

# 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** 
- 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**  
- 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**  

Sweet croissant with pistachio cream 675 kcal - **11,00 ZŁ**  

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** 

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** 

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**

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## 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 300 kcal -**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**

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# 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**



## 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**

## LUNCH OF THE DAY

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

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# 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**

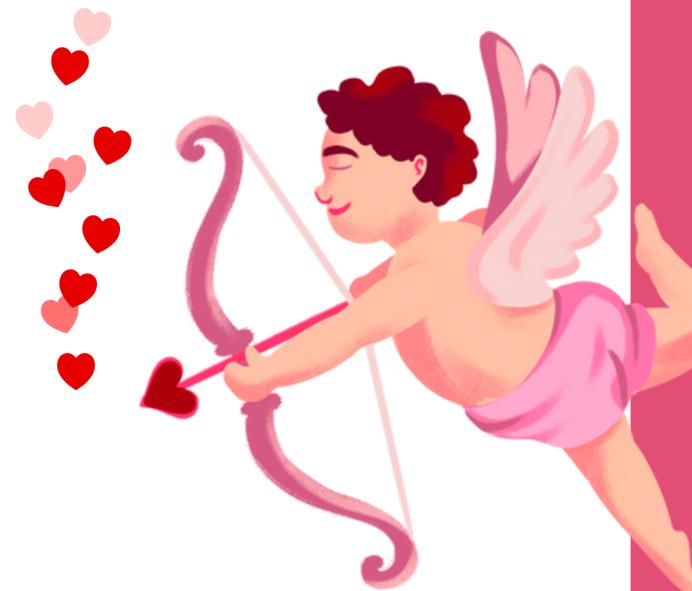
Cheddar, chicken and American sauce stick 550 kcal -**14,00 ZŁ**

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**

## 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**

**LUNCH OF THE DAY**

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

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