

MENU

MONDAY 16.02

SANDWICHES & WRAPS:

- Ciabatta with lettuce, Gouda cheese, and pickled peppers 480 kcal - **12,00 ZŁ** ✓
- Grain Stick with Egg Spread, Avocado, and Chili 396 kcal - **13,00 ZŁ** ✓ NEW
- Grain Roll with Ham, Egg, and Pickled Cucumber 470 kcal - **11,00 ZŁ**
- Cheddar Stick with Chicken and American Sauce 548 kcal - **14,00 ZŁ**
- Longer with Breaded Strips and BBQ Sauce 450 kcal - **15,00 ZŁ**
- Beef Burrito 470 kcal - **16,00 ZŁ**

BREAKFAST:

- Mango Passion Fruit Yogurt + Chocolate Muesli 300 kcal - **11,00 ZŁ** ✓ NEW
- Chocolate Keto Oatmeal 840 kcal - **14,00 ZŁ** ✓

LUNCHES:

- General Tso's Chicken with Jasmine Rice and Broccoli 700 kcal - **23,00 ZŁ** ✓ NEW
- Highlander's Pork Chop + Potatoes + Fried Beetroot 663 kcal - **22,00 ZŁ** ✓ NEW
- Meatballs in Dill Sauce + Mashed Potatoes + Salad 700 kcal - **22,00 ZŁ** ✓ NEW
- Minced Beef with Fried Egg, Potatoes, and Cucumber Salad 750 kcal - **22,00 ZŁ**
- Broccoli and Mozzarella Cutlets in Onion Sauce
+ Potatoes + Coleslaw 709 kcal - **20,00 ZŁ** ✓
- Apple Pancakes + Sour Cream + Jam 702 kcal - **20,00 ZŁ** ✓ NEW
- Spelt Ravioli with Pumpkin, Parmesan, and Pumpkin Seeds 685 kcal - **23,00 ZŁ** ✓
- Linguine with red pesto, turkey, and Grana Padano cheese 720 kcal - **22,00 ZŁ**
- Dumplings with spinach, feta, and mozzarella served
with garlic sauce 900 kcal - **17,50 ZŁ** ✓
- Green dumplings with chicken and garlic dip 900 kcal - **17,50 ZŁ**
- Gyoza dumplings with pork and vegetables + soy sauce 430 kcal - **19,00 ZŁ**
- Pancakes with mascarpone cream and raspberry jam 940 kcal - **20,00 ZŁ** ✓
- Pancakes with Bolognese filling + tomato dip - **22,00 ZŁ** ✓

SALADS:

- Salad with roasted beetroot, feta cheese, roasted nuts, orange
and dressing 350 kcal - **21,00 ZŁ** ✓
- Salad with chicken, orange fillets, sunflower seeds
and honey-mustard dressing 430 kcal - **23,00 ZŁ**
- Pasta salad with Parma cheese, burrata, and tomatoes 620 kcal - **25,00 ZŁ** ✓

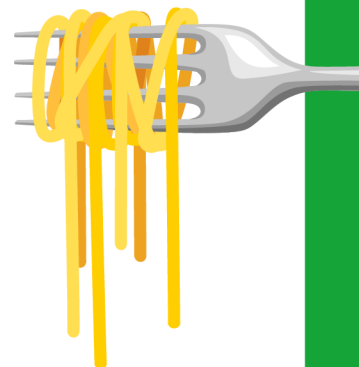
LUNCH OF THE DAY

Highlander's pork chop + potatoes + fried beetroot + Soup
29,00 ZŁ

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ITALIAN WEEK



DRINKS:

- Chocolate Protein Shake 350 kcal - **12,00 ZŁ**
- Forest Fruit Smoothie with Honey 200 kcal - **13,00 ZŁ**
- Mango Lassi Smoothie 300 kcal - **13,00 ZŁ**

DESSERTS:

- Apple Pie 300 kcal - **10,00 ZŁ**
- Raspberry Chia Pudding 372 kcal - **12,00 ZŁ**
- Dubai Chocolate Dessert 730 kcal - **16,00 ZŁ**
- Coconut Pudding with Jam
on a Shortcrust Base 472 kcal - **12,00 ZŁ**

SOUPS:

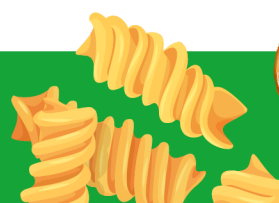
- Sauerkraut soup 320 kcal - **13,00 ZŁ**
- Cream of pickled cucumber soup
with mountain cheese 324 kcal - **13,00 ZŁ** ✓
- Spicy Thai soup with chicken and rice noodles 480 kcal - **17,00 ZŁ**

ROLLS:

- Spring Rolls [Chicken/Beef/Vegetables]
+ Peanut Dip 420 kcal - **19,00 ZŁ**
- Chicken and Vegetable Rolls + Honey Mustard Sauce 629 kcal - **19,00 ZŁ**

BURGER/BAO BAO:

- Black and white bao bao buns with pulled teriyaki chicken,
cucumber, peanuts, and cilantro 670 kcal - **26,00 ZŁ**
- Lumberjack-style burger with cranberries 800 kcal - **27,00 ZŁ**



MENU

TUESDAY 17.02



SANDWICHES & WRAPS:

- Sweet croissant with cottage cheese and jam 435 kcal -**11,00 ZŁ** ✓
- Seed roll with butter, lettuce, yellow cheese, and vegetables 537 kcal -**11,00 ZŁ** ✓
- Roll with pâté, arugula, and cranberry jam 496 kcal -**11,00 ZŁ**
- Pork "burger" 652 kcal -**16,00 ZŁ**
- Stick with egg spread 386 kcal -**11,00 ZŁ** ✓
- Stick with grain with pulled teriyaki chicken, coleslaw, and cucumber 486 kcal -**14,00 ZŁ**
- Longer with strips and aioli dip 639 kcal -**15,00 ZŁ**
- Wrap with chicken, mountain cheese, and pickled cucumber 709 kcal -**15,00 ZŁ**

BREAKFAST:

- Halva Oatmeal 430 kcal -**12,00 ZŁ** ✓
- Sweet Croissant with Cottage Cheese and Jam 435 kcal -**11,00 ZŁ** ✓
- Baked Rolls with Mushrooms, Cheese, and Egg 348 kcal -**14,00 ZŁ** ✓

LUNCHES:

- Breaded chicken cutlet with mashed potatoes and pickled cucumbers 417 kcal -**23,00 ZŁ**
- Devolay with butter served with roasted potatoes and cabbage salad 710 kcal -**22,00 ZŁ**
- Pork loin in gravy with potatoes and carrots and peas 484 kcal -**22,00 ZŁ**
- Homemade dumplings with vanilla yogurt and plum mousse 341 kcal -**18,00 ZŁ** ✓
- Vegetarian minced meat in dill sauce + mashed potatoes + carrot salad 598 kcal - **23,00 ZŁ** ✓
- 4-cheese pasta 1118 kcal -**22,00 ZŁ** ✓ 
- Tagliatelle in cream-Parmesan sauce with broccoli and chicken 842 kcal - **23,00 ZŁ**
- Chicken in butter sauce served with broccoli and parmesan 755 kcal -**24,00 ZŁ**
- Russian dumplings with onion filling 840 kcal - **17,50 ZŁ** ✓
- Green chicken dumplings with garlic dip 1003 kcal -**17,50 ZŁ**
- Spinach gyoza dumplings with vegetables + soy sauce 365 kcal -**18,00 ZŁ** ✓
- Basil pancakes stuffed with spinach and ricotta served with marinara dip 702 kcal -**22,00 ZŁ** ✓
- Crepes with cottage cheese + mango mousse 766 kcal -**18,00 ZŁ** ✓ 

SALADS:

- Caesar Salad with Chicken 631 kcal -**23,00 ZŁ**
- Salad Niçoise 684 kcal -**25,00 ZŁ** 
- Bowl with Quinoa, Roasted Sweet Potatoes, Tomatoes, Avocado, and Egg + Dressing 783 kcal -**25,00 ZŁ** ✓

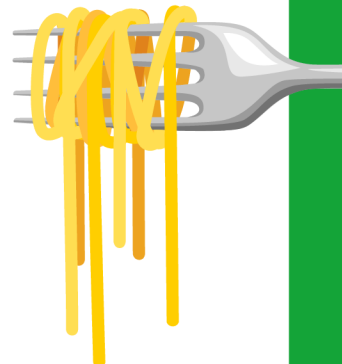
LUNCH OF THE DAY

Pork loin in gravy with potatoes and carrots with peas + Soup - **29,00 ZŁ**

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ITALIAN WEEK




DRINKS:

- Pistachio Protein Shake 424 kcal - **13,00 ZŁ**
- Mango, Pineapple, Orange, Strawberry Smoothie 174 kcal -**13,00 ZŁ**
- Peach and Strawberry Smoothie 322 kcal -**12,00 ZŁ**

DESSERTS:

- Raspberry Tofu Cake with Chocolate 347 kcal -**10,00 ZŁ**
- Oreo Dessert 567 kcal -**11,00 ZŁ**
- Pistachio Tiramisu 550 kcal -**13,00 ZŁ**
- Chocolate Tapioca Pudding + Cherries + Cream 417 kcal - **13,00 ZŁ** 
- Forest Moss Dessert with Gingerbread Cream 414 kcal -**12,00 ZŁ**

SOUPS:

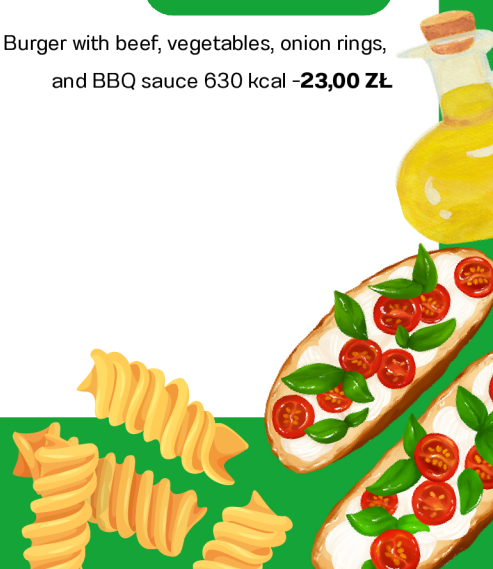
- Curry Ramen with Coconut Milk with Shrimp 427 kcal -**27,00 ZŁ**
- Beetroot Cream with Feta and Roasted Sunflower Seeds 339 kcal -**13,00 ZŁ** ✓ 

ROLLS:

- Spring rolls (chicken/beef/shrimp) + sweet and spicy sauce 319 kcal -**19,00 ZŁ**
- Rolls with lettuce, ham, and cheese 745 kcal - **18,00 ZŁ**

BURGER:





- Burger with beef, vegetables, onion rings, and BBQ sauce 630 kcal -**23,00 ZŁ**




MENU

WEDNESDAY 18.02







SANDWICHES & WRAPS:

- Seeded roll with pesto, mozzarella, and sun-dried tomatoes 539 kcal -12,00 ZŁ 
- Seeded roll with cream cheese and salmon 486 kcal -14,00 ZŁ 
- Roll with cottage cheese, turkey sausage, bell peppers, and chives 370 kcal - 13,00 ZŁ
- Pork "burger" 652 kcal -16,00 ZŁ
- Stuffed finger with egg spread 386 kcal -11,00 ZŁ 
- Longer with pulled BBQ chicken 290 kcal -15,00 ZŁ 
- Caprese wrap 505 kcal - 15,00 ZŁ




BREAKFAST:

- Oatmeal with flax seeds, bran, and cranberries 469 kcal -12,00 ZŁ 
- Chicken, cheese, and tomato tart 350 kcal -11,00 ZŁ

LUNCHES:

- Minced meat with mashed potatoes and beetroot 549 kcal -22,00 ZŁ
- Teriyaki chicken with rice and cabbage salad 577 kcal -22,00 ZŁ
- Chicken pocket stuffed with spinach, mozzarella and tomatoes + dill mashed potatoes + coleslaw 573 kcal -22,00 ZŁ
- Fried Czech cheese with baked potatoes and tartar sauce 760 kcal -22,00 ZŁ 
- Egg cutlets in Parmesan sauce + pearl couscous + carrot and orange salad 831 kcal -22,00 ZŁ  
- Pasta with ground beef, vegetables and Parmesan 532 kcal -23,00 ZŁ
- Rigatoni in Romesco sauce with burrata and Basil 738 kcal -23,00 ZŁ 
- Dumplings with spinach, feta cheese, and mozzarella served with garlic sauce 1080 kcal -17,50 ZŁ 
- Green dumplings with chicken and garlic dip 1003 kcal -17,50 ZŁ
- Gyoza dumplings with chicken and vegetables 394 kcal -18,00 ZŁ
- Pancakes with chicken, peppers, and mushrooms 725 kcal -23,00 ZŁ
- Pancakes with baked pear, cinnamon, and chocolate sauce 667 kcal -19,00 ZŁ 

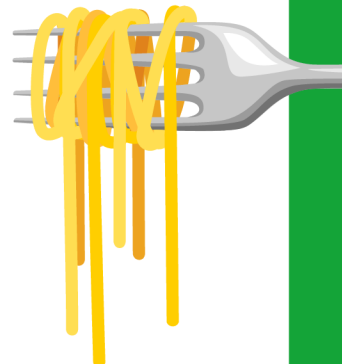
SALADS:

- Salad with chicken, pear, blue cheese, and nuts + honey mustard dip 545 kcal -23,00 ZŁ 
- Salad with roasted pumpkin, turkey, and feta cheese + balsamic dressing 698 kcal -24,00 ZŁ
- Italian salad with mozzarella, artichokes, olives, and sun-dried tomatoes + dressing 710 kcal -23,00 ZŁ  

LUNCH OF THE DAY

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

ITALIAN WEEK





DRINKS:

- Snickers Protein Shake 453 kcal - 11,00 ZŁ
- Strawberry Chia Smoothie 288 kcal -12,50 ZŁ
- Vitamin Smoothie [Orange, Banana, Spinach, Ginger, Chia] 220 kcal -13,00 ZŁ

DESSERTS:

- Carrot Cake with Creamy Frosting 650 kcal -10,00 ZŁ
- Lactose-Free Halva Pudding with Coconut Milk 460 kcal -12,00 ZŁ
- Raspberry Cloud Dessert 580 kcal -12,00 ZŁ
- 3-Bit Dessert 487 kcal -12,00 ZŁ
- Gingerbread Tiramisu 620 kcal -12,00 ZŁ

SOUPS:

- Cream of tomato soup with parmesan and green pesto 326 kcal -12,00 ZŁ 
- Spicy Thai soup served with shrimp and rice noodles 766 kcal -22,00 ZŁ 

ROLLS:

- Spring rolls with chicken and blanched cabbage with carrots + peanut dip 649 kcal -19,00 ZŁ
- Rolls with smoked salmon, spinach and dill sauce 614 kcal -21,00 ZŁ

BURGER:

- Beef burger with potato pancake 720 kcal -25,00 ZŁ

MENU

THURSDAY 19.02

SANDWICHES & WRAPS:

- Grain roll with bell pepper hummus, cherry tomatoes, arugula, and chives 432 kcal -**12,00 ZŁ** ✓
- Grain roll with bacon chips, lettuce, cheese, and a fried egg 664 kcal -**13,00 ZŁ**
- Stick with egg spread 386 kcal -**11,00 ZŁ** ✓
- Ciabatta with Sopot sirloin, Mazdamer, and tomato 432 kcal -**12,00 ZŁ**
- Grain roll with chicken, Thousand Island dressing, and pickled cucumber 506 kcal -**14,00 ZŁ** NEW
- Longer with strips and tartar sauce 585 kcal -**15,00 ZŁ**
- Gyro wrap with Mexican dip 400 kcal -**16,00 ZŁ**

BREAKFAST:

- Yogurt + peach + chocolate crunch 264 kcal - **10,00 ZŁ** ✓
- Chocolate oatmeal with blackcurrant jam and almonds 489 kcal -**12,00 ZŁ** ✓
- Pancakes with vanilla cheese and jam 620 kcal -**16,00 ZŁ** ✓

LUNCHES:

- Pork chop served with potatoes and baby carrots 401 kcal -**22,00 ZŁ**
- Chicken in cheese sauce + gnocchi + roasted vegetables 765 kcal -**23,00 ZŁ** NEW
- Beef and pork lasagna in béchamel sauce with parmesan 700 kcal -**22,00 ZŁ**
- Thai-style chicken in sweet and sour sauce served with rice 570 kcal - **22,00 ZŁ**
- Italian-style stuffed peppers with herb and cucumber dip 550 kcal -**23,00 ZŁ** ✓✓✓
- Vegetarian meatballs in vegetarian gravy with mashed potatoes, peas, and coleslaw 410 kcal -**22,00** ✓
- Spaghetti aglio, olive oil and pepperoncino 577 kcal -**18,00 ZŁ** ✓✓✓
- Pasta in cream sauce with broad beans, feta cheese, and pistachios 561 kcal -**20,00 ZŁ** ✓
- Green chicken dumplings with garlic dip 1003 kcal -**17,50 ZŁ**
- Russian dumplings with onion filling 840 kcal -**17,50 ZŁ** ✓
- Gyoza dumplings with beef 410 kcal -**20,00 ZŁ**
- Pancakes with mushrooms and gouda 572 kcal - **18,00 ZŁ** ✓
- Chocolate pancakes with cottage cheese and raspberry sauce 732 kcal -**16,00 ZŁ** ✓

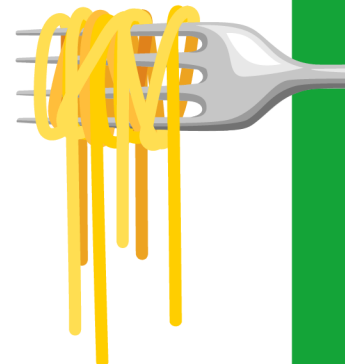
SALADS:

- Gyros Salad 434 kcal -**23,00 ZŁ**
- Salad with baked cottage cheese, parsley, sweet potatoes, apricots, and balsamic cream 488 kcal -**21,00 ZŁ** ✓ NEW
- Poke Bowl with panko-crusted shrimp 735 kcal -**25,00 ZŁ**

LUNCH OF THE DAY

Pork Chop with Potatoes and Baby Carrots
+ Soup **29,00 ZŁ**

ITALIAN WEEK



DRINKS:

- Salted Caramel Protein Shake with Lactose-Free Milk 290 kcal -**12,00 ZŁ**
- Currant Smoothie with Honey and Mint 284 kcal -**13,00 ZŁ**
- Cherry, Raspberry, and Blueberry Smoothie 275 kcal -**14,00 ZŁ**

DESSERTS:

- Yogurt cheesecake with a strawberry layer on an oat base 235 kcal -**11,00 ZŁ**
- Creamy mascarpone dessert with tangerines and ladyfingers 438 kcal -**14,00 ZŁ**
- Coffee panna cotta with chocolate cream 866 kcal -**14,00 ZŁ**
- Caramel cream on an oat base with forest fruit jam 623 kcal -**13,00 ZŁ**

SOUPS:

- Tikka masala soup 228 kcal -**11,00 ZŁ**
- Ukrainian borscht with egg 245 kcal -**13,00 ZŁ** ✓

ROLLS:

- Spring rolls (chicken/beef/shrimp) + sweet and spicy sauce 319 kcal -**19,00 ZŁ** ✓✓✓
- Rolls with lettuce, ham, and cheese 745 kcal - **18,00 ZŁ**

BURGER/BAO BAO

- Bao bao buns with pulled BBQ chicken, red cabbage salad, cucumber, and sesame seeds 682 kcal -**25,00 ZŁ**
- Burger with breaded cheese, arugula, and cranberries 691 kcal -**25,00 ZŁ**

MENU

FRIDAY 20.02

SANDWICHES & WRAPS:

- Seed roll with tuna spread and bell peppers 495 kcal -**13,00 ZŁ**
- Lettuce roll with mazdamer 480 kcal -**11,00 ZŁ** ✓
- Seed roll with Sopot sirloin and egg 552 kcal -**14,00 ZŁ**
- Paluch with egg spread, chives, and pickled cucumber 391 kcal -**12,00 ZŁ** ✓
- Ciabatta with pulled BBQ chicken, fresh cucumber, and red cabbage salad 440 kcal -**14,00 ZŁ**
- Longer with strips and mango jalapeño sauce 465 kcal -**15,00 ZŁ**

BREAKFAST:

- Yogurt and raspberry muesli 307 kcal -**11,00 ZŁ** ✓
- Nut and coconut porridge 601 kcal -**11,00 ZŁ** ✓
- Tart with tomatoes, feta cheese, zucchini, and leek 342 kcal -**11,00 ZŁ** ✓

LUNCHES:

- Cheese and mushroom devolay served with mashed potatoes with dill and cucumber salad 588 kcal -**23,00 ZŁ**
- Pork tenderloin in chanterelle sauce with mashed potatoes and coleslaw 688 kcal -**23,00 ZŁ**
- Breaded pollock + potatoes + coleslaw 478 kcal -**24,00 ZŁ**
- Whole wheat penne in cream and herb sauce with vegetarian minced meat 507 kcal -**23,00 ZŁ** ✓ NEW
- Spinach and feta lasagna with garlic dip 841 kcal -**20,00 ZŁ** ✓
- Pasta tricolore with salmon in cream and herb sauce 816 kcal -**25,00 ZŁ**
- Black pasta in butter sauce with shrimp, roasted cherry tomatoes Cocktail sauce and parsley 775 kcal -**26,00 ZŁ**
- Dumplings with spinach, feta cheese, and mozzarella served with garlic sauce 1080 kcal - **17,50 ZŁ** ✓
- Sweet cheese dumplings with raspberry-lime mousse 918 kcal - **17,50 ZŁ** ✓
- Gyoza dumplings [vegetables/chicken] + soy sauce 379 kcal -**19,00 ZŁ**
- Sweet cheese pancakes with chocolate 761 kcal -**18,00 ZŁ** ✓
- Russian pancakes with a Russian filling + bacon topping 746 kcal -**20,00 ZŁ**

SALADS:

- Greek Salad with Feta Cheese and Basil Vinaigrette 602 kcal -**22,00 ZŁ** ✓
- Hawaiian Salad with Turkey and Pineapple 503 kcal -**23,00 ZŁ**
- Salad with Smoked Trout, Egg, Tomatoes, and Corn with Garlic-Mustard Dressing 308 kcal -**25,00 ZŁ**

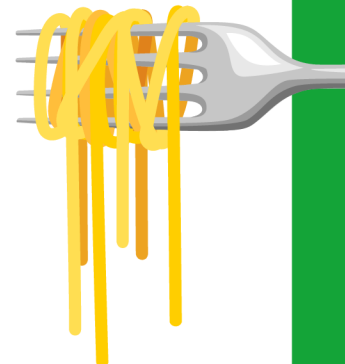
LUNCH OF THE DAY

Spinach and feta lasagna with garlic dip
+ Soup **29,00 ZŁ**

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ITALIAN WEEK



DRINKS:

- Rafaello Protein Shake with Raspberry 310 kcal -**12,00 ZŁ**
- Tropical Smoothie [pineapple, mango, passion fruit, orange, banana] 255 kcal -**13,00 ZŁ**
- Cherry-Strawberry Smoothie 194 kcal -**14,00 ZŁ**

DESSERTS:

- Blueberry Cheesecake with Chocolate Base 390 kcal -**12,00 ZŁ**
- Chocolate Fit Ptasia Marshmallow with Chia with Raspberry Layer 201 kcal -**10,00 ZŁ**
- Apple Pie with Caramelized Nuts Dessert 379 kcal -**10,00 ZŁ**
- Mascarpone Cream on a Chocolate-Butter Base with Mango and Passion Fruit Jam 486 kcal -**13,00 ZŁ**
- Coconut Princessa Dessert 515 kcal -**13,00 ZŁ**

SOUPS:

- Red borscht with mushroom dumplings 245 kcal -**14,00 ZŁ** ✓
- Creamy cauliflower soup 261 kcal -**12,00 ZŁ** ✓ NEW

ROLLS:

- Spring Rolls (Salmon/Shrimp/Vegetables) + Peanut Sauce 451 kcal -**19,00 ZŁ**
- Rolls with Tempura Shrimp and Sweet Chili Sauce 571 kcal -**20,00 ZŁ** 🌶️

BURGER/BAO BAO

- Black burger with beef, cheddar, onion rings and pickles 701 kcal -**25,00 ZŁ**
- Bao Bao buns with baked salmon, Korean vegetables and chili mayo dip 847 kcal -**27,00 ZŁ** 🌶️

