



**IAPM**  
Interregional Academy of  
Personnel Management



**SUSTAINABLE  
DEVELOPMENT  
GOALS**

## **SUSTAINABLE FOOD CHOICES**

Sustainable food choices for everyone on campus, including vegetarian and vegan food.

The Interregional Academy of Personnel Management boasts an introduced vegetarian and vegan menu. With a wide range of menu choices, students and employees can enjoy a variety of dishes.

The Panorama restaurant serves a variety of Ukrainian and European dishes, such as Ukrainian borsch, goulash, vinaigrette, a large selection of different salads, etc. Then there are vegetarian and vegan boxes: vegetarian soup, hummus with roasted peppers, hummus with pita bread, couscous with vegetable sauté.

For those with a sweet tooth, the menu also offers a selection of different desserts, such as tiramisu, pancakes, ice cream, blueberry pie, etc.

Hot and cold drinks are also available.



[Restaurant Panorama](#)



[Restaurant Panorama](#)



## **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

*2-3 kcal / 30 ml*

americano

*5-7 kcal / 200 ml*

cappuccino

*80-100 kcal / 200 ml*

black tea

*0-5 kcal / 200 ml*

green tea

*0-5 kcal / 400 ml*

fruit tea

*0-5 kcal / 400 ml*

35 uah

40 uah

55 uah

30 uah

45 uah

35 uah



# 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



Tel.: (044) 490-95-00

[iapm@iapm.edu.ua](mailto:iapm@iapm.edu.ua)

03039 Kyiv, Frometivska str., 2

---