

MONDAY 02.03

SANDWICHES & WRAPS:

- Pretzel stick with seeds, egg paste, and chives 417 kcal -**11,00 ZŁ** ✓
- Bagel with cream cheese, arugula, salmon, and olives 536 kcal -**14,00 ZŁ** NEW
- Ciabatta with chicken, fried egg, cheddar cheese, and tartar sauce 630 kcal -**14,00 ZŁ** NEW
- Kura Rozpruwacz - chicken, jalapeño-mango sauce, cucumber 425 kcal -**14,00 ZŁ** NEW
- Roll with pâté, horseradish dip and pickled cucumber 462 kcal - **12,00 ZŁ**
- Roll with seeds, tuna paste and pickled cucumber 477 kcal -**12,00 ZŁ**
- Pretzel stick with BBQ pulled chicken, fresh cucumber, and red cabbage salad 460 kcal -**14,00 ZŁ**
- Bagel with cream cheese, radish, and chives 293 kcal -**11,00 ZŁ** ✓
- Ciabatta with honey mustard chicken, cheddar cheese, and cucumber 551 kcal -**14,00 ZŁ** NEW
- Classic - ham, cheese, tomato, cucumber, sprouts 393 kcal -**12,00 ZŁ**
- Longer with strips and garlic sauce 556 kcal - **15,00 ZŁ**
- Wrap with strips and mango jalapeno dip 483 kcal - **16,00 ZŁ** 🌶️🌶️

BREAKFAST:

- Yogurt + mango passion fruit mousse + chocolate muesli 295 kcal - **12,00 ZŁ**
- Coconut millet porridge with raspberry jam and almond flakes 356 kcal -**10,00 ZŁ**
- Mini sweet omelets with blueberry jam and peaches 455 kcal - **13,00 ZŁ**
- Baked rolls with salami, peppers, cheese, and egg 589 kcal -**16,00 ZŁ**

LUNCHES:

- Turkey in yogurt and dill sauce with colorful gnocchi 503 kcal - **24,00 ZŁ**
- Meatballs in dill sauce + potato dumplings + red cabbage salad 717 kcal -**22,00 ZŁ**
- Minced meat with mashed potatoes and cucumber salad 635 kcal -**22,00 ZŁ**
- Zucchini and feta cutlets served with pearl couscous and salad 507 kcal -**20,00 ZŁ** ✓ NEW
- Pork cutlets in their own sauce with Silesian dumplings and beetroot with horseradish 442 kcal -**22,00 ZŁ** NEW
- Turkey roulade with goat cheese in sesame seeds in spinach sauce with a refreshing salad 688 kcal -**25,00 ZŁ** **KETO**
- Potato pancakes 722 kcal -**22,00 ZŁ**
- Tagliatelle in spinach sauce with feta cheese and cherry tomatoes 997 kcal -**22,00 ZŁ** ✓
- Dumplings with cabbage and mushrooms 877 kcal -**17,50 ZŁ** ✓
- Russian dumplings with onion topping 840 kcal -**17,50 ZŁ** ✓
- Gyoza dumplings with pork and vegetables + soy sauce 509 kcal -**19,00 ZŁ**
- Pancakes with dulce de leche and roasted almonds 1169 kcal -**22,00 ZŁ** ✓ NEW
- Pancakes with mushrooms and Gouda cheese 572 kcal - **22,00 ZŁ** ✓

SALADS:

- Salad with pasta in pesto, chicken, and vegetables 591 kcal -**22,00 ZŁ**
- Salad with potatoes, broad beans, smoked tofu + yogurt and herb dressing 517 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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We use fresh ingredients, the availability of which may vary.
For this reason, the menu is subject to change.



DRINKS:

- Snickers protein shake 454 kcal -**12,00 ZŁ**
- Chocolate and banana smoothie with a hint of mint 396 kcal -**13,00 ZŁ**
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 255 kcal -**13,00 ZŁ**

DESSERTS:

- Bounty 443 kcal -**11,00 ZŁ** NEW
- Pistachio cream with kataifi + mascarpone + strawberry 726 kcal -**15,00 ZŁ**
- Kinder Country dessert 558 kcal -**11,00 ZŁ**
- Panna cotta with fudge cream, strawberry mousse and salted nuts 474 kcal -**12,00 ZŁ**

SOUPS:

- Mexican soup with chicken 246 kcal -**13,00 ZŁ** 🌶️🌶️
- Cream of beetroot soup with seeds 284 kcal -**11,00 ZŁ** ✓

ROLLS:

- Chicken and vegetable rolls + honey mustard sauce 612 kcal -**19,00 ZŁ**

BURGER:

- Lumberjack-style burger with cranberry sauce 897 kcal - **27,00 ZŁ**

SNACKS:

- Mini spring rolls with vegetables and chili-mango dip 407 kcal -**12,00 ZŁ** ✓



TUESDAY 03.03

SANDWICHES & WRAPS:

- Pretzel stick with egg paste and chives 417 kcal -**11,00 ZŁ** ✓
- Bagel with cream cheese, arugula, salmon, and olives 536 kcal -**14,00 ZŁ** NEW
- Ciabatta with chicken, fried egg, cheddar cheese, and tartar sauce 630 kcal - **14,00 ZŁ** NEW
- Kura Rozpruwacz - chicken, jalapeño-mango sauce, cucumber 425 kcal -**14,00 ZŁ** NEW
- Roll with pâté, horseradish dip and pickled cucumber 462 kcal -**12,00 ZŁ**
- Roll with seeds, tuna paste and pickled cucumber 477 kcal -**12,00 ZŁ**
- Pretzel stick with BBQ pulled chicken, fresh cucumber, and red cabbage salad 460 kcal -**14,00 ZŁ**
- Bagel with cream cheese, radish, and chives 293 kcal -**11,00 ZŁ** ✓
- Ciabatta with honey mustard chicken, cheddar cheese, and cucumber 551 kcal -**14,00 ZŁ** NEW
- Classic - ham, cheese, tomato, cucumber, sprouts 393 kcal -**12,00 ZŁ**
- Longer with strips and garlic sauce 556 kcal -**15,00 ZŁ**
- Wrap with strips and mango jalapeno dip 483 kcal -**16,00 ZŁ**

BREAKFAST:

- Chocolate porridge with stewed plums and cinnamon 458 kcal -**11,00 ZŁ** ✓
- Yogurt + blueberry fruit sauce + crunchy topping 323 kcal -**12,00 ZŁ** ✓

LUNCHES:

- Devolay with butter served with mashed potatoes and beetroot salad 654 kcal -**22,00 ZŁ**
- Mexican peppers stuffed with rice, chicken, and beans 376 kcal -**24,00 ZŁ**
- Pork tenderloin in mustard sauce with potato dumplings and pickled cucumber salad 817 kcal -**22,00 ZŁ** NEW
- Garam masala turkey with rice 533 kcal -**22,00 ZŁ**
- Schnitzel with fried egg + roasted potatoes + cucumber salad 806 kcal -**22,00 ZŁ**
- Plum dumplings 750 kcal -**21,00 ZŁ** ✓
- Vegetarian cauliflower cutlets with mashed potatoes and carrot and apple salad 378 kcal -**19,00 ZŁ** ✓ NEW
- Linguine with roasted pepper sauce and feta cheese 645 kcal -**22,00 ZŁ** ✓ NEW
- Black pasta in butter and garlic sauce with chicken, Parmesan cheese, and cherry tomatoes 885 kcal -**23,00 ZŁ**
- Green dumplings with chicken and garlic dip 1003 kcal -**17,50 ZŁ**
- Russian dumplings with onion topping 840 kcal -**17,50 ZŁ** ✓
- Gyoza dumplings with chicken and vegetables + soy sauce 464 kcal -**18,00 ZŁ**
- Stracciatella pancakes 780 kcal -**20,00 ZŁ**
- Green pancakes stuffed with spinach and feta cheese + garlic dip 760 kcal -**22,00 ZŁ**

SALADS:

- Caesar salad with chicken 630 kcal -**23,00 ZŁ**
- Salad with buckwheat, boiled beetroot, feta cheese, and honey-mustard dressing 546 kcal -**21,00 ZŁ** ✓
- Bowl with quinoa, roasted sweet potatoes, cherry tomatoes, avocado, and egg + dressing 783 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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We use fresh ingredients, the availability of which may vary. For this reason, the menu is subject to change.



DRINKS:

- Tiramisu protein shake 234 kcal -**12,00 ZŁ**
- Mango lassi cocktail 306 kcal -**13,00 ZŁ**
- Forest fruit smoothie with honey 191 kcal - **13,00 ZŁ**

DESSERTS:

- Nut slice with lemon icing 782 kcal -**14,00 ZŁ** KETO ✓
- Mini doughnuts: pistachio, fudge, raspberry + pudding 358 kcal -**10,00 ZŁ**
- Rice pudding with mascarpone and strawberry mousse 360 kcal -**12,00 ZŁ**
- Pistachio tiramisu 595 kcal -**13,00 ZŁ**

SOUPS:

- Tomato cream soup with Parmesan cheese and green pesto 326 kcal -**12,00 ZŁ** ✓
- Spicy Thai soup served with shrimp and rice noodles 557 kcal -**22,00 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 615 kcal -**21,00 ZŁ**

BURGER:

- Cheeseburger with beef, cheddar cheese, pickled cucumber, tomato, and Thousand Island dressing 573 kcal -**23,00 ZŁ**



WEDNESDAY 04.03

SANDWICHES & WRAPS:

- Pretzel stick with egg paste and chives 417 kcal -**11,00 ZŁ** ✓
- Bagel with cream cheese, arugula, salmon, and olives 536 kcal -**14,00 ZŁ** NEW
- Ciabatta with chicken, fried egg, cheddar cheese, and tartar sauce 630 kcal - **14,00 ZŁ** NEW
- Kura Rozpruwacz - chicken, jalapeño-mango sauce, cucumber 425 kcal -**14,00 ZŁ** NEW
- Roll with pâté, horseradish dip and pickled cucumber 462 kcal -**12,00 ZŁ**
- Roll with seeds, tuna paste and pickled cucumber 477 kcal -**12,00 ZŁ**
- Pretzel stick with BBQ pulled chicken, fresh cucumber, and red cabbage salad 460 kcal -**14,00 ZŁ**
- Bagel with cream cheese, radish, and chives 293 kcal -**11,00 ZŁ** ✓
- Ciabatta with honey mustard chicken, cheddar cheese, and cucumber 551 kcal -**14,00 ZŁ** NEW
- Classic - ham, cheese, tomato, cucumber, sprouts 393 kcal -**12,00 ZŁ**
- Longer with strips and garlic sauce 556 kcal -**15,00 ZŁ**
- Wrap with strips and mango jalapeno dip 483 kcal -**16,00 ZŁ**

BREAKFAST:

- Natural yogurt without sugar + chocolate crunchy 300 kcal -**10,00 ZŁ** ✓
- Fudge oatmeal with linseed, bran, and cranberries 469 kcal -**12,00 ZŁ** ✓
- Cheese tart with tomato 422 kcal -**11,00 ZŁ** ✓

LUNCHES:

- Lasagna with beef and pork in béchamel sauce with Parmesan cheese 843 kcal -**22,00 ZŁ**
- Chicken in yellow curry sauce with basmati rice 458 kcal -**22,00 ZŁ**
- Swiss cutlet with dill purée and white cabbage salad 720 kcal -**24,00 ZŁ**
- Fit chicken breast + sweet chili sauce with couscous and a bouquet of vegetables 584 kcal -**23,00 ZŁ** NEW
- Cheese and egg cutlets + potato wedges + cucumber salad 762 kcal -**21,00 ZŁ** ✓
- Korean-style noodles with shrimp 606 kcal -**25,00 ZŁ**
- Baked salmon in cream and spinach sauce with potatoes and Chinese cabbage salad 714 kcal -**25,00 ZŁ** NEW
- Russian dumplings with onion topping 840 kcal -**17,50 ZŁ** ✓
- Meat dumplings with onion topping 1009 kcal -**17,50 ZŁ**
- Gyoza dumplings with duck and vegetables + soy sauce 379 kcal -**20,00 ZŁ**
- Pancakes with egg, Gouda cheese, and tuna 817 kcal -**22,00 ZŁ**
- Pancakes with sweet cheese and chocolate sauce 761 kcal -**18,00 ZŁ** ✓

SALADS:

- Salad with chicken, orange fillets, sunflower seeds, and honey-mustard dressing 430 kcal -**23,00 ZŁ**
- Greek salad with feta cheese + basil vinaigrette 602 kcal -**21,00 ZŁ** ✓
- Nice salad with tuna 682 kcal -**25,00 ZŁ**

LUNCH OF THE DAY

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

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DRINKS:

- Chocolate protein shake 313 kcal -**12,00 ZŁ**
- Currant smoothie 351 kcal -**13,00 ZŁ**
- Mango, pineapple, orange, strawberry smoothie 174 kcal -**13,00 ZŁ**

DESSERTS:

- Carrot cake with creamy frosting 509 kcal -**10,00 ZŁ**
- Caffe Latte dessert 860 kcal -**14,00 ZŁ**
- Nut cream with dulce de leche on a cocoa base with blueberry fruit sauce 736 kcal -**12,00 ZŁ**
- Strawberry tiramisu 396 kcal -**12,00 ZŁ**

SOUPS:

- Dill soup with egg 273 kcal -**12,00 ZŁ** ✓
- Chicken broth with tortellini and meat 498 kcal -**14,00 ZŁ**

ROLLS:

- Spring rolls [chicken/beef/vegetables] + peanut dip 439 kcal -**19,00 ZŁ**
- Rolls with lettuce, ham, and cheese 844 kcal -**18,00 ZŁ**

BURGER:

- Burger with breaded cheese, arugula, and cranberries 691 kcal - **25,00 ZŁ** ✓

SNACKS:

- Shrimp in panko +2 dips (sweet and spicy/cocktail) 580 kcal -**25,00 ZŁ** ✓



THURSDAY 05.03

SANDWICHES & WRAPS:

- Pretzel stick with egg paste and chives 417 kcal -**11,00 ZŁ** ✓
- Bagel with cream cheese, arugula, salmon, and olives 536 kcal -**14,00 ZŁ** NEW
- Ciabatta with chicken, fried egg, cheddar cheese, and tartar sauce 630 kcal - **14,00 ZŁ** NEW
- Kura Rozpruwacz - chicken, jalapeño-mango sauce, cucumber 425 kcal -**14,00 ZŁ** NEW
- Roll with pâté, horseradish dip and pickled cucumber 462 kcal -**12,00 ZŁ**
- Roll with seeds, tuna paste and pickled cucumber 477 kcal -**12,00 ZŁ**
- Pretzel stick with BBQ pulled chicken, fresh cucumber, and red cabbage salad 460 kcal -**14,00 ZŁ**
- Bagel with cream cheese, radish, and chives 293 kcal -**11,00 ZŁ** ✓
- Ciabatta with honey mustard chicken, cheddar cheese, and cucumber 551 kcal -**14,00 ZŁ** NEW
- Classic - ham, cheese, tomato, cucumber, sprouts 393 kcal -**12,00 ZŁ**
- Longer with strips and garlic sauce 556 kcal -**15,00 ZŁ**
- Wrap with strips and mango jalapeno dip 483 kcal -**16,00 ZŁ**

BREAKFAST:

- Yogurt + crunchy + stewed plums 552 kcal -**14,00 ZŁ** ✓
- Apple pie-style oatmeal 413 kcal -**11,00 ZŁ** ✓

LUNCHES:

- Indian butter chicken served with rice 611 kcal -**22,00 ZŁ**
- Beef and pork stroganoff with potato dumplings and beetroot with horseradish 570 kcal -**23,00 ZŁ**
- Chicken cutlet in cheese breadcrumbs with jacket potatoes and coleslaw 476 kcal -**22,00 ZŁ**
- Tofu curry stew with a hint of orange + rice 734 kcal -**20,00 ZŁ** ✓
- Carrot cutlets with white beans + cauliflower purée + salad 653 kcal -**20,00 ZŁ** ✓ NEW
- Keto chicken in carbonara sauce + zucchini noodles 678 kcal - **24,00 ZŁ** KETO ✓ NEW
- Tagliatelle in cream and parmesan sauce with broccoli and chicken 883 kcal -**23,00 ZŁ**
- Chicken shish kebab with vegetables, potatoes, tzatziki sauce 553 kcal -**24,00 ZŁ**
- Green dumplings with chicken and garlic dip 1003 kcal -**17,50 ZŁ**
- Sweet cheese dumplings with raspberry and lime mousse 918 kcal - **17,50 ZŁ** ✓
- Gyoza dumplings with chicken and vegetables + soy sauce 464 kcal -**18,00 ZŁ**
- Pancakes with leek, zucchini, and cheese 698 kcal - **22,00 ZŁ** ✓
- Bounty pancakes 864 kcal -**18,00 ZŁ** ✓

SALADS:

- Salad with pasta, sun-dried tomatoes, marinated mushrooms, mozzarella + dressing 534 kcal -**21,00 ZŁ** ✓
- Mexican salad with chicken 436 kcal -**23,00 ZŁ** ✓
- Salad with egg, bacon, cherry tomatoes and corn + dressing 764 kcal -**22,00 ZŁ**

LUNCH OF THE DAY

Chicken cutlet in cheese breadcrumbs with jacket potatoes and coleslaw + 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:

- Rafaello protein shake with raspberry 310 kcal -**12,00 ZŁ**
- Peach and strawberry smoothie 322 kcal -**12,00 ZŁ**
- Strawberry smoothie with chia seeds 288 kcal -**12,50 ZŁ**

DESSERTS:

- Coffee sponge cake with cherry cream 451 kcal -**12,00 ZŁ** NEW
- Apple pie dessert with caramelized nuts 379 kcal -**10,00 ZŁ**
- Raspberry chia pudding 372 kcal -**12,00 ZŁ**
- Forest moss dessert 418 kcal -**12,00 ZŁ**

SOUPS:

- Mexican soup with pumpkin, chicken, and corn 320 kcal -**12,00 ZŁ**
- Cream of mushroom soup 271 kcal -**11,00 ZŁ** ✓

ROLLS:

- Chicken and vegetable rolls + honey mustard sauce 612 kcal -**19,00 ZŁ**

BAO BAO:

- Bao bao buns with BBQ pulled chicken, red cabbage salad, cucumber, and sesame seeds 682 kcal -**25,00 ZŁ** ✓



FRIDAY 06.03

SANDWICHES & WRAPS:

- Pretzel stick with egg paste and chives 417 kcal -**11,00 ZŁ** ✓
- Bagel with cream cheese, arugula, salmon, and olives 536 kcal -**14,00 ZŁ** NEW
- Ciabatta with chicken, fried egg, cheddar cheese, and tartar sauce 630 kcal - **14,00 ZŁ** NEW
- Kura Rozpruwacz - chicken, jalapeño-mango sauce, cucumber 425 kcal -**14,00 ZŁ** NEW
- Roll with pâté, horseradish dip and pickled cucumber 462 kcal -**12,00 ZŁ**
- Roll with seeds, tuna paste and pickled cucumber 477 kcal -**12,00 ZŁ**
- Pretzel stick with BBQ pulled chicken, fresh cucumber, and red cabbage salad 460 kcal -**14,00 ZŁ**
- Bagel with cream cheese, radish, and chives 293 kcal -**11,00 ZŁ** ✓
- Ciabatta with honey mustard chicken, cheddar cheese, and cucumber 551 kcal -**14,00 ZŁ** NEW
- Classic - ham, cheese, tomato, cucumber, sprouts 393 kcal -**12,00 ZŁ**
- Longer with strips and garlic sauce 556 kcal -**15,00 ZŁ**
- Wrap with strips and mango jalapeno dip 483 kcal -**16,00 ZŁ**

BREAKFAST:

- Yogurt + raspberry mousse + muesli 307 kcal -**11,00 ZŁ** ✓
- Pistachio with almond flakes 541 kcal -**12,00 ZŁ** ✓

LUNCHES:

- Coated pollock with potatoes and sauerkraut 475 kcal -**24,00 ZŁ**
- Fire-style cutlet with mashed potatoes and beetroot with horseradish 590 kcal -**22,00 ZŁ**
- Pork chop with jacket potatoes and fried cabbage 401 kcal -**22,00 ZŁ**
- Celery cutlets, mashed potatoes, cherry tomato salad 415 kcal -**20,00 ZŁ** ✓ NEW
- Mexican-style baked zucchini, vegetarian version 345 kcal -**24,00 ZŁ** ✓
- Keto turkey cutlet with celery purée and salad 332 kcal -**24,00 ZŁ** **KETO** ✓ NEW
- Black pasta in butter sauce with shrimp, roasted cherry tomatoes, and parsley 775 kcal -**26,00 ZŁ**
- Penne in cream and zucchini sauce with salmon and green beans 733 kcal -**25,00 ZŁ**
- Dumplings with cabbage and mushrooms 877 kcal - **17,50 ZŁ** ✓
- Russian dumplings with onion topping 840 kcal -**17,50 ZŁ** ✓
- Spinach gyoza dumplings with vegetables + soy sauce 365 kcal -**18,00 ZŁ** ✓
- Pancakes with horseradish cream cheese, spinach, and bell pepper 552 kcal -**23,00 ZŁ** ✓
- Pancakes with cheese and peach mousse 771 kcal -**18,00 ZŁ** ✓ NEW

SALADS:

- Salad with shrimp, egg, vegetables, and orange dressing 496 kcal -**25,00 ZŁ**
- Tortellini salad with spinach and ricotta, sun-dried tomatoes, Parmesan cheese, and basil olive oil 592 kcal -**22,00 ZŁ** ✓
- Salad with roasted pumpkin, turkey, feta cheese and pumpkin seeds + balsamic dressing 696 kcal -**24,00 ZŁ**

LUNCH OF THE DAY

Coated pollock with potatoes and sauerkraut
+ 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:

- Pistachio protein shake 424 kcal -**13,00 ZŁ**
- Cherry, raspberry, and blueberry smoothie 275 kcal - **14,00 ZŁ**
- Vitamin smoothie [orange, banana, spinach, ginger, chia] 220 kcal -**13,00 ZŁ**

DESSERTS:

- Lime cheesecake with matcha on a chocolate base 315 kcal -**11,00 ZŁ**
- Panna cotta with cherry mousse 303 kcal -**12,00 ZŁ**
- Raspberry dessert with coconut cream on a shortcrust base 449 kcal -**12,00 ZŁ**
- Dubai chocolate dessert 725 kcal -**16,00 ZŁ**

SOUPS:

- Cauliflower cream soup 261 kcal -**12,00 ZŁ** ✓
- Curry ramen with coconut milk and shrimp 428 kcal -**27,00 ZŁ** ✓

ROLLS:

- Rolls with shrimp in panko and sweet chili sauce 571 kcal -**20,00 ZŁ** ✓

BAO BAO:

- Beef burger with grilled mountain cheese, bacon, and cranberry jam 687 kcal -**25,00 ZŁ**
- Black and white bao buns with shrimp, Korean-style vegetables, chili mayo sauce, and cilantro 822 kcal -**26,00 ZŁ** ✓

