

zdrowylunch.pl

5 days, 5 reasons to try

by zdrowylunch.pl

Colorful menu, plenty of choice and something tasty every day.



taste

Tasty, refined recipes you'll love.



freshness

Fresh ingredients every day from trusted suppliers.



convenience

You order online, we deliver to your door.



variety

A different selection every day – everyone will find something for themselves.



good mood

Good food makes for a better day!

Today's recommendation

colorful flavors • filling dishes • quick decisions



Join our
WhatsApp groups






Menus, reminders and information about new items – details from our sales reps.

zdrowycatering.pl




Eat colorful. Live healthy. Feel great!

Menu | Monday 06.07.2026






BREAKFAST

- Chia yogurt + strawberry mousse + muesli 364 kcal 11 zł 
- Raffaello oatmeal 605 kcal 11 zł 
- Tart with caramelized onion 360 kcal 10 zł 

ROLLS & WRAPS

- English-style bagel with fried egg and bacon 602 kcal 14 zł
- Ciabatta with lettuce, Gouda and preserved pepper 517 kcal 9 zł 
- Roll with horseradish cream cheese and vegetables 402 kcal 12 zł 
- Roll with chicken, mozzarella, jalapeno and caramelized onion 661 kcal 14 zł 
- Classic breadstick - ham, yellow cheese, vegetables 491 kcal 13 zł
- Longer with breaded chicken strips and BBQ sauce 480 kcal 15 zł

LUNCHES

- Indian butter chicken served with rice . 566 kcal 22 zł
- Pork loin in horseradish sauce, potato wedges and dill slaw 595 kcal 22 zł
- Chicken Kiev with butter, roasted potatoes and cabbage slaw 820 kcal 22 zł
- Chicken wrapped in bacon in zucchini sauce with mash and slaw 710 kcal 23 zł 
- Chicken in paprika marinade with potato mash and cucumber salad 632 kcal 23 zł 
- Gnocchi in basil sauce with green peas and Parmesan 836 kcal 20 zł 
- Spaghetti carbonara 425 kcal 20 zł
- Dumplings with spinach, feta and mozzarella served with garlic sauce ... 979 kcal 17,5 zł 
- Green chicken dumplings with garlic dip 901 kcal 17,5 zł
- Pancakes with mascarpone cream and raspberry preserve 941 kcal 20 zł 
- Green pancakes with salmon and cream cheese 940 kcal 22 zł

ROLLS

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

DESSERTS

- Apple pie 301 kcal 10 zł
- Raspberry chia pudding 308 kcal 12 zł
- Dubai chocolate dessert 672 kcal 16 zł
- Coconut custard dessert with fruit preserve on shortcrust base 615 kcal 14 zł



SALADS

- Salad with roasted beetroot, feta, roasted nuts, orange and dressing 421 kcal 21 zł 
- Caesar salad with chicken 654 kcal 23 zł

DRINKS

- Chocolate protein shake 313 kcal 12 zł
- Forest fruit smoothie with honey 191 kcal 12,5 zł
- Mango lassi smoothie 306 kcal 12,5 zł
- Lavender lemonade 56 kcal 9 zł
- Pigwolada 320 ml 106 kcal 14 zł
- Pigwolada z zieloną herbatą 320 ml ... 106 kcal 14 zł
- Pigwolada z czarną herbatą 320 ml 106 kcal 14 zł

SOUPS

- Pickled cucumber cream soup with mountain cheese 341 kcal 13 zł 
- Young beet soup with green beans and egg 265 kcal 12 zł 

BAO BAO

- Black-and-white bao bao buns with pulled teriyaki chicken, cucumber, peanuts and cilantro (2 pcs) 648 kcal 26 zł

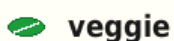
Today's recommendation



Indian butter chicken served with rice - 566 kcal - 22 zł



spicy



veggie






keto





new

Menu | Tuesday 07.07.2026








BREAKFAST

- Yogurt + peach + chocolate crunchy .. 264 kcal 11 zł 
- Vanilla semolina pudding with raspberry mousse and almonds 417 kcal 12 zł 
- Baked rolls with mushrooms, cheese and egg 459 kcal 14 zł 

ROLLS & WRAPS

- Breadstick with egg spread and sprouts .. 390 kcal 9 zł 
- Roll with sun-dried tomato spread, Camembert, rocket and cucumber 552 kcal 13 zł 
- Seeded roll with tuna spread and pickled cucumber 449 kcal 9 zł
- Pork loin burger 627 kcal 16 zł
- Seeded breadstick with cheddar, chicken and American sauce 556 kcal 14 zł
- Longer with breaded chicken strips and BBQ sauce 480 kcal 15 zł

LUNCHES

- Breaded chicken cutlet with potato puree and pickles 474 kcal 23 zł
- Pork cutlet with potato puree and braised cabbage 566 kcal 22 zł
- Liver with onion + mashed potatoes + pickled cucumber 679 kcal 20 zł
- Keto pork tenderloin in pepper sauce + green beans 438 kcal 24 zł 
- Lazy dumplings with vanilla yogurt and strawberry mousse 544 kcal 19 zł 
- Cheese and egg patties + potato puree + carrot slaw 685 kcal 22 zł 
- Pappardelle with chicken in curry sauce 691 kcal 24 zł 
- Penne in cream-Parmesan sauce with grilled vegetables and chicken 896 kcal 23 zł
- Russian dumplings with fried onion topping 739 kcal 17,5 zł 
- Green chicken dumplings with garlic dip 901 kcal 17,5 zł
- Mexican-style pancakes baked with bechamel 808 kcal 23 zł 
- Green pancakes with raspberry cottage cheese 710 kcal 22 zł 
- Spring rolls (chicken/beef/shrimp) + sweet-spicy sauce 319 kcal 19 zł

BURGERS

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

GYOZA

- Gyoza dumplings with chicken and vegetables 318 kcal 18 zł

DESSERTS

- Upside-down rhubarb cake 383 kcal 10 zł
- Oreo-style dessert 552 kcal 11 zł
- Pistachio tiramisu 573 kcal 13 zł
- Chocolate tapioca pudding with mango 223 kcal 12 zł

SALADS

- Salad with chicken, orange fillets, sunflower seeds and honey-mustard dressing 461 kcal 23 zł
- Nicoise salad with tuna 670 kcal 25 zł
- Bowl with quinoa, roasted sweet potatoes, tomatoes, avocado, egg + dressing 772 kcal 25 zł 

DRINKS

- Pistachio protein shake 424 kcal 13 zł
- Smoothie: mango, pineapple, orange, strawberry 174 kcal 12,5 zł
- Green avocado smoothie 308 kcal 12,5 zł
- Raspberry lemonade 56 kcal 9 zł
- Pigwolada 320 ml 106 kcal 14 zł
- Pigwolada z zieloną herbatą 320 ml 106 kcal 14 zł
- Pigwolada z czarną herbatą 320 ml 106 kcal 14 zł

SOUPS

- Cold cucumber and radish soup 197 kcal 12 zł 
- Cauliflower cream soup 304 kcal 12 zł 

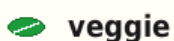
Today's recommendation



Breaded chicken cutlet with potato puree and pickles - 474 kcal - 23 zł



spicy



veggie



keto



new

Menu | Wednesday 08.07.2026

♥ BREAKFAST

- Toffee oatmeal with flaxseed, bran and cranberries 469 kcal 12 zł 🌱
- Apple pancakes + sour cream + preserve 702 kcal 15 zł 🌱

🍷 ROLLS & WRAPS

- Caesar bagel 665 kcal 16 zł
- Seeded breadstick with ham, egg and pickled cucumber 434 kcal 12 zł
- Seeded roll with cream cheese, salmon and mayonnaise 530 kcal 13 zł
- Roll with mustard and egg 341 kcal 9 zł 🌱🌟
- Roll with lettuce and Maasdam cheese ... 436 kcal 9 zł 🌱
- Longer with breaded chicken strips and BBQ sauce 480 kcal 15 zł
- Chicken wrap with mango jalapeno dip ... 417 kcal 18 zł 🌶️

🍱 LUNCHES

- Pork tenderloin in red wine sauce served with potato puree and braised beetroot 499 kcal 23 zł 🌟
- Teriyaki chicken with rice and cabbage slaw 523 kcal 22 zł
- Shu shu cutlet with puree and napa cabbage slaw 698 kcal 23 zł 🌟
- Stroganoff with potato dumplings and pickled cucumber 525 kcal 24 zł
- Keto chicken in carbonara sauce + zucchini noodles 678 kcal 24 zł 🍷
- Broccoli patties with mozzarella in onion sauce + potatoes + coleslaw 665 kcal 20 zł 🌱
- Pasta with minced beef, vegetables and Parmesan 554 kcal 23 zł
- Orzo pasta in creamy chicken sauce ... 638 kcal 24 zł
- Russian dumplings with fried onion topping 738 kcal 17,5 zł 🌱
- Green chicken dumplings with garlic dip 901 kcal 17,5 zł
- Pancakes with spring cottage cheese .. 984 kcal 21 zł 🌱
- Bounty pancakes 864 kcal 18 zł 🌱

🍔 BURGERS

- Beef burger with potato pancake 721 kcal 25 zł

🥟 GYOZA

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

🌯 ROLLS

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

🍣 SUSHI

- Sushi fresh mix (salmon/panko shrimp/crab spread) + soy sauce, ginger, wasabi 941 kcal 25 zł 🌟

🍰 DESSERTS

- Carrot cake with creamy frosting 509 kcal 10 zł
- Coconut tapioca pudding with mango mousse 586 kcal 13 zł
- Raspberry cloud dessert 397 kcal 12 zł
- Strawberry tiramisu 320 kcal 10 zł

🥗 SALADS

- Salad with chicken, pear, blue cheese, nuts + honey-mustard dip 573 kcal 23 zł
- Lumberjack salad [tomato, pickled cucumber, chicken, bacon, Gouda, crispy onion, dip] ... 734 kcal 22 zł
- Salad with roasted rhubarb and strawberry dressing 455 kcal 24 zł 🌱

🍹 DRINKS

- Snickers protein shake 454 kcal 12 zł
- Strawberry smoothie with chia 293 kcal 12,5 zł
- Vitamin smoothie [orange, banana, spinach, ginger, chia] 220 kcal 12,5 zł
- Lemon lemonade 66 kcal 9 zł
- Pigwolada 320 ml 106 kcal 14 zł
- Pigwolada z zieloną herbatą 320 ml 106 kcal 14 zł
- Pigwolada z czarną herbatą 320 ml 106 kcal 14 zł

🍲 SOUPS

- Pepper cream soup with mozzarella balls and roasted pumpkin seeds 313 kcal 12 zł 🌱
- Chicken broth with noodles 107 kcal 12 zł

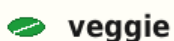
Today's recommendation



Pork tenderloin in red wine sauce served with potato puree and braised beetroot - 499 kcal - 23 zł



spicy



veggie



keto



new

Menu | Thursday 09.07.2026

BREAKFAST

- Strawberry yogurt + chocolate crunchy 275 kcal **11 zł**
- Oatmeal with raspberry preserve, chocolate topping and coconut 478 kcal **12 zł**

ROLLS & WRAPS

- Seeded roll with sweet onion spread, egg and pickled cucumber 447 kcal **13 zł**
- Ciabatta with chicken, fried egg, cheddar and tartar sauce 610 kcal **14 zł**
- Bagel with cottage cheese, radish and chives . . . 321 kcal **11 zł**
- Breadstick with egg spread and sprouts 390 kcal **9 zł**
- Roll with salami, garlic sauce, olives, lettuce, pickled cucumber and sprouts 713 kcal **9 zł**
- Pork loin burger 627 kcal **16 zł**
- Longer with breaded chicken strips and BBQ sauce . 480 kcal **15 zł**
- Chicken wrap with mango jalapeno dip 417 kcal **19 zł**

LUNCHES

- Chicken cutlet with jacket potatoes + ranch sauce and slaw 571 kcal **23 zł**
- Lasagne with beef and pork in bechamel sauce with Parmesan + tomato dip 962 kcal **22 zł**
- Hoisin chicken served with rice and broccoli . . . 684 kcal **23 zł**
- Pork tenderloin in mushroom sauce with potato dumplings and beetroot slaw 565 kcal **24 zł**
- Keto beef in tomato sauce with cauliflower rice . 723 kcal **25 zł**
- Veggie meatballs in vegetarian gravy with pea potato puree and coleslaw 456 kcal **22 zł**
- Italian-style stuffed pepper with herb-cucumber dip 563 kcal **23 zł**
- Pasta in creamy zucchini sauce with chorizo . . . 822 kcal **21 zł**
- Pappardelle with asparagus and sun-dried tomato sauce 589 kcal **22 zł**
- Dumplings with spinach, feta and mozzarella served with garlic sauce 979 kcal **17,5 zł**
- Green chicken dumplings with garlic dip 901 kcal **17,5 zł**
- Pancakes with Russian-style filling + bacon topping 746 kcal **20 zł**
- Straciatella pancakes 786 kcal **20 zł**
- Spring rolls (chicken/beef/shrimp) + hoisin sauce 467 kcal **19 zł**
- Mini vegetable spring rolls with sweet-spicy dip (6 pcs) 456 kcal **12 zł**
- Tortilla kebab with chicken, vegetables and garlic sauce 620 kcal **24 zł**

BURGERS

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

GYOZA

- Gyoza dumplings with beef 334 kcal **20 zł**

ROLLS

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

DESSERTS

- Yogurt cheesecake with strawberry layer on oat base 235 kcal **11 zł**
- Creamy mascarpone dessert with mandarins and sponge biscuits 438 kcal **14 zł**
- Coconut panna cotta with raspberry mousse and almond flakes 409 kcal **14 zł**
- 3 Bit dessert 415 kcal **12 zł**
- Tapioca with blueberry mousse and caramelized walnuts 326 kcal **12 zł**

SALADS

- Gyros salad 468 kcal **22 zł**
- Salad with halloumi, melon, rocket and cherry tomatoes 713 kcal **24 zł**
- Salad with shrimp, egg, vegetables and orange dressing 484 kcal **25 zł**

DRINKS

- Salted caramel protein shake with lactose-free milk 290 kcal **12 zł**
- Strawberry-raspberry smoothie 278 kcal **12,5 zł**
- Green energy smoothie with apple and pear notes . 232 kcal **12,5 zł**
- Red orange lemonade 56 kcal **9 zł**
- Pigwolada 320 ml 106 kcal **14 zł**
- Pigwolada z zieloną herbatą 320 ml 106 kcal **14 zł**
- Pigwolada z czarną herbatą 320 ml 106 kcal **14 zł**

SOUPS

- French garlic soup 352 kcal **12 zł**
- Spicy Thai soup served with chicken and rice noodles 538 kcal **18 zł**
- Green asparagus and zucchini cream soup 235 kcal **20 zł**

BAO BAO

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

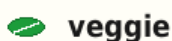
Today's recommendation



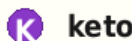
Chicken cutlet with jacket potatoes + ranch sauce and slaw - 571 kcal - 23 zł



spicy



veggie



keto



new

Menu | Friday 10.07.2026

♥ BREAKFAST

- Apple pie-style oatmeal 413 kcal **11 zł** 🌱
- Chia pudding with mango mousse 348 kcal **11 zł** 🌱

🍞 ROLLS & WRAPS

- Breadstick with egg spread, chives and pickled cucumber 391 kcal **12 zł** 🌱
- Ciabatta with lettuce, Gouda and preserved pepper 518 kcal **9 zł** 🌱
- Seeded roll with tuna spread and pickled cucumber 449 kcal **9 zł**
- English-style bagel with fried egg and bacon 602 kcal **14 zł**
- Italian-style seeded roll with pesto, mozzarella and tomato 566 kcal **13 zł** 🌱
- Roll with chicken, mozzarella, jalapeno and caramelized onion 661 kcal **14 zł**
- Longer with breaded chicken strips and BBQ sauce 480 kcal **15 zł**

🍽️ LUNCHES

- Chicken in butter sauce served with broccoli and Parmesan 755 kcal **24 zł**
- Chicken goulash with vegetables and rice 364 kcal **22 zł**
- Breaded pollock with puree and sauerkraut 464 kcal **24 zł**
- Keto meat patties in hunter sauce with broccoli-celeriac puree and slaw 676 kcal **25 zł** 🍷
- Risotto with asparagus, peas and Parmesan 582 kcal **22 zł** 🌱
- Tricolore pasta with salmon in cream-herb sauce 843 kcal **25 zł**
- Black pasta in butter sauce with shrimp, roasted cherry tomatoes and parsley .. 765 kcal **26 zł**
- Russian dumplings with fried onion topping 739 kcal **17,5 zł** 🌱
- Sweet cheese dumplings with raspberry-lime mousse 817 kcal **17,5 zł** 🌱
- Pancakes with roasted pear, cinnamon + chocolate sauce 667 kcal **19 zł** 🌱
- Pancakes with mushrooms and Gouda 572 kcal **22 zł** 🌱

🍔 BURGERS

- Black burger with beef, cheddar, onion rings and pickles 657 kcal **25 zł**

🍣 ROLLS

- Rolls with tempura shrimp and sweet chilli sauce 571 kcal **20 zł**

🍰 DESSERTS

- Chocolate fit marshmallow dessert with chia and raspberry layer 201 kcal **10 zł**
- Caramel cream on oat base with forest fruit preserve 336 kcal **13 zł**
- Mascarpone cream on chocolate-butter base with mango-passion fruit preserve 486 kcal **13 zł**
- Coconut Princessa dessert 1025 kcal **13 zł**

🥗 SALADS

- Greek salad with feta + basil vinaigrette 602 kcal **21 zł**
- Goodness bowl 332 kcal **20 zł** 🌱🌟
- Salad with smoked trout, egg, tomatoes, sweetcom and garlic-mustard dressing 286 kcal **25 zł**

🥤 DRINKS

- Raffaello raspberry protein shake 310 kcal **12 zł**
- Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 255 kcal **12,5 zł**
- Cherry-strawberry smoothie 194 kcal **12,5 zł**
- Lemon lemonade 66 kcal **9 zł**
- Pigwolada 320 ml 106 kcal **14 zł**
- Pigwolada z zieloną herbatą 320 ml ... 106 kcal **14 zł**
- Pigwolada z czarną herbatą 320 ml ... 106 kcal **14 zł**

🍲 SOUPS

- Red borscht with mushroom dumplings 231 kcal **14 zł** 🌱
- Tomato cream soup with Parmesan and green pesto 340 kcal **12 zł** 🌱

Today's recommendation



Chicken in butter sauce served with broccoli and Parmesan - 755 kcal - 24 zł



spicy



veggie



keto



new