

# Russians Stick to Pizza and Sushi for Meal Deliveries

By [The Moscow Times](#)

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Pizza and sushi are the most popular foods among Russians who order meals for delivery while at work, a [survey](#) by RBK.research shows.

More than half of the 5,000 respondents said that they have ordered pizza to their workplaces over the last six months. Sushi and other Japanese dishes were the second most popular delivery foods in the survey. About one-third of the respondents chose to have them delivered while only a quarter of the respondents opted for well-balanced meals.

The number of people who preferred to get deliveries of salads, hot dishes and soups made up no more than 15 percent, according to the survey, published Tuesday.

Based on these findings, the survey leaders concluded that there is little demand for well-rounded meal deliveries among Russians. Instead, delivery service clients tend to treat themselves with food that is not part of their regular diet. Customers only order these foods

occasionally, which helps to explain why the market for meal delivery services is still poorly developed in the country.

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