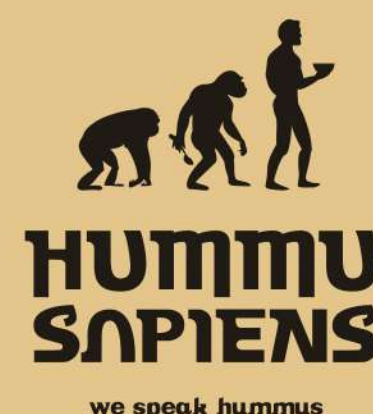


When we created Hummu Sapiens we were inspired by traditional Israeli hummusiyas. These are popular cafes that look more like fast food. And the main dish is hummus. We brought the traditions of the Middle East to Kyiv. But added a little modernity and comfort. To make it not only incredibly delicious, but also very comfortable for you. Enjoy!



BREAKFASTS

We make breakfasts all day long.



ISRAELI BREAKFAST	169 UAH
with hummus, gvina levana, Arabic salad, labane and olives, served with pita (250/100 g)	
SHAKSHUKA	149 UAH
eggs fried in spicy sauce with peppers and tomatoes. Served with pita (250/100 g)	
SHAKSHUKA WITH ROASTED EGGPLANT AND FETA CHEESE	169 UAH
Served with pita (300/100 g)	
SHAKSHUKA WITH GREENS	159 UAH
Served with pita (250/100 g)	
BAGEL WITH ROASTED VEGETABLES AND EGGS	99 UAH
(300 g)	
BAGEL WITH SALMON GRAVLAX AND CREAM CHEESE	149 UAH
(240 g)	
BAGEL WITH TUNA AND ROMANO SALAD	139 UAH
(240 g)	
COTTAGE CHEESE PANCAKES	129 UAH
served with honey and sour cream (150/50 g)	
PANCAKES WITH APPLE AND TAHINI ICE CREAM	119 UAH
(150/50 g)	

HUMMUS

We make hummus according to Israeli traditions. Lots of tahini, chickpeas, olive oil and of course our love. Served with pita.



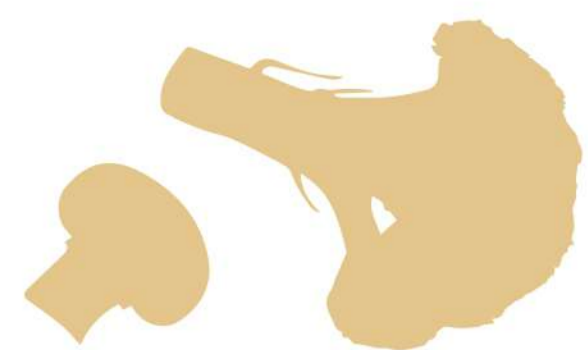
CLASSIC HUMMUS	149 UAH
(265/100 g)	
HUMMUS WITH MUSHROOMS	189 UAH
sprinkled with pine nuts and parsley (265/100 g)	
HUMMUS WITH ROASTED PEPPER	189 UAH
and feta cheese (265/100 g)	
HUMMUS HARISSA	179 UAH
served with pistachios, jalapenos and cilantro (265/100 g)	
BEIRUT HUMMUS	189 UAH
with sun-dried tomatoes and pine nuts (265/100 g)	
HUMMUS BABA GHANOUSH	189 UAH
with roasted eggplant and spices (250/100 g)	
HUMMUS WITH AVOCADO	199 UAH
with yogurt and spices (250/100 g)	
HAMSHUKA	169 UAH
classic shakshuka with hummus (265/100 g)	
HUMMUS FUL	159 UAH
with boiled beans, eggs and greens (300/100 g)	
MSABBAHA	159 UAH
for this dish beans are cooked much longer than for classic hummus and then are mixed with tahini and spices (300/100 g)	
HUMMUSAPIENS	259 UAH
set of 5 hummus variations: classic, with mushrooms, Baba ghanoush, Ful, Msabbaha (450/100 g)	





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● APPETIZERS

Perfect for a cool company.











-  **MEZE** 269 UAH
set of olives, cabbage, sun-dried tomatoes, tuna, hummus, labane and pepper. Served with pita (300/100 g)
- LABANE** 129 UAH
traditional cream cheese made from yogurt. Served with spices and pita (150/100 g)
-  **BABA GHANOUSH** 169 UAH
roasted eggplant with garlic, olive oil and spices. Served with pita (200/100 g)
-  **GVINA LEVANA WITH SUN-DRIED TOMATOES AND OLIVES** 189 UAH
traditional snack with soft cheese (250 g)
-  **GVINA LEVANA WITH ROASTED EGGPLANT** 179 UAH
(250 g)

● SALADS





So nutritious



-  **ARABIC** 119 UAH
 with tomatoes, cucumbers, red onions, hot peppers, seasoned with olive oil and lemon juice (300 g)
-  **FATTOUSH** 129 UAH
with cherry tomatoes, cucumbers, radishes, red onions, salad mix and olives (250 g)
-  **SALAD WITH TUNA AND VEGETABLES** 199 UAH
(250 g)
-  **SALAD WITH AVOCADO, SALMON GRAVLAX AND A MIX OF GREENS** 249 UAH
(265 g)
-  **BOWL WITH HUMMUS AND VEGETABLES** 189 UAH
(300 g)
-  **BOWL WITH HUMMUS AND FALAFEL** 199 UAH
served with mushrooms, salad mix and fresh vegetables (300 g)
-  **BOWL WITH HUMMUS, TUNA AND TERIYAKI SAUCE** 219 UAH
served with vegetables and salad mix (300 g)

● SOUPS








-  **MOROCCAN SPICY HARIRA SOUP** 79 UAH
 of chickpeas and lentil with vegetables, green chili, parsley and ginger (300 g)
- ISRAELI TOMATO SOUP WITH CHICKPEAS AND SPINACH** 89 UAH
with yogurt and lemon (350 g)
-  **JERUSALEM SOUP WITH ROASTED EGGPLANT AND COUSCOUS** 99 UAH
 (350 g)

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● PITA

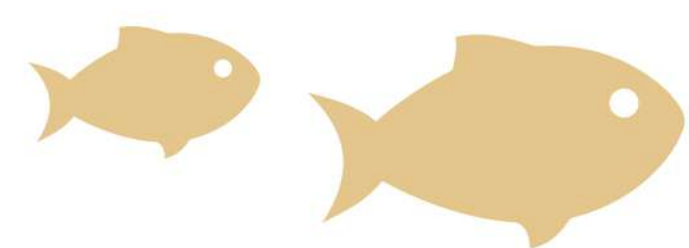
-  **SABICH** 129 UAH
pita with hummus, roasted eggplant, eggs, fried potatoes, vegetables and tahini sauce (330 g)
-   **PITA WITH FALAFEL, VEGETABLES AND TAHINI SAUCE** 149 UAH
(350 g)
-  **PITA WITH HUMMUS** 50 UAH
(150 g)
-  **PITA** 25 UAH
(100 g)

● HOT APPETIZERS







-  **FALAFEL WITH TAHINI SAUCE** 129 UAH
(180 g)
- LATKES** 99 UAH
eastern version of potato pancakes, served with sour cream (200/30 g)
-  **CAULIFLOWER** 149 UAH
legendary cauliflower baked with spices and tahini (200 g)

● MAIN DISHES



If you want something with fish.

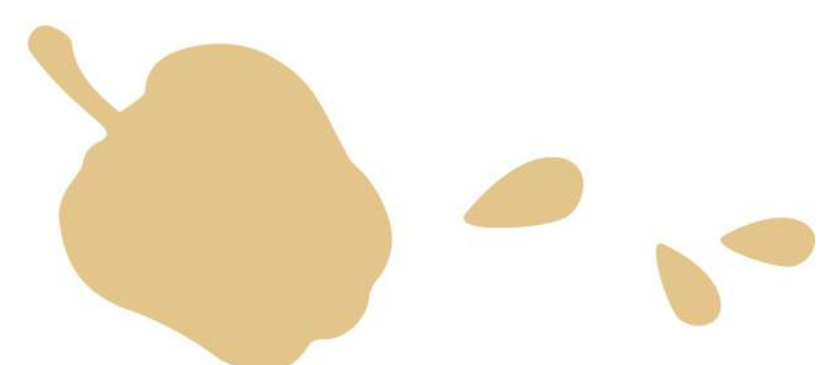
-  **FISH KEBAB WITH ROASTED EGGPLANT AND COUSCOUS** 199 UAH
with white fish and salmon.
Served with vegetables and tahini (130/100/30 g)
-   **CHRAIME** 229 UAH
spicy fish stew (250 g)
-  **SALMON WITH GREEK SAUCE AND ROASTED VEGETABLES** 279 UAH
(100/120/30 g)

● SIDE DISHES



-  **COUSCOUS WITH CHICKPEAS** 49 UAH
(150 g)
-  **SAFFRON RICE PILAF** 49 UAH
one of the most popular side dishes in Lebanese cuisine (150 g)
-   **FRENCH FRIES WITH SMOKED PAPRIKA AND HARISSA** 69 UAH
with spicy sauce (150 g)

● DESSERTS



As sweet as you are.

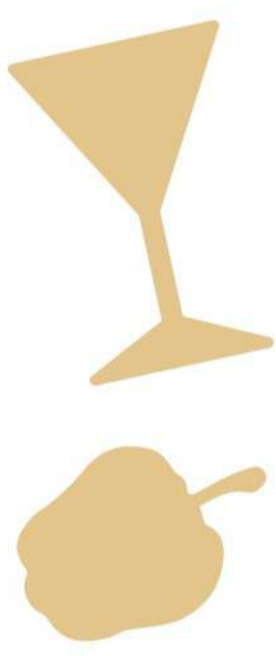
- MALABI** 69 UAH
tender milk dessert with coconut and roasted nuts (135 g)
- KNAFEH** 119 UAH
traditional fried ricotta and mozzarella dessert (150/10 g)
- RUGELACH** 79 UAH
Israeli pastry with chocolate (130 g)
- CHALLAH** 159 UAH
holiday bread. For the first acquaintance we recommend to try with honey sauce (500 g)
- ICE CREAM WITH TAHINI AND CASHEWS** 69 UAH
(60 g)

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● BAR MENU

			50 ml
<i>Vodka</i>	Kozatska Rada		39 UAH
	Arak (Israel)		69 UAH
	Mahia		59 UAH
<i>Vermouth</i>	Martini Bianco		49 UAH
<i>Tincture</i>	Becherovka		79 UAH
<i>Gin</i>	Beefeater		89 UAH
<i>Rum</i>	Captain Morgan White		99 UAH
	Captain Morgan Jamaica		99 UAH
<i>Whiskey</i>	Glen Grant Major's Reserve		119 UAH
	Jim Beam White		99 UAH
<i>Brandy</i>	Tavria V.S.O.P.		59 UAH
<i>Cognac</i>	Hennessy V.S.		209 UAH
<i>Tequila</i>	Olmecca Blanco		99 UAH
	Olmecca Gold		99 UAH
		150 ml / 750 ml	
<i>White wine</i>	Pinot Grigio del Veneto Sant'Orsola (Italy)	109 / 399 UAH	
	Sauvignon Blanc Marlborough Sun (New Zealand)	799 UAH	
	Chardonnay Yarden (Israel)	1299 UAH	
	Mount Hermon Yarden (Israel)	219 / 899 UAH	
	Cotes du Rhone Esprit Barville (France)	699 UAH	
<i>Red wine</i>	Merlot Essere (Italy)	109 / 399 UAH	
	Scruffy's Shiraz, Nugan Estate (Argentina)	699 UAH	
	Cabernet Sauvignon Gamla (Israel)	1299 UAH	
	Mount Hermon Yarden (Israel)	219 / 899 UAH	
	Chateau Bellevue Roug (France)	799 UAH	
<i>Sparkling wine</i>	Canti Asti (Italy)	599 UAH	
	Canti Prosecco Millesimato (Italy)	699 UAH	
<i>Alcoholic cocktails</i>	Negroni	100 ml	189 UAH
	gin, Campari, Amaro di Angostura		
	Aperol Spritz	200 ml	129 UAH
	Aperol, sparkling wine, mineral water		
	Mojito	160 ml	129 UAH
	rum, mint, cane sugar, Sprite		
	Chilly Gin	180 ml	189 UAH
	basil, gin, lemon juice, tonic		
	Hugo	220 ml	119 UAH
	lime, mint, sparkling wine, elderberry syrup, mineral water		
	Green Magic	160 ml	199 UAH
	basil, lemon juice, kiwi, tequila		
	Agave Sour	150 ml	169 UAH
	tequila, thyme, egg white		
	Red Sour	200 ml	89 UAH
	vodka, grapefruit, egg white, lemon juice		
	BCF Bronze	220 ml	219 UAH
	whiskey, aperol, syrup, orange, sea buckthorn, rosemary, cream		
	G-flack	200 ml	179 UAH
	gin, pineapple juice, lemon juice, elderberry syrup, tonic		
	Honey Apple	185 ml	219 UAH
	honey, cinnamon, ginger, whiskey, apple juice, lemon juice		
<i>Beer</i>	Stella Artois	0,33 / 0,5	59 / 89 UAH
	Hoegaarden	0,33 / 0,5	99 / 139 UAH
	Apple cider	0,33 / 0,5	49 / 59 UAH
	Corona Extra	0,33 bottle	109 UAH
	Stella Artois alcohol free	0,5 bottle	89 UAH
<i>Mulled wine</i>	Sea buckthorn	290 ml	129 UAH
	sea buckthorn, white wine, honey, lemon juice, cloves, cinnamon, cardamom		
	Cherry	290 ml	129 UAH
	cherry, red wine, honey, lemon juice, cloves, cinnamon, cardamom		
	Raspberry and beer	290 ml	129 UAH
	raspberries, light beer, honey, lemon juice, cloves, cinnamon, cardamom		
	Coconut	290 ml	129 UAH
	coconut syrup, white wine, lemon juice, cloves, cinnamon, cardamom		
<i>Grog</i>	Classic	290 ml	129 UAH
	white rum, honey, lemon juice, cloves, cardamom, black tea		
	Fruity	290 ml	129 UAH
	fruit tea, dark rum, honey, lemon juice, cloves, cardamom		
	Milky	290 ml	129 UAH
	white rum, honey, milk, cloves, cardamom, black tea		
	Czech	290 ml	129 UAH
	chamomile tea, Becherovka, honey, lemon juice, cloves, cardamom		



● SOFT DRINKS

<i>Coffee</i>	Israeli coffee with garlic	150 ml	39 UAH
	Israeli coffee with condensed milk	150 ml	39 UAH
	Ristretto	15 ml	39 UAH
	Espresso	30 ml	39 UAH
	Doppio	30 ml	49 UAH
	Americano	60 ml	39 UAH
	Cappuccino	200 ml	59 UAH
	Flat White	200 ml	69 UAH
	Latte	240 ml	69 UAH
	Raf Coffee with lavender	240 ml	89 UAH
	Raf Coffee with citrus	240 ml	89 UAH
Cocoa with marshmallows	200 ml	49 UAH	
<i>Lactose-free coffee</i>	Flat White	200 ml	89 UAH
	Cappuccino	200 ml	79 UAH
	Latte	240 ml	89 UAH
<i>Vegan coffee</i>	Cocoa with marshmallows	200 ml	79 UAH
	Flat White	200 ml	119 UAH
	Cappuccino	200 ml	109 UAH
<i>Natural tea</i>	Latte	240 ml	119 UAH
	Cocoa with marshmallows	200 ml	109 UAH
	Moroccan, Raspberry-mint, Sea buckthorn-orange, Ginger-eucalyptus, Spicy orange, Grapefruit-rosemary	290 ml	69 UAH
<i>Alcohol-free cocktails</i>	Mojito	150 ml	69 UAH
	mint, lime, cane sugar, Sprite		
	Mojito Pomegranate	150 ml	69 UAH
	mint, lime, Sprite, Grenadine syrup		
	Baby Gin Tonic	170 ml	89 UAH
	rosemary, cucumber, tonic, lemon juice		
	Pina Colada	200 ml	99 UAH
	cream, pineapple juice, coconut syrup		
	Apple Flip	265 ml	89 UAH
	apple juice, salted caramel syrup, mineral water		
	Mellow Tonic	200 ml	89 UAH
	elderberry syrup, tonic, apple juice		
	Spicy Apple	230 ml	99 UAH
apple juice, ginger, honey, lemon juice, mineral water, cinnamon			
Thailand	290 ml	89 UAH	
pineapple juice, mango juice, coconut syrup, lemon juice			
Tomalin Craft	220 ml	79 UAH	
tomato juice, raspberries, mineral water			
Gingberry Mo	230 ml	79 UAH	
mint, lime, ginger, Sprite, strawberry syrup			
<i>Juice in assortment</i>	200 ml	39 UAH	
<i>Mineral water</i>	Morshynska still	0,5 bottle	69 UAH
	Morshynska sparkling	0,5 bottle	69 UAH
<i>Tea in assortment</i>	Green, Green jasmine, Fruity, Alpine meadow		
	Black, Black with bergamot	500 ml	49 UAH
<i>Fresh</i>	Orange	200 ml	99 UAH
	Grapefruit	200 ml	99 UAH
	Lemon	200 ml	99 UAH
<i>Homemade drinks</i>	Uzvar	0,2 / 1 l	39 / 159 UAH
	Compote	0,2 / 1 l	39 / 159 UAH
<i>Soft drinks</i>	Coca-Cola	0,25 bottle	49 UAH
	Fanta	0,25 bottle	49 UAH
	Sprite	0,25 bottle	49 UAH
	Schweppes	0,25 bottle	49 UAH