

MENU

MONDAY 16.03

SANDWICHES & WRAPS:

- Cheeseburger with cheddar, chicken and American sauce 548 kcal **-14,00 ZŁ**
- Caesar bagel 625 kcal **-16,00 ZŁ**
- Paluch with BBQ chicken, pickled cucumber and roasted onion 425 kcal **-13,50 ZŁ** NEW
- Wholemeal roll with hard-boiled egg, chives, radish sprouts and tartar sauce 486 kcal **-13,00 ZŁ** NEW
- Pork loin 'burger' 652 kcal **-16,00 ZŁ**
- Classic white bread roll - ham, cheese, vegetables 478 kcal **-13,00 ZŁ** NEW
- Ciabatta with honey mustard chicken, rocket and tomato 497 kcal **-14,00 ZŁ**
- Salami roll with garlic sauce, olives, lettuce, pickled cucumber and sprouts 713 kcal **-12,00 ZŁ**
- Wholemeal breadstick with egg paste and sprouts 403 kcal **-12,50 ZŁ**
- Wholemeal roll with basil pesto, grilled vegetables and mozzarella 564 kcal **-14,00 ZŁ** NEW
- Wrap with chicken, vegetables and garlic sauce 373 kcal **-14,00 ZŁ** NEW
- Longer with strips and garlic sauce 556 kcal **-15,00 ZŁ**

BREAKFAST:

- Yoghurt with strawberry mousse + granola 386 kcal **-11,00 ZŁ**
- Porridge with raspberry jam, chocolate sauce and almond flakes 467 kcal **-12,00 ZŁ** NEW
- Shakshuka served with bread 370 kcal **-15,00 ZŁ**

LUNCHES:

- Highlander pork chop + potatoes + fried cabbage 583 kcal **-22,00 ZŁ**
- Swiss cutlet, purée, carrots with peas 714 kcal **-24,00 ZŁ** NEW
- Chicken strips with roasted potatoes and salad 694 kcal **-23,00 ZŁ**
- Szechuan chicken with rice 543 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 753 kcal **-22,00 ZŁ**
- Gnocchi in sun-dried tomato sauce with mozzarella and rocket 704 kcal **-20,00 ZŁ** NEW
- Vegetarian cauliflower cutlets with mashed potatoes with peas and carrot and apple salad 410 kcal **-19,00 ZŁ** NEW
- Chicken in cheese sauce with broccoli and mushrooms, served with cauliflower rice 872 kcal **-25,00 ZŁ** NEW KETO
- Pasta with Alfredo sauce and roasted cherry tomatoes 810 kcal **-19,00 ZŁ**
- Lasagne with beef and pork in béchamel sauce with Parmesan cheese 843 kcal **-22,00 ZŁ**
- Sweet cheese dumplings + cream 1036 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 vanilla cream cheese and Oreo cookies 864 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 523 kcal **-24,00 ZŁ**
- Pasta salad with lamb's lettuce, cherry tomatoes, cucumber, mozzarella balls and roasted onion + dressing 784 kcal **-22,00 ZŁ**
- Bowl with quinoa, beetroot, feta cheese, orange, pumpkin seeds + balsamic cream 423 kcal **-25,00 ZŁ**

LUNCH OF THE DAY

 Highlander-style pork chop + potatoes + fried cabbage + 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 **-14,00 ZŁ**
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 255 kcal **-13,00 ZŁ**
- Strawberry smoothie with chia seeds 288 kcal **-12,50 ZŁ**

DESSERTS:

- Currant cheesecake on a biscuit base 368 kcal **-10,00 ZŁ**
- Kinder dessert 352 kcal **-12,00 ZŁ**
- Nut dessert with mascarpone 520 kcal **-11,00 ZŁ**
- Pistachio tiramisu 595 kcal **-13,00 ZŁ**
- Keto cheesecake dessert with strawberry mousse 612 kcal **-12,00 ZŁ**

SOUPS:

- Tom yum soup with chicken and rice noodles 394 kcal **-16,00 ZŁ**
- Mushroom soup with potatoes 247 kcal **-12,00 ZŁ** NEW

ROLLS

- Rolls with panko-coated prawns and sweet chilli sauce 571 kcal **-20,00 ZŁ**
- Spring rolls [chicken/beef/vegetables] + nut dip 439 kcal **-19,00 ZŁ**



TUESDAY 17.03

SANDWICHES & WRAPS:

- Cheeseburger with cheddar, chicken and American sauce 548 kcal **-14,00 ZŁ**
- Caesar bagel 625 kcal **-16,00 ZŁ**
- Paluch with BBQ chicken, pickled cucumber and roasted onion 425 kcal **-13,50 ZŁ** NEW
- Wholemeal roll with hard-boiled egg, chives, radish sprouts and tartar sauce 486 kcal **-13,00 ZŁ** NEW ✓
- Pork loin 'burger' 652 kcal **-16,00 ZŁ**
- Classic white bread roll - ham, cheese, vegetables 478 kcal **-13,00 ZŁ** NEW
- Ciabatta with honey mustard chicken, rocket and tomato 497 kcal **-14,00 ZŁ**
- Salami roll with garlic sauce, olives, lettuce, pickled cucumber and sprouts 713 kcal **-12,00 ZŁ**
- Wholemeal breadstick with egg paste and sprouts 403 kcal **-12,50 ZŁ** ✓
- Wholemeal roll with basil pesto, grilled vegetables and mozzarella 564 kcal **-14,00 ZŁ** NEW ✓
- Wrap with chicken, vegetables and garlic sauce 373 kcal **-14,00 ZŁ** NEW
- Longer with strips and garlic sauce 556 kcal **-15,00 ZŁ**

BREAKFAST:

- Yoghurt with cherry mousse + granola 340 kcal **-12,00 ZŁ** ✓
- Milky Way porridge 280 kcal **-12,00 ZŁ** ✓
- Pancakes with toffee sauce and fruit 700 kcal **-16,00 ZŁ** ✓

LUNCHES:

- Hawaiian chicken served with rice and vegetables 514 kcal **-22,00 ZŁ** NEW
- Indian chicken karahi with rice 515 kcal **-22,00 ZŁ**
- Breaded chicken cutlet with mashed potatoes and gherkins 419 kcal **-23,00 ZŁ**
- Lazy dumplings with butter and breadcrumbs 713 kcal **-20,00 ZŁ** ✓
- Czech fried cheese with roasted potatoes and tartar sauce new 760 kcal **-22,00 ZŁ** ✓
- Pork meatballs in mushroom sauce, salad and keto mashed potatoes 524 kcal **-22,00 ZŁ** NEW **KETO**
- Tagliatelle with prawns in tomato sauce with mascarpone 672 kcal **-25,00 ZŁ**
- Penne with chicken in cream and herb sauce 773 kcal **-22,00 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 pork and vegetables + soy sauce 509 kcal **-19,00 ZŁ**
- Pancakes with cabbage and mushrooms 620 kcal **-20,00 ZŁ** ✓
- Pancakes with strawberry cottage cheese 719 kcal **-20,00 ZŁ** NEW ✓

SALADS:

- Salad with potato, broad beans, smoked tofu + yoghurt and herb dressing 519 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 721 kcal **-25,00 ZŁ**

LUNCH OF THE DAY

Chicken cutlet coated in breadcrumbs with mashed potatoes 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 191 kcal **-13,00 ZŁ**
- Mango, banana and orange smoothie 297 kcal **-11,00 ZŁ**

DESSERTS:

- Lime cheesecake with matcha on a chocolate base 315 kcal **-10,00 ZŁ**
- Pistachio cream with kataifi + mascarpone + raspberry 726 kcal **-15,00 ZŁ**
- Chocolate tapioca with orange and chocolate shavings 282 kcal **-14,00 ZŁ**
- Caffe Latte dessert 861 kcal **-14,00 ZŁ**

SOUPS:

- Tomato soup with shell pasta 276 kcal **-11,00 ZŁ** NEW ✓
- Cabbage soup with sausage 233 kcal **-11,00 ZŁ**

ROLLS:

- Rolls with chicken and vegetables + honey mustard sauce 612 kcal **-19,00 ZŁ**
- Spring rolls (chicken/beef/prawn) + sweet and spicy sauce 319 kcal **-19,00 ZŁ**

SNACKS:

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



WEDNESDAY 18.03

SANDWICHES & WRAPS:

- Cheeseburger with cheddar, chicken and American sauce 548 kcal **-14,00 ZŁ**
- Caesar bagel 625 kcal **-16,00 ZŁ**
- Paluch with BBQ chicken, pickled cucumber and roasted onion 425 kcal **-13,50 ZŁ** NEW
- Wholemeal roll with hard-boiled egg, chives, radish sprouts and tartar sauce 486 kcal **-13,00 ZŁ** NEW ✓
- Pork loin 'burger' 652 kcal **-16,00 ZŁ**
- Classic white bread roll - ham, cheese, vegetables 478 kcal **-13,00 ZŁ** NEW
- Ciabatta with honey mustard chicken, rocket and tomato 497 kcal **-14,00 ZŁ**
- Salami roll with garlic sauce, olives, lettuce, pickled cucumber and sprouts 713 kcal **-12,00 ZŁ**
- Wholemeal breadstick with egg paste and sprouts 403 kcal **-12,50 ZŁ** ✓
- Wholemeal roll with basil pesto, grilled vegetables and mozzarella 564 kcal **-14,00 ZŁ** NEW ✓
- Wrap with chicken, vegetables and garlic sauce 373 kcal **-14,00 ZŁ** NEW
- Longer with strips and garlic sauce 556 kcal **-15,00 ZŁ**

BREAKFAST:

- Stracciatella yoghurt + granola 473 kcal **-11,00 ZŁ** ✓
- Kinder-style porridge 413 kcal **-12,00 ZŁ** ✓
- Chia pudding with mango and passion fruit mousse 330 kcal **-12,00 ZŁ** ✓

LUNCHES:

- Turkey meatballs with Gouda cheese and pickled peppers in gravy with mashed potatoes and dill + pickled cucumber 415 kcal **-23,00 ZŁ**
- Chili sin carne with rice 588 kcal **-20,00 ZŁ**
- Liver with onions + mashed potatoes + pickled cucumber 619 kcal **-20,00 ZŁ** NEW
- Pork stroganoff with buckwheat and beetroot 661 kcal **-22,00 ZŁ** NEW
- Devolay with cheese and mushrooms served with mashed potatoes with dill and cucumber salad 592 kcal **-23,00 ZŁ**
- Chicken korma with rice 850 kcal **-22,00 ZŁ**
- Keto koftas in leek sauce + roasted vegetables and broccoli purée 569 kcal **-23,00 ZŁ** NEW KETO
- Tuscan pasta with chicken 739 kcal **-23,00 ZŁ** NEW
- Spaghetti with red pesto, roasted cherry tomatoes and burrata 722 kcal **-23,00 ZŁ** ✓
- Black pasta in butter sauce with salmon, roasted cherry tomatoes and parsley 845 kcal **-26,00 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 beef 410 kcal **-20,00 ZŁ**
- Sweet pancakes with cheese and chocolate sauce 761 kcal **-18,00 ZŁ** ✓
- Pancakes with egg, Gouda cheese and tuna 817 kcal **-22,00 ZŁ**

SALADS:

- Salad with pasta, cocktail prawns and vegetables 437 kcal **-25,00 ZŁ**
- Mexican salad with chicken 437 kcal **-23,00 ZŁ**
- Salad with pearl couscous, vegetables + curry dip 630 kcal **-22,00 ZŁ** ✓

LUNCH OF THE DAY

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

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DRINKS:

- Chocolate protein shake 313 kcal **-12,00 ZŁ**
- Strawberry and raspberry smoothie 278 kcal **-13,00 ZŁ**
- Mango lassi cocktail 306 kcal **-13,00 ZŁ**

DESSERTS:

- Apple pie 300 kcal **-10,00 ZŁ**
- Tiramisu with toasted almonds 517 kcal **-12,00 ZŁ**
- Mascarpone cream with baked peaches and oat crumble 485 kcal **-12,00 ZŁ**
- Chocolate panna cotta with raspberry fruit sauce 492 kcal **-13,00 ZŁ**

SOUPS:

- Spicy Thai soup served with chicken and rice noodles 529 kcal **-18,00 ZŁ**
- Beetroot cream soup with seeds 284 kcal **-11,00 ZŁ** ✓

ROLLS

- Rolls with chicken and vegetables + honey mustard sauce 612 kcal **-19,00 ZŁ**
- Spring rolls (chicken/beef/prawn) + sweet and spicy sauce 319 kcal **-19,00 ZŁ** 🍡

BURGER/BAO BAO:

- Bao bao buns with pulled BBQ chicken, red cabbage salad, cucumber and sesame seeds 682 kcal **-25,00 ZŁ**
- Caesar-style burger 582 kcal **-22,00 ZŁ**



THURSDAY 19.03

SANDWICHES & WRAPS:

- Cheeseburger with cheddar, chicken and American sauce 548 kcal **-14,00 ZŁ**
- Caesar bagel 625 kcal **-16,00 ZŁ**
- Paluch with BBQ chicken, pickled cucumber and roasted onion 425 kcal **-13,50 ZŁ** NEW
- Wholemeal roll with hard-boiled egg, chives, radish sprouts and tartar sauce 486 kcal **-13,00 ZŁ** NEW
- Pork loin 'burger' 652 kcal **-16,00 ZŁ**
- Classic white bread roll - ham, cheese, vegetables 478 kcal **-13,00 ZŁ** NEW
- Ciabatta with honey mustard chicken, rocket and tomato 497 kcal **-14,00 ZŁ**
- Salami roll with garlic sauce, olives, lettuce, pickled cucumber and sprouts 713 kcal **-12,00 ZŁ**
- Wholemeal breadstick with egg paste and sprouts 403 kcal **-12,50 ZŁ**
- Wholemeal roll with basil pesto, grilled vegetables and mozzarella 564 kcal **-14,00 ZŁ** NEW
- Wrap with chicken, vegetables and garlic sauce 373 kcal **-14,00 ZŁ** NEW
- Longer with strips and garlic sauce 556 kcal **-15,00 ZŁ**

BREAKFAST:

- Yoghurt + mango and passion fruit mousse + chocolate muesli 296 kcal **-11,00 ZŁ**
- Apple pie-style porridge 413 kcal **-11,00 ZŁ**

LUNCHES:

- Pork chop baked with cheese + grilled mushrooms, baked potatoes, pickled cucumber 408 kcal **-22,00 ZŁ**
- Chicken curry with rice 651 kcal **-23,00 ZŁ**
- Lviv-style cutlet with mashed potatoes and carrots with peas 759 kcal **-22,00 ZŁ** NEW
- Thai chicken in sweet and sour sauce served with rice noodles 530 kcal **-22,00 ZŁ**
- Unwrapped stuffed cabbage rolls in tomato sauce with mashed potatoes 710 kcal **-22,00 ZŁ**
- Cheese and egg cutlets + mashed potatoes + cucumber salad 670 kcal **-21,00 ZŁ**
- Spaghetti Bolognese with Parmesan cheese 557 kcal **-23,00 ZŁ**
- Rigatoni in romesco sauce with burrata and basil 738 kcal **-23,00 ZŁ**
- Keto turkey roll with goat's cheese in sesame seeds in spinach sauce with a refreshing salad 688 kcal **-25,00 ZŁ** KETO
- Green dumplings with chicken and garlic dip 1003 kcal **-17,50 ZŁ**
- Sweet cheese dumplings + cream 1036 kcal **-17,50 ZŁ**
- Gyoza dumplings [vegetables/chicken]1 + soy sauce 379 kcal **-19,00 ZŁ**
- Pancakes with leek, courgette and cheese 698 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 762 kcal **-22,00 ZŁ**
- Salad with buckwheat, beetroot, feta cheese, orange and honey-mustard dressing 558 kcal **-21,00 ZŁ**
- Poke bowl with BBQ chicken 761 kcal **-25,00 ZŁ**

LUNCH OF THE DAY

Stuffed cabbage rolls without wrapping in tomato sauce with mashed potatoes + Soup **29,00 ZŁ**

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DRINKS:

- Cookie-flavoured protein shake 257 kcal **-11,00 ZŁ**
- Mango, pineapple, orange and strawberry smoothie 174 kcal **-13,00 ZŁ**
- Currant smoothie with honey and mint 284 kcal **-13,00 ZŁ**

DESSERTS:

- Lactose-free cheesecake made with coconut milk and tropical mousse 263 kcal **-12,00 ZŁ**
- Creamy mascarpone dessert with mandarins and sponge fingers 438 kcal **-14,00 ZŁ**
- Chia pudding with blueberry jam 312 kcal **-14,00 ZŁ**
- Dubai chocolate dessert 725 kcal **-16,00 ZŁ**

SOUPS:

- Tom yum soup with prawns and rice noodles 368 kcal **-22,00 ZŁ**
- Pickled cucumber cream soup with rice 338 kcal **-11,50 ZŁ**
- Tortellini and sausage soup 700 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 612 kcal **-19,00 ZŁ**

BURGER:

- BBQ burger [beef, cheddar, bacon crisps, tomato, roasted onion] 608 kcal **-23,00 ZŁ**



FRIDAY 20.03

SANDWICHES & WRAPS:

- Cheeseburger with cheddar, chicken and American sauce 548 kcal **-14,00 ZŁ**
- Caesar bagel 625 kcal **-16,00 ZŁ**
- Paluch with BBQ chicken, pickled cucumber and roasted onion 425 kcal **-13,50 ZŁ** NEW
- Wholemeal roll with hard-boiled egg, chives, radish sprouts and tartar sauce 486 kcal **-13,00 ZŁ** NEW
- Pork loin 'burger' 652 kcal **-16,00 ZŁ**
- Classic white bread roll - ham, cheese, vegetables 478 kcal **-13,00 ZŁ** NEW
- Ciabatta with honey mustard chicken, rocket and tomato 497 kcal **-14,00 ZŁ**
- Salami roll with garlic sauce, olives, lettuce, pickled cucumber and sprouts 713 kcal **-12,00 ZŁ**
- Wholemeal breadstick with egg paste and sprouts 403 kcal **-12,50 ZŁ**
- Wholemeal roll with basil pesto, grilled vegetables and mozzarella 564 kcal **-14,00 ZŁ** NEW
- Wrap with chicken, vegetables and garlic sauce 373 kcal **-14,00 ZŁ** NEW
- Longer with strips and garlic sauce 556 kcal **-15,00 ZŁ**

BREAKFAST:

- Bounty oatmeal 654 kcal **-12,00 ZŁ**
- Yoghurt with toffee and granola 429 kcal **-11,00 ZŁ**
- Tart with chanterelles, gorgonzola and walnuts 457 kcal **-12,00 ZŁ**

LUNCHES:

- Pollock in breadcrumbs with dill purée and braised cabbage 413 kcal **-24,00 ZŁ**
- Broccoli cutlets with mozzarella + potatoes + salad 524 kcal **-20,00 ZŁ**
- Panko-crusted chicken with rice and cabbage salad 596 kcal **-23,00 ZŁ** NEW
- Turkey cutlets + jacket potatoes + coleslaw 433 kcal **-23,00 ZŁ**
- Turkey stew with vegetables and couscous 388 kcal **-22,00 ZŁ**
- Baked camembert in bacon with cranberries and tomato salad 645 kcal **-24,00 ZŁ** KETO
- Black pasta in butter sauce with prawns, roasted cherry tomatoes and parsley 775 kcal **-26,00 ZŁ**
- Rigatoni in creamy tomato sauce with chorizo 774 kcal **-22,00 ZŁ**
- Four cheese pasta 755 kcal **-22,00 ZŁ**
- Sweet cheese dumplings with raspberry and lime mousse 918 kcal **-17,50 ZŁ**
- Russian dumplings with onion topping 840 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, peach, sprinkles and toffee sauce 868 kcal **-19,00 ZŁ**

SALADS:

- Salad with white beans, fresh and dried tomatoes, peppers + dip + croutons 473 kcal **-22,00 ZŁ**
- Bowl with potato, pickled cucumber, chicken, peppers + garlic dip 409 kcal **-23,00 ZŁ**
- Salad with smoked trout, beetroot, black lentils and dressing 395 kcal **-25,00 ZŁ**

LUNCH OF THE DAY

Coated pollock with dill purée and stewed cabbage + Soup - **32,00 ZŁ**

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DRINKS:

- Snickers protein shake 454 kcal **-11,00 ZŁ**
- Cherry, raspberry and blueberry smoothie 275 kcal **-14,00 ZŁ**
- Vitamin smoothie [orange, banana, spinach, ginger, chia] 220 kcal **-13,00 ZŁ**

DESSERTS:

- Carrot cake with creamy topping 509 kcal **-10,00 ZŁ**
- Coconut Princess dessert 766 kcal **-13,00 ZŁ**
- Raspberry cloud dessert 588 kcal **-12,00 ZŁ**
- Mascarpone cream on a chocolate and butter base with cherry mousse 376 kcal **-12,00 ZŁ**

SOUPS:

- Mushroom cream soup 246 kcal **-11,00 ZŁ**
- Tikka masala soup 238 kcal **-11,00 ZŁ**

ROLLS:

- Spring rolls (salmon/prawns/vegetables) + nut sauce 450 kcal **-18,00 ZŁ**
- Rolls with smoked salmon, spinach and dill sauce 614 kcal **-21,00 ZŁ**

BURGER:

- Beef burger with vegetables, onion rings and Thousand Island dressing 729 kcal **-23,00 ZŁ**

