

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** NEW
- 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** **KETO**
- 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**

DRINKS:

- Snickers protein shake 500 kcal - **12,00 ZŁ**
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 300 kcal - **14,00 ZŁ**
- Chocolate and banana smoothie with a hint of mint 400 kcal - **13,00 ZŁ**

DESSERTS:

- Raspberry cheesecake brownies 450 kcal - **11,00 ZŁ**
- Pistachio cream with kataifi + mascarpone + strawberry 725 kcal - **15,00 ZŁ**
- Kinder Country dessert 550 kcal - **11,00 ZŁ**
- Panna cotta with fudge cream, strawberry mousse and salted nuts 500 kcal - **12,00 ZŁ**

SOUPS:

- Mexican soup with chicken 250 kcal - **13,00 ZŁ**
- Cream of beetroot soup with seeds 280 kcal - **11,00 ZŁ** ✓

ROLLS:

- Spring rolls with prawns and vegetables + mango and mint dip 450 kcal - **19,00 ZŁ**
- Rolls with chicken and vegetables + mustard and honey sauce 715 kcal - **19,00 ZŁ**

BURGER

- Burger with cranberry sauce 800 kcal - **27,00 ZŁ**

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** ✓ NEW
- 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** NEW
- Dumplings with plums 750 kcal - **21,00 ZŁ** ✓ NEW
- 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**

DRINKS:

- Tiramisu protein shake 200 kcal - **12,00 ZŁ**
- Forest fruit smoothie with honey 200 kcal - **13,00 ZŁ**
- Mango lassi cocktail 300kcal - **13,00 ZŁ**

DESSERTS:

- Cheesecake with strawberry mousse 200 kcal - **11,00 ZŁ**
- Mini doughnuts: pistachio, fudge, raspberry + custard 350 kcal - **10,00 ZŁ**
- Rice pudding with mascarpone and strawberry mousse 360 kcal - **12,00 ZŁ** NEW
- Pistachio tiramisu 600 kcal - **13,00 ZŁ**

SOUPS:

- Krupnik 300kcal - **11,00 ZŁ** ✓
- Spicy Thai soup served with prawns and rice noodles 500 kcal - **22,00 ZŁ** 🍌🍌🍌

BURGER:

- Cheeseburger with beef, cheddar cheese, pickled cucumber, tomato and Thousand Island dressing 550 kcal - **23,00 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**

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** 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** NEW
- 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** NEW
- 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** ✓

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**

LUNCH OF THE DAY

Lasagne with beef and pork in béchamel sauce with Parmesan cheese + 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:

- Chocolate protein shake 350 kcal - **12,00 ZŁ**
- Currant smoothie 350 kcal - **14,00 ZŁ** NEW
- Mango, pineapple, orange and strawberry smoothie 150 kcal - **14,00 ZŁ**

DESSERTS:

- 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**

BURGER:

- Burger with breaded cheese, rocket and cranberries 600 kcal - **23,00 ZŁ** ✓



ROLLS:

- Spring rolls [chicken/beef/vegetables] + nut dip 400 kcal - **16,00 ZŁ**
- Rolls with lettuce, ham and cheese 751 kcal - **18,00 ZŁ**



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**


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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**

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**

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**

DESSERTS:

Lime cheesecake with matcha on a chocolate base 350 kcal - **9,00 ZŁ**

Panna cotta with cherry mousse 300 kcal - **12,00 ZŁ**

Raspberry dessert with coconut cream on a shortcrust base 460 kcal - **12,00 ZŁ**

Dubai chocolate dessert 700 kcal - **16,00 ZŁ**

SOUPS:

Cream of mushroom 200 kcal - **15,00 ZŁ** ✓

Curry ramen with coconut milk and prawns 350 kcal - **27,00 ZŁ**

Cucumber cream soup with roasted sunflower seeds 260 kcal - **11,00 ZŁ** ✓

Keto cheeseburger soup served with bacon cracklings from bacon 460 kcal - **18,00 ZŁ** KETO

BURGER/BAO BAO:

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

Black and white bao buns with prawns, Korean-style vegetables, chilli mayo sauce and coriander 820 kcal - **26,00 ZŁ** 🌶️🌶️

ROLLS

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