

MENU

MONDAY 13.04

SANDWICHES & WRAPS:

- Cheddar, Chicken, and American Sauce Bagel 548 kcal -**14,00 ZŁ**
- Caesar Bagel 626 kcal -**16,00 ZŁ**
- English-Style Bagel with Fried Egg and Bacon 616 kcal -**14,00 ZŁ**
- Chicken roll with mozzarella, jalapeño, and caramelized onions 668 kcal -**14,00 ZŁ**
- Ciabatta with chicken, basil sauce, and vegetables 569 kcal -**14,00 ZŁ**
- Italian-style seeded bagel with pesto, mozzarella, and tomato 599 kcal -**13,00 ZŁ** ✓
- Longer with breaded strips and BBQ sauce 480 kcal -**15,00 ZŁ**

BREAKFAST:

- Oatmeal with blueberry jam and chocolate chip cookies 323 kcal -**12,00 ZŁ** ✓
- Shakshuka served with bread 371 kcal -**15,00 ZŁ** ✓

LUNCHES:

- Teriyaki chicken with rice and coleslaw 517 kcal -**22,00 ZŁ**
- Pork cutlets in sauce with noodles and fried beets 487 kcal -**22,00 ZŁ**
- Potato dumplings with meat and onions + sauerkraut with carrots 525 kcal -**22,00 ZŁ**
- Cordon blue z parowanymi ziemniaczkami + surówka 698 kcal -**24,00 ZŁ**
- Keto-friendly baked salmon in a cream and spinach sauce with keto pumpkin purée and coleslaw 713 kcal -**26,00 ZŁ** **KETO**
- Potato patties in chanterelle sauce + pearl couscous + salad 726 kcal -**21,00 ZŁ** ✓
- Tagliatelle in spinach sauce with feta and cherry tomatoes 997 kcal -**23,00 ZŁ** ✓
- Spaghetti alla puttanesca (with tuna) 498 kcal -**21,00 ZŁ**
- Dumplings with mushrooms and Gouda cheese 833 kcal -**17,50 ZŁ** ✓
- Russian dumplings with onion topping 840 kcal -**17,50 ZŁ** ✓
- Chicken/vegetable gyoza dumplings + soy sauce + pickled ginger 421 kcal -**18,00 ZŁ**
- Basil crepes stuffed with spinach and ricotta, served with marinara dip 703 kcal -**22,00 ZŁ** ✓
- Chocolate crepes with cream cheese and raspberry sauce 773 kcal -**16,00 ZŁ** ✓

SALADS:

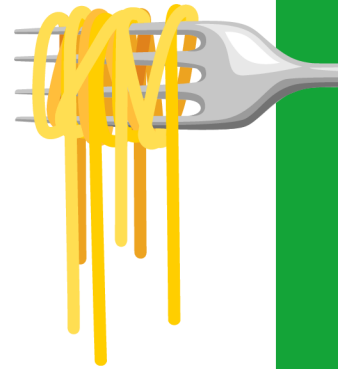
- Salad with feta cheese, cherry tomatoes, and corn + vinaigrette 619 kcal -**22,00 ZŁ** ✓
- Salad with chicken, pasta, sun-dried tomatoes, roasted sunflower seeds, and honey-mustard dressing 539 kcal -**22,00 ZŁ**
- Homestyle bowl with potatoes, bacon, and pickled cucumber 783 kcal -**21,00 ZŁ**

LUNCH OF THE DAY

Pork cutlets in sauce with noodles and sautéed beets
+ 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, and Strawberry Smoothie 174 kcal -**13,00 ZŁ**
- Raspberry Lassi 224 kcal -**14,00 ZŁ**
- Lavender Lemonade 66 kcal -**9,00 ZŁ**
- Pigwolada 106 kcal -**14,00 ZŁ** **NEW**

DESSERTS:

- Carrot cake with cream frosting 509 kcal -**10,00 ZŁ**
- Healthy chia dessert with mango mousse 314 kcal -**10,00 ZŁ**
- Oreo-style dessert 567 kcal -**11,00 ZŁ**
- Chocolate-halva mousse with cherry fruit sauce 304 kcal -**12,00 ZŁ**

SOUPS:

- Cream of tomato soup with mozzarella and sunflower seeds 361 kcal -**12,00 ZŁ** ✓
- Cabbage soup with sausage 233 kcal -**11,00 ZŁ**

BURGER:

- Beef burger with grilled mountain cheese, bacon, and cranberry jam 687 kcal -**25,00 ZŁ**



TUESDAY 14.04

SANDWICHES & WRAPS:

- Bajgiel Cezar 626 kcal -**16,00 ZŁ**
- Bajgiel po angielsku z jajkiem sadzonym i bekonem 616 kcal -**14,00 ZŁ**
- Paluch z pastą jajeczną i kiełkami 390 kcal -**11,00 ZŁ**
- Bułeczka z kurczakiem, mozzarellą, jalapeno i karmelizowaną cebulką 668 kcal -**14,00 ZŁ**
- Ciabatta z kurczakiem, sosem bazyliowym i warzywami 569 kcal -**14,00 ZŁ**
- Bułka z pasztetem z dipem chrzanowym i ogórkiem kiszonym 462 kcal -**12,00 ZŁ**
- Bajgiel z ziarnami po włosku z pesto, mozzarellą i pomidorem 599 kcal -**13,00 ZŁ** ✓
- Longer ze stripsami w panierce i sosem BBQ 480 kcal -**15,00 ZŁ**

BREAKFAST:

- Nut and coconut oatmeal 601 kcal -**12,00 ZŁ** ✓ NEW
- Chia yogurt with mango mousse + granola 430 kcal -**12,00 ZŁ** ✓
- Tortilla with egg spread + vegetables 457 kcal -**16,00 ZŁ** ✓

LUNCHES:

- Chicken in mango sauce with rice and Asian-style cucumber salad 548 kcal -**22,00 ZŁ**
- Lviv-style cutlet with mashed potatoes and sauerkraut 710 kcal -**22,00 ZŁ** ✓ NEW
- Devolay with cheese, potatoes, and sautéed beets 693 kcal -**22,00 ZŁ**
- Vegetarian cauliflower cutlets with mashed potatoes and carrot-apple salad 377 kcal -**19,00 ZŁ** ✓
- Lazy dumplings with vanilla sauce and roasted apple 506 kcal -**19,00 ZŁ** ✓ NEW
- Spaghetti Bolognese with Parmesan 513 kcal -**23,00 ZŁ**
- Green dumplings with chicken and garlic dip 1003 kcal -**17,50 ZŁ**
- Dumplings with mushrooms and Gouda cheese 833 kcal -**17,50 ZŁ** ✓
- Banoffee-style pancakes with toffee sauce 955 kcal -**19,00 ZŁ** ✓ NEW
- Pancakes with Russian filling + bacon topping 746 kcal -**20,00 ZŁ**

SALADS:

- Salad with roasted chickpeas, broad beans, and pickled onions + vinaigrette 673 kcal -**22,00 ZŁ** ✓
- Caesar salad with chicken 631 kcal -**23,00 ZŁ**
- Four-cheese salad with pear, walnuts and honey dressing 751 kcal -**25,00 ZŁ** ✓

LUNCH OF THE DAY

Devolay with cheese, potatoes, and sautéed beets
+ 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 smoothie 288 kcal -**13,00 ZŁ**
- Mojito lemonade 66 kcal -**9,00 ZŁ**
- Pigwolada 106 kcal -**14,00 ZŁ** ✓ NEW

DESSERTS:

- Almond-Coconut Muffins with Raspberries 318 kcal -**10,00 ZŁ** ✓ NEW
- 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:

- Cream of beet soup with roasted pumpkin seeds 285 kcal -**11,00 ZŁ** ✓ NEW
- Horseradish soup with egg 296 kcal -**11,00 ZŁ** ✓

ROLLS

- Chicken and vegetable spring rolls + sweet and spicy dip 331 kcal -**19,00 ZŁ**
- Panko-crusted shrimp rolls with sweet chili sauce 571 kcal -**20,00 ZŁ**



WEDNESDAY 15.04

SANDWICHES & WRAPS:

- Cheddar, Chicken, and American Sauce Sandwich 548 kcal -**14,00 ZŁ**
- Caesar Bagel 626 kcal -**16,00 ZŁ**
- Pork Loin "Burger" 627 kcal -**16,00 ZŁ**
- English-style bagel with a fried egg and bacon 616 kcal -**14,00 ZŁ**
- Bagel with egg spread and sprouts 390 kcal -**11,00 ZŁ** ✓
- Italian-style bagel with seeds, pesto, mozzarella, and tomato 599 kcal -**13,00 ZŁ** ✓

BREAKFAST:

- Chocolate oatmeal with mango 376 kcal -**12,00 ZŁ**
- Yogurt with toffee + caramelized nuts 462 kcal -**12,00 ZŁ** NEW
- Savory egg muffins + vegetables + herb dip 484 kcal -**15,00 ZŁ**

LUNCHES:

- Ground meat with mashed potatoes and warm beets 686 kcal -**22,00 ZŁ** NEW
- Pork chop with mashed potatoes and cucumber salad 574 kcal -**22,00 ZŁ** NEW
- Cheese-battered chicken cutlet with jacket potatoes and coleslaw 484 kcal -**22,00 ZŁ**
- Cod curry with tomatoes + rice 530 kcal -**24,00 ZŁ**
- Keto chicken in carbonara sauce + zucchini noodles 678 kcal -**24,00 ZŁ** **KETO**
- Vegetarian meatballs in a vegetarian gravy with mashed potatoes with peas and coleslaw 411 kcal -**22,00 ZŁ** ✓
- Pasta in a cream sauce with fava beans, goat cheese, and pistachios 639 kcal -**21,00 ZŁ** ✓
- Korean-style chicken in sweet and spicy sauce with udon noodles 806 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 chicken and vegetables + soy sauce 464 kcal -**18,00 ZŁ**
- Pancakes with mushrooms and Gouda cheese 572 kcal -**22,00 ZŁ** ✓
- Stracciatella pancakes 786 kcal -**20,00 ZŁ** ✓

SALADS:

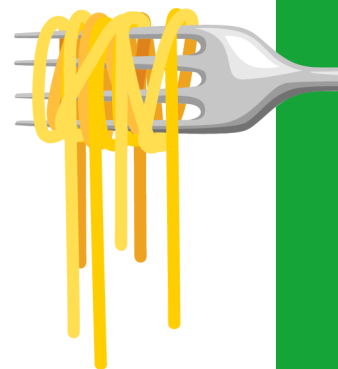
- Pasta salad with celery, chickpeas, and pineapple + curry dip 649 kcal -**22,00 ZŁ** ✓
- Salad with beets, pumpkin, and pork tenderloin + dressing 623 kcal -**25,00 ZŁ**
- Bowl with quinoa, roasted sweet potatoes, cherry tomatoes, avocado, and egg + dressing 785 kcal -**25,00 ZŁ** ✓

LUNCH OF THE DAY

Cheese-battered chicken cutlet with jacket potatoes and coleslaw + Soup **29,00 ZŁ**

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DRINKS:

- Salted Caramel Protein Shake with Lactose-Free Milk 290 kcal -**12,00 ZŁ**
- Strawberry Smoothie with Chia 288 kcal -**12,50 ZŁ**
- Smoothie with Dried Plums, Chia, and Cinnamon 436 kcal -**12,00 ZŁ**
- Lemonade 66 kcal -**9,00 ZŁ**
- Pigwolada 106 kcal -**14,00 ZŁ** NEW

DESSERTS:

- Baked cheesecake 719 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 oatmeal base with wild berry jam 623 kcal -**13,00 ZŁ**

SOUPS:

- Dill soup with egg 263 kcal -**12,00 ZŁ** ✓
- Tomato soup with shell pasta 276 kcal -**11,00 ZŁ** ✓

ROLLS

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

BAO BAO

- Black-and-white bao buns with shredded teriyaki chicken, cucumber, peanuts, and cilantro 666 kcal -**26,00 ZŁ**



THURSDAY 16.04

SANDWICHES & WRAPS:

- Pork chop "burger" 627 kcal -**16,00 ZŁ**
- English-style bagel with a fried egg and bacon 616 kcal -**14,00 ZŁ**
- Baguette with egg spread and sprouts 390 kcal -**11,00 ZŁ** ✓
- Chicken roll with mozzarella, jalapeño, and caramelized onions 668 kcal -**14,00 ZŁ**
- Ciabatta with chicken, basil sauce, and vegetables 569 kcal -**14,00 ZŁ**
- Italian-style bagel with seeds, pesto, mozzarella, and tomato 599 kcal -**13,00 ZŁ** ✓
- Longer with breaded strips and BBQ sauce 480 kcal -**15,00 ZŁ**
- Wrap with strips, lettuce, cucumber, and mango-jalapeño dip 494 kcal -**16,00 ZŁ**

BREAKFAST:

- Oatmeal with raspberry jam and pistachio cream 463 kcal -**13,00 ZŁ** ✓
- Mini croissants served with mint cream cheese and caramelized apple 491 kcal -**13,00 ZŁ** ✓
- Herb-flavored zucchini fritters with cream cheese and smoked salmon 277 kcal -**16,00 ZŁ**

LUNCHES:

- Chicken breast served over rice + Greek salad 549 kcal -**22,00 ZŁ**
- Herb meatballs in zucchini sauce with jacket potatoes and Swedish salad 527 kcal -**23,00 ZŁ** NEW
- Chicken cutlets with mashed potatoes and cucumber salad 552 kcal -**22,00 ZŁ**
- Hawaiian-style chicken cutlet + rice + salad 675 kcal -**23,00 ZŁ**
- Ground beef with Brussels sprouts in cheese dip 758 kcal -**23,00 ZŁ** **KETO**
- Falafel in saffron sauce served with couscous and eggplant stew 623 kcal -**21,00 ZŁ** ✓
- Ravioli with porcini mushrooms 644 kcal -**24,00 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 duck and vegetables + soy sauce 379 kcal -**20,00 ZŁ**
- Pink pancakes served with sweet cheese, peaches, and toffee sauce 844 kcal -**19,00 ZŁ** ✓
- Pancakes with Bolognese filling 676 kcal -**22,00 ZŁ**

SALADS:

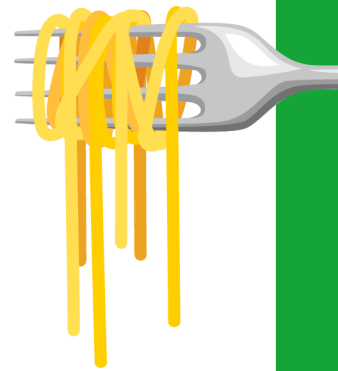
- Chicken Salad with Pineapple, Leek, Corn, Gouda, and Sunflower Seeds + Garlic Dip 548 kcal -**22,00 ZŁ**
- Salad with shrimp, egg, vegetables and orange dressing 499 kcal -**25,00 ZŁ**
- Pasta salad with lamb's lettuce, cherry tomatoes, cucumber, mozzarella balls and roasted onions + dressing 784 kcal -**22,00 ZŁ** ✓

LUNCH OF THE DAY

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

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DRINKS:

- Bounty Protein Shake 322 kcal -**12,00 ZŁ**
- Raspberry-Strawberry Smoothie with oat bran 313 kcal -**13,00 ZŁ**
- Vitamin Smoothie [orange, banana, spinach, ginger, chia] 220 kcal -**13,00 ZŁ**
- Mandarin lemonade 66 kcal -**9,00 ZŁ**
- Pigwolada 106 kcal -**14,00 ZŁ** NEW

DESSERTS:

- Chocolate cake with banana 388 kcal -**12,00 ZŁ**
- Mascarpone cream with mandarin on an oatmeal crust 436 kcal -**13,00 ZŁ**
- Chocolate tapioca pudding + cherries + cream 337 kcal -**13,00 ZŁ**
- Dubai chocolate dessert 725 kcal -**16,00 ZŁ**

SOUPS:

- Sour rye soup with white sausage and egg 404 kcal -**14,00 ZŁ**
- Cream of cauliflower soup 261 kcal -**12,00 ZŁ** ✓

ROLLS:

- Spring rolls with chicken and blanched cabbage with carrots + peanut dip 649 kcal -**19,00 ZŁ**
- Rolls with smoked salmon, spinach, and dill sauce 614 kcal -**21,00 ZŁ**

SNACKS:

- Panko-crusted shrimp + 2 dips (sweet and spicy / cocktail / garlic-lemon mayo) 506 kcal -**25,00 ZŁ**



FRIDAY 17.04

SANDWICHES & WRAPS:

- Caesar Bagel 626 kcal -**16,00 ZŁ**
- Pork Loin "Burger" 627 kcal -**16,00 ZŁ**
- English-Style Bagel with Fried Egg and Bacon 616 kcal -**14,00 ZŁ**
- Italian-style bagel with seeds, pesto, mozzarella, and tomato 599 kcal -**13,00 ZŁ** ✓
- Longer with breaded strips and BBQ sauce 480 kcal -**15,00 ZŁ**

BREAKFAST:

- Oreo oatmeal 440kcal -**12,00 ZŁ** ✓
- Cherry yogurt with chocolate crunch 288 kcal -**11,00 ZŁ** ✓
- Sweet mini omelets with blueberry jam and peaches 453 kcal -**16,00 ZŁ** ✓

LUNCHES:

- Breaded pollock with potatoes and sauerkraut 475 kcal -**24,00 ZŁ**
- Pork tenderloin in chanterelle sauce with potato dumplings and warm beets 694 kcal -**24,00 ZŁ**
- BBQ chicken with roasted potatoes and broccoli 616 kcal -**23,00 ZŁ**
- Panko-crusted chicken with sweet and spicy sauce + rice + Chinese-style salad 736 kcal -**24,00 ZŁ**
- Roasted pork loin in leek and lemon sauce with green beans and keto roux 830 kcal -**23,00 ZŁ**
- Gnocchi in cheese sauce 835 kcal -**23,00 ZŁ** ✓
- Czech-style fried cheese with roasted potatoes and cranberry jam 658 kcal -**22,00 ZŁ** ✓
- Tricolore pasta with salmon in a mustard-honey sauce 655 kcal -**25,00 ZŁ**
- Black pasta in a butter sauce with shrimp, roasted cherry tomatoes and parsley 775 kcal -**26,00 ZŁ**
- Dumplings with mushrooms and Gouda cheese 833 kcal -**17,50 ZŁ** ✓
- Dumplings with strawberries and cream 848 kcal -**18,00 ZŁ** ✓
- Spinach gyoza dumplings with vegetables + soy sauce 365 kcal -**18,00 ZŁ** ✓
- Pancakes with vegetable filling (bell peppers, broccoli, zucchini) baked under a béchamel sauce 637 kcal -**22,00 ZŁ** ✓
- Pancakes with pistachio cream and toasted almonds 1086 kcal -**19,00 ZŁ** ✓ NEW

SALADS:

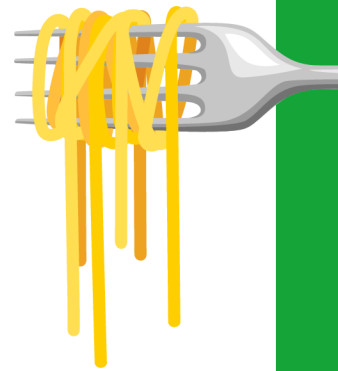
- Salad with smoked trout, egg, cherry tomatoes, and corn with garlic-mustard dressing 307 kcal -**25,00 ZŁ**
- Salad with mozzarella, cherry tomatoes, olives, sun-dried tomatoes, and pesto dressing 552 kcal -**22,00 ZŁ** ✓
- Gyros salad 432 kcal -**23,00 ZŁ**

LUNCH OF THE DAY

Breaded pollock with potatoes and sauerkraut + Soup **32,00 ZŁ**

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DRINKS:

- Tiramisu-style protein shake 234 kcal -**12,00 ZŁ**
- Strawberry smoothie with banana 432 kcal -**12,00 ZŁ**
- Mango lassi smoothie 306 kcal -**13,00 ZŁ**
- Lemonade 66 kcal -**9,00 ZŁ**
- Pigwolada 106 kcal -**14,00 ZŁ** NEW

DESSERTS:

- Japanese poppy seed cake 279 kcal -**11,00 ZŁ**
- Choco-plum dessert with mascarpone cream 727 kcal -**14,00 ZŁ**
- Strawberry dessert with white duvet and tahini 503 kcal -**12,00 ZŁ** NEW
- Chocolate Belriso with cherries and white chocolate 315 kcal -**12,00 ZŁ**

SOUPS:

- Cream of leek soup with roasted sunflower seeds 347 kcal -**12,00 ZŁ** ✓
- Ukrainian borscht with egg 245 kcal -**13,00 ZŁ** ✓

ROLLS:

- Chicken and vegetable rolls + honey mustard sauce 612 kcal -**19,00 ZŁ**

BURGER:

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

