

MENU

19.01

MONDAY

SANDWICHES & WRAPS:

- Ciabatta with egg and bacon slice 720 kcal - **13,00 ZŁ**
- Wholesome ciabatta with lettuce, cheese and pickled cucumber 538 kcal - **12,00 ZŁ** ✓ NEW
- Wholemeal ciabatta with egg spread 450 kcal - **12,00 ZŁ** ✓
- Roll with pâté, lamb's lettuce and cranberry jam 488 kcal - **11,00 ZŁ**
- Wrap with prawns, lettuce and mango jalapeno dip 350 kcal - **17,00 ZŁ**

BREAKFAST:

- Apple pie-style oatmeal 410 kcal - **11,00 ZŁ** ✓

LUNCHES:

- Chicken curry with rice 660 kcal - **22,00 ZŁ** 🌶️🌶️
- Pork chop with roasted potatoes and fried cabbage 650 kcal - **22,00 ZŁ**
- Hungarian goulash with buckwheat 750 kcal - **22,00 ZŁ**
- Keto tenderloin in leek sauce + roasted vegetables 379 kcal - **24,00 ZŁ** **KETO**
- Vegetarian meatballs in gravy + cranberry jam + mashed potatoes, peas 382 kcal - **22,00 ZŁ** ✓
- Penne with spinach and ricotta 860 kcal - **20,00 ZŁ** ✓
- Rigatoni in romesco sauce with burrata and basil 750 kcal - **23,00 ZŁ** ✓
- Green dumplings with chicken and garlic dip 900 kcal - **17,50 ZŁ**
- Russian dumplings with onion topping 740 kcal - **17,50 ZŁ** ✓
- Gyoza dumplings with duck and vegetables + soy sauce 300 kcal - **20,00 ZŁ**
- Pancakes with mascarpone cream and raspberry jam 940 kcal - **20,00 ZŁ** ✓
- Pancakes with vegetable filling (peppers, broccoli, courgette) baked under béchamel sauce 640 kcal - **22,00 ZŁ** ✓

ROLLS:

- Spring rolls [prawn/chicken] + hoisin sauce 520 kcal - **19,00 ZŁ**
- Rolls with chicken and vegetables + mustard and honey sauce 715 kcal - **19,00 ZŁ**

DESSERTS:

- Mini donuts with pistachio cream 410 kcal - **11,00 ZŁ**
- Gingerbread cake with cherries and chocolate - **12,00 ZŁ** NEW
- Tiramisu dessert 550 kcal - **12,00 ZŁ**
- Caramel dessert with blueberry fruit sauce 530 kcal - **12,00 ZŁ**

SALADS:

- Salad with feta cheese, cherry tomatoes and corn + vinaigrette 604 kcal - **22,00 ZŁ**
- Salad with beetroot, pumpkin and pork tenderloin + dressing 623 kcal - **25,00 ZŁ**
- Bowl with potato, pickled cucumber, chicken, pepper + garlic dip 400 kcal - **23,00 ZŁ**

DRINKS:

- Cookie-flavoured protein shake 300 kcal - **13,00 ZŁ**
- Mango, pineapple, orange and strawberry smoothie 175 kcal - **14,00 ZŁ**
- Raspberry lassi 225 kcal - **14,00 ZŁ**

SOUPS:

- Cream of leek soup 280 kcal - **11,00 ZŁ** ✓
- Spicy Thai soup served with chicken and rice noodles 500 kcal - **18,00 ZŁ** 🌶️🌶️

BURGER:

- Cheeseburger with beef, cheddar cheese, pickled cucumber, tomato and thousand island dressing 575 kcal - **22,00 ZŁ**

LUNCH OF THE DAY

- Pork chop with roast potatoes and fried cabbage
+ Soup - **29,00 ZŁ**

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MENU

20.01

TUESDAY

SANDWICHES & WRAPS:

- Roll with pesto seeds, mozzarella and sun-dried tomatoes 500 kcal - **13,00 ZŁ** ✓
Ciabatta with pulled teriyaki chicken, coleslaw and cucumber 550 kcal - **14,00 ZŁ**
Roll with lettuce, Gouda cheese and egg 600 kcal - **11,50 ZŁ** ✓
Roll with seeds, bacon crisps, lettuce, cheese and fried egg 750 kcal - **14,00 ZŁ**
Roll with cottage cheese, turkey cold cuts, peppers and chives 500 kcal - **13,00 ZŁ**
Pork chop 'burger' 500 kcal - **16,00 ZŁ**
Wrap with strips, lettuce and aioli dip 600 kcal - **16,00 ZŁ**
Roll with egg paste 450 kcal - **11,00 ZŁ** ✓

BREAKFAST:

- Caramel porridge with linseed, bran and cranberries 450 kcal - **16,00 ZŁ** ✓

LUNCHES:

- Minced meat with mashed potatoes and beetroot 500 kcal - **22,00 ZŁ**
Indian-style turkey tikka masala served with rice and broccoli 450 kcal - **22,00 ZŁ**
Dumplings with meat + coleslaw 700 kcal - **22,00 ZŁ** NEW
Falafel in saffron sauce served with couscous and eggplant stew 600 kcal - **21,00 ZŁ** ✓
Italian stuffed peppers with herb and cucumber dip 550 kcal - **22,00 ZŁ** ✓
Spaghetti carbonara 700 kcal - **20,00 ZŁ**
Creamy pasta with chicken and ricotta 600 kcal - **22,00 ZŁ**
Meat dumplings with onion garnish 900 kcal - **17,50 ZŁ**
Dumplings with spinach, feta cheese and mozzarella served with garlic sauce 900 kcal - **17,50 ZŁ** ✓
Dumplings with mushrooms and Gouda cheese 700 kcal - **17,50 ZŁ** ✓
Gyoza dumplings with chicken and vegetables + soy sauce 350 kcal - **18,00 ZŁ**
Pancakes with Bolognese filling 750 kcal - **22,00 ZŁ**
Bounty pancakes 900 kcal - **18,00 ZŁ** ✓
Chicken in thyme sauce + cauliflower purée + green beans 500 kcal - **24,00 ZŁ** **KETO** ✓

ROLLS:

- Rolls with lettuce, ham and cheese 500 kcal - **18,00 ZŁ**

DESSERTS:

- Wheat apple pie with plums 300 kcal - **11,00 ZŁ**
Currant yoghurt with oat bran and chocolate, sprinkled with biscuits and almonds 350 kcal - **12,00 ZŁ**
Coconut Princess dessert 500 kcal - **13,00 ZŁ**
Raspberry cloud dessert 450 kcal - **12,00 ZŁ**

SALADS:

- Salad with mozzarella, cherry tomatoes, olives, sun-dried tomatoes + pesto dressing 700 kcal - **22,00 ZŁ** NEW
Salad with groats, peppers, mango, garlic-roasted prawns and parsley 450 kcal - **22,00 ZŁ**
Bowl with wholemeal pasta, chicken and vegetables + mixed seeds, dressing 750 kcal - **25,00 ZŁ**

DRINKS:

- Chocolate and pistachio protein shake 300 kcal - **13,00 ZŁ**
Cherry and orange smoothie 175 kcal - **14,00 ZŁ**
Strawberry smoothie with chia seeds 300 kcal - **12,50 ZŁ**

SOUPS:

- Beetroot soup with green beans and egg 300 kcal - **12,00 ZŁ** ✓
Pumpkin cream soup with roasted pumpkin seeds and feta cheese 50 kcal - **12,00 ZŁ** ✓

BURGER/BAO BAO:

- Burger with horseradish sauce 600 kcal - **27,00 ZŁ**
Bao bao buns with prawns, Korean-style vegetables, chilli mayo sauce and coriander 600 kcal - **22,00 ZŁ**

LUNCH OF THE DAY

- Minced meat with mashed potatoes and beetroot
+ Soup - **29,00 ZŁ**

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MENU

21.01

WEDNESDAY

SANDWICHES & WRAPS:

- Baked rolls with egg, pepper and mushrooms 450 kcal - **15,00 zł** ✓
Ciabatta with rocket, mountain cheese, nigella seeds and cranberry jam 550 kcal - **12,00 zł** ✓
Roll with seeds, Sopot tenderloin, Mazdamer cheese and tomato 550 kcal - **13,00 zł**
Roll with cheddar, chicken and american sauce 500 kcal - **14,00 zł**
Roll with seeds, cream cheese and salmon 496 kcal - **14,00 zł**
Pork chop 'burger' with coleslaw 500 kcal - **16,00 zł**
Wrap with egg paste, corn and chicken 550 kcal - **15,00 zł**
Rogal with egg paste 450 kcal - **11,00 zł** ✓

BREAKFAST:

- Beetroot and goat's cheese tart 350 kcal - **10,00 zł** ✓
Kinder oatmeal 350 kcal - **12,00 zł** ✓

LUNCHES:

- Pozharsky cutlets + mashed potatoes + beetroot with horseradish - **22,00 zł**
Indian-style chicken karahi with rice 550 kcal - **22,00 zł**
Tacos with chicken and beans 300 kcal - **22,00 zł**
Minced walnuts with Brussels sprouts in cheese dip 600 kcal - **22,00 zł** KETO
Potato cutlets in chanterelle sauce + pearl couscous + salad 500 kcal - **21,00 zł** NEW
Veggie nuggets with roast potatoes + sweet and sour sauce 700 kcal - **24,00 zł** ✓
Tuscan pasta with prawns 700 kcal - **25,00 zł**
Ravioli with spinach and ricotta in Parmesan sauce 700 kcal - **23,00 zł** ✓
Russian dumplings with onion topping 700 kcal - **17,50 zł** ✓
Green dumplings with chicken and garlic dip 900 kcal - **17,50 zł**
Gyoza dumplings with pork and vegetables + soy sauce 450 kcal - **19,00 zł**
Pancakes with mushrooms and gouda cheese 550 kcal - **22,00 zł** ✓
Pancakes with roasted apple and toffee sauce 550 kcal - **18,00 zł** ✓

ROLLS:

- Spring rolls with chicken and blanched cabbage with carrots + nut dip 500 kcal - **19,00 zł**
Chicken and vegetable rolls + honey mustard sauce 300 kcal - **19,00 zł**
Mini spring rolls with vegetables and sweet and spicy dip 450 kcal - **12,00 zł** 🌶️🌶️

DESSERTS:

- Coffee cake with dates and nuts 350 kcal - **11,00 zł**
3-bit dessert 550 kcal - **11,00 zł**
Pistachio tiramisu 550 kcal - **13,00 zł**
Chocolate-plum dessert with mascarpone cream 500 kcal - **14,00 zł**

SALADS:

- Tortellini salad with spinach and ricotta, sun-dried tomatoes, Parmesan cheese and basil oil 600 kcal - **22,00 zł**
Salad with roasted carrots, chickpeas, caprese cheese and orange vinaigrette 700 kcal - **22,00 zł**
Thai chicken bowl 450 kcal **25,00 zł** 🌶️🌶️

DRINKS:

- Salty Caramel protein shake with lactose-free milk 300 kcal - **13,00 zł**
Cherry, raspberry and blueberry smoothie 300 kcal - **15,00 zł**
Mango lassi cocktail 300 kcal - **13,00 zł**

SOUPS:

- Cream of tomato soup with basil and mozzarella 300 kcal - **12,00 zł** ✓
Horseradish soup with egg 300 kcal - **11,00 zł** ✓

BURGER/BAO BAO:

- Black burger with beef, vegetables, onion rings and barbecue sauce 600 kcal - **24,00 zł**
Bao Bao buns with roasted salmon, Korean-style vegetables and chilli mayo dip 830 kcal - **27,00 zł**

LUNCH OF THE DAY

- Pozharsky cutlets + mashed potatoes + beetroot with horseradish
+ Soup - **29,00 zł**

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MENU

22.01

THURSDAY

SANDWICHES & WRAPS:

- Rogal with shredded teriyaki chicken and coleslaw 550 kcal - **14,00**
Ciabatta with egg spread and sun-dried tomatoes 450 kcal - **11,00 zł** ✓
Seeded roll with pâté, horseradish dip and pickled cucumber 600 kcal - **12,00 zł**
Roll with butter, smoked Gouda cheese, tomato and pepper 500 kcal - **11,00 zł** ✓
Pork chop 'burger' 500 kcal - **16,00 zł**
Country roll with ham and egg 500 kcal - **12,00 zł**
Sweet croissant with cream cheese and jam 600 kcal - **11,00 zł** ✓
Wrap with guacamole, bacon crisps and egg 500 kcal - **16,00 zł**

BREAKFAST:

- Pancakes with toffee sauce and fruit 700 kcal - **16,00 zł** ✓
Yoghurt + raspberry mousse + muesli 300 kcal - **10,00 zł** ✓
Nut and coconut porridge 500 kcal - **11,00 zł** ✓

LUNCHES:

- Devolay with cheese and mushrooms served with dill mashed potatoes and cucumber salad 700 kcal - **22,00 zł**
Chicken korma with rice 700 kcal - **22,00 zł**
Pork loin with roasted potatoes and gravy + beetroot 600 kcal - **22,00 zł**
Broccoli cutlets with mozzarella + potatoes + salad 450 kcal - **20,00 zł** ✓
Curry with cod and tomatoes + rice 500 kcal - **24,00 zł**
Keto baked salmon in cream and spinach sauce with keto pumpkin purée and coleslaw 750 kcal - **26,00 zł** KETO ✓
4 cheese pasta 900 kcal - **22,00 zł** ✓
Vegetarian spaghetti Bolognese with Parmesan cheese 550 kcal - **22,00 zł**
Meat dumplings with onion topping 900 kcal - **17,50 zł**
Russian dumplings with onion topping 700 kcal - **17,50 zł** ✓
Chicken/vegetable gyoza dumplings + soy sauce + pickled ginger 300 kcal - **18,00 zł**
Chocolate pancakes with strawberry jam 450 kcal - **16,00 zł** ✓
Pancakes with spinach, feta cheese and chicken + garlic dip 750 kcal - **22,00 zł**

ROLLS:

- Spring rolls (chicken/beef/prawn) + sweet and spicy sauce 300 kcal - **19,00 zł**
Rolls with smoked salmon, spinach and dill sauce 300 kcal - **21,00 zł**

DESSERTS:

- Carrot cake with creamy topping 500 kcal - **10,00 zł**
Stracciatella dessert with crumbly sprinkles 350 kcal - **11,00 zł**
Raspberry dessert with coconut cream on a shortcrust base 350 kcal - **12,00 zł**
Dubai chocolate dessert 700 kcal - **16,00 zł**
Chocolate tapioca with orange and chocolate shavings 300 kcal - **13,00 zł**

SALADS:

- Hawaiian bowl with pearl couscous, turkey and pineapple 600 kcal - **25,00 zł**
Salad with feta cheese, tomato, yellow pepper, olives and basil dressing 600 kcal - **22,00 zł**
Salad with chicken, orange segments, sunflower seeds and honey mustard dressing 450 kcal - **23,00 zł**

DRINKS:

- Tiramisu protein shake 200 kcal - **12,00 zł**
Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 300 kcal - **14,00 zł**
Raspberry and strawberry smoothie with added oat bran 350 kcal - **14,00 zł**

SOUPS:

- Red borscht with meat dumplings 300 kcal - **13,00 zł**
Tomato soup with noodles 200 kcal - **11,00 zł** ✓

BURGER/BAO BAO:

- Bao bao buns with teriyaki pulled chicken, cucumber, peanuts and coriander 600 kcal - **25,00 zł**
Caesar burger 600 kcal - **22,00 zł**

LUNCH OF THE DAY

- Devolay with cheese and mushrooms served with dill mashed potatoes and cucumber salad + Soup - **29,00 zł**

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MENU

23.01

FRIDAY

SANDWICHES & WRAPS:

- Roll with butter, lettuce, cold cuts, cheese and vegetables 550 kcal - **12,00 Zł**
- Ciabatta with vegetarian 'meat' in barbecue sauce and red cabbage salad 550 kcal - **14,00 Zł** ✓
- Seeded roll with lettuce, cheese and egg 550 kcal - **12,00 Zł** NEW
- Pork chop 'burger' with coleslaw 500 kcal - **16,00 Zł**
- Beef burrito 450 kcal - **16,00 Zł**
- Croissant with tuna paste and pickled cucumber 450 kcal - **12,00 Zł**
- Croissant with egg spread 450 kcal - **11,00 Zł** ✓

BREAKFAST:

- Tart with chanterelles, gorgonzola and walnuts 450 kcal - **11,00 Zł** ✓
- Yoghurt + peach + chocolate crunchies 300 kcal - **11,00 Zł** ✓
- Coconut millet porridge with mango and passion fruit jam 350 kcal - **12,00 Zł** ✓

LUNCHES:

- Breaded pollock + aioli dip with mashed potatoes and chinese cabbage salad 700 kcal - **25,00 Zł**
- Chicken cutlet with Hasselback potatoes + ranch sauce 900 kcal - **22,00 Zł**
- Liver with onions + mashed potatoes + salad 700 kcal - **20,00 Zł** NEW
- Vegetarian mince in mushroom sauce + mashed potatoes + beetroot with horseradish 600 kcal - **22,00 Zł** ✓
- Mexican-style baked courgette, vegetarian version 500 kcal - **24,00 Zł** ✓
- Sesame fish cutlet with remoulade + curry chips + cucumber salad 700 kcal - **25,00 Zł** **KETO**
- Tricolore pasta with salmon in lemon sauce with dill 600 kcal - **24,00 Zł**
- Black pasta in butter sauce with prawns, roasted cherry tomatoes and parsley 600 kcal - **25,00 Zł**
- Green dumplings with chicken and garlic dip 900 kcal - **17,50 Zł**
- Dumplings with mushrooms and gouda cheese 700 kcal - **17,50 Zł** ✓
- Spinach gyoza dumplings with vegetables + soy sauce 300 kcal - **18,00 Zł** ✓
- Pancakes with spinach, ricotta and sun-dried tomatoes + dip 550 kcal - **22,00 Zł** ✓
- Pancakes with cottage cheese and strawberry jam 900 kcal - **20,00 Zł** ✓

ROLLS:

- Rolls with tempura prawns and sweet chilli sauce 300 kcal - **20,00 Zł**

DESSERTS:

- Fit brownie with cherries and chocolate topping 350 kcal - **11,00 Zł**
- Chocolate panna cotta with raspberry fruit sauce 450 kcal - **13,00 Zł**
- Mascarpone cream with baked peaches and oat crumble 500 kcal - **12,00 Zł**
- Forest moss dessert with gingerbread cream 450 kcal - **11,00 Zł**

SALADS:

- Salad with potatoes, broad beans, smoked tofu + yoghurt and herb dressing 700 kcal - **22,00 Zł**
- Salad with chicken, pasta, sun-dried tomatoes, roasted sunflower seeds and honey and mustard dressing 550 kcal - **22,00 Zł**
- Poke bowl with teriyaki salmon 700 kcal - **25,00 Zł**

DRINKS:

- Bounty protein shake 300 kcal - **12,00 Zł**
- Strawberry lassi 200 kcal - **13,00 Zł** NEW
- Currant smoothie with honey and mint 350 kcal - **14,00 Zł**

SOUPS:

- Vegetable soup with noodles 350 kcal - **11,00 Zł** ✓
- Spicy tom kha kai soup served with chicken and rice noodles 600 kcal - **18,00 Zł** 🌶️🌶️🌶️

BURGER/BAO BAO:

- Burger with breaded cheese, tartar sauce and cucumber 550 kcal - **23,00 Zł** ✓

LUNCH OF THE DAY

- Breaded pollock + aioli dip with mashed potatoes and chinese cabbage salad + Soup - **32,00 Zł**

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