



Restaurant «Panorama»
Interregional Academy of Personnel Management



BREAKFAST



All breakfast buffet options are served with water and orange juice.

Main Dishes

| | |
|--|--------|
| muesli topped with yogurt, apple (sweet or sour) or pear <i>180-200 kcal / 4 oz.serving</i> | 65 uah |
| buckwheat porridge, vegetable salad <i>160-180 kcal / 4 oz.serving</i> | 70 uah |
| oatmeal,an apple baked in the oven <i>150-170 kcal / 5 oz.serving</i> | 65 uah |
| omelet with vegetable salad, toast <i>200-250 kcal / 3 oz.serving</i> | 80 uah |
| rice porridge with dried fruits <i>180-220 kcal / 4 oz.serving</i> | 65 uah |
| cheese casserole with honey, toast <i>250-280 kcal / 3 oz.serving</i> | 75 uah |
| oatmeal with fruit <i>160-190 kcal / 4 oz.serving</i> | 60 uah |

Light Snacks & Desserts

| | |
|--|--------|
| cheese with low-fat sour cream, dried fruits <i>150-220 kcal / 3 oz.serving</i> | 55 uah |
| apple with yogurt <i>120-150 kcal / 4 oz.serving</i> | 45 uah |
| toast with yogurt <i>180-200 kcal / 3 oz.serving</i> | 30 uah |
| banana with kefir <i>180-200 kcal / 4 oz.serving</i> | 45 uah |
| galette cookies with juice <i>140-160 kcal / 3.5 oz.serving</i> | 35 uah |
| crackers with yogurt <i>160-180 kcal / 3 oz.serving</i> | 35 uah |



VEGETARIAN & VEGAN BOXES

Vegetarian Box

mushroom hodgepodge

160-190 kcal / 5 oz.serving

vegetable soup

90-120 kcal / 8 oz.serving

grilled vegetable and olive

80-110 kcal / 3 oz.serving

baked apples with nuts and honey

220-250 kcal / 6 oz.serving

tomato, tofu and avocado salad

200-230 kcal / 6 oz.serving

hummus with roasted peppers

180-210 kcal / 4 oz.serving

90 uah

75 uah

80 uah

80 uah

115 uah

110 uah

Vegan Box

couscous with vegetable sauté

220-250 kcal / 4 oz.serving

salad with avocado and chuka seaweed

180-210 kcal / 5 oz.serving

hummus with pita

250-280 kcal / 5 oz.serving

95 uah

80 uah

75 uah



LUNCH & DINNER



Main Dishes

| | |
|--|--------|
| goulash <i>220-250 kcal / 6 oz.serving</i> | 80 uah |
| baked fish with brown rice <i>280-300 kcal / 7 oz.serving</i> | 85 uah |
| boiled veal with stewed vegetables <i>250-270 kcal / 6 oz.serving</i> | 90 uah |
| chicken cutlet with buckwheat <i>300-320 kcal / 7 oz.erving</i> | 95 uah |



| | |
|---|---------|
| grilled fish <i>200-220 kcal / 5 oz.serving</i> | 80 uah |
| boiled chicken with grilled vegetables <i>240-260 kcal / 6 oz.serving</i> | 100 uah |
| ham with vegetable stew <i>260-280 kcal / 6 oz.serving</i> | 95 uah |
| meat with vegetables, baked in the oven <i>270-290 kcal / 6 oz.serving</i> | 110 uah |
| omelette <i>180-200 kcal / 4 oz.serving</i> | 50 uah |
| lean ham <i>150-170 kcal / 4 oz.serving</i> | 60 uah |
| fish cutlets with mashed potatoes <i>290-310 kcal / 7 oz.serving</i> | 85 uah |



LUNCH & DINNER

Soups

| | |
|--|--------|
| vegetable soup <i>120-140 kcal / 6 oz.serving</i> | 75 uah |
| soup with cereals on vegetable broth <i>150-170 kcal / 6 oz.serving</i> | 80 uah |
| fish soup <i>160-180 kcal / 6 oz.serving</i> | 85 uah |
| chicken broth soup with vegetables <i>140-160 kcal / 7 oz.serving</i> | 90 uah |
| borscht <i>180-200 kcal / 8 oz.serving</i> | 95 uah |
| buckwheat soup <i>160-180 kcal / 8 oz.serving</i> | 85 uah |
| borscht on meat broth <i>200-220 kcal / 8 oz.serving</i> | 95 uah |

Side Dishes and Additions

| | |
|--|--------|
| baked potatoes <i>180-200 kcal / 4 oz.serving</i> | 40 uah |
| fresh vegetable salad <i>80-100 kcal / 4 oz.serving</i> | 55 uah |
| vinaigrette <i>120-140 kcal / 4 oz.serving</i> | 45 uah |
| vegetable stew <i>110-130 kcal / 4 oz.serving</i> | 50 uah |



BEVERAGES



Drinks

bottled water
0 kcal / 330 ml

juice
90-120 kcal / 250 ml

compote
80-100 kcal / 300 ml

ginger water with lemon
15-20 kcal / 250 ml

broth
10-15 kcal / 300 ml

jelly with flax and chia seeds
70-90 kcal / 250 ml

15 uah

25 uah

20 uah

20 uah

20 uah

25 uah

Coffee & Tea

espresso 35 uah

2-3 kcal / 30 ml
americano 40 uah

5-7 kcal / 200 ml
cappuccino 55 uah

80-100 kcal / 200 ml
black tea 30 uah

0-5 kcal / 200 ml
green tea 45 uah

0-5 kcal / 400 ml
fruit tea 35 uah

0-5 kcal / 400 ml



DESSERTS

Sweet Endings

classic cheesecake

350-380 kcal / 4 oz.serving

chocolate brownie

380-400 kcal / 3.5 oz.serving

tiramisu

330-360 kcal / 4 oz.serving

tart with blueberries

350-380 kcal / 3 oz.serving

ice cream selection

200-250 kcal / 4 oz.serving

pancakes with maple syrup

380-400 kcal / 5 oz.serving

65 uah

50 uah

60 uah

55 uah

40 uah

60 uah



CONTACT



Restaurant Panorama



Restaurant Panorama



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