes Marchand de Vin

Stuffing - sliced Beef sirloin fried with Onion.
Sauce of Red wine with "Demi Glace" sauce, sliced
Ham, Mushrooms, Green onion, Tarragon, Oregano
and Mayoran.

Served with fresh Tomatoes and Cucumbers, Parsley
and Lettuce.

Price: 105 rub.

Weight: pastry - 70 gr., stuffing - 65 gr., sauce - 45 ml.

The dish will be served in 30 min.

Jewish pancakes

Pancakes made of potato flour, stuffed with
Chicken and Beef meat, chopped and fried with Onion.
Dressed with a sauce of Cherry juice with beef
Bouillon, Lemon, Parsley, Dill, Tarragon, sweet
Paprika, Curry Madras and Mayoran. Served with
fresh Tomatoes and Cucumbers, Parsley
and Lettuce.

Price: 100 rub.

Weight: pastry - 40 gr., stuffing - 70 gr., sauce - 35 ml.

The dish will be served in 30 min.

To be continued on page 12

From Old Papers

Pancakes with vegetables

Green haricot beans. Cauliflower. boiled Carrot and Green peas with "Worcester" sauce. Sauce of Cream. Soy sauce. White dry wine and Paprika.

Price: 80 rub.

Weight: pastry - 135 gr., vegetables - 75 gr. sauce - 50 ml.

The dish will be served in 30 min.

FITNESS section



Pancakes with Ratatouille

Pancakes of flour with oat flakes. stuffed with Aubergines. Squash. sweet Pepper. Tomatoes and Garlic. Served with fresh Cucumbers, Dill and Lettuce.

Nutritional value per serving:	
Energy content	214 kcal.
Fat	4.5 gr.
Protein	6 gr.
Carbohydrates	32.5 gr.

Price: 80 rub.

Weight: pastry - 40 gr., stuffing - 60 gr.

The dish will be served in 30 min.



Pancakes with salmon

Pancakes cut as rings and stuffed with salted Salmon, Sour cream and a sauce of Horseradish. Served cold with Red caviar, Parsley, Dill, fresh Cucumbers and Lemon.

Price: 150 rub.

Weight: pastry - 70 gr., stuffing - 75 gr., total 215 gr.

ADDITIONAL PRODUCTS

● Green peas - 50 gr.	25 rub.	● Sour cream - 50 gr.	20 rub.
● Lemon - 40 gr.	15 rub.	● Butter - 30 gr.	20 rub.
● Horseradish - 30 gr.	20 rub.	● Mayonnaise "Hellmans" - 50 gr.	25 rub.
● Honey - 30 gr.	20 rub.	● Sauce No 9 "Tkemali derevensky" - 25 gr.	35 rub.
● Mustard - 20 gr.	20 rub.	● Sauce No3 "Tkemali molodoy" - 25 gr.	35 rub.

We're ALWAYS ready to organize an exhibition and sale of your PHOTOS and art works.

You CAN order to the ballroom pianist to play your favourite melodies. Ask the waiter.

ADVERTISEMENT

Ladies and Gentlemen!

Our chef will cook your favourite dishes for you!

DESSERT PANCAKES

The Latest News From Old Papers

- Russian embassy arrived at a french court. The culinary professor K. gave a solemn dinner for a monarch and his guests. Only professor's ancestors had known the recipe of dessert crepes before. Today the restaurant's guests can also enjoy this wonderful dish.

Pancakes CREPES SUZETTE

Delicious pancakes with Whipped cream. Maple syrup and rum "Bakkardi", decorated with cocktail cherry. Cherry ice-cream "Mövenpick" adds a special savour to this dish.

Price: 150 rub.

Weight: pastry - 80 gr., cream - 45 gr., syrup - 15 ml., ice-cream - 50 gr.

The dish will be served in 30 min.

Royal delight of bananas and pineapples

you can find pancakes under such a name in a new menu of "The Journalist". This genuine royal delicacy will "melt in your mouth".

Dessert pancakes stuffed with bananas fried in a syrup of pineapple juice with pineapples and oranges.

Price: 100 rub.

Weight: pastry - 70 gr., stuffing - 50 gr.
syrup with pineapples - 105 ml.

The dish will be served in 30 min.

DESSERT SALADS

From Old Papers

- *Spicy bananas
with airy caramel
and winy dressing*

Bananas fried in sugar with cognac, dressed with a delicate sauce of red wine and black currants and decorated with chocolate and thin caramel.

Price: 90 rub.

Weight: 120/15/17...- total 152 gr.

The dish will be served in 15 min.

- *Salad
A Siberian Journalist's dream- 2*

One morning a Siberian journalist had another dream:

Oranges, Apples, Bananas and Kiwi with a syrup of White wine and spices in a Caramel vase decorated with Mango and Peach purée.

Price: 115 rub.

Weight: 155/30/30/30/5-total 265 gr.

The dish will be served in 15 min.

**DELICIOUS
LUNCH**

**New lunch menu!
Dishes for any choice!
Choose yourself a lunch!**

New!

FROM 80 RUBLES

From 12-00 a.m. to 17-00 p.m. Lunch won't take more than 30 minutes.

DESSERTS

From Old Papers

• Chocolate-nut souffle

Price: 85 rub. Weight: 131 gr.

• Apple strudel

Strudel of puff and Austrian pastry stuffed with Apples, Lemons, Bananas, Mango, Raisin and Walnut in Rum, with Cinnamon and Vanillin.

Price: 100 rub.
Weight: 90/30... total: 120 gr. Cream: 35 ml.

• Dessert Tiramisu



A classic Italian dessert of Savoiardi bisquit dipped with Espresso and Amaretto and topped with "Tiramisu" cream.

Price: 110 rub.
Weight: 75/32... Total 107 gr.

• Pineapples in champagne

Pineapple sorbet in semi-sweet Champagne decorated with Pineapples and Cherry.

Price: 120 rub.
Weight: 200 gr. + 40 ml. of champagne.

• Dessert "Mascarpone"

Price: 90 rub. Weight: 110 gr.

• Pear pie (Italy)

Price: 170 rub. Weight: 170 gr.

• Cake "TOSCANELLA" (Italy)

Price: 105 rub. Weight: 115gr.

FITNESS section



• Cake "Tia Maria"

Light coffee biscuit with cream layer, dipped with coffee syrup "Monin" and stuffed with fig and honey.

Nutritional value per serving:	
Energy content	301 kcal.
Fat	4.2 gr.
Polysaturated fat	1.56 gr.

Price: 100 rub. Weight: 150 gr. + 30 ml.

DESSERTS



• BISCOTTI

Light flavoured bisquits with Walnuts and Raisin, decorated with slices of Kiwi and Oranges.

Nutritional value per serving:	
Energy content	375 kcal.
Fat	6.54 gr.
Polysaturated fat	0 gr.

Price: 65 rub. Weight: 80/40/30... total 150 gr.

DESSERTS



• Muella

A delicate chocolate Dessert with "Coconut leaves", Peach purée and golden Caramel.

Price: 105 rub. Weight: 110/14/10/2... total 136 gr.

CHEESECAKES

• Almond cheesecake (USA)

Price: 140 rub. Weight: 120gr.

• Turtle cheesecake (USA)

Price: 140 rub. Weight: 115gr.

From Old Papers

• Mousse of fresh strawberry

Strawberry Mousse with Cream, decorated with Caramel, Kiwi fruit and Whipped cream.

Price: 135 rub.

Weight: 270 gr.

• "Drunk" peer in a sauce of mulled wine

Peer in a sauce of red Wine, with starch, cinnamon and sugar, decorated with Chocolate and Whipped cream.

Price: 160 rub.

Weight: 200 gr.

FITNESS section



• Abricotin

Cream dessert of Apricots, apricot syrup "Monin", light yoghurt and fried Almonds.

Nutritional value per serving:	
Energy content	114 kcal.
Fat	4.6 gr.
Polysaturated fat	0.57 gr.

Price: 105 rub.

Weight: 218 gr.

Chocolate "Almond"	Price: 50 rub.
Chocolate "Luxe"	100 gr.

DESSERTS

FRUIT

Oranges	Banana	Grape	Kiwi	Tangerines	Apples
20 rub. per 100 gr.	20 rub. per 100 gr.	30 rub. per 100 gr.	20 rub. per one.	20 rub. per 100 gr.	20 rub. per 100 gr.

ICE-CREAM

• Palette "Hövenpick"

Pistachio, Lemon and Cherry Ice-cream on a flat cake of Coconut pastry, topped with Cherry and syrup.

Price: 145 rub Weight: 100/50/50/22...total 222 gr.

• Ice-cream Flambe with a sauce of mulled wine and fruit

Cherry ice-cream with Apples, Bananas, Peer and Strawberry with a delicate sauce.

Price: 135 rub Weight: 60/90/30...total 180 gr.

DESSERTS

COFFEE

Coffee LATTE Price: 90 rub.	Milk foam, 40 ml.	Served in 30 min.	3 layers 180 ml.
	Coffee "Espresso", 80 ml.		
	Hot foamed milk, 60 ml.		

Mexican coffee

Mexican coffee /40 ml./, Chocolate syrup /10 ml./, Cinnamon, Nutmeg and Whipped cream /20 ml./

Price: **65** rub. per 70 ml.

15 min.

Italian coffee with chocolate

The taste of Roman holiday

Coffee "Espresso" /100 ml./, Chocolate milk /50 ml./, ground Cinnamon, Whipped cream /50 ml./ with Chocolate powder.

Price: **80** rub. per 230 ml.

Served in 15 min.

Coffee grog

Strong hot coffee, Butter, Cloves, Chocolate syrup, Nutmeg, Cinnamon, dried Lemon and Orange peel.

Price: **80** rub. per 180 ml.

Coffee will be served in 20 min.

Viennese coffee

It'll remind you of a melody of Viennese waltz in a cosy Viennese coffee-house.

Coffee /100 ml./ with Whipped cream /30 ml./, dried Lemon peel, Cinnamon and Nutmeg.

Price: **60** rub. per 135 ml. Served in 15 min.

Coffee "Espresso"

Made of grains of Columbian coffee. Espresso has a slightly bitter flavour of prunes.

Price: **45** rub. per 70 ml.

90 rub. per 70 ml. of "double espresso"

Time of preparation:
5 min

Turkish coffee

Coffee is made in "turca" on a scorching sand. Always with grounds.

We make Turkish coffee from grains "Maragodjip".

Price: **75** rub. per 70 ml. /9 gr./

Coffee will be served in 20 min.

Coffee "Cappuccino"

The same Espresso but with foamed milk with lots of bubbles of air in it.

Price: **60** rub. per 120 ml. /50/70/.

75 rub. per 210 ml. /100/110/.

Coffee will be served in 15 min.

COFFEE COFFEE COFFEE

COLD COFFEE

Coffee "Glacé"

Coffee /100 ml./, Ice-cream /130 ml./, Chocolate syrup /20 ml./, Whipped cream /50 ml./ and lollipops.

350 ml.

75 rub.

You can additionally order:

milk 3,5 % - **10** rub. per 100 ml.
cream 10% - **15** rub. per 100 ml.

COFFEE BLAZER

Cognac "Kizlyar 5 stars", Coffee syrup "Monin", Coffee "Espresso", Whipped cream, Lemon.

Price: **85** rub.

Weight: 15/15/50/60...total 140 ml..

Served in 10 min.

COCKTAIL

COFFEE CORRECTO

Cognac "Kizlyar 5 stars", Syrup "Monin Irish", Coffee "Espresso", Whipped cream.

Price: **85** rub.

Weight: 15/20/50/55...total 140 ml..

Served in 10 min.

• Old Riga

Balsam "Rijsky", coffee "Espresso", Whipped cream.

Price: **85** rub.

Weight: 20/50/60...total 130 ml..

Served in 10 min.

COFFEE COCKTAILS

• CHOCOLATE MINT

Rum, Syrup "Chocolate Mint", coffee "Espresso", Whipped cream.

Price: **95** rub.

Weight: 15/20/50/55...total 140 ml..

Served in 10 min.

CAFFE MOLINARI

Coffee № 1 in Italy. Produced since 1804.

1. CINQUE STELLE (Five stars)*****

Coffe for this blending is produced in Central and South America and Eastern Asia.

Price: **60** rub. per 70 ml.

120 rub per 70 ml. of "double espresso".

2. ORO BAR

Delicate aroma, refined taste.

3. CLASSICO

A classic blending of rich taste and strongly pronounced aroma.

4. ESPRESSO

100% Arabica. Special blending for Espresso

Price: **50** rub. per 70 ml.

100 rub. per 70 ml. of "double espresso"

TEA

TEA

TEA

TEA

• From a French tea-house

"DAMMANN" Assorted tea

Price: **50** rub. per 300 ml.

• German tea "MESSMER"

Assorted tea

Price: **50** rub. per 500 ml.

DRINKS FOR COLD WEATHER

• Mulled wine

Red dry wine, Cinnamon, Cloves, Sugar, Orange and dried lemon peel. Served hot.

Price: **95** rub. per 200 ml.

WHEN IT'S COLD

• Punch

Tea, Red semi-sweet wine, Blackberry Liquor. Served hot.

Price: **90** rub. per 200 ml.

JUICES, NECTARS, FRUIT DRINKS

• Fresh juice Orange

Price: **85** rub. per 200 ml.

JUICE

• Fresh juice Grapefruit

Price: **95** rub. per 200 ml.

- Pineapple Juice 100%
- Orange Juice 100%
- Tomato Juice 100%
- Green Apple Juice 100%

← **35** rub.

220 ml. →

- Grapefruit Juice 100%
- Cherry Nectar
- Peach Nectar
- Whortleberry Drink

SODA AND MINERAL WATER

- **Coca-Cola**..... Price: 30 rub. per 330 ml.
- **Coca-Cola light**..... Price: 35 rub. per 330 ml.

Spring water

"Svyatoy istochnik", 220 ml, 15 rub.

Mineral water

"Borjomi", 0.33 l. Price: 50 rub.

"Perrier", 0.33 l. Price: 80 rub.

"Perrier lime", 0.33 l. Price: 80 rub.

BEER

- | | | | |
|--|----------|--|---------|
| • Krombacher (Germany)
light 4.8%, 0.5 l..... | 150 rub. | • Holsten (Caluga)
light 5 %, 0.3 l..... | 45 rub. |
| • Miller (Caluga)
light 4.7 %, 0.3 l..... | 60 rub. | light 5 %, 0.5 l..... | 55 rub. |
| • Krusovice (Czechia)
light 5 %, 0.5 l..... | 120 rub. | • Baltica №7
light 5.4 %, 0.5 l..... | 40 rub. |
| • Bavaria (Holland)
light non-alcoholic., 0.5 l..... | 100 rub. | • Sibirskaya korona
classic light 4.5%, 0.5 l..... | 40 rub. |
-
- | | | | |
|--------------------|------------------------|--------------|----------|
| • "PAULANER | Hefe-weissbier" | 0.33 l | 120 rub. |
| malted | 5.5% (Germany) | 0.5 l | 180 rub. |
| • Nevskoe | | 0.33 l | 27 rub. |
| Classic light 5% | | 0.5 l | 40 rub. |

COCKTAILS

Jogging flip

Fresh Orange /100 ml./, grapefruit /60 ml./ and lemon / 30 ml./ juices, syrup "Grenadine" and egg yolk mixed in a shaker with ice.

Price: 95 rub. per a glass 300 ml..

• Strawberry with ice-cream

Strawberry /80 gr./ with milk /130 ml./, lemon juice and honey, mixed in a blender, and served with ice-cream /50 ml./.

Price: 105 rub. per a glass 300 ml..

NON-ALCOHOLIC COCKTAILS

• Banana dream

Banana slices, milk /60ml./, pineapple /60 ml./ and lemon juices mixed in a blender with ice.

Price: 65 rub. per a glass 300 ml..

• EXOTIC

Pineapple slices /50 gr./, mixed in a blender first with pineapple juice/60 ml./, and then with honey and mineral water.

Price: 80 rub. per a glass 150 ml..

• "Blue" dream

Gin /20 ml./, syrup "Blue Curacao" /20 ml./ and lemon juice / 10 ml./ with cocktail cherry.

Price: **80** rub. per a glass 50 ml.

• Garnet bracelet

Orange juice /200 ml./, syrup "Grenadine" /50 ml./ and vodka / 50 ml./ with ice.

Price: **95** rub. per a glass 400 ml.

• Tequila Sunrise

Tequila /40 ml./, syrup "Grenadine" /10 ml./ and orange juice /150 ml./ with ice.

Price: **165** rub. per a glass 250 ml.

ALCOHOLIC COCKTAILS

• Planter's punch

Rum /25 ml./, syrup "Grenadine" /20 ml./, orange /40 ml./ and lemon /10 ml./ juices mixed in a blender with ice.

Price: **105** rub. per a glass 150 ml.

• Peach freshness

Orange juice /200 ml./, syrup "Peach" /50 ml./ and vodka / 50 ml./ with ice.

Price: **95** rub. per a glass 400 ml.

New discount cards!

**A regular discount
for our
regular visitors**

Cigarettes (Price for a packet)

- Sobranie Classic.....**55** rub.
- Sobranie Classic Lights..**55** rub.
- Sobranie Cocktail... **175** rub.
- Sobranie Pinks.....**85** rub.
- Sobranie Mints.....**85** rub.
- Marlboro.....**55** rub.
- Marlboro Lights.....**55** rub.
- Parlament.....**75** rub.
- Parlament Lights.....**75** rub.
- Virginia Slims.....**60** rub.

- Sobranie Black Russian..**175** rub.
- S.T. Dupont.....**65** rub.
- S.T. Dupont Lights.....**65** rub.
- Vogue Mentol.....**75** rub.
- Winston.....**40** rub.
- Winston Lights.....**40** rub.
- Winston Super Lights.....**40** rub.
- Kent № 1.....**60** rub.
- Kent № 4.....**60** rub.
- Kent № 8.....**60** rub.

• Lighter

Price: **25** rub. per one

Traditional economical dinner

**3 SALADS,
MAIN COURSE
AND A DRINK**



EVERY THURSDAY

**WINE
FOR FREE!**

MUSICAL PROGRAMME in the "Journalist"

Thursday, Saturday

V.Kozlov (piano)

Friday

**V.Stepanov (saxophone)
D.Belkin (guitar)**

**Restaurant
"THE JOURNALIST"**

- ▶ antique interior decorations
- ▶ open from 12 a.m. to 01 a.m.
- ▶ "live" music - piano
- ▶ tel.(3812)51-13-13

- ▶ address: Omsk, Lenin street, 34
- ▶ All kinds of carriages up to bus stations
"Goluboy ogonyok" or "Dom odejdy".

The restaurant's menu for the period:

Translator: Ekaterina Mudrik