

MONDAY 30.03

SANDWICHES & WRAPS:

- Pork loin 'burger' 627 kcal -**16,00 ZŁ**
- Caesar bagel 625 kcal -**16,00 ZŁ**
- Chicken finger with jalapeño, sweetcorn, lettuce and garlic sauce 727 kcal -**14,00 ZŁ** NEW
- Ciabatta with rocket, Camembert and cranberry jam 472 kcal -**13,50 ZŁ** NEW
- Seeded roll with cream cheese, radish and chives 376 kcal -**11,00 ZŁ** NEW
- Ciabatta with pulled BBQ chicken, fresh cucumber and red cabbage salad 440 kcal -**14,00 ZŁ**
- Seeded bagel with a fried egg, bacon and caramelised onions 666 kcal -**14,00 ZŁ**
- Seeded roll with lettuce, cheese and pickled gherkin 502 kcal -**12,00 ZŁ** NEW
- Seeded breadstick with egg spread 399 kcal -**12,00 ZŁ** NEW
- Roll with tuna and pepper spread 425 kcal - **13,00 ZŁ**
- Longer with breaded strips and BBQ sauce 480 kcal -**15,00 ZŁ**

BREAKFAST:

- Apple pie-style porridge 410 kcal -**11,00 ZŁ** NEW
- Healthy English breakfast with graham toast 382 kcal -**16,00 ZŁ**

LUNCHES:

- Swiss-style pork outlet with dill mashed potatoes and white cabbage salad 720 kcal - **24,00 ZŁ**
- Pork outlets in horseradish sauce with dumplings and beetroot 487 kcal -**22,00 ZŁ**
- Pork chop with roast potatoes and fried cabbage 517 kcal -**22,00 ZŁ**
- Indian butter chicken served with rice 611 kcal -**22,00 ZŁ**
- Keto tenderloin in leek sauce + roast vegetables 370 kcal -**24,00 ZŁ** KETO
- Courgettes stuffed with couscous and feta + dip 770 kcal -**24,00 ZŁ** NEW
- Penne with spinach and ricotta 963 kcal -**20,00 ZŁ** NEW
- Tagliatelle with prawns in a tomato sauce with mascarpone 672 kcal -**25,00 ZŁ**
- Meat dumplings with fried onion topping 1008 kcal -**17,50 ZŁ**
- Russian dumplings with fried onion topping 840 kcal -**17,50 ZŁ** NEW
- Gyoza dumplings with duck and vegetables + soy sauce 379 kcal -**20,00 ZŁ**
- Pancakes with strawberry jam + vanilla sauce 554 kcal -**22,00 ZŁ** NEW
- Pancakes with vegetable filling (peppers, broccoli, courgette) baked under a béchamel sauce 637 kcal -**22,00 ZŁ** NEW

SALADS:

- Salad with feta, cherry tomatoes and sweetcorn + vinaigrette 619 kcal -**22,00 ZŁ** NEW
- Salad with beetroot, pumpkin and pork tenderloin + dressing 623 kcal -**25,00 ZŁ**
- Bowl with potato, pickled gherkin, chicken and pepper + garlic dip 409 kcal -**23,00 ZŁ**

LUNCH OF THE DAY

Pork chop with roast potatoes and 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:

- Cookie-flavoured protein shake 257 kcal -**11,00 ZŁ**
- Mango, pineapple, orange and strawberry smoothie 175 kcal -**13,00 ZŁ**
- Malinowe lassi 224 kcal -**14,00 ZŁ**

DESSERTS:

- Chocolate-covered banana 275 kcal -**12,00 ZŁ**
- Tiramisu dessert 555 kcal -**12,00 ZŁ**
- Fudge dessert with blueberry compote 532 kcal -**12,00 ZŁ**

SOUPS:

- Leek cream soup 278 kcal -**11,00 ZŁ** NEW
- Spicy Thai soup served with chicken and rice noodles 529 kcal -**18,00 ZŁ**

ROLLS:

- Spring rolls [prawn/chicken] + hoisin sauce 517 kcal -**19,00 ZŁ**

BURGER:

- Cheeseburger with beef, cheddar, pickled gherkin, tomato and Thousand Island dressing 575 kcal -**23,00 ZŁ**



TUESDAY 31.03

SANDWICHES & WRAPS:

- Pork loin 'burger' 627 kcal -**16,00 ZŁ**
- Caesar bagel 625 kcal -**16,00 ZŁ**
- Chicken finger with jalapeño, sweetcorn, lettuce and garlic sauce 727 kcal -**14,00 ZŁ** NEW
- Ciabatta with rocket, Camembert and cranberry jam 472 kcal -**13,50 ZŁ** NEW
- Seeded roll with cream cheese, radish and chives 376 kcal -**11,00 ZŁ** NEW
- Ciabatta with pulled BBQ chicken, fresh cucumber and red cabbage salad 440 kcal -**14,00 ZŁ**
- Seeded bagel with a fried egg, bacon and caramelised onions 666 kcal -**14,00 ZŁ**
- Seeded roll with lettuce, cheese and pickled gherkin 502 kcal -**12,00 ZŁ** ✓
- Seeded breadstick with egg spread 399 kcal -**12,00 ZŁ** ✓
- Roll with tuna and pepper spread 425 kcal - **13,00 ZŁ**
- Caprese wrap 480 kcal -**15,00 ZŁ** ✓

BREAKFAST:

- Vanilla semolina pudding with roasted apples and nuts 419 kcal -**12,00 ZŁ** ✓
- Yoghurt with strawberry mousse + granola 386 kcal -**11,00 ZŁ** ✓

LUNCHES:

- Pork tenderloin in chanterelle sauce with potato dumplings and beetroot 877 kcal -**24,00 ZŁ**
- Indian-style turkey tikka masala served with rice and broccoli 468 kcal -**22,00 ZŁ**
- Meat dumplings + sauerkraut 684 kcal -**22,00 ZŁ**
- Minced meat with mashed potatoes and beetroot 616 kcal -**22,00 ZŁ**
- Hawaiian-style chicken cutlet + rice + mixed vegetables 582 kcal -**23,00 ZŁ** NEW
- Chicken in thyme sauce + cauliflower purée + green beans 700 kcal -**24,00 ZŁ** KETO
- Vegetarian cauliflower cutlets with purée and beetroot 353 kcal -**19,00 ZŁ** NEW
- Pasta in a creamy sauce with broad beans, feta and pistachios 561 kcal -**20,00 ZŁ**
- Meat dumplings with a spring onion topping 1008 kcal -**17,50 ZŁ**
- Dumplings with mushrooms and Gouda cheese 833 kcal -**17,50 ZŁ** ✓
- Gyoza dumplings with chicken and vegetables + soy sauce 465 kcal -**18,00 ZŁ**
- Pancakes with Bolognese filling + tomato dip 712 kcal -**22,00 ZŁ**
- Pancakes with mascarpone and kajmak cream and cherry compote 1037 kcal -**19,00 ZŁ** ✓

SALADS:

- Salad with mozzarella, cherry tomatoes, olives and sun-dried tomatoes +pesto dressing 552 kcal -**22,00 ZŁ** ✓
- Salad with groats, peppers, mango, and garlic-roasted prawns with parsley 477 kcal -**25,00 ZŁ**
- Bowl with wholemeal pasta, chicken and vegetables + mixed grains, dressing 828 kcal -**25,00 ZŁ**

LUNCH OF THE DAY

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

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DRINKS:

- Chocolate and pistachio protein shake 343 kcal -**13,00 ZŁ**
- Cherry and orange smoothie 290 kcal -**14,00 ZŁ**
- Strawberry smoothie with chia seeds 290 kcal -**12,50 ZŁ**

DESSERTS:

- Wheat apple tart with plums 270 kcal -**11,00 ZŁ**
- Currant yoghurt with oat bran and chocolate, topped with biscuit and almond crumble 368 kcal -**12,00 ZŁ**
- Coconut custard dessert with jam on a shortcrust base 420 kcal -**14,00 ZŁ**
- Raspberry cloud dessert 588 kcal -**12,00 ZŁ**

SOUPS:

- Beetroot soup with green beans and egg 315 kcal -**12,00 ZŁ** ✓
- Cream of pumpkin soup with roasted pumpkin seeds and feta 452 kcal -**12,00 ZŁ** ✓

ROLLS

- Rolls with lettuce, ham and cheese 845 kcal -**18,00 ZŁ**

BAO BAO

- Bao bao buns with pulled teriyaki chicken, cucumber, peanuts and coriander (2szt) 680 kcal -**25,00 ZŁ**



WEDNESDAY 01.04

SANDWICHES & WRAPS:

- Pork loin 'burger' 627 kcal -**16,00 ZŁ**
- Caesar bagel 625 kcal -**16,00 ZŁ**
- Chicken finger with jalapeño, sweetcorn, lettuce and garlic sauce 727 kcal -**14,00 ZŁ** NEW
- Ciabatta with rocket, Camembert and cranberry jam 472 kcal -**13,50 ZŁ** NEW
- Seeded roll with cream cheese, radish and chives 376 kcal -**11,00 ZŁ**
- Ciabatta with pulled BBQ chicken, fresh cucumber and red cabbage salad 440 kcal -**14,00 ZŁ**
- Seeded bagel with a fried egg, bacon and caramelised onions 666 kcal -**14,00 ZŁ**
- Seeded roll with lettuce, cheese and pickled gherkin 502 kcal -**12,00 ZŁ**
- Seeded breadstick with egg spread 399 kcal -**12,00 ZŁ**
- Roll with tuna and pepper spread 425 kcal - **13,00 ZŁ**
- Longer with breaded strips and BBQ sauce 480 kcal -**15,00 ZŁ**
- Caprese wrap 480 kcal -**15,00 ZŁ**

BREAKFAST:

- Yoghurt + blueberry fruit purée + crunchy topping 321 kcal -**12,00 ZŁ**
- Oatmeal with halva and banana 401 kcal -**12,00 ZŁ**

LUNCHES:

- Indian-style chicken karahi with rice 515 kcal -**22,00 ZŁ**
- Firemen's cutlets + mashed potatoes + beetroot with horseradish 592 kcal -**22,00 ZŁ**
- Viennese-style pork chop with mashed potatoes and cucumber salad 626 kcal -**23,00 ZŁ**
- Chicken shish kebab with vegetables, potatoes, tzatziki sauce 553 kcal -**24,00 ZŁ**
- Keto cauliflower patties with goulash 817 kcal -**25,00 ZŁ** KETO
- Potato patties in chanterelle sauce + pearl couscous + salad 726 kcal -**21,00 ZŁ**
- Italian-style stuffed peppers with herb and cucumber dip 563 kcal -**23,00 ZŁ**
- Ravioli with spinach and ricotta in a Parmesan sauce 803 kcal -**23,00 ZŁ**
- Russian dumplings with a spring 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**
- Pancakes with leek, courgette and cheese 698 kcal -**22,00 ZŁ**
- Pancakes with roasted apple and toffee sauce 615 kcal -**18,00 ZŁ**

SALADS:

- Tortellini salad with spinach and ricotta, sun-dried tomatoes, Parmesan and basil oil 592 kcal -**23,00 ZŁ**
- Salad with roasted carrots, chickpeas, caprese cheese and orange vinaigrette 708 kcal -**22,00 ZŁ**
- Thai-style chicken bowl 477 kcal -**25,00 ZŁ**

LUNCH OF THE DAY

Firehouse-style cutlets + mashed potatoes + beetroot with horseradish + Soup **29,00 ZŁ**

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DRINKS:

- Salted Caramel Protein Shake (lactose-free) 290 kcal -**12,00 ZŁ**
- Cherry, Raspberry and Blueberry Smoothie 275 kcal -**14,00 ZŁ**
- Mango Lassi 306 kcal -**13,00 ZŁ**

DESSERTS:

- Sponge cake with rhubarb mousse and cream 473 kcal -**13,00 ZŁ**
- 3-bit dessert 487 kcal -**12,00 ZŁ**
- Pistachio tiramisu 595 kcal -**13,00 ZŁ**
- Chocolate-plum dessert with mascarpone cream 727 kcal -**14,00 ZŁ**

SOUPS:

- Cream of tomato soup with basil and mozzarella 291 kcal -**12,00 ZŁ**
- Horseradish soup with egg 295 kcal -**11,00 ZŁ**

ROLLS:

- Spring rolls with chicken and blanched cabbage with carrots + nut dip 649 kcal -**19,00 ZŁ**
- Rolls with chicken and vegetables + honey mustard sauce 612 kcal - **19,00 ZŁ**

BAO BAO:

- Bao Bao buns with grilled salmon, Korean-style vegetables and chilli mayo dip 848 kcal -**27,00 ZŁ**
- Black burger with beef, vegetables, onion rings and BBQ sauce 662 kcal -**24,00 ZŁ**

SNACKS:

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



THURSDAY 02.04

SANDWICHES & WRAPS:

- Pork loin 'burger' 627 kcal -**16,00 ZŁ**
- Caesar bagel 625 kcal -**16,00 ZŁ**
- Chicken finger with jalapeño, sweetcorn, lettuce and garlic sauce 727 kcal -**14,00 ZŁ** NEW
- Ciabatta with rocket, Camembert and cranberry jam 472 kcal -**13,50 ZŁ** NEW
- Seeded roll with cream cheese, radish and chives 376 kcal -**11,00 ZŁ** ✓
- Ciabatta with pulled BBQ chicken, fresh cucumber and red cabbage salad 440 kcal -**14,00 ZŁ**
- Seeded bagel with a fried egg, bacon and caramelised onions 666 kcal -**14,00 ZŁ**
- Seeded roll with lettuce, cheese and pickled gherkin 502 kcal -**12,00 ZŁ** ✓
- Seeded breadstick with egg spread 399 kcal -**12,00 ZŁ** ✓
- Roll with tuna and pepper spread 425 kcal - **13,00 ZŁ**
- Longer with breaded strips and BBQ sauce 480 kcal -**15,00 ZŁ**
- Caprese wrap 480 kcal -**15,00 ZŁ** ✓

BREAKFAST:

- Yoghurt + raspberry mousse + muesli 319 kcal -**11,00 ZŁ** ✓
- Shakshuka served with toast 357 kcal -**15,00 ZŁ** ✓

LUNCHES:

- Chicken korma with rice 842 kcal -**22,00 ZŁ**
- Devolay with cheese and mushrooms served with mashed potatoes with dill and cucumber salad 645 kcal -**23,00 ZŁ**
- Pork loin with roast potatoes and gravy + beetroot 586 kcal -**22,00 ZŁ**
- Potato dumplings with meat and onions + sauerkraut with carrots 525 kcal -**22,00 ZŁ**
- Panko-crusted chicken with sweet and spicy sauce + rice + Chinese-style coleslaw 796 kcal -**24,00 ZŁ**
- Keto baked salmon in a cream and spinach sauce with keto pumpkin purée and coleslaw 713 kcal -**26,00 ZŁ** KETO
- Cod in dill sauce, potatoes, carrot and apple salad 490 kcal -**26,00 ZŁ**
- Broccoli patties with mozzarella + purée + salad 509 kcal -**20,00 ZŁ** NEW
- Vegetarian spaghetti Bolognese with Parmesan 550 kcal -**22,00 ZŁ** ✓
- Dumplings with mushrooms and Gouda cheese 833 kcal -**17,50 ZŁ** ✓
- Russian dumplings with fried onion topping 840 kcal -**17,50 ZŁ** ✓
- Chicken/vegetable gyoza dumplings + soy sauce + pickled ginger 421 kcal -**18,00 ZŁ**
- Chocolate pancakes with strawberry jam 475 kcal -**16,00 ZŁ** ✓
- Pancakes with spinach, feta and chicken + garlic dip 776 kcal -**22,00 ZŁ**

SALADS:

- Salad with prawns, egg, vegetables and orange dressing 497 kcal -**25,00 ZŁ**
- Salad with feta cheese, tomato, yellow pepper, olives and basil dressing 587 kcal -**22,00 ZŁ** ✓
- Salad with chicken, orange segments, sunflower seeds and honey-mustard dressing 427 kcal -**23,00 ZŁ**

LUNCH OF THE DAY

Meat dumplings with onions + sauerkraut with carrots
+ Soup **29,00 ZŁ**

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DRINKS:

- Tiramisu-style protein shake 234 kcal -**12,00 ZŁ**
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 255 kcal -**13,00 ZŁ**
- Raspberry and strawberry smoothie with added oat bran 313 kcal -**13,00 ZŁ**

DESSERTS:

- Carrot cake with cream topping 509 kcal -**10,00 ZŁ**
- Stracciatella dessert with crumble topping 426 kcal -**11,00 ZŁ**
- Raspberry dessert with coconut cream on a shortcrust base 471 kcal -**12,00 ZŁ**
- Dubai chocolate dessert 725 kcal -**16,00 ZŁ**
- Chocolate tapioca with orange and chocolate shavings 282 kcal -**14,00 ZŁ**

SOUPS:

- Goulash soup 164 kcal -**18,00 ZŁ**
- Cream of mushroom soup with porcini mushrooms 210 kcal -**15,00 ZŁ** ✓

ROLLS

- Spring rolls (chicken/beef/prawn) + sweet and spicy sauce 319 kcal -**19,00 ZŁ** 🌶️
- Rolls with smoked salmon, spinach and dill sauce 615 kcal -**21,00 ZŁ**

BAO BAO

- Bao bao buns with prawns, Korean-style vegetables, chilli mayo sauce and coriander 811 kcal -**25,00 ZŁ** 🌶️
- Caesar-style burger 582 kcal -**22,00 ZŁ**



FRIDAY 03.04

SANDWICHES & WRAPS:

- Pork loin 'burger' 627 kcal -**16,00 ZŁ**
- Caesar bagel 625 kcal -**16,00 ZŁ**
- Chicken finger with jalapeño, sweetcorn, lettuce and garlic sauce 727 kcal -**14,00 ZŁ** NEW
- Ciabatta with rocket, Camembert and cranberry jam 472 kcal -**13,50 ZŁ** NEW
- Seeded roll with cream cheese, radish and chives 376 kcal -**11,00 ZŁ** ✓
- Ciabatta with pulled BBQ chicken, fresh cucumber and red cabbage salad 440 kcal -**14,00 ZŁ**
- Seeded bagel with a fried egg, bacon and caramelised onions 666 kcal -**14,00 ZŁ**
- Seeded roll with lettuce, cheese and pickled gherkin 502 kcal -**12,00 ZŁ** ✓
- Seeded breadstick with egg spread 399 kcal -**12,00 ZŁ** ✓
- Roll with tuna and pepper spread 425 kcal - **13,00 ZŁ**
- Longer with breaded strips and BBQ sauce 480 kcal -**15,00 ZŁ**
- Caprese wrap 480 kcal -**15,00 ZŁ** ✓

BREAKFAST:

- Yoghurt + peach + chocolate crunch 264 kcal -**11,00 ZŁ** ✓
- Coconut millet porridge with mango and passion fruit jam 310 kcal -**12,00 ZŁ** ✓
- Tart with chanterelles, Gorgonzola and walnuts 457 kcal -**12,00 ZŁ** ✓

LUNCHES:

- Breaded pollock with dill mashed potatoes and braised cabbage 413 kcal -**24,00 ZŁ**
- Chicken cutlet with Hasselback potatoes + ranch dressing 656 kcal -**22,00 ZŁ**
- Liver with onions + mashed potatoes + coleslaw 665 kcal -**20,00 ZŁ**
- Lazy dumplings with breadcrumbs and cinnamon + raspberry mousse 698 kcal -**20,00 ZŁ** ✓
- Falafel in saffron sauce served with couscous and aubergine stew 623 kcal -**21,00 ZŁ** ✓
- Blacksmith's cutlet with mashed potatoes and cucumber salad 641 kcal -**23,00 ZŁ** KETO
- Tricolore pasta with salmon in a lemon and dill sauce 612 kcal -**24,00 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** ✓
- Dumplings with mushrooms and Gouda cheese 844 kcal -**17,50 ZŁ** ✓
- Spinach gyoza dumplings with vegetables + soy sauce 365 kcal -**18,00 ZŁ** ✓
- Pancakes with cabbage and mushrooms 620 kcal -**21,00 ZŁ** ✓
- Pancakes with cottage cheese and strawberry jam 686 kcal -**20,00 ZŁ** ✓

SALADS:

- Vegetable salad with grilled halloumi and garlic dressing 470 kcal -**23,00 ZŁ** ✓
- Salad with chicken, pasta, sun-dried tomatoes, roasted sunflower seeds and honey and mustard dressing 539 kcal -**22,00 ZŁ**
- Poke bowl with teriyaki salmon 721 kcal -**25,00 ZŁ**

LUNCH OF THE DAY

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

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For this reason, the menu is subject to change.



DRINKS:

- Bounty protein shake 322 kcal -**12,00 ZŁ**
- Strawberry lassi 191 kcal -**13,00 ZŁ**
- Currant smoothie with honey and mint 284 kcal -**13,00 ZŁ**

DESSERTS:

- Healthy brownie with cherries and chocolate glaze 272 kcal -**11,00 ZŁ**
- Gingerbread and chocolate pudding with cherry jam and Lion sprinkles 399 kcal -**13,00 ZŁ**
- Mascarpone cream with roasted peach and oat crumble 484 kcal -**12,00 ZŁ**
- Rice pudding with mascarpone and blueberry mousse 386 kcal -**12,00 ZŁ**

SOUPS

- Tomato soup with noodles 324 kcal -**11,00 ZŁ** ✓
- Spicy tom kha kai soup served with chicken and rice noodles 649 kcal -**18,00 ZŁ** ✓

ROLLS

- Spring rolls with prawns and sweet chilli sauce 570 kcal -**20,00 ZŁ** ✓

BAO BAO

- Burger with breaded cheese, tartar sauce and cucumber 789 kcal -**23,00 ZŁ** ✓

