







MENU

MONDAY 02.02










SANDWICHES & WRAPS:

- Ciabatta with grilled aubergine and pepper spread 311 kcal - **12,00 ZŁ**  
- Pretzel stick with teriyaki pulled chicken, coleslaw and cucumber 500 kcal - **14,00 ZŁ**
- Roll with sopocka tenderloin and egg 523 kcal - **13,00 ZŁ**
- Burrito with beef 450 kcal - **16,00 ZŁ**



BREAKFAST:

- Oatmeal with blueberry jam and cocoa biscuits 324 kcal - **12,00**  
- Vegetable pancakes with cottage cheese 439 kcal - **14,00 ZŁ**  

LUNCHES:

- Swedish meatballs in gravy + mashed potatoes
+ carrots and peas 610 kcal - **22,00 ZŁ**
- Teriyaki chicken with rice and coleslaw 577 kcal - **22,00 ZŁ** 
- Devolay with butter served with mashed potatoes
and beetroot 700 kcal - **22,00 ZŁ**
- Kartacze dumplings with meat and onion + sauerkraut
with carrots 503 kcal - **22,00 ZŁ** 
- Chicken leg with skin in sun-dried tomato sauce + keto pumpkin purée
+ cucumber salad 684 kcal - **22,00 ZŁ** 
- Vegetarian chilli mac 480 kcal - **19,00 ZŁ** 
- Potato cutlets in chanterelle sauce + pearl couscous
+ salad 724 kcal - **21,00 ZŁ** 
- Rigatoni in creamy tomato sauce with chorizo 770 kcal - **22,00 ZŁ**
- Penne with pesto, artichokes, sun-dried tomatoes
and Parmesan cheese 700 kcal - **20,00 ZŁ**  
- Green dumplings with chicken and garlic dip 900 kcal - **17,50 ZŁ**
- Russian dumplings with onion topping 700 kcal - **17,50 ZŁ** 
- Chicken/vegetable gyoza dumplings + soy sauce
+ marinated ginger 350 kcal - **18,00 ZŁ**
- Basil pancakes stuffed with spinach and ricotta served
with marinara dip 702 kcal - **22,00 ZŁ**
- Chocolate pancakes with white cheese and raspberry sauce 732 kcal - **16,00 ZŁ** 

SALADS:

- Salad with feta cheese, cherry tomatoes and corn + vinaigrette 635 kcal - **22,00 ZŁ** 
- Salad with chicken, pineapple, leek, corn, Gouda cheese, sunflower seeds
+ garlic dip 490 kcal - **22,00 ZŁ**
- Homestyle bowl with potatoes, bacon and pickled cucumber 739 kcal - **21,00 ZŁ** 

LUNCH OF THE DAY

Devolay with butter served with mashed potatoes
and beetroot + Soup **29,00 ZŁ**



DRINKS:

- Snickers protein shake 540 kcal - **11,00 ZŁ**
- Mango, pineapple, orange and strawberry smoothie 150 kcal - **14,00 ZŁ**
- Raspberry lassi 225 kcal - **14,00 ZŁ**

DESSERTS:

- Carrot cake with creamy frosting 489 kcal - **10,00 ZŁ**
- Fit chia dessert with mango mousse 300 kcal - **10,00 ZŁ**
- Oreo dessert 560 kcal - **11,00 ZŁ**
- Gingerbread tiramisu 475 kcal - **12,00 ZŁ**

SOUPS:

- Cream of tomato soup with basil
and mozzarella 300 kcal - **12,00 ZŁ** 
- Spicy tom kha kai soup served with chicken and rice
noodles 600 kcal - **18,00 ZŁ** 

ROLLS:

- Rolls with lettuce, ham and cheese 751 kcal - **18,00 ZŁ**

BURGER:

- Beef burger with grilled mountain cheese, bacon
and cranberry jam 685 kcal - **25,00 ZŁ**

MENU

TUESDAY 03.02

SANDWICHES & WRAPS:

- Grain roll with shredded BBQ chicken, fresh cucumber and red cabbage salad 442 kcal - **13,00 ZŁ**
- Grain roll with guacamole, egg and tomato 568 kcal - **14,00 ZŁ** ✓
- Roll with Sopot tenderloin, Mazdamer cheese and tomato 487 kcal - **12,00 ZŁ**
- Wholemeal roll with pesto, mozzarella and sun-dried tomatoes 539 kcal - **13,00 ZŁ** ✓
- Gyros stick with Mexican dip 424 kcal - **14,00 ZŁ** NEW
- Pork loin 'burger' with coleslaw 649 kcal - **16,00 ZŁ**
- Wrap with strips, lettuce, cucumber and mango jalapeno 450 kcal - **16,00 ZŁ**

BREAKFAST:

- Oatmeal with kajmak and cranberries 470 kcal - **11,00 ZŁ** ✓
- Yoghurt + raspberry mousse + muesli 310 kcal - **10,00 ZŁ** ✓
- Waffle + fruit + toffee sauce 460 kcal - **15,00 ZŁ** ✓
- Baked rolls with salami, peppers, cheese and egg 598 kcal - **16,00 ZŁ**

LUNCHES:

- Chicken served on stewed vegetables with chimichurri sauce and rice 550 kcal - **22,00 ZŁ**
- Noodles with beans and chicken 613 kcal - **23,00 ZŁ** 🌶️🌶️
- Pork chop with potatoes and cucumber salad 600 kcal - **22,00 ZŁ**
- Chicken strips with potatoes and cocktail dip 849 kcal - **23,00 ZŁ** NEW
- Vegan bites in chanterelle sauce + potato dumplings + salad 710 kcal - **22,00 ZŁ** ✓
- Potato pancakes with mushroom sauce 460 kcal - **21,00 ZŁ** ✓
- Penne with spinach and ricotta 860 kcal - **21,00 ZŁ** ✓
- Duck ravioli with plum sauce 700 kcal - **24,00 ZŁ**
- Russian dumplings with onion topping 700 kcal - **17,50 ZŁ** ✓
- Dumplings with mushrooms and Gouda cheese 700 kcal - **17,50 ZŁ** ✓
- Gyoza dumplings with pork and vegetables + soy sauce 450 kcal - **19,00 ZŁ**
- Pancakes with plum jam + mascarpone cream 1000 kcal - **22,00 ZŁ** ✓
- Pancakes with Russian filling + bacon crumbs 740 kcal - **20,00 ZŁ**

SALADS:

- Salad with roasted chickpeas, broad beans and marinated onions + vinaigrette 670 kcal - **22,00 ZŁ** ✓
- Caesar salad with chicken 630 kcal - **23,00 ZŁ**
- Burrito bowl 630 kcal - **25,00 ZŁ**

LUNCH OF THE DAY

Pork chop with potatoes and cucumber salad
+ Soup **29,00 ZŁ**

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We use fresh ingredients, the availability of which may vary.
For this reason, the menu is subject to change.

DRINKS:

- Rafaello protein shake with raspberry 300 kcal - **12,00 ZŁ**
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 300 kcal - **14,00 ZŁ**
- Cherry-currant-banana cocktail 290 kcal - **14,00 ZŁ**

DESSERTS:

- Yoghurt cheesecake with strawberry layer on an oat base 235 kcal - **11,00 ZŁ** NEW
- Almond yoghurt with poppy seeds 530 kcal - **10,00 ZŁ**
- Pistachio tiramisu with raspberry jam 510 kcal - **13,00 ZŁ**
- Forest moss dessert 450 kcal - **12,00 ZŁ**

SOUPS:

- Creamy corn soup with bacon crisps 300 kcal - **13,00 ZŁ**
- Horseradish soup with egg 300 kcal - **11,00 ZŁ** ✓

ROLLS:

- Spring rolls with chicken and vegetables + sweet and spicy dip 300 kcal - **19,00 ZŁ**
- Rolls with panko-coated prawns and sweet chilli sauce 590 kcal - **20,00 ZŁ**

BURGER:

- Beef burger with vegetables, onion rings and Thousand Island dressing 730 kcal - **23,00 ZŁ**

MENU

WEDNESDAY 04.02

SANDWICHES & WRAPS:

- Cheese stick with cheddar, chicken and American sauce 548 kcal - **14,00 ZŁ**
- Seeded roll with cream cheese, salmon and mayonnaise 497 kcal - **14,00 ZŁ**
- Seeded breadstick with egg spread 386 kcal - **11,00 ZŁ** ✓
- Roll with egg and bacon slice 655 kcal - **13,00 ZŁ**
- Ciabatta with butter, smoked Gouda cheese, tomato and pepper 473 kcal - **12,00 ZŁ** ✓

BREAKFAST:

- Chocolate oatmeal with mango 350 kcal - **12,00 ZŁ** ✓
- Sugar-free yoghurt + mango and passion fruit fruit sauce + crunchy topping **NEW**
368 kcal - **12,00 ZŁ**
- Savoury egg muffins + vegetables + herb dip 484 kcal - **15,00 ZŁ** ✓ **NEW**
- Pancakes with toffee sauce and fruit 700 kcal - **16,00 ZŁ** ✓

LUNCHES:

- Carminade with mashed potatoes and fried beetroot 575 kcal - **22,00 ZŁ**
- Stuffed cabbage rolls in tomato sauce
with mashed potatoes 708 kcal - **22,00 ZŁ** **NEW**
- Chicken cutlet in cheese breadcrumbs with jacket potatoes
and coleslaw 476 kcal - **22,00 ZŁ** **NEW**
- Pork tenderloin in mushroom sauce + potato dumplings
+ beetroot with horseradish 485 kcal - **22,00 ZŁ**
- Keto chicken in gorgonzola sauce with walnut sprinkles
and coleslaw 780 kcal - **23,00 ZŁ KETO**
- Veggie schnitzel with potatoes and coleslaw 620 kcal - **20,00 ZŁ** ✓
- Veggie meatballs in vegetarian gravy with mashed potatoes
with peas and coleslaw 380 kcal - **22,00 ZŁ** ✓
- Pasta in cream sauce with broad beans, goat cheese and pistachios 680 kcal - **21,00 ZŁ** ✓
- Korean chicken in sweet and spicy sauce with udon noodles 790 kcal - **22,00 ZŁ** 🌶️
- Green dumplings with chicken and garlic dip 900 kcal - **17,50 ZŁ**
- Russian dumplings with onion topping 700 kcal - **17,50 ZŁ** ✓
- Gyoza dumplings with chicken and vegetables + soy sauce 350 kcal - **18,00 ZŁ**
- Pancakes with mushrooms and Gouda cheese 550 kcal - **22,00 ZŁ** ✓
- Pancakes with roasted pear, cinnamon + chocolate sauce 650 kcal - **19,00 ZŁ** ✓

SALADS:

- Salad with pasta, celery, chickpeas and pineapple
+ curry dip 645 kcal - **22,00 ZŁ** ✓
- Salad with beetroot, pumpkin and pork tenderloin
+ dressing 630 kcal - **25,00 ZŁ**
- Bowl with quinoa, roasted sweet potatoes, cherry tomatoes,
avocado and egg + dressing 800 kcal - **25,00 ZŁ** ✓

LUNCH OF THE DAY

Chicken cutlet in cheese breadcrumbs with jacket potatoes
and coleslaw+ Soup **29,00 ZŁ**

DRINKS:

- Salty Caramel protein shake with lactose-free milk
300 kcal - **12,00 ZŁ**
- Strawberry smoothie with chia seeds 300 kcal - **12,50 ZŁ**
- Smoothie with prunes, chia seeds and cinnamon 435 kcal - **12,00 ZŁ**

DESSERTS:

- Baked cheesecake 720 kcal - **12,00 ZŁ** **NEW**
- Raspberry cloud dessert 580 kcal - **12,00 ZŁ**
- Panna cotta with fudge cream, strawberry mousse and
salted nuts 470 kcal - **12,00 ZŁ**
- Caramel cream on an oat base with forest fruit jam **NEW**
623 kcal - **13,00 ZŁ**

SOUPS:

- Dill soup with egg 280 kcal - **12,00 ZŁ** ✓
- Red borscht with dumplings
and meat 300 kcal - **13,00 ZŁ**

ROLLS:

- Spring rolls [chicken/beef/vegetables] + nut dip 420 kcal
- **19,00 ZŁ**
- Rolls with chicken and vegetables + mustard and honey
sauce 715 kcal - **19,00 ZŁ**

BURGER/BAO BAO:

- BBQ burger [beef, cheddar, bacon crisps, tomato, roasted onion]
600 kcal - **23,00 ZŁ**
- Black and white bao buns with teriyaki pulled chicken, cucumber,
peanuts and coriander 670 kcal - **26,00 ZŁ**

MENU

THURSDAY 05.02

SANDWICHES & WRAPS:

- Roll with pâté, lamb's lettuce and cranberry jam 495 kcal -**11,00 ZŁ**
- Roll with cottage cheese, turkey cold cuts, bell pepper and chives 344 kcal -**13,00 ZŁ**
- Longer roll with breaded strips and BBQ sauce 450 kcal -**15,00 ZŁ**
- Ciabatta roll with rocket, mountain cheese, nigella seeds and cranberry jam 437 kcal -**12,00 ZŁ** ✓
- Grain roll with lettuce, Gouda cheese and pickled peppers 555 kcal -**11,00 ZŁ** ✓
- Country roll with grains, ham and egg 472 kcal -**12,00 ZŁ**

BREAKFAST:

- Pistachio cake with almond flakes 550 kcal -**12,00 ZŁ** ✓
- Herbal courgette pancakes with cottage cheese and smoked salmon 282 kcal - **16,00 ZŁ**
- Chia yoghurt + strawberry mousse + muesli 341 kcal -**11,00 ZŁ** ✓ NEW
- Mexican burrito with chicken and vegetables 430 kcal -**15,00 ZŁ**
- Tart with chanterelles, leek and Italian cheese 350 kcal -**10,00 ZŁ** ✓

LUNCHES:

- Chicken breast served with rice + Greek salad 550 kcal -**22,00 ZŁ**
- Potato pancakes 722 kcal -**22,00 ZŁ** NEW
- Chicken schnitzels with mashed potatoes and cucumber salad 552 kcal -**22,00 ZŁ** NEW
- Thai curry with rice noodles and prawns 350 kcal -**24,00 ZŁ** 🌶️
- Minced nut patties with Brussels sprouts in cheese dip 700 kcal -**22,00 ZŁ** **KETO**
- Falafel in saffron sauce served with couscous and eggplant stew 600 kcal -**21,00 ZŁ** ✓
- Creamy pasta with chicken and ricotta 630 kcal -**22,00 ZŁ**
- Ravioli with porcini mushrooms 550 kcal -**24,00 ZŁ** ✓
- Green dumplings with chicken and garlic dip 900 kcal -**17,50 ZŁ**
- Russian dumplings with onion topping 700 kcal -**17,50 ZŁ** ✓
- Gyoza dumplings with duck and vegetables + soy sauce 300 kcal -**20,00 ZŁ**
- Pink pancakes served with sweet cheese, peaches and toffee sauce 850 kcal -**19,00 ZŁ** ✓
- Pancakes with chicken, peppers and mushrooms 777 kcal -**23,00 ZŁ**

SALADS:

- Salad with chicken, orange fillets, sunflower seeds and honey-mustard dressing 450 kcal -**23,00 ZŁ**
- Salad with prawns, egg, vegetables and orange dressing 500 kcal -**25,00 ZŁ**
- Pasta salad with lamb's lettuce, cherry tomatoes, cucumber, mozzarella balls and roasted onion + dressing 750 kcal -**22,00 ZŁ** ✓

LUNCH OF THE DAY

Chicken breast served with rice + Greek salad + Soup **29,00 ZŁ**

DRINKS:

- Bounty protein shake 300 kcal -**12,00 ZŁ**
- Raspberry and strawberry smoothie with added oat bran 350 kcal -**14,00 ZŁ**
- Vitamin smoothie [orange, banana, spinach, ginger, chia] 220 kcal -**13,00 ZŁ**

DESSERTS:

- Strawberry tiramisu 400 kcal -**12,00 ZŁ**
- Lactose-free halva pudding with coconut milk 450 kcal -**12,00 ZŁ**
- Dubai chocolate dessert 700 kcal -**16,00 ZŁ**
- Chocolate cake with banana 388 kcal -**12,00 ZŁ** NEW

SOUPS:

- Sour rye soup with white sausage and egg 430 kcal -**13,00 ZŁ**
- French garlic soup 300 kcal -**11,00 ZŁ** ✓

ROLLS:

- Spring rolls with chicken and blanched cabbage with carrots + nut dip 649 kcal -**19,00 ZŁ**
- Rolls with smoked salmon, spinach and dill sauce 667 kcal -**21,00 ZŁ**

SNACKS:

- Prawns in panko + 2 dips (sweet and spicy/cocktail/garlic and lemon mayonnaise) 580 kcal -**25,00 ZŁ** 🌶️

MENU

FRIDAY 06.02

SANDWICHES & WRAPS:

- Grain roll with tuna paste and pickled cucumber 427 kcal -**12,00 ZŁ**
- Longer roll with strips and aioli dip 604 kcal - **15,00 ZŁ** NEW
- Grain roll with butter, lettuce, cheese and vegetables 537 kcal -**11,00 ZŁ** ✓
- Breadstick with egg and tartar sauce 502 kcal -**12,00 ZŁ** ✓ NEW
- Pork chop 'burger' 583 kcal -**16,00 ZŁ**
- Wrap with cocktail prawns 630 kcal -**16,00 ZŁ**

BREAKFAST:

- Oreo oatmeal 450kcal -**12,00 ZŁ** ✓
- Cherry yoghurt + chocolate crunchy 288 kcal -**11,00 ZŁ** ✓ NEW
- Pancakes with vanilla cream cheese and jam 620 kcal - **16,00 ZŁ** ✓
- Baked rolls with mushrooms, cheese and egg 348 kcal -**14,00 ZŁ** ✓
- Beetroot and goat's cheese tart 375 kcal -**10,00 ZŁ** ✓

LUNCHES:

- Coated pollock with potatoes and sauerkraut 451 kcal -**24,00 ZŁ** NEW
- Curry with cod and tomatoes + rice 540 kcal -**24,00 ZŁ** 🌶️🌶️🌶️
- BBQ chicken with roasted potatoes and broccoli 630 kcal -**23,00 ZŁ** NEW
- Minced meat with mashed potatoes and beetroot 543 kcal -**22,00 ZŁ**
- Veggie nuggets with roasted potatoes + tzatziki 640 kcal -**24,00 ZŁ** ✓
- Czech-style fried cheese with roasted potatoes and cranberry jam 635 kcal - **22,00 ZŁ** ✓
- Vegetarian spaghetti Bolognese with Parmesan cheese 550 kcal -**22,00 ZŁ** ✓
- Black pasta in butter sauce with prawns, roasted cherry tomatoes and parsley 600 kcal -**26,00 ZŁ**
- Dumplings with mushrooms and Gouda cheese 700 kcal -**17,50 ZŁ** ✓
- Russian dumplings with onion topping 700 kcal -**17,50 ZŁ** ✓
- Spinach gyoza dumplings with vegetables + soy sauce 300 kcal -**18,00 ZŁ** ✓
- Pancakes with vegetable filling (peppers, broccoli, courgette) baked under béchamel sauce 640 kcal -**22,00 ZŁ** ✓
- Pancakes with mascarpone-kajmak cream and cherry fruit sauce 1075 kcal -**19,00 ZŁ** ✓

SALADS:

- Salad with smoked trout, egg, cherry tomatoes, corn with garlic and mustard dressing 300 kcal -**25,00 ZŁ**
- Salad with mozzarella, cherry tomatoes, olives, sun-dried tomatoes +pesto dressing 552 kcal -**22,00 ZŁ** ✓
- Gyros salad 434 kcal -**23,00 ZŁ** NEW

LUNCH OF THE DAY

Coated pollock with potatoes and sauerkraut + Soup **29,00 ZŁ**

DRINKS:

- Tiramisu protein shake 240 kcal -**12,00 ZŁ**
- Strawberry smoothie with banana 450 kcal -**12,00 ZŁ**
- Mango lassi smoothie 300kcal -**13,00 ZŁ**

DESSERTS:

- Chocolate dessert with mascarpone cream 675 kcal -**14,00 ZŁ**
- Coconut Princessa dessert 515 kcal -**13,00 ZŁ**
- Lactose-free cocoa chia pudding with blueberry jam 350 kcal -**11,00 ZŁ**
- Fit brownie with cherries and chocolate icing 272 kcal -**11,00 ZŁ** NEW

SOUPS:

- Pumpkin cream soup with roasted pumpkin seeds ✓
and feta cheese 450 kcal -**12,00 ZŁ**
- Ukrainian borscht with egg 245 kcal -**13,00 ZŁ** ✓

ROLLS:

- Spring rolls (salmon/prawns/vegetables)
+ chilli mango dip 270 kcal -**19,00 ZŁ** 🌶️🌶️
- Chicken and vegetable rolls
+ mustard and honey sauce 715 kcal -**19,00 ZŁ**

BURGER:

- Black burger with beef, cheddar cheese, onion rings and pickles 700 kcal -**25,00 ZŁ**