

MENU

MONDAY 16.02

ITALIAN WEEK

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**  

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**  

Chocolate Keto Oatmeal 840 kcal - **14,00 ZŁ** 

LUNCHES:

General Tso's Chicken with Jasmine Rice and Broccoli 700 kcal - **23,00 ZŁ** 

Highlander's Pork Chop + Potatoes + Fried Beetroot 663 kcal - **22,00 ZŁ**  

Meatballs in Dill Sauce + Mashed Potatoes + Salad 700 kcal - **22,00 ZŁ** 

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**  

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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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

ITALIAN WEEK

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

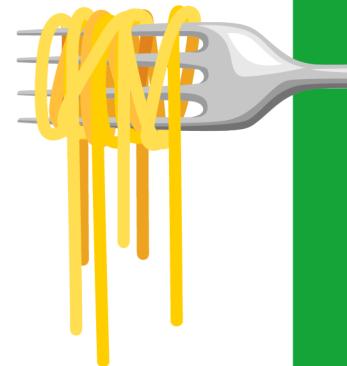
Pork "burger" 652 kcal -16,00 ZŁ

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

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

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

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

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

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

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

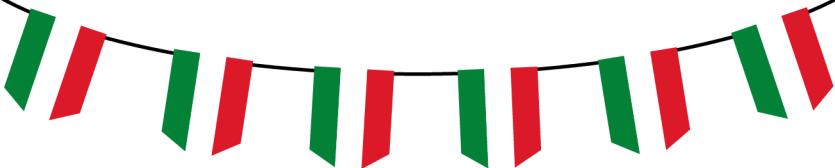
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MENU

WEDNESDAY 18.02



ITALIAN WEEK



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

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

LUNCH OF THE DAY

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

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MENU

THURSDAY 19.02

ITALIAN WEEK



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

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

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

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

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 ZŁ

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

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

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

Poke Bowl with panko-crusted shrimp 735 kcal -25,00 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

LUNCH OF THE DAY

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

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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**

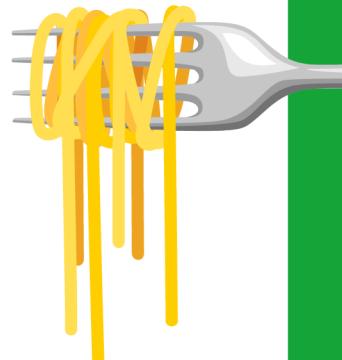
Seed roll with Sopot sirloin and egg 552 kcal **-14,00 ZŁ**

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**

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**

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**

DESSERTS:

Blueberry Cheesecake with Chocolate Base 390 kcal **-12,00 ZŁ**

Chocolate Fit Ptasie 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** CHILI

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**

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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