

zdrowylunch.pl

5 days, 5 reasons to try

Colorful menu, lots of choice, and something delicious every day.



taste

Tasty, carefully
crafted recipes
you'll love.



freshness

Fresh ingredients
every day from
trusted suppliers.



convenience

You order online,
we deliver to
your door.



variety

A different choice
of dishes every day –
everyone finds
something they like.



good mood

Good food makes
for a better day!

Today's recommendations

colorful flavors • filling meals • quick decisions



Join our **WhatsApp**
groups



Menus, reminders, and updates on new offers –
details from our sales reps.

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Eat colorfully. Live healthy. Feel great!

Monday 3.08.2026

Today's colorful menu



BREAKFASTS



- VEGE** Oatmeal with raspberry jam, chocolate drizzle, and almond flakes 467 kcal 12 zł
- VEGE** Multigrain roll with hard-boiled egg, chives, radish sprouts, and tartar sauce 472 kcal 13 zł
- Pork loin "burger" 627 kcal 16 zł
- Classic bread stick - ham, yellow cheese, vegetables 478 kcal 13 zł
- Ciabatta with honey-mustard chicken, arugula, and tomato 488 kcal 14 zł
- VEGE** Multigrain roll with cottage cheese, radish, and chives 403 kcal 9 zł
- Roll with salami, garlic sauce, olives, lettuce, pickled cucumber, and sprouts 713 kcal 9 zł
- Chicken strips sub with BBQ sauce 480 kcal 15 zł
- Wrap with chicken strips, lettuce, and aioli dip 690 kcal 16 zł

LUNCHES



- Pork schnitzel with onion, mashed potatoes, and braised cabbage 555 kcal 22 zł
- NEW** Keftedes in tomato sauce with bulgur and tzatziki 733 kcal 22 zł
- Swiss-style cutlet with roasted baby potatoes and white cabbage slaw 737 kcal 24 zł
- NEW** Udon in peanut sauce with chicken 836 kcal 24 zł



- Potato pancakes with Hungarian goulash 733 kcal 22 zł
- KETO** Keto gyros in garlic sauce with celery fries and red cabbage slaw 879 kcal 24 zł
- VEGE** Cauliflower veggie patties with mashed potatoes, peas, and carrot-apple slaw 410 kcal 19 zł
- VEGE** Gnocchi in spinach and ricotta sauce 885 kcal 21 zł

PASTA



- Lasagna with beef and pork in béchamel sauce with parmesan 962 kcal 22 zł
- Creamy pasta with chicken and ricotta 689 kcal 22 zł

DUMPLINGS



- VEGE** Sweet cheese dumplings + cream 934 kcal 17,5 zł
- Green dumplings with chicken and garlic dip 901 kcal 17,5 zł

CREPES



- VEGE** Crepes with vanilla cream cheese and Oreo cookies 864 kcal 18 zł
- Crepes with spinach, feta, and chicken + garlic dip 847 kcal 22 zł

ROLLS



- SPICY** Shrimp rolls in panko with sweet chili sauce 571 kcal 20 zł

DESSERTS



- NEW** Strawberry crumb cake 401 kcal 10 zł
- Coconut tapioca pudding with mango mousse 586 kcal 13 zł
- Nutty mascarpone dessert 519 kcal 11 zł
- Pistachio tiramisu 573 kcal 13 zł



SALADS / BOWLS



- Salad with chicken, fried corn, bell pepper, and basil vinaigrette 558 kcal 24 zł
- VEGE** Bowl with quinoa, beetroot, feta, orange, pumpkin seeds + balsamic cream 432 kcal 25 zł



DRINKS



- Pistachio protein shake 424 kcal 13 zł
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 255 kcal 12,5 zł
- Strawberry chia smoothie 293 kcal 12,5 zł
- Red orange lemonade 56 kcal 9 zł
- Quince drink 320 ml 106 kcal 14 zł
- Quince drink with green tea 320 ml 106 kcal 14 zł
- Quince drink with black tea 320 ml 106 kcal 14 zł

SOUPS

- Barley soup 297 kcal 11 zł

- VEGE / SPICY** Spicy tomato and pepper cream soup with pumpkin seeds and feta cheese 214 kcal 10 zł



Colorful flavors



Fresh ingredients



Chef-crafted quality



Delivery with care

Eat colorfully. Live healthy. Feel great!

Tuesday 4.08.2026

Today's colorful menu



BREAKFASTS



- VEGE** Yogurt with strawberry mousse + granola 386 kcal 11 zł
- VEGE** Milky Way oatmeal 280 kcal 12 zł
- VEGE** Multigrain roll with green hummus, cherry tomatoes, arugula, and chives 457 kcal 9 zł
- Bread stick with cheddar, chicken, and American sauce 543 kcal 14 zł
- Caesar bagel 665 kcal 16 zł
- Roll with Sopot loin, Maasdam cheese, and tomato 442 kcal 13 zł
- NEW / SPICY** Ciabatta with crispy chicken strips and Mexican sauce 501 kcal 14 zł
- Seeded roll with tuna spread and pickled cucumber 449 kcal 9 zł
- Chicken strips sub with garlic sauce 556 kcal 15 zł
- SPICY** Wrap with chicken strips and mango-jalapeno dip 515 kcal 18 zł

DUMPLINGS



- VEGE** Sweet cheese dumplings + cream 934 kcal 17,5 zł
- VEGE** Russian dumplings with onion topping 739 kcal 17,5 zł

GYOZA



- Pork and vegetable gyoza + soy sauce 433 kcal 19 zł

CREPES



- VEGE** Crepes with cabbage and mushrooms 483 kcal 21 zł
- VEGE** Crepes with roasted apple and toffee sauce 615 kcal 18 zł

SOUPS



- SPICY** Tom yum soup with chicken and rice noodles 408 kcal 16 zł
- NEW / VEGE** Vegetable soup with green asparagus 215 kcal 15 zł



LUNCHES



- Meatballs with mashed potatoes and carrots with peas 830 kcal 22 zł
- NEW / SPICY** Nasi goreng with turkey and egg 413 kcal 23 zł
- Breaded chicken cutlet with mashed potatoes and gherkins 474 kcal 23 zł
- NEW / KETO** Keto pork schnitzel with cauliflower purée, served with baked tomato and mozzarella 878 kcal 22 zł



- NEW / VEGE** Risotto with beetroot and goat cheese 726 kcal 22 zł
- VEGE** Fried Czech-style cheese with roasted potatoes and garlic sauce 941 kcal 22 zł

ROLLS



- Rolls with chicken and vegetables + honey-mustard sauce 612 kcal 19 zł

DESSERTS



- Lime cheesecake with matcha on a chocolate base 315 kcal 11 zł
- Pistachio cream with kataifi + mascarpone + strawberry 563 kcal 12 zł
- Caramel tiramisu with roasted almonds 517 kcal 12 zł
- KETO** Keto cheesecake dessert with blackberry jam 615 kcal 13 zł



BURGERS



- Beef burger with vegetables, onion rings, and BBQ sauce 632 kcal 23 zł



PASTA



- VEGE** Pasta in cream sauce with broad beans, feta, and pistachios 588 kcal 20 zł
- Penne with chicken in creamy herb sauce 717 kcal 22 zł

SALAD / BOWL



- VEGE** Salad with potato, broad beans, smoked tofu + yogurt-herb dressing 519 kcal 22 zł
- Lumberjack salad [tomato, pickled cucumber, chicken, bacon, gouda, fried onion, dip] 734 kcal 22 zł
- Poke bowl with teriyaki salmon 731 kcal 25 zł



DRINKS



- Tiramisu-style protein shake 234 kcal 12 zł
- Forest fruit smoothie with honey 191 kcal 12,5 zł
- Smoothie with mango, banana, and orange 297 kcal 11 zł
- Mojito lemonade 56 kcal 9 zł
- Lime bubble tea 119 kcal 14 zł
- Quince drink 320 ml 106 kcal 14 zł
- Quince drink with green tea 320 ml 106 kcal 14 zł
- Quince drink with black tea 320 ml 106 kcal 14 zł

OTHER



- VEGE / SPICY** Mini vegetable spring rolls with sweet-spicy dip 456 kcal 12 zł



Colorful flavors



Fresh ingredients



Chef-crafted quality



Delivery with care

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Wednesday 5.08.2026

Today's colorful menu

BREAKFASTS



- VEGE** Yogurt + mango-passion fruit mousse + chocolate muesli 296 kcal **11 zł**
- VEGE** Pistachio breakfast bowl with almond flakes 541 kcal **12 zł**
- Tart with chicken, cheese, and tomato 349 kcal **11 zł**
- SPICY** Bread stick with gyros and Mexican dip 389 kcal **12 zł**
- VEGE** Roll with sun-dried tomato hummus, egg, and chives 416 kcal **12 zł**
- VEGE** Roll with lettuce and Maasdam cheese 436 kcal **9 zł**
- Ciabatta with chicken, fried egg, cheddar, and tartar sauce 610 kcal **14 zł**
- Bagel with cheddar, bacon chip, and Thousand Island sauce 659 kcal **14 zł**
- Chicken strips sub with BBQ sauce 480 kcal **15 zł**
- Wrap with chicken strips, lettuce, and aioli dip 690 kcal **16 zł**

LUNCHES



- Pork stroganoff with bulgur and beetroot 671 kcal **22 zł**
- Chicken devolay with cheese and mushrooms, served with dill mashed potatoes and cucumber salad 678 kcal **23 zł**
- Chicken korma with rice 850 kcal **22 zł**
- KETO** Keto kofta in leek sauce + roasted vegetables and broccoli purée 704 kcal **23 zł**
- VEGE** Zucchini and feta patties served with mash and carrot-orange slaw 423 kcal **20 zł**



PASTA



- Tuscan chicken pasta 734 kcal **23 zł**
- Black pasta in butter sauce with salmon, roasted cherry tomatoes, and parsley 921 kcal **26 zł**

DUMPLINGS



- Green dumplings with chicken and garlic dip 901 kcal **17,5 zł**
- VEGE** Russian dumplings with onion topping 739 kcal **17,5 zł**

GYOZA



- Beef gyoza dumplings 334 kcal **20 zł**

CREPES



- VEGE** Sweet cheese crepes with chocolate sauce, 3 pcs 762 kcal **18 zł**
- Crepes with egg, gouda, and tuna 818 kcal **22 zł**

SUSHI



- Fresh mix sushi (salmon / panko shrimp / crab paste) + soy sauce, ginger, wasabi 941 kcal **25 zł**

DESSERTS



- Fit brownie with chocolate topping 272 kcal **10 zł**
- Chia pudding with blueberry jam 343 kcal **14 zł**
- Mascarpone cream with baked peach and oat crumble 484 kcal **12 zł**
- Chocolate panna cotta with raspberry sauce 492 kcal **13 zł**



SALAD / BOWL



- Salad with pasta, cocktail shrimp, and vegetables 440 kcal **25 zł**
- Mexican chicken salad 425 kcal **23 zł**
- VEGE** Pearl couscous salad with vegetables + curry dip 634 kcal **22 zł**



DRINKS



- Chocolate protein shake 313 kcal **12 zł**
- Strawberry-raspberry smoothie 278 kcal **12,5 zł**
- Mango lassi 306 kcal **12,5 zł**
- Lemon lemonade 66 kcal **9 zł**
- Quince drink 320 ml 106 kcal **14 zł**
- Quince drink with green tea 320 ml 106 kcal **14 zł**
- Quince drink with black tea 320 ml 106 kcal **14 zł**

SOUPS

- VEGE** Pickled cucumber cream soup with rice 245 kcal **11,5 zł**
- VEGE** Red borscht with mushroom dumplings 200 kcal **14 zł**
- VEGE** Vegetable soup with noodles 126 kcal **11 zł**

BAO BAO

- Bao buns with pulled BBQ chicken, red cabbage slaw, cucumber, and sesame 682 kcal **25 zł**



Colorful flavors



Fresh ingredients



Chef-crafted quality

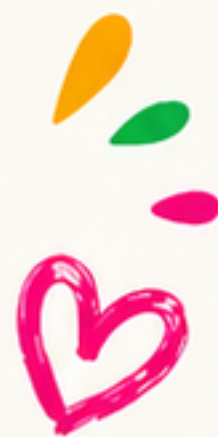


Delivery with care

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Thursday 6.08.2026

Today's colorful menu



BREAKFASTS



- VEGE** Chia pudding with strawberry mousse 382 kcal **12 zł**
- VEGE** Apple pie-style oatmeal 413 kcal **11 zł**
- Baked rolls with ham, cheese, and egg 530 kcal **16 zł**
- Caesar bagel 665 kcal **16 zł**
- VEGE** Multigrain roll with cottage cheese, radish, and chives 403 kcal **9 zł**
- NEW** Bread stick with pulled BBQ pork and Asian-style cucumber 537 kcal **13 zł**
- Pork loin "burger" 627 kcal **16 zł**
- VEGE** Roll with sun-dried tomato spread, mozzarella, arugula, and cucumber 528 kcal **13 zł**
- Roll with pâté, horseradish dip, and pickled cucumber 462 kcal **9 zł**
- Chicken strips sub with garlic sauce 556 kcal **15 zł**

LUNCHES



- Beef burrito 472 kcal **20 zł**
- NEW** Pork in green pepper sauce with potato dumplings and braised beetroot 789 kcal **23 zł**
- Pork schnitzel baked with cheese + grilled mushrooms, roasted potatoes, pickled cucumber 428 kcal **22 zł**
- NEW** Chicken pad thai 831 kcal **23 zł**



- Lviv-style cutlet with mashed potatoes and carrots with peas 759 kcal **22 zł**
- Chicken pocket stuffed with spinach and feta + mashed potatoes + beetroot (cold) 504 kcal **22 zł**
- Unwrapped stuffed cabbage in tomato sauce with mashed potatoes 702 kcal **22 zł**
- NEW / KETO** Keto roulade in mustard sauce with cauliflower, broccoli, and bell pepper 522 kcal **24 zł**
- VEGE** Cheese-and-egg patties + mashed potatoes + cucumber salad 756 kcal **21 zł**

PASTA



- VEGE / SPICY** Rigatoni in romesco sauce with burrata and basil 730 kcal **23 zł**
- Pasta with minced beef, vegetables, and parmesan 554 kcal **23 zł**

DUMPLINGS



- Green dumplings with chicken and garlic dip 901 kcal **17,5 zł**
- VEGE** Sweet cheese dumplings + cream 934 kcal **17,5 zł**

GYOZA



- Gyoza dumplings [vegetables/chicken] + soy sauce 303 kcal **19 zł**

CREPES



- VEGE** Crepes with leek, zucchini, and yellow cheese 710 kcal **22 zł**
- VEGE** Crepes with mascarpone cream and raspberry jam 941 kcal **20 zł**

THAI ROLL



- Spring rolls with chicken and blanched cabbage with carrot + peanut dip 603 kcal **19 zł**

ROLLS



- Rolls with chicken and vegetables + honey-mustard sauce 612 kcal **19 zł**

DESSERTS



- Lactose-free chesecake made with coconut milk and tropical mousse 263 kcal **12 zł**
- NEW** Homemade blueberry bun with crumble 460 kcal **16 zł**
- Creamy mascarpone dessert with mandarins and sponge biscuits 438 kcal **14 zł**
- Chocolate tapioca with pear and nuts 351 kcal **12 zł**
- Dubai chocolate dessert 672 kcal **16 zł**
- KETO** Strawberry dessert with white cloud topping and tahini cream 347 kcal **12 zł**



SALADS / BOWLS



- Salad with egg, bacon, cherry tomatoes, and corn + dressing 741 kcal **22 zł**
- VEGE** Salad with buckwheat, beetroot, feta cheese, orange, and honey-mustard dressing 560 kcal **21 zł**
- Poke bowl with BBQ chicken 751 kcal **25 zł**



DRINKS



- Cookie-flavored protein shake 257 kcal **11 zł**
- Green avocado smoothie 308 kcal **12,5 zł**
- Raspberry lassi 224 kcal **12,5 zł**
- Raspberry lemonade 56 kcal **9 zł**
- Lime bubble tea 119 kcal **14 zł**

SOUPS

- SPICY** Thai soup served with shrimp and rice noodles 586 kcal **22 zł**
- NEW / VEGE** Kohlrabi cream soup served with fried broad beans and noodles 215 kcal **12 zł**
- VEGE** Tomato soup with rice 246 kcal **11 zł**



BURGERS

- Caesar-style burger 608 kcal **22 zł**



BAO BAO

- SPICY** Bao buns with roasted salmon, Korean-style vegetables, and chili mayo dip 907 kcal **27 zł**



PREMIUM DISH

- Roulade served with mashed potatoes and red cabbage 750 kcal **33 zł**



Colorful flavors



Fresh ingredients



Chef-crafted quality



Delivery with care

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Friday 7.08.2026

Today's colorful menu

BREAKFASTS

- VEGE** Coconut millet porridge with blueberry jam and peanut butter 481 kcal **10 zł**
- VEGE** Bagel with fried egg, cucumber, and cream cheese 571 kcal **14 zł**
- Seeded roll with cream cheese and salmon 486 kcal **13 zł**
- Ciabatta with honey-mustard chicken, cheddar, and cucumber 542 kcal **14 zł**
- Roll with Sopot loin, Maasdam cheese, and tomato 442 kcal **13 zł**
- VEGE** Bread stick with egg spread and sprouts 390 kcal **9 zł**
- Chicken strips sub with garlic sauce 556 kcal **15 zł**
- SPICY** Wrap with chicken strips and mango-jalapeño dip 515 kcal **18 zł**

DESSERTS

- Carrot cake with cream glaze 509 kcal **10 zł**
- Coconut Princess dessert 1025 kcal **13 zł**
- Raspberry cloud dessert 397 kcal **12 zł**
- Mascarpone cream on a chocolate-butter base with cherry mousse 376 kcal **12 zł**

BURGERS

- BBQ burger [beef, cheddar, bacon chips, tomato, fried onion] 608 kcal **23 zł**

LUNCHES

- Breaded pollock with dill mashed potatoes and braised cabbage 498 kcal **24 zł**
- BBQ chicken with rice and Vietnamese-style slaw 609 kcal **22 zł**
- Turkey patties in lemon sauce + skin-on potatoes + coleslaw 538 kcal **23 zł**
- KETO** Baked camembert wrapped in bacon with cranberries and tomato salad 645 kcal **24 zł**
- VEGE** Broccoli patties with mozzarella served with mash and cucumber salad 574 kcal **20 zł**



SALADS / BOWLS

- VEGE** Salad with white beans, fresh and sun-dried tomatoes, bell pepper + dip + croutons 480 kcal **22 zł**
- Bowl with potato, pickled cucumber, chicken, bell pepper + garlic dip 410 kcal **23 zł**
- Salad with pork tenderloin, beetroot, black lentils, and dressing 427 kcal **23 zł**

SOUPS

- VEGE / SPICY** Tikka masala soup 232 kcal **11 zł**
- NEW VEGE** Vichyssoise - potato and leek soup 396 kcal **13 zł**



PASTA

- Black pasta in butter sauce with shrimp, roasted cherry tomatoes, and parsley 765 kcal **26 zł**
- SPICY** Rigatoni in creamy tomato sauce with chorizo 766 kcal **22 zł**
- VEGE** Four-cheese pasta 750 kcal **22 zł**

DUMPLINGS

- VEGE** Sweet cheese dumplings with raspberry-lime sauce 817 kcal **17,5 zł**
- VEGE** Russian dumplings with onion topping 739 kcal **17,5 zł**

GYOZA

- VEGE** Spinach gyoza dumplings with vegetables + soy sauce 289 kcal **18 zł**

CREPES

- VEGE** Crepes with spinach, ricotta, and sun-dried tomatoes + lime-mint dip 631 kcal **22 zł**
- VEGE** Pink crepes served with sweet cheese, peach, and toffee sauce 844 kcal **19 zł**

ROLLS

- Rolls with smoked salmon, spinach, and dill sauce 614 kcal **21 zł**

DRINKS

- Snickers protein shake 454 kcal **12 zł**
- Orange-apple-carrot smoothie 154 kcal **12 zł**
- Vitamin smoothie [orange, banana, spinach, ginger, chia] 220 kcal **12,5 zł**
- Lavender lemonade 56 kcal **9 zł**
- Quince drink 320 ml 106 kcal **14 zł**
- Quince drink with green tea 320 ml 106 kcal **14 zł**
- Quince drink with black tea 320 ml 106 kcal **14 zł**



Colorful flavors



Fresh ingredients



Chef-crafted quality



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