

# MENU

**MONDAY 23.02**

## SANDWICHES & WRAPS:

- Seeded roll with lettuce, cheese, and pickled cucumber 502 kcal - **12,00 ZŁ** ✓
- Seeded breadstick with egg spread 399 kcal - **12,00 ZŁ** ✓
- Roll with pâté, lamb's lettuce, and cranberry jam 515 kcal - **11,00 ZŁ**
- Bagel with seeds, fried egg, bacon, and roasted onion 652 kcal - **14,00 ZŁ** NEW
- Longer with strips and aioli dip 639 kcal - **15,00 ZŁ**
- Wrap with shrimp, lettuce, and mango jalapeno dip 334 kcal - **17,00 ZŁ** 🌶️🌶️
- Chikker 535 kcal - **16,00 ZŁ** NEW

## BREAKFAST:

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

## LUNCHES:

- Chicken strips with potatoes and cocktail dip 919 kcal - **23,00 ZŁ**
- Pork chop with roasted potatoes and fried cabbage 525 kcal - **22,00 ZŁ**
- Hungarian goulash with buckwheat 770 kcal - **22,00 ZŁ**
- Keto tenderloin in leek sauce + roasted vegetables 370 kcal - **24,00 ZŁ** **KETO**
- Unwrapped stuffed cabbage rolls in tomato sauce with mashed potatoes 710 kcal - **22,00 ZŁ**
- Penne with spinach and ricotta 963 kcal - **20,00 ZŁ** ✓
- Hawaiian chicken cutlet + rice + salad 675 kcal - **23,00 ZŁ** NEW
- Green dumplings with chicken and garlic dip 1002 kcal - **17,50 ZŁ** ✓
- Russian dumplings with onion topping 840 kcal - **17,50 ZŁ** ✓
- Gyoza dumplings with duck and vegetables + soy sauce 379 kcal - **20,00 ZŁ**
- Pancakes with plum jam + vanilla sauce 826 kcal - **22,00 ZŁ** ✓
- Pancakes with vegetable filling (peppers, broccoli, zucchini) baked under béchamel sauce 640 kcal - **22,00 ZŁ** ✓

## SALADS:

- Salad with feta cheese, cherry tomatoes, and corn + vinaigrette 618 kcal - **22,00 ZŁ** ✓
- Salad with beetroot, pumpkin and pork tenderloin + dressing 623 kcal - **25,00 ZŁ**
- Bowl with potatoes, pickled cucumber, chicken, peppers + garlic dip 406 kcal - **23,00 ZŁ**

## DRINKS:

- Cookie-flavored protein shake 257 kcal - **11,00 ZŁ**
- Mango, pineapple, orange, and strawberry smoothie 175 kcal - **13,00 ZŁ**
- Raspberry lassi 225 kcal - **14,00 ZŁ**

## DESSERTS:

- Banana with chocolate sauce 275 kcal - **12,00 ZŁ** NEW
- Tiramisu dessert 555 kcal - **12,00 ZŁ**
- Fudge dessert with blueberry sauce 530 kcal - **12,00 ZŁ**

## SOUPS:

- Porridge cream 280 kcal - **11,00 ZŁ** ✓
- Spicy Thai soup served with chicken and rice noodles 523 kcal - **18,00 ZŁ**

## ROLLS:

- Spring rolls [shrimp/chicken] + hoisin sauce 520 kcal - **19,00 ZŁ**
- Rolls with chicken and vegetables + mustard and honey sauce 612 kcal - **19,00 ZŁ**

## BURGER:

- Cheeseburger with beef, cheddar cheese, pickled cucumber, tomato, and Thousand Island dressing 575 kcal - **23,00 ZŁ**

## LUNCH OF THE DAY

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

# MENU

**TUESDAY 24.02**

## SANDWICHES & WRAPS:

- Ciabatta with pulled teriyaki chicken, coleslaw, and cucumber 500 kcal -**14,00 ZŁ**
- Roll with lettuce, Gouda cheese, and egg 630 kcal -**11,50 ZŁ** ✓
- Roll with seeds, bacon chips, lettuce, cheese, and fried egg 685 kcal -**14,00 ZŁ**
- Egg roll 386 kcal -**11,00 ZŁ** ✓
- Longer with breaded strips and BBQ sauce 480 kcal -**15,00 ZŁ**
- Pork chop "burger" 650 kcal -**16,00 ZŁ**
- Wrap with strips, lettuce, and aioli dip 690 kcal - **16,00 ZŁ**

## BREAKFAST:

- Vanilla semolina with roasted apples and nuts 420 kcal - **12,00 ZŁ** ✓ NEW

## LUNCHES:

- Chicken in thyme sauce + cauliflower purée + green beans 700 kcal -**24,00 ZŁ** **KETO**
- Indian-style turkey tikka masala served with rice and broccoli 423 kcal - **22,00 ZŁ**
- Dumplings with meat + sauerkraut 663 kcal -**22,00 ZŁ**
- Minced meat with mashed potatoes and beetroot 550 kcal - **22,00 ZŁ**
- Falafel in saffron sauce served with couscous and eggplant stew 610 kcal - **21,00 ZŁ** ✓
- Italian stuffed peppers with herb and cucumber dip 550 kcal -**22,00 ZŁ** ✓
- Spaghetti carbonara 850 kcal -**20,00 ZŁ**
- Viennese pork chop with mashed potatoes and cucumber salad 613 kcal -**23,00 ZŁ** NEW
- Meat dumplings with onion topping 1008 kcal -**17,50 ZŁ**
- Dumplings with mushrooms and Gouda cheese 833 kcal - **17,50 ZŁ** ✓
- Gyoza dumplings with chicken and vegetables + soy sauce 465 kcal -**18,00 ZŁ**
- Pancakes with Bolognese filling + tomato dip 712 kcal -**22,00 ZŁ**
- Bounty pancakes 1001 kcal -**18,00 ZŁ** ✓

## SALADS:

- Salad with mozzarella, cherry tomatoes, olives, sun-dried tomatoes + pesto dressing 552 kcal - **22,00 ZŁ** ✓
- Salad with groats, peppers, mango, garlic-roasted shrimp, and parsley 480 kcal - **25,00 ZŁ**
- Bowl with whole-grain pasta, chicken, and vegetables + mixed seeds, dressing 830 kcal - **25,00 ZŁ**

## LUNCH OF THE DAY

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

## DRINKS:

- Chocolate and pistachio protein shake 345 kcal - **13,00 ZŁ**
- Cherry and orange smoothie 290 kcal - **14,00 ZŁ**
- Strawberry smoothie with chia seeds 290 kcal -**12,50 ZŁ**

## DESSERTS:

- Wheat apple pie with plums 270 kcal - **11,00 ZŁ** NEW
- Currant yogurt with oat bran and chocolate, sprinkled with biscuits and almonds 370 kcal - **12,00 ZŁ**
- Coconut Princessa dessert 515 kcal -**13,00 ZŁ**
- Raspberry cloud dessert 575 kcal -**12,00 ZŁ**

## SOUPS:

- Beetroot soup with green beans and egg 315 kcal -**12,00 ZŁ** ✓
- Pumpkin cream soup with roasted pumpkin seeds and feta cheese 450 kcal -**12,00 ZŁ**

## ROLLS:

- Rolls with lettuce, ham, and cheese 845 kcal - **18,00 ZŁ**

## BURGER:

- Lumberjack burger with horseradish sauce 972 kcal - **27,00 ZŁ**
- Bao buns with shrimp, Korean-style vegetables, chili mayo sauce, and cilantro 811 kcal -**25,00 ZŁ** ✓

# MENU

**WEDNESDAY 25.02**

## SANDWICHES & WRAPS:

- Ciabatta with arugula, mountain cheese, nigella seeds, and cranberry jam 475 kcal -**12,00 ZŁ** ✓
- Bagel with seeds, Sopot tenderloin, Mazdamer cheese, and tomato 443 kcal -**13,00 ZŁ**
- Roll with cheddar cheese, chicken, and American sauce 520 kcal -**14,00 ZŁ**
- Baguette with egg spread 370 kcal -**11,00 ZŁ** ✓
- Longer with strips and tartar sauce 585 kcal -**15,00 ZŁ**
- Ciabatta with pork tenderloin and red onion jam 603 kcal - **16,00 ZŁ** NEW
- Wrap with egg paste, corn, and chicken 472 kcal -**15,00 ZŁ**

## BREAKFAST:

- Yogurt + blueberry fruit sauce + crunchy 323 kcal - **12,00 ZŁ**
- Kinder-style oatmeal 430 kcal -**12,00 ZŁ** ✓

## LUNCHES:

- Indian-style chicken karahi with rice 525 kcal - **22,00 ZŁ**
- Fire-style cutlets + mashed potatoes + beetroot with horseradish 544 kcal - **22,00 ZŁ**
- Tacos with chicken and beans 420 kcal -**22,00 ZŁ**
- Cordon bleu with steamed potatoes + salad - **24,00 ZŁ** NEW
- Potato cutlets in chanterelle sauce + pearl cous 724 kcal -**21,00 ZŁ** ✓
- Lazy dumplings with butter and breadcrumbs + raspberry mousse 532 kcal -**20,00 ZŁ** ✓ NEW
- Tuscan pasta with shrimp 786 kcal - **25,00 ZŁ**
- Ravioli with spinach and ricotta in parmesan sauce 803 kcal - **23,00 ZŁ** ✓
- Russian dumplings with onion topping 840 kcal -**17,50 ZŁ** ✓
- Green dumplings with chicken and garlic dip 900 kcal -**17,50 ZŁ**
- Gyoza dumplings with pork and vegetables + soy sauce 508 kcal -**19,00 ZŁ**
- Pancakes with mushrooms and Gouda cheese 570 kcal -**22,00 ZŁ** ✓
- Pancakes with roasted apples and toffee sauce 615 kcal -**18,00 ZŁ** ✓

## SALADS:

- Tortellini salad with spinach and ricotta, sun-dried tomatoes, parmesan cheese + basil olive oil 590 kcal -**22,00 ZŁ** ✓
- Salad with roasted carrots, chickpeas, caprese cheese, and orange vinaigrette 707 kcal - **22,00 ZŁ** ✓
- Thai bowl with chicken 468 kcal -**25,00 ZŁ**

## SNACKS:

- Mini spring rolls with vegetables and sweet and spicy dip 456 kcal - **12,00 ZŁ** ✓

## LUNCH OF THE DAY

Fire-style cutlets + mashed potatoes + beetroot with horseradish  
+ Soup **29,00 ZŁ**

Q zdrowycatering.pl

We use fresh ingredients, the availability of which may vary.  
For this reason, the menu is subject to change.

## DRINKS:

- Salted Caramel Protein Shake  
with Lactose-Free Milk 290 kcal -**12,00 ZŁ**
- Cherry, Raspberry, and Blueberry Smoothie 275 kcal -**15,00 ZŁ**
- Mango Lassi Smoothie 306 kcal -**13,00 ZŁ**

## DESSERTS:

- Sponge cake with rhubarb mousse  
and cream 473 kcal - **13,00 ZŁ** NEW
- 3-layer dessert 490 kcal - **11,00 ZŁ**
- Pistachio tiramisu 595 kcal -**13,00 ZŁ**
- Chocolate-plum dessert  
with mascarpone cream 725 kcal - **14,00 ZŁ**

## SOUPS:

- Cream of tomato soup with basil  
and mozzarella 290 kcal -**12,00 ZŁ** ✓
- Horseradish soup with egg 295 kcal - **11,00 ZŁ** ✓

## ROLLS:

- Spring rolls with chicken and blanched cabbage  
with carrots + nut dip 649 kcal - **19,00 ZŁ**
- Rolls with chicken and vegetables  
+ mustard and honey sauce 612 kcal -**19,00 ZŁ**

## BURGER:

- Bao Bao buns with roasted salmon, Korean-style vegetables, and  
chili mayo dip 850 kcal -**27,00 ZŁ** 🌶️
- Black burger with beef, vegetables, onion rings,  
and BBQ sauce 660 kcal -**24,00 ZŁ**



# MENU

THURSDAY 26.02

## SANDWICHES & WRAPS:

- Chicken teriyaki and coleslaw finger sandwich 480 kcal -**14,00 ZŁ**
- Ciabatta with egg spread and sun-dried tomatoes 490 kcal -**11,00 ZŁ** ✓
- Country roll with horseradish sauce, Krakow sausage, and pickled cucumber -**12,00 ZŁ** NEW
- Bagel with butter, smoked Gouda cheese, tomato, and pepper 521 kcal -**12,00 ZŁ** ✓
- Kebab-style longer 440 kcal -**15,00 ZŁ** NEW
- Wrap with guacamole, bacon chips, and egg 630 kcal -**16,00 ZŁ**

## BREAKFAST:

- Yogurt + raspberry mousse + muesli 310 kcal -**10,00 ZŁ** ✓
- Chocolate belriso with cherries and white chocolate 315 kcal -**12,00 ZŁ** ✓
- Pancakes with toffee sauce and fruit 700 kcal -**16,00 ZŁ** ✓

## LUNCHES:

- Chicken korma with rice 840 kcal -**22,00 ZŁ** 🍛
- Devolay with cheese and mushrooms served with mashed potatoes with dill and cucumber salad 590 kcal -**23,00 ZŁ**
- Pork loin with roasted potatoes and gravy + beetroot 585 kcal -**22,00 ZŁ**
- Broccoli cutlets with mozzarella + potatoes + salad 525 kcal -**20,00 ZŁ** ✓
- Kartacze dumplings with meat and onion + sauerkraut with carrots 503 kcal -**22,00 ZŁ**
- Keto baked salmon in cream and spinach sauce with keto pumpkin puree and coleslaw 712 kcal -**26,00 ZŁ** **KETO**
- Panko-crusted chicken with sweet and spicy sauce + rice + Chinese salad -**24,00 ZŁ** NEW
- Vegetarian spaghetti Bolognese with Parmesan cheese 550 kcal -**22,00 ZŁ** ✓
- Dumplings with meat and onion topping 1008 kcal -**17,50 ZŁ**
- Russian dumplings with onion topping 840 kcal -**17,50 ZŁ** ✓
- Chicken/vegetable gyoza dumplings + soy sauce + pickled ginger 420 kcal -**18,00 ZŁ**
- Chocolate pancakes with strawberry jam 475 kcal -**16,00 ZŁ** ✓
- Pancakes with spinach, feta cheese, and chicken + garlic dip 775 kcal -**22,00 ZŁ**

## SALADS:

- Hawaiian bowl with pearl couscous, turkey, and pineapple 585 kcal -**25,00 ZŁ**
- Hawaiian bowl with pearl couscous, turkey, and pineapple 589 -**22,00 ZŁ** ✓
- Salad with chicken, orange slices, sunflower seeds, and honey-mustard dressing 430 kcal -**23,00 ZŁ**

## LUNCH OF THE DAY

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

## DRINKS:

- Tiramisu protein shake 235 kcal -**12,00 ZŁ**
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 255 kcal -**13,00 ZŁ**
- Raspberry and strawberry smoothie with oat bran 313 kcal -**13,00 ZŁ**

## DESSERTS:

- Carrot cake with creamy frosting 508 kcal -**10,00 ZŁ**
- Stracciatella dessert with crumble topping 415 kcal -**11,00 ZŁ**
- Raspberry dessert with coconut cream on a crumble base 450 kcal -**12,00 ZŁ**
- Dubai chocolate dessert 725 kcal -**16,00 ZŁ**
- Chocolate tapioca with orange and chocolate shavings 575 -**14,00 ZŁ**

## SOUPS:

- Goulash soup 164 kcal -**18,00 ZŁ** NEW
- Cream of mushroom soup with porcini mushrooms 210 kcal -**15,00 ZŁ** ✓

## ROLLS:

- Spring rolls (chicken/beef/shrimp) + sweet and spicy sauce 320 kcal -**19,00 ZŁ**
- Rolls with smoked salmon, spinach, and dill sauce 615 kcal -**21,00 ZŁ**

## BURGER:

- Bao bao buns with teriyaki pulled chicken, cucumber, peanuts, and cilantro 680 kcal -**25,00 ZŁ**
- Caesar-style burger 580 kcal -**22,00 ZŁ**

# MENU

FRIDAY 27.02

## SANDWICHES & WRAPS:

- Bagel with cheddar cheese, bacon chips, and thousand island dressing 660 kcal -**14,00 ZŁ** NEW
- Ciabatta with vegetarian BBQ "meat" and red cabbage salad 430 kcal -**14,00 ZŁ** ✓
- Roll with tuna paste and pickled cucumber 430 kcal -**12,00 ZŁ**
- Roll with egg paste 386 kcal -**11,00 ZŁ** ✓
- Seed roll with lettuce, cheese, and egg 541 kcal -**12,00 ZŁ** ✓
- Longer with fish sticks and tartar sauce 575 kcal -**15,00 ZŁ** NEW
- Burrito with beef + nachos + Mexican dip 591 kcal -**22,00 ZŁ** NEW

## BREAKFAST:

- Yogurt + peach + crunchy chocolate 260 kcal -**11,00 ZŁ** ✓
- Coconut millet porridge with mango and passion fruit jam 305 kcal -**12,00 ZŁ** ✓
- Tart with chanterelles, gorgonzola, and walnuts 457 kcal - **12,00 ZŁ** ✓

## LUNCHES:

- Breaded pollock + aioli dip with mashed potatoes and Chinese cabbage salad 726 kcal -**25,00 ZŁ**
- Chicken cutlet with Hasselback potatoes + ranch dressing 656 kcal -**22,00 ZŁ**
- Liver with onions + mashed potatoes + salad 665 kcal -**20,00 ZŁ** NEW
- Vegetarian mince in mushroom sauce + mashed potatoes + beetroot with horseradish 526 kcal -**22,00 ZŁ** ✓
- Mexican-style baked zucchini, vegetarian version 345 kcal -**24,00 ZŁ** ✓
- Butcher's cutlet with mashed potatoes and cucumber salad 641 kcal -**23,00 ZŁ** NEW
- Tricolore pasta with salmon in lemon sauce with dill 612 kcal -**24,00 ZŁ**
- Black pasta in butter sauce with shrimp, roasted cherry tomatoes, and parsley 775 kcal -**25,00 ZŁ**
- Green dumplings with chicken and garlic dip 1002 kcal -**17,50 ZŁ**
- Dumplings with mushrooms and Gouda cheese 833 kcal - **17,50 ZŁ** ✓
- Spinach gyoza dumplings with vegetables + soy sauce 365 kcal -**18,00 ZŁ** ✓
- Pancakes with cabbage and mushrooms 620 kcal -**21,00 ZŁ** ✓
- Pancakes with cottage cheese and strawberry jam 686 kcal -**20,00 ZŁ** ✓

## SALADS:

- Salad with vegetables, grilled halloumi, and garlic dressing 472 kcal -**23,00 ZŁ** NEW ✓
- Salad with chicken, pasta, sun-dried tomatoes, roasted sunflower seeds, and honey-mustard dressing 540 kcal -**22,00 ZŁ**
- Poke bowl z łososiem teriyaki 714 kcal -**25,00 ZŁ**

## LUNCH OF THE DAY

Breaded pollock + aioli dip with mashed potatoes and Chinese cabbage salad + Soup **29,00 ZŁ**

## DRINKS:

- Bounty protein shake 320 kcal - **12,00 ZŁ**
- Strawberry lassi 192 kcal -**13,00 ZŁ**
- Currant smoothie with honey and mint 284 kcal -**13,00 ZŁ**

## DESSERTS:

- Fit brownie with cherries and chocolate glaze 272 kcal -**11,00 ZŁ**
- Gingerbread and chocolate pudding with cherry jam and lion sprinkles 400 kcal -**13,00 ZŁ** NEW
- Mascarpone cream with baked peaches and oat crumble 485 kcal - **12,00 ZŁ**
- Rice pudding with mascarpone and strawberry mousse 360 kcal -**12,00 ZŁ**

## SOUPS:

- Tomato soup with noodles 324 kcal -**11,00 ZŁ** ✓
- Spicy tom kha kai soup served with chicken and rice noodles 642 kcal - **18,00 ZŁ** 🌶️🌶️🌶️

## ROLLS:

- Rolls with shrimp and sweet chili sauce 570 kcal -**20,00 ZŁ** 🌶️🌶️🌶️

## BURGER:

- Burger with breaded cheese, tartar sauce, and cucumber 793 kcal -**23,00 ZŁ**