

MONDAY 09.03

SANDWICHES & WRAPS:

- Cheeseburger with cheddar, chicken and American sauce 548 kcal - **14,00 ZŁ**
- Caesar bagel 625 kcal - **16,00 ZŁ** NEW
- Pork chop 'burger' 650 kcal - **16,00 ZŁ**
- English bagel with fried egg and bacon 615 kcal - **14,00 ZŁ** NEW
- Roll with egg paste and sprouts 390 kcal - **11,00 ZŁ** ✓
- Roll with chicken, mozzarella, jalapeño and caramelised onion 665 kcal - **14,00 ZŁ** NEW
- Ciabatta with chicken, basil sauce and vegetables 570 kcal - **14,00 ZŁ** NEW
- Classic baguette - ham, cheese, vegetables 490 kcal - **13,00 ZŁ**
- Roll with pâté, horseradish dip and pickled cucumber 462 kcal - **12,00 ZŁ**
- Italian-style bagel with pesto, mozzarella, and tomato 600 kcal - **13,00 ZŁ** ✓
- Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**
- Wrap with strips, lettuce, cucumber,
and mango jalapeno dip 473 kcal - **16,00 ZŁ** 🌶️🍌

BREAKFAST:

- Oatmeal with blueberry jam and cocoa cookies 333 kcal - **12,00 ZŁ** ✓
- Shakshuka served with bread 370 kcal - **15,00 ZŁ** ✓
- Yogurt with strawberry mousse + crunchy topping 386 kcal - **11,00 ZŁ** ✓

LUNCHES:

- Teriyaki chicken with rice and coleslaw 577 kcal - **22,00 ZŁ**
- Pork cutlets in horseradish sauce with potato dumplings and warm beetroot 442 kcal - **22,00 ZŁ** NEW
- Kartacze dumplings with meat and onion + sauerkraut with carrots 503 kcal - **22,00 ZŁ**
- Keto beef in tomato sauce with cauliflower rice 723 kcal - **25,00 ZŁ** KETO NEW
- Cordon bleu with steamed potatoes + salad 442 kcal - **24,00 ZŁ**
- Potato cutlets in chanterelle sauce
+ pearl couscous + salad 726 kcal - **21,00 ZŁ** ✓
- Rigatoni in creamy tomato sauce with chorizo 774 kcal - **22,00 ZŁ**
- Spaghetti alla puttanesca (with tuna) 500 kcal - **21,00 ZŁ** NEW
- Green dumplings with chicken and garlic dip 1002 kcal - **17,50 ZŁ**
- Russian dumplings with onion topping 840 kcal - **17,50 ZŁ** ✓
- Chicken/vegetable gyoza dumplings + soy sauce + marinated ginger 420 kcal - **18,00 ZŁ**
- Basil pancakes stuffed with spinach and ricotta served with marinara dip 703 kcal - **22,00 ZŁ** ✓
- Chocolate pancakes with white cheese and raspberry sauce 772 kcal - **16,00 ZŁ** ✓

SALADS

- Salad with feta cheese, cherry tomatoes, and corn + vinaigrette 621 kcal - **22,00 ZŁ** ✓
- Salad with chicken, pineapple, leek, corn, Gouda cheese, sunflower seeds
+ garlic dip 548 kcal - **22,00 ZŁ**
- Homestyle bowl with potatoes, bacon
and pickled cucumber 782 kcal - **21,00 ZŁ**

LUNCH OF THE DAY

Pork cutlets in horseradish sauce with potato dumplings and warm beetroot
+ 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 - **11,00 ZŁ**
- Mango, pineapple, orange, strawberry smoothie 174 kcal - **13,00 ZŁ**
- Raspberry lassi 225 kcal - **14,00 ZŁ**

DESSERTS:

- Carrot cake with creamy frosting 509 kcal - **10,00 ZŁ**
- Fit chia dessert with mango mousse 287 kcal - **10,00 ZŁ**
- Oreo-style dessert 567 kcal - **11,00 ZŁ**
- Chocolate and halva mousse
with cherry fruit sauce 304 kcal - **12,00 ZŁ**

SOUPS:

- Cream of tomato soup with mozzarella
and sunflower seeds 360 kcal - **12,00 ZŁ** ✓
- Cream of pickled cucumber soup
with cream cheese 324 kcal - **13,00 ZŁ** ✓

ROLLS

- Rolls with lettuce, ham, and cheese 844 kcal - **18,00 ZŁ**

BURGER

- Beef burger with grilled mountain cheese,
bacon, and cranberry jam 685 kcal - **25,00 ZŁ**



TUESDAY 10.03

SANDWICHES & WRAPS:

- Cheeseburger with cheddar, chicken and American sauce 548 kcal - **14,00 ZŁ**
- Caesar bagel 625 kcal - **16,00 ZŁ** NEW
- Pork chop 'burger' 650 kcal - **16,00 ZŁ**
- English bagel with fried egg and bacon 615 kcal - **14,00 ZŁ** NEW
- Roll with egg paste and sprouts 390 kcal - **11,00 ZŁ** ✓
- Roll with chicken, mozzarella, jalapeño and caramelised onion 665 kcal - **14,00 ZŁ** NEW
- Ciabatta with chicken, basil sauce and vegetables 570 kcal - **14,00 ZŁ** NEW
- Classic baguette - ham, cheese, vegetables 490 kcal - **13,00 ZŁ**
- Roll with pâté, horseradish dip and pickled cucumber 462 kcal - **12,00 ZŁ**
- Italian-style bagel with pesto, mozzarella, and tomato 600 kcal - **13,00 ZŁ** ✓
- Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**
- Wrap with strips, lettuce, cucumber, and mango jalapeno dip 473 kcal - **16,00 ZŁ** 🌶️

BREAKFAST:

- Bounty porridge 650 kcal - **12,00 ZŁ** ✓ NEW
- Chia yogurt with mango mousse + granola 400kcal - **12,00 ZŁ** ✓
- Waffle + fruit + toffee sauce 460 kcal - **15,00 ZŁ** ✓
- Tortilla with egg spread + vegetables 455 kcal - **16,00 ZŁ** NEW

LUNCHES:

- Chicken served on stewed vegetables with chimichurri sauce and rice 550 kcal - **22,00 ZŁ**
- Roll served with Silesian dumplings and red cabbage 641 kcal - **24,00 ZŁ**
- Devolay with cheese, potatoes, and fried beetroot 640 kcal - **22,00 ZŁ**
- Chicken strips with potatoes and cocktail dip 919 kcal - **23,00 ZŁ**
- Vegetarian cauliflower cutlets with mashed potatoes and carrot and apple salad 378 kcal - **19,00 ZŁ** ✓
- Tagliatelle in cream and herb sauce with prosciutto 727 kcal - **23,00 ZŁ** NEW ✓
- Duck ravioli with plum sauce 747 kcal - **24,00 ZŁ**
- Russian dumplings with onion topping 840 kcal - **17,50 ZŁ** ✓
- Dumplings with mushrooms and Gouda cheese 833 kcal - **17,50 ZŁ** ✓
- Gyoza dumplings with pork and vegetables + soy sauce 509 kcal - **19,00 ZŁ**
- Banoffee-style pancakes 853 kcal - **19,00 ZŁ** NEW ✓
- Pancakes with Russian filling + bacon topping 746 kcal - **20,00 ZŁ**

SALADS

- Salad with roasted chickpeas, broad beans, and marinated onions + vinaigrette 670 kcal - **22,00 ZŁ** ✓
- Caesar salad with chicken 630 kcal - **23,00 ZŁ**
- Four cheese salad with pear, walnuts, and honey dressing 750 kcal - **25,00 ZŁ** ✓

LUNCH OF THE DAY

Devolay with cheese, potatoes, and fried beetroot + Soup **29,00 ZŁ**

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DRINKS:

- Rafaello protein shake with raspberry 310 kcal - **12,00 ZŁ**
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 255 kcal - **13,00 ZŁ**
- Cherry-currant-banana cocktail 290 kcal - **13,00 ZŁ**

DESSERTS:

- Yogurt cheesecake with strawberry layer on an oat base 235 kcal - **11,00 ZŁ**
- Almond yogurt with poppy seeds and orange mousse 516 kcal - **11,00 ZŁ**
- Pistachio tiramisu with raspberry jam 660 kcal - **13,00 ZŁ**
- Forest moss dessert 418 kcal - **12,00 ZŁ**

SOUPS:

- Creamy corn soup with bacon chips 300 kcal - **13,00 ZŁ**
- Horseradish soup with egg 296 kcal - **11,00 ZŁ** ✓

ROLLS

- Spring rolls with chicken and vegetables + sweet and spicy dip 331 kcal - **19,00 ZŁ**
- Rolls with shrimp in panko and sweet chili sauce 571 kcal - **20,00 ZŁ**

BURGER

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



WEDNESDAY 11.03

SANDWICHES & WRAPS:

- Cheeseburger with cheddar, chicken and American sauce 548 kcal - **14,00 ZŁ**
- Caesar bagel 625 kcal - **16,00 ZŁ** NEW
- Pork chop 'burger' 650 kcal - **16,00 ZŁ**
- English bagel with fried egg and bacon 615 kcal - **14,00 ZŁ** NEW
- Roll with egg paste and sprouts 390 kcal - **11,00 ZŁ** ✓
- Roll with chicken, mozzarella, jalapeño and caramelised onion 665 kcal - **14,00 ZŁ** NEW
- Ciabatta with chicken, basil sauce and vegetables 570 kcal - **14,00 ZŁ** NEW
- Classic baguette - ham, cheese, vegetables 490 kcal - **13,00 ZŁ**
- Roll with pâté, horseradish dip and pickled cucumber 462 kcal - **12,00 ZŁ**
- Italian-style bagel with pesto, mozzarella, and tomato 600 kcal - **13,00 ZŁ** ✓
- Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**
- Wrap with strips, lettuce, cucumber, and mango jalapeno dip 473 kcal - **16,00 ZŁ** 🌶️🌶️

BREAKFAST:

- Chocolate porridge with mango 376 kcal - **12,00 ZŁ** ✓
- Sugar-free yogurt + mango passion fruit fruit sauce + crunchy topping 368 kcal - **12,00 ZŁ** ✓
- Pancakes with chocolate sauce and fruit 676 kcal - **16,00 ZŁ** ✓
- Savory egg muffins + vegetables + herb dip 484 kcal - **15,00 ZŁ** ✓

LUNCHES:

- Minced cutlets with mashed potatoes and carrots with peas 645 kcal - **22,00 ZŁ**
- Pork chop with mashed potatoes and baby carrots 678 kcal - **22,00 ZŁ**
- Chicken cutlet in cheese breadcrumbs with jacket potatoes and coleslaw 476 kcal - **22,00 ZŁ**
- Curry with cod and tomatoes + rice 530 kcal - **24,00 ZŁ** 🌶️🌶️
- Keto cauliflower pancakes with goulash 817 kcal - **25,00 ZŁ** KETO NEW
- Veggie meatballs in vegetarian gravy with mashed potatoes with peas and coleslaw 411 kcal - **22,00 ZŁ** ✓
- Pasta in cream sauce with broad beans, goat cheese, and pistachios 623 kcal - **21,00 ZŁ** ✓
- Korean chicken in sweet and spicy sauce with udon noodles 806 kcal - **22,00 ZŁ** 🌶️🌶️
- 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 chicken and vegetables + soy sauce 464 kcal - **18,00 ZŁ**
- Pancakes with mushrooms and Gouda cheese 572 kcal - **22,00 ZŁ** ✓
- Stracciatella pancakes 785 kcal - **20,00 ZŁ** ✓

SALADS

- Salad with pasta, celery, chickpeas, and pineapple + curry dip 649 kcal - **22,00 ZŁ** ✓
- Salad with beetroot, pumpkin, and pork tenderloin + dressing 624 kcal - **25,00 ZŁ**
- Bowl with quinoa, roasted sweet potatoes, cherry tomatoes, avocado, and egg + dressing 786 kcal - **25,00 ZŁ** ✓

LUNCH OF THE DAY

Chicken cutlet in cheese breadcrumbs with jacket potatoes and coleslaw + Soup **29,00 ZŁ**

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DRINKS:

- Salty Caramel Protein Shake with lactose-free milk 290 kcal - **12,00 ZŁ**
- Strawberry Smoothie with Chia 288 kcal - **12,50 ZŁ**
- Smoothie with Prunes, Chia, and Cinnamon 426 kcal - **12,00 ZŁ**

DESSERTS:

- Baked cheesecake 720 kcal - **12,00 ZŁ**
- Raspberry cloud dessert 588 kcal - **12,00 ZŁ**
- Panna cotta with fudge cream, strawberry mousse and salted peanuts 474 kcal - **12,00 ZŁ**
- Caramel cream on an oat base with forest fruit jam 623 kcal - **13,00 ZŁ**

SOUPS:

- Dill soup with egg 263 kcal - **12,00 ZŁ** ✓
- Tomato soup with noodles 324 kcal - **11,00 ZŁ** ✓

ROLLS:

- Spring rolls [chicken/beef/vegetables] + peanut dip 439 kcal - **19,00 ZŁ**
- Rolls with chicken and vegetables + mustard and honey sauce 612 kcal - **19,00 ZŁ**

BURGER/BAO BAO:

- BBQ burger [beef, cheddar, bacon chips, tomato, roasted onion] 608 kcal - **23,00 ZŁ**
- Black and white bao buns with teriyaki pulled chicken, cucumber, peanuts, and cilantro 691 kcal - **26,00 ZŁ**



THURSDAY 12.03

SANDWICHES & WRAPS:

- Cheeseburger with cheddar, chicken and American sauce 548 kcal - **14,00 ZŁ**
- Caesar bagel 625 kcal - **16,00 ZŁ** NEW
- Pork chop 'burger' 650 kcal - **16,00 ZŁ**
- English bagel with fried egg and bacon 615 kcal - **14,00 ZŁ** NEW
- Roll with egg paste and sprouts 390 kcal - **11,00 ZŁ** ✓
- Roll with chicken, mozzarella, jalapeño and caramelised onion 665 kcal - **14,00 ZŁ** NEW
- Ciabatta with chicken, basil sauce and vegetables 570 kcal - **14,00 ZŁ** NEW
- Classic baguette - ham, cheese, vegetables 490 kcal - **13,00 ZŁ**
- Roll with pâté, horseradish dip and pickled cucumber 462 kcal - **12,00 ZŁ**
- Italian-style bagel with pesto, mozzarella, and tomato 600 kcal - **13,00 ZŁ** ✓
- Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**
- Wrap with strips, lettuce, cucumber, and mango jalapeno dip 473 kcal - **16,00 ZŁ** 🌶️🌶️

BREAKFAST:

- Rice pudding with roasted apples 360 kcal - **11,00 ZŁ** ✓
- Herbal zucchini pancakes with cottage cheese and smoked salmon 278 kcal - **16,00 ZŁ**
- Chia yogurt + strawberry mousse + muesli 341 kcal - **11,00 ZŁ** ✓

LUNCHES:

- Chicken breast served with rice + Greek salad 550 kcal - **22,00 ZŁ**
- Rumsteak with onion, roasted potatoes, pickled cucumber 720 kcal - **24,00 ZŁ** NEW
- Chicken cutlets with mashed potatoes and cucumber salad 552 kcal - **22,00 ZŁ**
- Thai curry with rice noodles and shrimp 382 kcal - **24,00 ZŁ** 🌶️🌶️
- Minced nut patties with Brussels sprouts in cheese dip 721 kcal - **23,00 ZŁ** **KETO** ✓
- Falafel in saffron sauce served with couscous and eggplant stew 622 kcal - **21,00 ZŁ** ✓
- Stuffed pork roll in pepper sauce + potato dumplings + celery salad 725 kcal - **24,00 ZŁ** NEW
- Ravioli with porcini mushrooms 644 kcal - **24,00 ZŁ** ✓
- 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 380 kcal - **20,00 ZŁ**
- Pink pancakes served with sweet cheese, peaches, and toffee sauce 844 kcal - **19,00 ZŁ** ✓
- Pancakes with chicken, peppers, and mushrooms 725 kcal - **23,00 ZŁ**

SALADS:

- Salad with chicken, orange slices, sunflower seeds, and honey-mustard dressing 430 kcal - **23,00 ZŁ**
- Salad with shrimp, egg, vegetables and orange dressing 500 kcal - **25,00 ZŁ**
- Pasta salad with lamb's lettuce, cherry tomatoes, cucumber, mozzarella balls and roasted onion + dressing 783 kcal - **22,00 ZŁ** ✓

LUNCH OF THE DAY

Chicken breast served with rice + Greek salad + Soup **29,00 ZŁ**

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DRINKS:

- Bounty protein shake 322 kcal - **12,00 ZŁ**
- Raspberry and strawberry smoothie with oat bran 313 kcal - **13,00 ZŁ**
- Vitamin smoothie [orange, banana, spinach, ginger, chia] 220 kcal - **13,00 ZŁ**

DESSERTS:

- Mascarpone cream with mandarin orange on an oat base 435 kcal - **13,00 ZŁ** NEW
- Lactose-free halva pudding with coconut milk 460 kcal - **12,00 ZŁ**
- Dubai chocolate dessert 725 kcal - **16,00 ZŁ**
- Chocolate cake with banana 388 kcal - **12,00 ZŁ**

SOUPS:

- Beetroot cream soup with roasted almonds 285 kcal - **12,00 ZŁ**
- French garlic soup 356 kcal - **11,00 ZŁ** ✓ NEW

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 614 kcal - **21,00 ZŁ**

SNACKS:

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



FRIDAY 13.03

SANDWICHES & WRAPS:

Cheeseburger with cheddar, chicken and American sauce 548 kcal - **14,00 ZŁ**

Caesar bagel 625 kcal - **16,00 ZŁ** NEW

Pork chop 'burger' 650 kcal - **16,00 ZŁ**

English bagel with fried egg and bacon 615 kcal - **14,00 ZŁ** NEW

Roll with egg paste and sprouts 390 kcal - **11,00 ZŁ** ✓

Roll with chicken, mozzarella, jalapeño and caramelised onion 665 kcal - **14,00 ZŁ** NEW

Ciabatta with chicken, basil sauce and vegetables 570 kcal - **14,00 ZŁ** NEW

Classic baguette - ham, cheese, vegetables 490 kcal - **13,00 ZŁ**

Roll with pâté, horseradish dip and pickled cucumber 462 kcal - **12,00 ZŁ**

Italian-style bagel with pesto, mozzarella, and tomato 600 kcal - **13,00 ZŁ** ✓

Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**

Wrap with strips, lettuce, cucumber,

and mango jalapeno dip 473 kcal - **16,00 ZŁ** 🌶️

BREAKFAST:

Oreo porridge 440 kcal - **12,00 ZŁ** ✓

Cherry yogurt + chocolate crunchy 288 kcal - **11,00 ZŁ** ✓

Mini sweet omelets with blueberry jam and peach 465 kcal - **16,00 ZŁ** ✓

Baked rolls with mushrooms, cheese, and egg 348 kcal - **14,00 ZŁ** ✓

LUNCHES:

Coated pollock with potatoes and sauerkraut 475 kcal - **24,00 ZŁ**

Pork tenderloin in chanterelle sauce with mashed potatoes and braised red cabbage 594 kcal - **24,00 ZŁ**

BBQ chicken with roasted potatoes and broccoli 616 kcal - **23,00 ZŁ**

Panko-breaded chicken with sweet and spicy sauce + rice

+ Chinese salad 796 kcal - **24,00 ZŁ**

Gnocchi in cheese sauce 861 kcal - **23,00 ZŁ** ✓ NEW

Czech fried cheese with roasted potatoes

and cranberry jam 658 kcal - **22,00 ZŁ** ✓

Tricolore pasta with salmon in mustard and honey sauce 655 kcal - **25,00 ZŁ** NEW

Black pasta in butter sauce with shrimp, roasted cherry tomatoes

and parsley 775 kcal - **26,00 ZŁ**

Dumplings with spinach, feta cheese, and mozzarella served with garlic sauce 1080 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 vegetable filling baked under béchamel sauce 637 kcal - **22,00 ZŁ** ✓

Pancakes with mascarpone-kajmak cream and cherry fruit sauce 1037 kcal - **19,00 ZŁ** ✓

SALADS:

Salad with smoked trout, egg, cherry tomatoes, corn, and garlic

-mustard dressing 308 kcal - **25,00 ZŁ**

Salad with mozzarella, cherry tomatoes, olives, sun-dried tomatoes, and pesto

dressing 552 kcal - **22,00 ZŁ** ✓

Gyros salad 434 kcal - **23,00 ZŁ**

LUNCH OF THE DAY

Coated pollock with potatoes and sauerkraut
+ Soup **29,00 ZŁ**

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For this reason, the menu is subject to change.



DRINKS:

Tiramisu protein shake 234 kcal - **12,00 ZŁ**

Strawberry smoothie with banana 432 kcal - **12,00 ZŁ**

Mango lassi smoothie 306 kcal - **13,00 ZŁ**

DESSERTS:

Chocolate dessert with mascarpone cream 727 kcal - **14,00 ZŁ**

Coconut Princess dessert 766 kcal - **13,00 ZŁ**

Lactose-free cocoa chia pudding

with blueberry jam 396 kcal - **11,00 ZŁ**

Japanese poppy seed cake 280 kcal - **11,00 ZŁ** NEW

SOUPS:

Pumpkin cream soup with roasted pumpkin seeds
and feta cheese 450 kcal - **12,00 ZŁ** ✓

Ukrainian borscht with egg 245 kcal - **13,00 ZŁ**

ROLLS

Spring rolls (salmon/shrimp/vegetables) + chili
mango dip 282 kcal - **19,00 ZŁ** 🌶️

Rolls with chicken and vegetables + mustard-honey
sauce 612 kcal - **19,00 ZŁ**

BURGER:

Black burger with beef, cheddar cheese, onion rings,
and pickles 657 kcal - **25,00 ZŁ**

