

MONDAY 23.03

SANDWICHES & WRAPS:

- Pork loin 'burger' 652 kcal - **16,00 ZŁ**
- Baguette with egg spread and sprouts 390 kcal - **11,00 ZŁ** ✓
- Caesar bagel 626 kcal - **16,00 ZŁ**
- Ciabatta with lettuce, Gouda and tinned peppers 517 kcal - **12,00 ZŁ** ✓
- Seeded roll with tuna spread and pickled gherkin 466 kcal - **12,00 ZŁ** NEW
- English-style bagel with fried egg and bacon 616 kcal - **14,00 ZŁ**
- Seeded roll with ham, egg and pickled gherkin 445 kcal - **12,00 ZŁ** NEW
- Cheddar, chicken and American sauce roll 548 kcal - **14,00 ZŁ**
- Italian-style seeded roll with pesto, mozzarella and tomato 566 kcal - **13,00 ZŁ** ✓
- Roll with chicken, mozzarella, jalapeño and caramelised onion 668 kcal - **14,00 ZŁ**
- Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**
- Wrap with chicken and mango jalapeño dip 371 kcal - **15,00 ZŁ** NEW

BREAKFAST:

- Mango and passion fruit yoghurt with chocolate muesli 296 kcal - **11,00 ZŁ** ✓
- Oatmeal with banana and dulce de leche 410 kcal - **12,00 ZŁ** ✓
- Shakshuka served with toast 357 kcal - **15,00 ZŁ** NEW

LUNCHES:

- Indian butter chicken served with rice 611 kcal - **22,00 ZŁ** NEW
- Pork cutlets in mushroom sauce with potato dumplings and beetroot 537 kcal - **23,00 ZŁ** NEW
- Pork chop with mashed potatoes and beetroot 554 kcal - **22,00 ZŁ**
- Chicken wrapped in bacon in a courgette sauce with mashed potatoes and coleslaw 670 kcal - **23,00 ZŁ**
- Gnocchi in tomato sauce with Parmesan 715 kcal - **20,00 ZŁ** ✓
- Broccoli patties with mozzarella in onion sauce + potatoes + coleslaw 674 kcal - **20,00 ZŁ** ✓
- Keto tenderloin in pepper sauce + green beans 377 kcal - **24,00 ZŁ** NEW **KETO**
- Spaghetti carbonara 853 kcal - **20,00 ZŁ**
- Dumplings with spinach, feta and mozzarella served with garlic sauce 1080 kcal - **17,50 ZŁ** ✓
- Green dumplings with chicken and garlic dip 1003 kcal - **17,50 ZŁ**
- Gyoza dumplings with pork and vegetables + soy sauce 509 kcal - **19,00 ZŁ**
- Pancakes with mascarpone cream and raspberry jam 941 kcal - **20,00 ZŁ** ✓
- Pancakes with Bolognese filling + tomato dip 712 kcal - **22,00 ZŁ**

SALADS:

- Salad with roasted beetroot, feta cheese, toasted nuts, orange and dressing 418 kcal - **21,00 ZŁ** ✓
- Chicken salad with orange segments, sunflower seeds and honey-mustard dressing 427 kcal - **23,00 ZŁ**
- Pasta salad with Parmesan, burrata and cherry tomatoes 625 kcal - **25,00 ZŁ**

LUNCH OF THE DAY

Pork chop with mashed potatoes and 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:

- Chocolate protein shake 313 kcal - **12,00 ZŁ**
- Wild berry smoothie with honey 191 kcal - **13,00 ZŁ**
- Mango lassi 306 kcal - **13,00 ZŁ**

DESSERTS:

- Apple pie 300 kcal - **10,00 ZŁ**
- Raspberry chia pudding 372 kcal - **12,00 ZŁ** NEW
- Dubai chocolate dessert 725 kcal - **16,00 ZŁ**
- Coconut custard dessert with jam on a shortcrust base 420 kcal - **14,00 ZŁ**

SOUPS:

- Sour soup 293 kcal - **13,00 ZŁ**
- Cream of pickled cucumber soup with mountain cheese 324 kcal - **13,00 ZŁ** ✓
- Mushroom soup with pasta 377 kcal - **13,00 ZŁ** NEW

ROLLS:

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

BAO BAO:

- Black and white bao buns with pulled teriyaki chicken, cucumber, peanuts and coriander 691 kcal - **26,00 ZŁ**



TUESDAY 24.03

SANDWICHES & WRAPS:

- Pork loin 'burger' 652 kcal - **16,00 ZŁ**
- Baguette with egg spread and sprouts 390 kcal - **11,00 ZŁ** ✓
- Caesar bagel 626 kcal - **16,00 ZŁ**
- Ciabatta with lettuce, Gouda and tinned peppers 517 kcal - **12,00 ZŁ** ✓
- Seeded roll with tuna spread and pickled gherkin 466 kcal - **12,00 ZŁ** NEW
- English-style bagel with fried egg and bacon 616 kcal - **14,00 ZŁ**
- Seeded roll with ham, egg and pickled gherkin 445 kcal - **12,00 ZŁ** NEW
- Cheddar, chicken and American sauce roll 548 kcal - **14,00 ZŁ**
- Italian-style seeded roll with pesto, mozzarella and tomato 566 kcal - **13,00 ZŁ** ✓
- Roll with chicken, mozzarella, jalapeño and caramelised onion 668 kcal - **14,00 ZŁ**
- Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**
- Wrap with chicken and mango jalapeño dip 371 kcal - **15,00 ZŁ** NEW

BREAKFAST:

- Vanilla semolina pudding with raspberry purée and almonds 414 kcal - **12,00 ZŁ** ✓ NEW
- Strawberry yoghurt with chocolate crunch 275 kcal - **11,00 ZŁ** ✓ NEW
- Baked rolls with mushrooms, cheese and egg 348 kcal - **14,00 ZŁ** ✓

LUNCHES:

- Breaded chicken cutlet with mashed potatoes and gherkins 419 kcal - **23,00 ZŁ**
- Devolay with butter, served with roasted potatoes and coleslaw 768 kcal - **22,00 ZŁ**
- Pork loin in gravy with potatoes, carrots and peas 438 kcal - **22,00 ZŁ**
- Lazy dumplings with vanilla yoghurt and strawberry mousse 544 kcal - **19,00 ZŁ** ✓ NEW
- Vegetarian mince in dill sauce + mashed potatoes + carrot salad 589 kcal - **23,00 ZŁ** ✓
- Four-cheese pasta 755 kcal - **22,00 ZŁ** ✓
- Penne in a cream and Parmesan sauce with grilled vegetables and chicken 921 kcal - **23,00 ZŁ** NEW
- Chicken in butter sauce served with broccoli and Parmesan 755 kcal - **24,00 ZŁ** **KETO**
- Russian dumplings with a spring onion topping 840 kcal - **17,50 ZŁ** ✓
- Green dumplings with chicken and garlic dip 1003 kcal - **17,50 ZŁ**
- Spinach gyoza dumplings with vegetables + soy sauce 365 kcal - **18,00 ZŁ** ✓
- Basil pancakes stuffed with spinach and ricotta served with marinara dip 703 kcal - **22,00 ZŁ** ✓
- Bounty pancakes 1002 kcal - **18,00 ZŁ** ✓

SALADS:

- Caesar salad with chicken 631 kcal - **23,00 ZŁ**
- Niçoise salad with tuna 684 kcal - **25,00 ZŁ**
- Bowl with quinoa, roasted sweet potatoes, cherry tomatoes, avocado and egg + dressing 785 kcal - **25,00 ZŁ** ✓

LUNCH OF THE DAY

Devolay with butter, served with roast 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:

- Pistachio protein shake 424 kcal - **13,00 ZŁ**
- Mango, pineapple, orange and strawberry smoothie 174 kcal - **13,00 ZŁ**
- Peach and strawberry cocktail 322 kcal - **12,00 ZŁ**

DESSERTS:

- Raspberry cheesecake with chocolate glaze 347 kcal - **11,00 ZŁ**
- Oreo-style dessert 567 kcal - **11,00 ZŁ**
- Pistachio tiramisu 595 kcal - **13,00 ZŁ**
- Chocolate tapioca pudding + cherries + cream 337 kcal - **13,00 ZŁ**
- Forest moss dessert with gingerbread cream 414 kcal - **12,00 ZŁ**

SOUPS:

- Tomato soup with shell pasta 276 kcal - **11,00 ZŁ** ✓
- Beetroot soup with feta and roasted sunflower seeds 339 kcal - **13,00 ZŁ** NEW

ROLLS:

- Spring rolls (chicken/beef/prawn) + sweet and spicy sauce 319 kcal - **19,00 ZŁ**

BAO BAO:

- Beef burger with vegetables, onion rings and BBQ sauce 632 kcal - **23,00 ZŁ**



WEDNESDAY 25.03

SANDWICHES & WRAPS:

- Pork loin 'burger' 652 kcal - **16,00 ZŁ**
- Baguette with egg spread and sprouts 390 kcal - **11,00 ZŁ** ✓
- Caesar bagel 626 kcal - **16,00 ZŁ**
- Ciabatta with lettuce, Gouda and tinned peppers 517 kcal - **12,00 ZŁ** ✓
- Seeded roll with tuna spread and pickled gherkin 466 kcal - **12,00 ZŁ** NEW
- English-style bagel with fried egg and bacon 616 kcal - **14,00 ZŁ**
- Seeded roll with ham, egg and pickled gherkin 445 kcal - **12,00 ZŁ** NEW
- Cheddar, chicken and American sauce roll 548 kcal - **14,00 ZŁ**
- Italian-style seeded roll with pesto, mozzarella and tomato 566 kcal - **13,00 ZŁ** ✓
- Roll with chicken, mozzarella, jalapeño and caramelised onion 668 kcal - **14,00 ZŁ**
- Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**
- Wrap with chicken and mango jalapeño dip 371 kcal - **15,00 ZŁ** NEW

BREAKFAST:

- Caramel porridge with linseed, bran and cranberries 469 kcal - **12,00 ZŁ** ✓
- Waffle + fruit + toffee sauce 462 kcal - **15,00 ZŁ** ✓
- Boiled eggs in a sauce of cucumber, radish and chives + bread 470 kcal - **16,00 ZŁ** NEW
- Chicken, cheese and tomato tart 349 kcal - **11,00 ZŁ**

LUNCHES:

- Minced meat with mashed potatoes and beetroot 616 kcal - **22,00 ZŁ**
- Teriyaki chicken with rice and coleslaw 577 kcal - **22,00 ZŁ**
- Chicken pocket stuffed with spinach, mozzarella and tomatoes + dill mashed potatoes + coleslaw 573 kcal - **22,00 ZŁ**
- Pork tenderloin in mustard sauce with potato dumplings and beetroot salad 745 kcal - **24,00 ZŁ** NEW
- Cheese and egg cutlets + mashed potatoes + carrot salad 649 kcal - **21,00 ZŁ** NEW
- Pasta with minced beef, vegetables and Parmesan 556 kcal - **23,00 ZŁ**
- Rigatoni in romesco sauce with burrata and basil 738 kcal - **23,00 ZŁ** ✓
- Keto chicken in carbonara sauce + courgette pasta 678 kcal - **24,00 ZŁ** **KETO**
- Russian dumplings with fried onion topping 840 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 chicken, peppers and mushrooms 725 kcal - **23,00 ZŁ**
- Sweet cheese pancakes with chocolate sauce 761 kcal - **18,00 ZŁ** ✓

SALADS:

- Chicken salad with pear, blue cheese, nuts + honey and mustard dip 545 kcal - **23,00 ZŁ**
- Salad with roasted pumpkin, turkey, feta cheese + balsamic dressing 696 kcal - **25,00 ZŁ**
- Italian salad with mozzarella, artichokes, olives, sun-dried tomatoes + dressing 711 kcal - **23,00 ZŁ** ✓

LUNCH OF THE DAY

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

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DRINKS:

- Snickers protein shake 454 kcal - **11,00 ZŁ**
- Strawberry smoothie with chia 288 kcal - **12,50 ZŁ**
- Vitamin smoothie [orange, banana, spinach, ginger, chia] 220 kcal - **13,00 ZŁ**

DESSERTS:

- Carrot cake with cream topping 509 kcal - **10,00 ZŁ**
- Lactose-free halva pudding made with coconut milk 460 kcal - **12,00 ZŁ**
- Raspberry cloud dessert 588 kcal - **12,00 ZŁ**
- Deser 3 bit 487 kcal - **12,00 ZŁ**
- Gingerbread tiramisu 585 kcal - **12,00 ZŁ**

SOUPS:

- Paprika cream soup with mozzarella balls and roasted pumpkin seeds 313 kcal - **12,00 ZŁ** ✓
- Chicken broth with noodles 227 kcal - **12,00 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 614 kcal - **21,00 ZŁ**

BURGER

- Beef burger with potato pancake 721 kcal - **25,00 ZŁ**



THURSDAY 26.03

SANDWICHES & WRAPS:

- Pork loin 'burger' 652 kcal - **16,00 ZŁ**
- Baguette with egg spread and sprouts 390 kcal - **11,00 ZŁ** ✓
- Caesar bagel 626 kcal - **16,00 ZŁ**
- Ciabatta with lettuce, Gouda and tinned peppers 517 kcal - **12,00 ZŁ** ✓
- Seeded roll with tuna spread and pickled gherkin 466 kcal - **12,00 ZŁ** NEW
- English-style bagel with fried egg and bacon 616 kcal - **14,00 ZŁ**
- Seeded roll with ham, egg and pickled gherkin 445 kcal - **12,00 ZŁ** NEW
- Cheddar, chicken and American sauce roll 548 kcal - **14,00 ZŁ**
- Italian-style seeded roll with pesto, mozzarella and tomato 566 kcal - **13,00 ZŁ** ✓
- Roll with chicken, mozzarella, jalapeño and caramelised onion 668 kcal - **14,00 ZŁ**
- Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**
- Wrap with chicken and mango jalapeño dip 371 kcal - **15,00 ZŁ** NEW

BREAKFAST:

- Yoghurt + peach + chocolate crunch 264 kcal - **11,00 ZŁ** ✓
- Oatmeal with raspberry jam, chocolate sauce and coconut 478 kcal - **12,00 ZŁ** ✓
- Baked rolls with salami, peppers, cheese and egg 589 kcal - **16,00 ZŁ**

LUNCHES:

- Chicken cutlet with jacket potatoes + ranch dressing 558 kcal - **23,00 ZŁ** NEW
- Lasagne with beef and pork in béchamel sauce with Parmesan 843 kcal - **22,00 ZŁ**
- Thai-style chicken in sweet and sour sauce served with rice 570 kcal - **22,00 ZŁ**
- Stroganoff with potato dumplings and pickled cucumber 535 kcal - **24,00 ZŁ** NEW
- Keto beef in tomato sauce with cauliflower rice 723 kcal - **25,00 ZŁ** NEW KETO
- Zucchini and feta cutlets served with pearl couscous and salad 507 kcal - **20,00 ZŁ** ✓
- Vegetarian meatballs in a vegetarian gravy with mashed potatoes, peas and coleslaw 411 kcal - **22,00 ZŁ** ✓
- Pasta in a creamy courgette sauce with chorizo 826 kcal - **21,00 ZŁ**
- Penne with spinach and ricotta 964 kcal - **20,00 ZŁ** ✓
- Dumplings with spinach, feta and mozzarella served with garlic sauce 1080 kcal - **17,50 ZŁ** ✓
- Green dumplings with chicken and garlic dip 1003 kcal - **17,50 ZŁ**
- Beef gyoza dumplings 410 kcal - **20,00 ZŁ**
- Pancakes with Russian filling + bacon topping 746 kcal - **20,00 ZŁ**
- Stracciatella pancakes 785 kcal - **20,00 ZŁ** ✓

SALADS:

- Gyros salad 432 kcal - **23,00 ZŁ**
- Salad with baked quark, parsley, sweet potatoes, apricots and balsamic cream 488 kcal - **23,00 ZŁ** ✓
- Poke bowl with prawns in panko 741 kcal - **25,00 ZŁ**

LUNCH OF THE DAY

Chicken cutlet with jacket potatoes + ranch dressing
+ Soup **29,00 ZŁ**

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DRINKS:

- Salted Caramel Protein Shake (lactose-free) 290 kcal - **12,00 ZŁ**
- Redcurrant Smoothie with Honey and Mint 284 kcal - **13,00 ZŁ**
- Cherry, Raspberry and Blueberry Smoothie 275 kcal - **14,00 ZŁ**

DESSERTS:

- Yoghurt cheesecake with a strawberry layer on an oat base 235 kcal - **11,00 ZŁ**
- Creamy mascarpone dessert with mandarins and sponge fingers 438 kcal - **14,00 ZŁ**
- Asian-style coconut panna cotta with mango and passion fruit 500 kcal - **14,00 ZŁ**
- Tapioca with blueberry mousse and caramelised walnuts 388 kcal - **12,00 ZŁ** NEW

SOUPS:

- Goulash soup 164 kcal - **18,00 ZŁ**
- Spicy Thai soup served with chicken and rice noodles 529 kcal - **18,00 ZŁ**
- Ukrainian borscht with egg 245 kcal - **13,00 ZŁ** ✓

ROLLS:

- Spring rolls (chicken/beef/prawn) + hoisin sauce 407 kcal - **19,00 ZŁ**
- Chicken and vegetable rolls + honey mustard sauce 612 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**
- Burger with breaded cheese, rocket and cranberries 691 kcal - **25,00 ZŁ** ✓



FRIDAY 27.03

SANDWICHES & WRAPS:

- Pork loin 'burger' 652 kcal - **16,00 ZŁ**
- Baguette with egg spread and sprouts 390 kcal - **11,00 ZŁ** ✓
- Caesar bagel 626 kcal - **16,00 ZŁ**
- Ciabatta with lettuce, Gouda and tinned peppers 517 kcal - **12,00 ZŁ** ✓
- Seeded roll with tuna spread and pickled gherkin 466 kcal - **12,00 ZŁ** NEW
- English-style bagel with fried egg and bacon 616 kcal - **14,00 ZŁ**
- Seeded roll with ham, egg and pickled gherkin 445 kcal - **12,00 ZŁ** NEW
- Cheddar, chicken and American sauce roll 548 kcal - **14,00 ZŁ**
- Italian-style seeded roll with pesto, mozzarella and tomato 566 kcal - **13,00 ZŁ** ✓
- Roll with chicken, mozzarella, jalapeño and caramelised onion 668 kcal - **14,00 ZŁ**
- Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**
- Wrap with chicken and mango jalapeño dip 371 kcal - **15,00 ZŁ** NEW

BREAKFAST:

- Apple pie-style porridge 413 kcal - **11,00 ZŁ** ✓
- Chia pudding with mango mousse 319 kcal - **11,00 ZŁ** ✓
- Shakshuka served with bread 370 kcal - **15,00 ZŁ** ✓
- Tart with cherry tomatoes, feta, courgette and leek 342 kcal - **11,00 ZŁ** ✓

LUNCHES:

- Firehouse-style cutlet with mashed potatoes and beetroot with horseradish 640 kcal - **22,00 ZŁ** NEW
- Chicken stew with vegetables and rice 405 kcal - **22,00 ZŁ** NEW
- Breaded pollock with mashed potatoes and sauerkraut 459 kcal - **24,00 ZŁ** NEW
- Keto minced cutlets in hunter's sauce with broccoli and celery purée and coleslaw 681 kcal - **25,00 ZŁ** NEW KETO
- Italian-style stuffed peppers with herb and cucumber dip 563 kcal - **23,00 ZŁ** ✓
- Lasagne with spinach and feta cheese with garlic dip 841 kcal - **20,00 ZŁ** ✓
- Tricolore pasta with salmon in a cream and herb sauce 816 kcal - **25,00 ZŁ**
- Black pasta in a butter sauce with prawns, roasted cherry tomatoes and parsley 775 kcal - **26,00 ZŁ**
- Russian dumplings with a spring onion topping 840 kcal - **17,50 ZŁ** ✓
- Sweet cheese dumplings with raspberry and lime mousse 918 kcal - **17,50 ZŁ** ✓
- Gyoza dumplings [vegetables/chicken] + soy sauce 379 kcal - **19,00 ZŁ**
- Pancakes with roasted pear, cinnamon + chocolate sauce 667 kcal - **19,00 ZŁ** ✓
- Pancakes with mushrooms and Gouda 572 kcal - **22,00 ZŁ** ✓

SALADS:

- Greek salad with feta cheese + basil vinaigrette 602 kcal - **22,00 ZŁ** ✓
- Hawaiian salad with turkey and pineapple 502 kcal - **23,00 ZŁ**
- Salad with smoked trout, egg, cherry tomatoes, corn and garlic and mustard dressing 307 kcal - **25,00 ZŁ**

LUNCH OF THE DAY

Lasagne with spinach and feta cheese, served with a garlic dip
+ 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**
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 255 kcal - **13,00 ZŁ**
- Cherry and strawberry smoothie 194 kcal - **13,00 ZŁ**

DESSERTS:

- Blueberry cheesecake on a chocolate base 390 kcal - **12,00 ZŁ**
- Chocolate "fit" marshmallow with chia and a raspberry layer 201 kcal - **10,00 ZŁ**
- Caramel cream on an oat base with wild berry jam 623 kcal - **13,00 ZŁ**
- Mascarpone cream on a chocolate and butter base with mango and passion fruit jam 486 kcal - **13,00 ZŁ** NEW
- Coconut Princessa dessert 766 kcal - **13,00 ZŁ**

SOUPS:

- Red borscht with dumplings and mushrooms 249 kcal - **14,00 ZŁ** ✓
- Dill soup with egg 263 kcal - **12,00 ZŁ** ✓
- Sweet potato cream soup with chorizo 368 kcal - **16,00 ZŁ**

ROLLS:

- Spring rolls (salmon/prawn/vegetables) + peanut sauce 451 kcal - **19,00 ZŁ**
- Tempura prawn rolls with sweet chilli sauce 571 kcal - **20,00 ZŁ**

BURGER:

- Black burger with beef, cheddar, onion rings and gherkins 627 kcal - **25,00 ZŁ**
- Bao Bao buns with grilled salmon, Korean-style vegetables and chilli mayo dip 847 kcal - **27,00 ZŁ**

