

MENU

MONDAY 26.01

SANDWICHES & WRAPS:

Baked rolls with salami, pepper, cheese and egg 598 kcal - **16,00 ZŁ**
 Ciabatta with mustard, egg and pork tenderloin with pickled cucumber 435 kcal - **13,00 ZŁ**
 Roll with rocket, camembert, cranberry jam and grated walnuts 408 kcal - **12,00 ZŁ** 
 Roll with Mimolette cheese, sirloin and pickled peppers 542 kcal - **15,00 ZŁ** 
 Wrap with chicken, vegetables and garlic sauce 350 kcal - **15,00 ZŁ**

BREAKFAST:

Yoghurt + mango and passion fruit mousse + chocolate muesli 300 kcal - **12,00 ZŁ** 
 Coconut millet porridge with raspberry jam and almond flakes 350 kcal - **10,00 ZŁ** 
 Mini sweet omelettes with blueberry jam and peach 450 kcal - **13,00 ZŁ** 

LUNCHES:

Turkey in yoghurt and dill sauce on colourful gnocchi with cucumber salad 550 kcal - **24,00 ZŁ**
 Meatballs in gravy + cranberry jam + mashed potatoes, peas 450 kcal - **22,00 ZŁ**
 Minced meat with mashed potatoes and cucumber salad 500 kcal - **22,00 ZŁ**
 Vegetarian nuggets with roasted potatoes and garlic dip 750 kcal - **24,00 ZŁ** 
 Croquettes with meat and red borscht 600 kcal - **22,00 ZŁ**
 Keto turkey roll with goat cheese in sesame seeds in spinach sauce with refreshing salad 700 kcal - **25,00 ZŁ** 
 Four cheese pasta 900 kcal - **22,00 ZŁ** 
 Pasta with minced beef, vegetables and Parmesan cheese 500 kcal - **23,00 ZŁ**
 Dumplings with cabbage and mushrooms 770 kcal - **17,50 ZŁ** 
 Russian dumplings with onion topping 700 kcal - **17,50 ZŁ** 
 Gyoza dumplings with pork and vegetables + soy sauce 450 kcal - **19,00 ZŁ**
 Pancakes with plum jam + mascarpone cream 900 kcal - **22,00 ZŁ** 
 Pancakes with mushrooms and Gouda cheese 550 kcal - **22,00 ZŁ** 

SALADS:

Pasta salad with pesto, chicken and vegetables 550 kcal - **22,00 ZŁ**
 Salad with potato, broad beans, smoked tofu + yoghurt and herb dressing 540 kcal - **22,00 ZŁ** 
 Salad with mozzarella, cherry tomatoes, olives, sun-dried tomatoes + pesto dressing 552 kcal - **22,00 ZŁ** 

LUNCH OF THE DAY

Minced meat with mashed potatoes and cucumber salad + Soup **29,00 ZŁ**

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MENU

TUESDAY 27.01

SANDWICHES & WRAPS:

Ciabatta with pulled BBQ chicken, fresh cucumber and red cabbage salad 501 kcal - **13,00 ZŁ**
 Roll with egg paste, chives and pickled cucumber 390 kcal - **12,00 ZŁ** 
 Roll with seeds, butter, lettuce, cold cuts, cheese and vegetables 520 kcal - **12,00 ZŁ**
 Roll with bacon crisps, lettuce, cheese and fried egg 686 kcal - **13,00 ZŁ**
 Pork chop 'burger' 640 kcal - **16,00 ZŁ**
 Roll with cream cheese and salmon 496 kcal - **14,00 ZŁ**
 Roll with pesto, mozzarella and sun-dried tomatoes 535 kcal - **13,00 ZŁ**  
 Wrap with strips and BBQ sauce 500 kcal - **15,00 ZŁ**

BREAKFAST:

Chocolate porridge with stewed plums and cinnamon 450 kcal - **11,00 ZŁ** 
 Yoghurt + blueberry fruit sauce + crunchy 350 kcal - **12,00 ZŁ** 

LUNCHES:

Devolay with butter served with mashed potatoes and beetroot salad
 700 kcal - **22,00 ZŁ**
 Mexican peppers stuffed with rice, chicken and beans 375 kcal - **24,00 ZŁ** 
 Pork tenderloin in chanterelle sauce with mashed potatoes and beetroot with horseradish 500 kcal - **22,00 ZŁ**
 Garam masala turkey with rice 500 kcal - **22,00 ZŁ**
 Honey and mustard ribs with roasted potatoes and fried cabbage 826 kcal - **23,00 ZŁ** 
 Dumplings with plums 750 kcal - **21,00 ZŁ**  
 Vegetarian schnitzel with potatoes and cucumber salad 600 kcal - **20,00 ZŁ** 
 Pasta with roasted pepper sauce 450 kcal - **21,00 ZŁ** 
 Black pasta in butter and garlic sauce with chicken, parmesan cheese and cherry tomatoes 700 kcal - **23,00 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**
 Stracciatella pancakes 780 kcal - **20,00 ZŁ** 
 Green pancakes stuffed with spinach and feta cheese + garlic dip 750 kcal - **22,00 ZŁ** 

SALADS:

Caesar salad with chicken 630 kcal - **22,00 ZŁ**
 Salad with buckwheat, boiled beetroot, feta cheese and honey-mustard dressing 550 kcal - **21,00 ZŁ** 
 Bowl with quinoa, roasted sweet potatoes, cherry tomatoes, avocado and egg + dressing 800 kcal - **25,00 ZŁ** 

LUNCH OF THE DAY

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

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MENU

WEDNESDAY 28.01

SANDWICHES & WRAPS:

Roll with ham, egg and pickled cucumber 378 kcal - **11,00 ZŁ**



Ciabatta caprese 520 kcal - **12,00 ZŁ**



Ciabatta with cream cheese, lettuce, bacon and tomato 670 kcal - **14,00 ZŁ**

Wholemeal roll with pepper hummus, cherry tomatoes, rocket and chives 441 kcal - **12,00 ZŁ**



Egg spread sandwich 370 kcal - **11,00 ZŁ**



Pork chop 'burger' with coleslaw 704 kcal - **16,00 ZŁ**

Wholemeal roll with cottage cheese, turkey cold cuts and peppers 380 kcal - **13,00 ZŁ**



BREAKFAST:

Cheese tart with tomato 355 kcal - **10,00 ZŁ**



Mexican burrito with chicken and vegetables 400 kcal - **15,00 ZŁ**

Caramel oatmeal with linseed, bran and cranberries 450 kcal - **12,00 ZŁ**



Natural yoghurt without sugar + chocolate crunchy 300 kcal - **10,00 ZŁ**



Mango, pineapple, orange and strawberry smoothie 150 kcal - **14,00 ZŁ**

DRINKS:

Chocolate protein shake 350 kcal - **12,00 ZŁ**

Currant smoothie 350 kcal - **14,00 ZŁ**

NEW

LUNCHES:

Lasagne with beef and pork in béchamel sauce

with Parmesan cheese 843 kcal - **22,00 ZŁ**

Chicken in yellow curry sauce with basmati rice 400 kcal - **22,00 ZŁ**



Liver with onions + mashed potatoes + salad 658 kcal - **20,00 ZŁ**

Fit chicken breast on stewed vegetables + gnocchi in pesto 663 kcal - **25,00 ZŁ**

Cheese and egg cutlets + potato wedges + cucumber salad 780 kcal - **21,00 ZŁ**

Korean-style noodles with prawns 600 kcal - **25,00 ZŁ**

Vegetarian spaghetti Bolognese with Parmesan cheese 550 kcal - **21,00 ZŁ**

Russian dumplings with onion topping 700 kcal - **17,50 ZŁ**



Meat dumplings with onion topping 1000 kcal - **17,50 ZŁ**

Gyoza dumplings with duck and vegetables + soy sauce 300 kcal - **20,00 ZŁ**

Pancakes with Bolognese filling 676 kcal - **22,00 ZŁ**

Pancakes with sweet cheese and chocolate sauce 750 kcal - **18,00 ZŁ**



Carrot cake with creamy topping 650 kcal - **10,00 ZŁ**

Caffe Latte dessert 860 kcal - **14,00 ZŁ**

Nut cream with dulce de leche on a cocoa base

with berry fruit sauce 700 kcal - **12,00 ZŁ**

Strawberry tiramisu 400 kcal - **12,00 ZŁ**

SOUPS:

Dill soup with egg 280 kcal - **12,00 ZŁ**



Chicken broth with tortellini and meat 498 kcal - **14,00 ZŁ**

SALADS:

Chicken salad with orange fillets,

sunflower seeds and honey mustard dressing 450 kcal - **23,00 ZŁ**

Greek salad with feta cheese + basil vinaigrette 600 kcal - **21,00 ZŁ**

Burrito bowl 600 kcal - **25,00 ZŁ**

Spring rolls [chicken/beef/vegetables]

+ nut dip 400 kcal - **16,00 ZŁ**

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

ROLLS:

LUNCH OF THE DAY

Lasagne with beef and pork in béchamel sauce
with Parmesan cheese + Soup **29,00 ZŁ**

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MENU

THURSDAY 29.01

SANDWICHES & WRAPS:

Ciabatta with Sopot tenderloin, Mazdamer cheese and tomato 550 kcal - **13,00 ZŁ**

Wholemeal roll with horseradish cream cheese and vegetables 410 kcal - **12,00 ZŁ** 

Roll with bacon crisps, lettuce, cheese and fried egg 700 kcal - **15,00 ZŁ**

Wholemeal roll with tuna paste and peppers 500 kcal - **13,00 ZŁ**

Pretzel stick with teriyaki pulled chicken and coleslaw 480 kcal - **14,00 ZŁ**

Country roll with ham and egg 469 kcal - **12,00 ZŁ**

Pork chop 'burger' 640 kcal - **16,00 ZŁ**

Beef burrito 450 kcal - **16,00 ZŁ**



BREAKFAST:

Yoghurt + crunchy + stewed plums 550 kcal - **14,00 ZŁ** 

Apple pie-style porridge 400 kcal - **11,00 ZŁ** 

LUNCHES:

Indian butter chicken served with rice 600 kcal - **22,00 ZŁ**

Beef and pork stroganoff with potato dumplings

and beetroot with horseradish 582 kcal - **23,00 ZŁ** 

Chicken cutlet with jacket potatoes

and gherkins 350 kcal - **22,00 ZŁ**

Tofu curry stew with a hint of orange + rice 750 kcal - **20,00 ZŁ** 

Cod cutlets in sesame seeds with dill sauce + mashed potatoes

and beetroot 557 kcal - **22,00 ZŁ**

Keto courgette lasagne with Bolognese sauce 500 kcal - **24,00 ZŁ**

Tagliatelle in cream and Parmesan sauce with broccoli

and chicken 800 kcal - **23,00 ZŁ**

Taco pasta with beef 700 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 chicken and vegetables + soy sauce 350 kcal - **18,00 ZŁ**

Pancakes with leek, courgette and cheese 700 kcal - **22,00 ZŁ** 

Bounty pancakes 970 kcal - **18,00 ZŁ** 

SALADS:

Salad with pasta, sun-dried tomatoes, marinated mushrooms, mozzarella + dressing 500 kcal - **21,00 ZŁ** 

Mexican salad with chicken 450 kcal - **21,00 ZŁ**

Salad with egg, bacon, cherry tomatoes and corn + dressing 750 kcal - **21,00 ZŁ**

LUNCH OF THE DAY

Chicken cutlet with jacket potatoes and gherkins + Soup **29,00 ZŁ**

DRINKS:

Rafaello protein shake with raspberry 300 kcal - **12,00 ZŁ**

Peach and strawberry cocktail 300 kcal - **12,00 ZŁ**

Strawberry smoothie with chia 300 kcal - **12,50 ZŁ**

DESSERTS:

Japanese poppy seed cake 300 kcal - **12,00 ZŁ** 

Apple pie dessert with caramelised nuts

320 kcal - **10,00 ZŁ**

Protein tapioca with plum Nutella and hazelnuts 300 kcal - **11,00 ZŁ**

Forest moss dessert 450 kcal - **11,00 ZŁ**

SOUPS:

Mexican soup with pumpkin, chicken and corn 320 kcal - **12,00 ZŁ** 

Cream of mushroom soup 250 kcal - **10,00 ZŁ** 

BAO BAO:

Bao bao buns with pulled BBQ chicken, red cabbage salad, cucumber and sesame seeds 700 kcal - **25,00 ZŁ**

ROLLS:

Chicken and vegetable rolls + honey mustard sauce 715 kcal - **19,00 ZŁ**

MENU

FRIDAY 30.01

CROISSANT DAY

SANDWICHES & WRAPS:

Roll with salami, Gouda cheese, grilled mushrooms and tomato dip 580 kcal - **15,00 ZŁ** NEW

Roll with cream cheese, salmon and mayonnaise 490 kcal - **14,00 ZŁ**

Ciabatta with butter, rocket, smoked Gouda, tomato and pepper 540 kcal - **13,00 ZŁ** 

Pork chop 'burger' with coleslaw 704 kcal - **16,00 ZŁ**

Seeded roll with pâté, horseradish dip and pickled cucumber 591 kcal - **12,00 ZŁ** 

Baguette with egg paste 370 kcal - **11,00 ZŁ** 

Sweet croissant with cottage cheese and jam 435 kcal - **11,00 ZŁ**

Sweet croissant with Nutella 630 kcal - **11,00 ZŁ** NEW 

Sweet croissant with pistachio cream 610 kcal - **11,00 ZŁ** NEW 

Wrap with strips, lettuce and aioli dip 600 kcal - **16,00 ZŁ**

DRINKS:

Pistachio protein shake 500 kcal - **14,00 ZŁ**

Cherry, raspberry and blueberry smoothie 300 kcal - **15,00 ZŁ**

Vitamin smoothie [orange, banana, spinach, ginger, chia] 220 kcal - **12,00 ZŁ**

BREAKFAST:

Tart with courgette, leek and pepper 330 kcal - **9,00 ZŁ** 

Pistachio cake with almond flakes 550 kcal - **12,00 ZŁ** 

Yoghurt + raspberry mousse + muesli 309 kcal - **11,00 ZŁ** 

LUNCHES:

Coated pollock with potatoes and sauerkraut 437 kcal - **24,00 ZŁ**

Pork chop with jacket potatoes and fried cabbage 370 kcal - **22,00 ZŁ**

Potato pancakes with mushroom sauce 462 kcal - **22,00 ZŁ** 

Mexican-style baked courgette, vegetarian version 415 kcal - **24,00 ZŁ** 

Black pasta in butter sauce with prawns, roasted cherry tomatoes and parsley 600 kcal - **26,00 ZŁ**

Penne in cream and courgette sauce with salmon and green beans 670 kcal - **25,00 ZŁ**

Dumplings with cabbage and mushrooms 770 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 horseradish cream cheese, spinach and peppers 710 kcal - **23,00 ZŁ** 

Pancakes with roasted apple and toffee sauce 615 kcal - **18,00 ZŁ** 

SALADS:

Salad with prawns, egg, vegetables and orange dressing 500 kcal - **24,00 ZŁ**

Tortellini salad with spinach and ricotta, sun-dried tomatoes, Parmesan cheese + basil olive oil 600 kcal - **22,00 ZŁ**

Salad with roasted pumpkin, turkey, feta cheese and pumpkin seeds + balsamic dressing 700 kcal - **24,00 ZŁ**

LUNCH OF THE DAY

Coated pollock with potatoes and sauerkraut + Soup **32,00 ZŁ**

ROLLS

Rolls with prawns in panko and sweet chilli sauce 590 kcal - **20,00 ZŁ** 

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