

MENU

MONDAY 09.02

PIZZA DAY

SANDWICHES & WRAPS:

- Seeded roll with cream cheese, tenderloin and vegetables 445 kcal - **14,00 ZŁ**
- Ciabatta with egg, bacon crisps and pickled cucumber 530 kcal - **14,00 ZŁ**
- Ciabatta with lettuce, Gouda cheese and pickled peppers 480 kcal - **12,00 ZŁ** ✓
- Finger with egg paste 370 kcal - **11,00 ZŁ** ✓
- Pork chop 'burger' 583 kcal - **16,00 ZŁ**
- Mexican burrito with chicken and vegetables 430 kcal - **15,00 ZŁ**

BREAKFAST:

- Yoghurt + blueberry fruit sauce + crunchy 350 kcal - **12,00 ZŁ**
- Fudge porridge with linseed, bran and cranberries 450 kcal - **12,00 ZŁ**
- Tart with chicken, cheese and tomato 350 kcal - **11,00 ZŁ**

LUNCHES:

- Highlander-style pork chop + potatoes + fried cabbage 583 kcal - **22,00 ZŁ**
- Szechuan chicken with rice 550 kcal - **22,00 ZŁ**
- Chicken pocket stuffed with spinach and feta cheese + mashed potatoes + coleslaw 620 kcal - **22,00 ZŁ** NEW
- Potato pancakes with Hungarian goulash 750 kcal - **22,00 ZŁ**
- Vegetarian schnitzel baked with mushrooms and cheese + mashed potatoes + salad 490 kcal - **20,00 ZŁ** ✓
- Pasta with Alfredo sauce and roasted cherry tomatoes 810 kcal - **19,00 ZŁ** ✓
- Creamy pasta with chicken and ricotta 630 kcal - **22,00 ZŁ**
- Sweet cheese dumplings + cream 930 kcal - **17,50 ZŁ** ✓
- Green dumplings with chicken and garlic dip 900 kcal - **17,50 ZŁ**
- Gyoza dumplings with chicken curry and vegetables 317 kcal - **18,00 ZŁ**
- Pancakes with peanut butter and honey 1200 kcal - **18,00 ZŁ** NEW ✓
- Pancakes with mushrooms and Gouda cheese 570 kcal - **22,00 ZŁ** ✓

SALADS:

- Salad with chicken, fried corn, peppers and basil vinaigrette 550 kcal - **24,00 ZŁ**
- Pasta salad with lamb's lettuce, cherry tomatoes, cucumber, mozzarella balls and roasted onion + dressing 750 kcal - **22,00 ZŁ** ✓
- Bowl with quinoa, beetroot, feta cheese, orange, pumpkin seeds + balsamic cream 450 kcal - **25,00 ZŁ** ✓

DRINKS:

- Pistachio protein shake 500 kcal - **14,00 ZŁ**
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 320 kcal - **14,00 ZŁ**
- Strawberry smoothie with chia 300 kcal - **12,50 ZŁ**

DESSERTS:

- Currant cheesecake on a biscuit base 370 kcal - **10,00 ZŁ**
- Kinder dessert 350 kcal - **12,00 ZŁ**
- Nut dessert with mascarpone 520 kcal - **11,00 ZŁ**
- Pistachio tiramisu 600 kcal - **13,00 ZŁ**
- Keto cheesecake dessert with strawberry mousse 600 kcal - **12,00 ZŁ**

SOUPS:

- Paprika cream soup with mozzarella balls 250 kcal - **11,00 ZŁ** ✓
- Hungarian mushroom soup 275 kcal - **11,00 ZŁ** ✓

ROLLS:

- Rolls with prawns in panko and sweet chilli sauce 590 kcal - **20,00 ZŁ** 🍣
- Spring rolls [chicken/beef/vegetables] + nut dip 420 kcal - **19,00 ZŁ**

PINSA:

- Pinsa with tomato sauce, mozzarella and mushrooms 637 kcal - **17,00 ZŁ** 🍕

LUNCH OF THE DAY

Potato pancakes with Hungarian goulash + Soup **29,00 ZŁ**

MENU

TUESDAY 10.02

SANDWICHES & WRAPS:

- Roll with goat cheese, pear, rocket and nuts 470 kcal -**13,00 ZŁ** ✓
- Roll with butter, cold cuts, fried egg and tomato 540 kcal -**13,00 ZŁ**
- Ciabatta with BBQ pulled chicken, fresh cucumber and red cabbage salad 520 kcal -**13,00 ZŁ**
- Seeded roll with tuna paste and peppers 495 kcal -**13,00 ZŁ**
- Roll with grilled courgette and pepper paste with mozzarella 480 kcal - **13,00 ZŁ** ✓ NEW
- Sweet croissant with pistachio cream 675 kcal - **11,00 ZŁ** ✓ NEW
- Tortilla with chicken, cream cheese and pickled cucumber 700 kcal -**16,00 ZŁ**

BREAKFAST:

- Natural yoghurt with mixed nuts and dried fruit 300 kcal -**9,00 ZŁ** ✓
- Milky Way porridge 280 kcal -**12,00 ZŁ** ✓

LUNCHES:

- Chicken in mango sauce with rice and Chinese cabbage salad 550 kcal -**22,00 ZŁ** NEW
- Turkey stew with vegetables and couscous 350 kcal -**22,00 ZŁ**
- Breaded chicken cutlet with mashed potatoes and gherkins 380 kcal - **23,00 ZŁ**
- Mexican-style baked courgette, vegetarian version 415 kcal -**24,00 ZŁ** ✓
- Croquettes with meat and red borscht 630 kcal - **22,00 ZŁ**
- Roasted pork loin in leek and lemon sauce with beans and keto roux 830 kcal -**23,00 ZŁ** KETO
- Pasta with roasted pepper sauce 470 kcal -**21,00 ZŁ** ✓
- Penne with chicken in cream and herb sauce 750 kcal -**22,00 ZŁ**
- Green dumplings with chicken and garlic dip 900 kcal -**17,50 ZŁ**
- Russian dumplings with onion topping 740 kcal -**17,50 ZŁ** ✓
- Gyoza dumplings with pork and vegetables + soy sauce 450 kcal - **19,00 ZŁ**
- Pancakes with cabbage and mushrooms 588 kcal - **20,00 ZŁ** ✓
- Pancakes with mascarpone and cherries + chocolate topping 1080 kcal -**22,00 ZŁ** ✓

SALADS:

- Salad with potato, broad beans, smoked tofu + yoghurt and herb dressing 540 kcal -**22,00 ZŁ** ✓
- Lumberjack salad [tomato, pickled cucumber, chicken, bacon, Gouda cheese, roasted onion, dip] 700 kcal -**22,00 ZŁ**
- Poke bowl with teriyaki salmon 700 kcal -**25,00 ZŁ**

LUNCH OF THE DAY

Chicken cutlet coated in potato purée and gherkins
+ Soup **29,00 ZŁ**

DRINKS:

- Tiramisu-style protein shake 235 kcal -**12,00 ZŁ**
- Forest fruit smoothie with honey 200 kcal -**13,00 ZŁ**
- Mango, banana and orange smoothie 300 kcal -**11,00 ZŁ**

DESSERTS:

- Lime cheesecake with matcha on a chocolate base 350 kcal -**10,00 ZŁ**
- Pistachio cream with kataifi + mascarpone + raspberry 725 kcal -**15,00 ZŁ**
- Chocolate tapioca with orange and chocolate shavings 300 kcal -**14,00 ZŁ**
- Carrot cake with creamy topping 650 kcal -**10,00 ZŁ**

SOUPS:

- Spicy Thai soup served with chicken and rice noodles 480 kcal -**18,00 ZŁ**
- Barley soup 300kcal -**11,00 ZŁ** ✓

ROLLS:

- Chicken and vegetable rolls + honey mustard sauce 715 kcal -**19,00 ZŁ**
- Spring rolls (chicken/beef/prawn) + sweet and spicy sauce 300 kcal -**19,00 ZŁ** 🌶️🌶️

BURGER:

- Burger with breaded cheese, rocket and cranberries 635 kcal -**25,00 ZŁ**

SNACKS:

- Mini spring rolls with vegetables and sweet and spicy dip 450 kcal - **12,00 ZŁ** 🌶️🌶️

MENU

WEDNESDAY 11.02

SANDWICHES & WRAPS:

- Roll with cream cheese, lettuce, bacon and tomato 570 kcal -**14,00 ZŁ**
- Roll with pâté, horseradish dip and pickled cucumber 505 kcal -**11,00 ZŁ** ✓
- Roll with egg paste, chives and pickled cucumber 390 kcal -**12,00 ZŁ** ✓
- Italian-style roll with pesto, mozzarella and tomato 555 kcal -**14,00 ZŁ** ✓
- Ciabatta with mustard, egg and Sopot tenderloin
with pickled cucumber 335 kcal -**14,00 ZŁ**
- Wrap with strips, lettuce, cucumber and mango jalapeno dip 470 kcal -**16,00 ZŁ** 🌶️🌶️

BREAKFAST:

- Muesli served with yoghurt and caramelised nuts 450 kcal -**12,00 ZŁ** ✓
- Kinder-style porridge 400 kcal -**12,00 ZŁ** ✓
- Tart with pumpkin, kale and Camembert 380 kcal -**12,00 ZŁ** ✓

LUNCHES:

- Turkey meatballs with Gouda cheese and pickled peppers in gravy with mashed potatoes and dill + pickled cucumber 370 kcal -**23,00 ZŁ**
- Chili sin carne with rice 600 kcal -**20,00 ZŁ** 🌶️🌶️
- Liver with onions + mashed potatoes
+ sauerkraut and carrot salad 623 kcal -**20,00 ZŁ** NEW
- Devolay with cheese and mushrooms served with mashed potatoes
with dill and cucumber salad 700 kcal -**23,00 ZŁ**
- Chicken korma with rice 820 kcal -**22,00 ZŁ** 🌶️🌶️
- Pasta with minced beef, vegetables and mozzarella 530 kcal -**23,00 ZŁ**
- Spaghetti in red pesto with roasted cherry tomatoes and burrata 720 kcal -**23,00 ZŁ** ✓
- Black pasta in butter sauce with salmon, roasted cherry tomatoes
and parsley 710 kcal -**26,00 ZŁ**
- Dumplings with mushrooms and Gouda cheese 700 kcal -**17,50 ZŁ** ✓
- Sweet cheese dumplings + cream 930 kcal -**17,50 ZŁ** ✓
- Gyoza dumplings with beef 333 kcal -**20,00 ZŁ**
- Sweet pancakes with cheese and chocolate sauce 760 kcal -**18,00 ZŁ** ✓
- Pancakes with egg, Gouda cheese and tuna 820 kcal -**22,00 ZŁ**

SALADS:

- Pasta salad with cocktail prawns and vegetables
430 kcal -**25,00 ZŁ**
- Mexican salad with chicken 450 kcal -**21,00 ZŁ**
- Salad with pearl couscous,
vegetables + curry dip 630 kcal -**22,00 ZŁ** ✓

LUNCH OF THE DAY

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

DRINKS:

- Chocolate protein shake 350 kcal - **12,00 ZŁ**
- Strawberry and raspberry smoothie 280 kcal -**13,00 ZŁ**
- Mango lassi cocktail 300 kcal -**13,00 ZŁ**

DESSERTS:

- Viennese apple pie 350 kcal -**13,00 ZŁ**
- Tiramisu with toasted almonds 515 kcal -**12,00 ZŁ**
- Mascarpone cream with baked peaches
and oat crumble 485 kcal -**12,00 ZŁ**
- Chocolate panna cotta with raspberry fruit sauce 490 kcal - **13,00 ZŁ**

SOUPS:

- Four cheese soup 680 kcal -**18,00 ZŁ** ✓
- Beetroot cream soup with seeds 280 kcal -**11,00 ZŁ** ✓

ROLLS:

- Rolls with lettuce, ham and cheese 751 kcal - **18,00 ZŁ**

BURGER/BAO BAO:

- Bao bao buns with pulled BBQ chicken, red cabbage salad, cucumber
and sesame seeds 700 kcal -**25,00 ZŁ**
- Caesar-style burger 580 kcal -**22,00 ZŁ**

MENU

THURSDAY 12.02

SANDWICHES & WRAPS:

- Roll with salami, Gouda cheese, grilled mushrooms and tomato dip 555 kcal -**12,00 ZŁ**
- Wholemeal roll with butter, lettuce, cold cuts, cheese and vegetables 555 kcal -**13,00 ZŁ**
- Grain breadstick with egg spread 386 kcal -**11,00 ZŁ** ✓
- Roll with cottage cheese, turkey cold cuts, bell pepper and chives 344 kcal -**13,00 ZŁ**
- Pork chop 'burger' 583 kcal -**16,00 ZŁ**
- Baked rolls with ham, cheese and egg 416 kcal -**16,00 ZŁ**
- Longer with strips and garlic sauce 520 -**15,00 ZŁ**

BREAKFAST:

- Yoghurt + mango and passion fruit mousse
- + chocolate muesli 300 kcal -**11,00 ZŁ** ✓
- Apple pie-style porridge 410 kcal -**11,00 ZŁ** ✓

LUNCHES:

- Pork chop baked with cheese + grilled mushrooms, roasted potatoes, pickled cucumber 430 kcal -**22,00 ZŁ**
- Chicken curry with rice 700 kcal -**23,00 ZŁ** 🌶️
- Minced meat with mashed potatoes and beetroot 510 kcal -**22,00 ZŁ**
- Thai chicken in sweet and sour sauce served with rice noodles 490 kcal -**22,00 ZŁ**
- Cheese and egg cutlets + mashed potatoes + cucumber salad 650 kcal -**21,00 ZŁ** ✓
- Pasta in cream sauce with broad beans, feta cheese and pistachios 550 kcal -**20,00 ZŁ** ✓
- Rigatoni in romesco sauce with burrata and basil 750 kcal -**23,00 ZŁ** ✓
- Keto turkey roll with goat's cheese in sesame seeds in spinach sauce with a refreshing salad 690 kcal -**25,00 ZŁ** **KETO**
- Green dumplings with chicken and garlic dip 900 kcal -**17,50 ZŁ**
- Russian dumplings with onion topping 740 kcal -**17,50 ZŁ** ✓
- Gyoza dumplings [vegetables/chicken] + soy sauce 308 kcal -**19,00 ZŁ**
- Pancakes with Bolognese filling 676 kcal -**22,00 ZŁ**
- Pancakes with mascarpone cream and raspberry jam 940 kcal -**20,00 ZŁ** ✓

SALADS:

- Salad with egg, bacon, cherry tomatoes and corn + dressing 750 kcal -**21,00 ZŁ**
- Salad with buckwheat, beetroot, feta cheese, orange and honey-mustard dressing 550 kcal -**21,00 ZŁ** ✓
- Poke bowl with BBQ chicken 750 kcal -**25,00 ZŁ**

LUNCH OF THE DAY

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

DRINKS:

- Cookie-flavoured protein shake 300 kcal -**12,00 ZŁ**
- Mango, pineapple, orange and strawberry smoothie 150 kcal -**13,00 ZŁ**
- Currant smoothie with honey and mint 340 kcal -**14,00 ZŁ**

DESSERTS:

- Lactose-free cheesecake made with coconut milk and tropical mousse 270 kcal -**12,00 ZŁ**
- Creamy mascarpone dessert with mandarins and sponge fingers 440 kcal -**14,00 ZŁ**
- Chia pudding with blueberry jam 310 kcal -**14,00 ZŁ**
- Dubai chocolate dessert 730 kcal -**16,00 ZŁ**
- Mini doughnuts with pistachio cream 410 kcal -**10,00 ZŁ**

SOUPS:

- Tom yum soup with prawns and rice noodles 330 kcal -**22,00 ZŁ** 🌶️
- Pickled cucumber cream soup with rice 350 kcal -**11,50 ZŁ** ✓
- Tortellini and sausage soup 500 kcal -**14,00 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 715 kcal -**19,00 ZŁ**

BURGER

- BBQ burger [beef, cheddar, bacon crisps, tomato, roasted onion] 600 kcal -**23,00 ZŁ**

MENU

FRIDAY 13.02

SANDWICHES & WRAPS:

- Sweet croissant with cottage cheese and jam 435 kcal -**11,00 ZŁ** ✓
- Seeded roll with cottage cheese and pepper 360 kcal -**11,00 ZŁ** ✓
- Roll with cream cheese, salmon and mayonnaise 470 kcal -**13,00 ZŁ**
- Cheddar, chicken and American sauce stick 550 kcal -**14,00 ZŁ**
- Country roll with ham and egg 450 kcal -**12,00 ZŁ**
- Roll with egg and bacon slice 655 kcal -**13,00 ZŁ**
- Longer with breaded strips and BBQ sauce 450 kcal -**15,00 ZŁ**
- Caprese wrap 500 kcal -**15,00 ZŁ** ✓

BREAKFAST

- Banana halva porridge 410 kcal -**12,00 ZŁ** ✓
- Tart with chanterelles, gorgonzola and walnuts 450 kcal -**12,00 ZŁ** ✓

LUNCHES:

- Coated pollock with dill purée and braised cabbage 410 kcal -**24,00 ZŁ**
- Broccoli cutlets with mozzarella + potatoes + salad 520 kcal -**20,00 ZŁ**
- Czech-style fried cheese with roasted potatoes and tartar sauce new 730 kcal -**22,00 ZŁ** ✓
- Minced nut patties with Brussels sprouts in cheese dip 450 kcal -**23,00 ZŁ** KETO
- Black pasta in butter sauce with prawns, roasted cherry tomatoes and parsley 700 kcal -**22,00 ZŁ**
- Black pasta in butter sauce with prawns, roasted cherry tomatoes and parsley 600 kcal -**26,00 ZŁ** ♥
- Rigatoni in creamy tomato sauce with chorizo 770 kcal -**22,00 ZŁ**
- Four cheese pasta 1100 kcal -**22,00 ZŁ** ✓
- Sweet cheese dumplings with raspberry and lime mousse 918 kcal -**17,50 ZŁ** ✓
- Russian dumplings with onion topping 740 kcal -**17,50 ZŁ** ✓
- Spinach gyoza dumplings with vegetables + soy sauce 290 kcal -**18,00 ZŁ** ✓
- Pancakes with spinach, ricotta and sun-dried tomatoes + lime and mint dip 630 kcal -**22,00 ZŁ** ✓
- Pink pancakes served with sweet cheese, peaches, sprinkles and toffee sauce 850 kcal -**19,00 ZŁ** ✓ ♥

SALADS:

- Salad with white beans, fresh and dried tomatoes, bell peppers + dip + croutons 500 kcal - **22,00 ZŁ** ✓
- Bowl with potatoes, pickled cucumbers, chicken, bell peppers + garlic dip 400 kcal -**23,00 ZŁ**
- Salad with smoked trout, beetroot, black lentils and dressing 385 kcal -**25,00 ZŁ**

LUNCH OF THE DAY

Breaded pollock with dill puree and braised cabbage + Soup **32,00 ZŁ**



DRINKS:

- Snickers Protein Shake 500 kcal -**11,00 ZŁ**
- Cherry, Raspberry, and Blueberry Smoothie 300 kcal -**14,00 ZŁ**
- Vitamin Smoothie [Orange, Banana, Spinach, Ginger, Chia] 220 kcal -**13,00 ZŁ**

DESSERTS:

- Chocolate Cake with Ganache Cream and Sprinkles 630 kcal - **12,00 ZŁ** ♥
- Coconut Princessa Dessert 515 kcal - **13,00 ZŁ**
- Raspberry Cloud Dessert 450 kcal - **12,00 ZŁ**
- Mascarpone Cream on a Chocolate-Butter Base with Cherry Mousse 380 kcal - **12,00 ZŁ**

SOUPS:

- Cream of mushroom soup 240 kcal -**11,00 ZŁ** ✓
- Tikka masala soup 230 kcal -**11,00 ZŁ** ✓

ROLLS

- Spring rolls (salmon/shrimp/vegetables) + peanut sauce 450 kcal -**18,00 ZŁ**
- Rolls with smoked salmon, spinach, and dill sauce 667 kcal -**21,00 ZŁ**

BURGER

- Burger with beef, vegetables, onion rings and Thousand Island dressing 730 kcal -**23,00 ZŁ**

