

zdrowylunch.pl

5 days, 5 reasons to try

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



taste

Delicious, carefully crafted recipes you'll love.



freshness

Fresh ingredients every day from trusted suppliers.



convenience

Order online, we deliver to your door.



variety

A different selection of dishes every day – everyone will find something they like.



good mood

Good food makes for a better day!

Today's picks

colorful flavors • filling dishes • quick decisions



Join our **WhatsApp** groups



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

zdrowycatering.pl

Eat colorful. Live healthy. Feel great!

Monday 13.07.2026

Today's colorful menu

BREAKFAST



NEW VEG Vanilla skyr oatmeal with blackcurrant mousse and cashews
356 kcal • 11 zł

VEG Tart with cherry tomatoes, feta, zucchini and leek
342 kcal • 11 zł

Pork "burger"
627 kcal • 16 zł

VEG Bread roll with hummus, sun-dried tomatoes, egg and chives
416 kcal • 12 zł

Caesar bagel
665 kcal • 16 zł

Ciabatta with pulled BBQ chicken, fresh cucumber and red cabbage salad
440 kcal • 14 zł

VEG Seeded roll with lettuce, yellow cheese and pickled cucumber
502 kcal • 9 zł

VEG Seeded breadstick with egg spread
399 kcal • 9 zł

Longer with breaded chicken strips and BBQ sauce
480 kcal • 15 zł

LUNCHES



Cordon bleu with mashed potatoes with dill and cucumber salad
765 kcal • 24 zł

Pork chop with potatoes and baby carrots
507 kcal • 22 zł

Indian butter chicken served with rice
566 kcal • 22 zł

KETO Pork tenderloin in horseradish sauce with green beans
567 kcal • 24 zł

VEG Potatoes with cottage cheese
468 kcal • 18 zł

GYOZA



Duck and vegetable gyoza + soy sauce
303 kcal • 20 zł

CREPES



VEG Crepes with plum jam + vanilla sauce
921 kcal • 22 zł

VEG Crepes with vegetable filling (bell pepper, broccoli, zucchini) baked with béchamel
637 kcal • 22 zł

PASTA



VEG Tortellini with spinach and ricotta in basil pesto
597 kcal • 21 zł

Tagliatelle with shrimp in tomato sauce with mascarpone
672 kcal • 25 zł

PIEROGI



Meat pierogi with fried onion topping
1009 kcal • 17,50 zł

NEW Kebab pierogi with garlic dip
952 kcal • 17,50 zł

DESSERTS



Strawberry cake
348 kcal • 10 zł

Tiramisu dessert
555 kcal • 12 zł

Toffee dessert with blueberry fruit sauce
532 kcal • 12 zł

SALADS / BOWLS



VEG Salad with feta, cherry tomatoes and sweetcorn + vinaigrette
620 kcal • 22 zł

Chicken salad with garlic sauce, dried cranberries, almond flakes and feta
706 kcal • 23 zł

BURGERS



Cheeseburger with beef, cheddar, pickled cucumber, tomato and thousand island sauce
573 kcal • 23 zł

DRINKS



Cookie-flavored protein shake 257 kcal • 11 zł

Mango, pineapple, orange and strawberry smoothie 174 kcal • 12,50 zł

Raspberry lassi 224 kcal • 12,50 zł

Lemon lemonade 66 kcal • 9 zł

Pigwolada 320 ml 106 kcal • 14 zł

Pigwolada with green tea 320 ml 106 kcal • 14 zł

Pigwolada with black tea 320 ml 106 kcal • 14 zł

SOUPS



NEW VEG Green bean cream soup
189 kcal • 10 zł

VEG Lithuanian cold soup with egg and dill
262 kcal • 15 zł



Tuesday 14.07.2026

Today's colorful menu

BREAKFAST



VEG Yogurt with sour cherry mousse + granola
340 kcal • 12 zł

SPICY Breadstick with chicken, jalapeño, corn, lettuce and garlic sauce
720 kcal • 14 zł

VEG Ciabatta with arugula, camembert and cranberry jam
522 kcal • 13,50 zł

VEG Multigrain roll with cottage cheese, radish and chives
403 kcal • 9 zł

Bread roll with tuna spread and peppers
406 kcal • 13 zł

Bagel with ham, egg and pickled cucumber
416 kcal • 13 zł

VEG Seeded breadstick with egg spread
399 kcal • 9 zł

SPICY Wrap with gyros and Mexican dip
428 kcal • 16 zł

PASTA



NEW VEG Pappardelle in a creamy cheese sauce with chicken and broccoli
754 kcal • 24 zł

VEG Spaghetti in red pesto with roasted cherry tomatoes and burrata
722 kcal • 23 zł

SALADS / BOWLS



VEG Plant-based bowl with grandine pasta and mini broccoli
753 kcal • 23 zł

VEG Salad with feta cheese, tomato, yellow bell pepper, olives and basil dressing
589 kcal • 22 zł

Mexican chicken salad
425 kcal • 23 zł

BURGERS



BBQ burger [beef, cheddar, bacon chips, tomato, crispy fried onions]
608 kcal • 23 zł

LUNCHES



Pork tenderloins in chanterelle sauce with potato dumplings and beets
717 kcal • 24 zł

Indian-style turkey tikka masala with rice and broccoli
435 kcal • 22 zł

Potato dumplings with meat + sauerkraut
703 kcal • 22 zł

Meatballs in mushroom sauce with mashed potatoes and beets
885 kcal • 22 zł

Hawaiian chicken cutlet + rice + mixed vegetables
549 kcal • 23 zł

KETO Chicken in thyme sauce + cauliflower mash + cucumber salad
625 kcal • 24 zł

VEG Cauliflower patties with mash and beets
355 kcal • 19 zł

PIEROGI



Meat pierogi with fried onion topping
1009 kcal • 17,50 zł

VEG Pierogi with mushrooms and gouda cheese
731 kcal • 17,50 zł

DRINKS



Chocolate-pistachio protein shake
343 kcal • 13 zł

Sour cherry-orange cocktail
291 kcal • 12,50 zł

NEW Green smoothie with spinach, apple and kiwi with a hint of mint
144 kcal • 12,50 zł

Blood orange lemonade
56 kcal • 9 zł

Pigwolada 320 ml
106 kcal • 14 zł

Pigwolada with green tea 320 ml
106 kcal • 14 zł

Pigwolada with black tea 320 ml
106 kcal • 14 zł

CREPES



VEG Crepes with cottage cheese and vegetables
984 kcal • 21 zł

VEG Crepes with mascarpone-caramel cream and sour cherry sauce
1037 kcal • 19 zł

ROLLS



Rolls with lettuce, ham and cheese
844 kcal • 18 zł

DESSERTS



Wheat apple pie with plum
269 kcal • 11 zł

Blackcurrant yogurt with oat bran, biscuit crumble and almonds
368 kcal • 12 zł

Coconut custard dessert with jam on shortcrust base
615 kcal • 14 zł

Raspberry cloud dessert
397 kcal • 12 zł

SOUPS



VEG Dill soup with egg
213 kcal • 12 zł

Potato and leek cream soup with roasted salmon
316 kcal • 16 zł

BAO BAO



Bao buns with pulled teriyaki chicken, cucumber, peanuts and cilantro (2 pcs.)
660 kcal • 25 zł



Wednesday 15.07.2026

Today's colorful menu

BREAKFAST



VEG Yogurt with blueberry fruit sauce + crunchy
321 kcal • 12 zł

VEG Banana caramel oatmeal
430 kcal • 12 zł

Seeded bagel with fried egg, bacon and crispy onions
652 kcal • 14 zł

VEG Seeded roll with lettuce, yellow cheese and pickled cucumber
502 kcal • 9 zł

Ciabatta with sopocka loin, mazdamer cheese and tomato
469 kcal • 13 zł

VEG Breadstick with egg spread and sprouts
390 kcal • 9 zł

NEW VEG Bread roll with sun-dried tomato spread, mozzarella, arugula and cherry tomatoes
529 kcal • 13 zł

Longer with breaded chicken strips and BBQ sauce
480 kcal • 13 zł

SALADS / BOWLS



VEG Salad with vegetables, grilled halloumi and garlic dressing
471 kcal • 23 zł

VEG Salad with roasted carrots, chickpeas, capresi cheese and orange vinaigrette
708 kcal • 22 zł

Thai chicken bowl
557 kcal • 25 zł

BURGERS



Black burger with beef, vegetables, onion rings and BBQ sauce
661 kcal • 24 zł

LUNCHES



NEW Chicken strips with rice, Chinese cabbage slaw and garlic dip
798 kcal • 23 zł

NEW French-style cutlets with mashed potatoes and gherkins
530 kcal • 24 zł

Viennese pork schnitzel with mashed potatoes and cucumber salad
682 kcal • 23 zł

NEW Pork neck marinated in cola and ketchup served with mashed potatoes and pickled cucumber
715 kcal • 23 zł

NEW KETO Chicken roulade with spinach in Parma ham, mayonnaise sauce, served with braised mushrooms and broccoli
750 kcal • 25 zł

VEG Leniwe dumplings with cream and raspberry sauce
624 kcal • 19 zł

PASTA



VEG Ravioli with spinach and ricotta in parmesan sauce
719 kcal • 23 zł

SPICY Noodles with green beans and chicken
603 kcal • 22 zł

PIEROGI



NEW Kebab pierogi with garlic dip
952 kcal • 17,50 zł

VEG Pierogi with mushrooms and gouda cheese
731 kcal • 17,50 zł

DRINKS



Salted caramel protein shake with lactose-free milk
290 kcal • 12 zł

Cherry, raspberry and berry cocktail
275 kcal • 12,50 zł

Mango lassi cocktail
306 kcal • 12,50 zł

Lavender lemonade
56 kcal • 9 zł

Pigwolada 320 ml
106 kcal • 14 zł

Pigwolada with green tea 320 ml
106 kcal • 14 zł

Pigwolada with black tea 320 ml
106 kcal • 14 zł

GYOZA



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

CREPES



VEG Crepes with leek, zucchini and yellow cheese
710 kcal • 22 zł

VEG Crepes with roasted apples and toffee sauce (3 pcs.)
615 kcal • 18 zł

THAI ROLL



Spring rolls with chicken and blanched cabbage with carrots + peanut dip
603 kcal • 19 zł

ROLLS



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

SUSHI



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

DESSERTS



Sponge cake with rhubarb mousse and cream
493 kcal • 13 zł

3 Bit dessert
415 kcal • 12 zł

Pistachio tiramisu
573 kcal • 13 zł

Strawberry tapioca with mango mousse
162 kcal • 11 zł

SOUPS



VEG Tomato cream soup with basil and mozzarella
284 kcal • 12 zł

VEG Sorrel soup with egg
409 kcal • 14 zł



Thursday 16.07.2026

Today's colorful menu

BREAKFAST



VEG Yogurt + raspberry mousse + muesli

245 kcal • 11 zł

VEG Halva oatmeal

429 kcal • 11 zł

Pork "burger"

627 kcal • 16 zł

Bread roll with cottage cheese, cold cuts and peppers

327 kcal • 9 zł

VEG Bread roll with lettuce and maasdam cheese

436 kcal • 9 zł

Ciabatta with chicken, fried egg, cheddar and tartar sauce

610 kcal • 14 zł

VEG Multigrain bread roll with sweet onion spread, yellow cheese and vegetables

523 kcal • 13 zł

Longer with breaded chicken strips and BBQ sauce

480 kcal • 15 zł

SPICY Wrap with chicken and mango jalapeño dip

417 kcal • 18 zł

LUNCHES



SPICY Chicken and bean tacos + Mexican dip (3 pcs.)

465 kcal • 20 zł

SPICY Chicken korma with rice

842 kcal • 22 zł

Devolay with cheese and mushrooms served with mashed potatoes with dill and cucumber salad

678 kcal • 23 zł

Pork with roasted potatoes, gravy and beets (warm beets)

660 kcal • 22 zł

Kartacze with meat and fried onions + sauerkraut with carrots

538 kcal • 22 zł

Chicken in panko with curry rice and pickled cucumber

559 kcal • 22 zł

KETO Roasted salmon in creamy spinach sauce with pumpkin keto purée and coleslaw

698 kcal • 27 zł

NEW VEG Potato pancakes with mushroom sauce

451 kcal • 20 zł

VEG Italian-style stuffed pepper with herb-cucumber dip

563 kcal • 23 zł

PASTA



VEG Vegetarian spaghetti bolognese with parmesan

541 kcal • 22 zł

NEW VEG Pappardelle with sun-dried tomato sauce, roasted cherry tomatoes and parmesan

601 kcal • 22 zł

Tricolore pasta with salmon in lemon-dill sauce

755 kcal • 24 zł

PIEROGI



VEG Pierogi with mushrooms and gouda cheese

731 kcal • 17,50 zł

NEW Kebab pierogi with garlic dip

952 kcal • 17,50 zł

DRINKS



Tiramisu-style protein shake

234 kcal • 12 zł

Tropical smoothie [pineapple, mango, passion fruit, orange, banana]

255 kcal • 12,50 zł

Raspberry-strawberry smoothie with oat bran

113 kcal • 12,50 zł

Mojito lemonade

56 kcal • 9 zł

Pigwolada 320 ml

106 kcal • 14 zł

Pigwolada with green tea 320 ml

106 kcal • 14 zł

Pigwolada with black tea 320 ml

106 kcal • 14 zł

GYOZA



Chicken/vegetable gyoza + soy sauce + pickled ginger

346 kcal • 18 zł

CREPES



VEG Chocolate crepes with peach jam

686 kcal • 19 zł

Crepes with spinach, feta and chicken + garlic dip

847 kcal • 22 zł

THAI ROLL



Spring rolls (chicken / beef / shrimp) + sweet chili sauce

319 kcal • 19 zł

ROLLS



Rolls with smoked salmon, spinach and dill sauce

614 kcal • 21 zł

DESSERTS



Carrot cake with creamy icing

509 kcal • 10 zł

Stracciatella dessert with crunchy crumble

426 kcal • 11 zł

Raspberry dessert with coconut cream on shortcrust base

362 kcal • 12 zł

Dubai chocolate dessert

672 kcal • 16 zł

Chocolate tapioca with orange and chocolate flakes

232 kcal • 14 zł

SOUPS



Goulash soup

178 kcal • 18 zł

NEW VEG Beetroot cream soup with seeds

294 kcal • 11 zł

VEG Tomato soup with pasta

222 kcal • 11 zł

OTHERS



VEG SPICY Mini vegetable spring rolls with sweet chili dip

456 kcal • 12 zł

PREMIUM DISH

Turkey fillet in chanterelle sauce with rice and green beans

844 kcal • 33 zł

SALADS / BOWLS



VEG Salad with tortellini with spinach and ricotta, sun-dried tomatoes, parmesan + basil oil

592 kcal • 23 zł

VEG Salad with peach, goat cheese, walnuts and dressing

813 kcal • 23 zł

Chicken salad with orange segments, sunflower seeds and honey-mustard dressing

461 kcal • 23 zł

BURGERS



Caesar-style burger

608 kcal • 22 zł



Friday 17.07.2026

Today's colorful menu

BREAKFAST

**VEG** Yogurt + peach + chocolate crunchy
264 kcal • 11 zł**VEG** Coconut millet pudding
with mango-passion fruit jam
457 kcal • 12 zł**NEW** Tart with ricotta, Parma ham
and sugar snap peas
352 kcal • 12 złCaesar bagel
665 kcal • 16 zł**VEG** Multigrain roll with green hummus,
cherry tomatoes, arugula and chives
457 kcal • 9 zł**VEG** Multigrain roll with cottage cheese,
radish and chives
403 kcal • 9 złCiabatta with cream cheese and salmon
442 kcal • 13 zł**SPICY** Breadstick with gyros
and Mexican dip
389 kcal • 12 zł**VEG** Bread roll with green pesto,
sun-dried tomatoes and mozzarella
531 kcal • 13 złLonger with breaded chicken strips
and BBQ sauce
480 kcal • 15 zł

PASTA

**VEG** Pasta in cream sauce with broad beans,
goat cheese and pistachios
645 kcal • 21 złBlack pasta in butter sauce with shrimp,
roasted cherry tomatoes and parsley
765 kcal • 26 zł

PIEROGI

**NEW** Kebab pierogi with garlic dip
952 kcal • 17,50 zł**VEG** Pierogi with mushrooms
and gouda cheese
731 kcal • 17,50 zł

SALADS / BOWLS

Chicken Caesar salad
654 kcal • 23 zł**NEW VEG** Salad with halloumi, melon,
arugula and cherry tomatoes
713 kcal • 24 złPoke bowl with teriyaki salmon
731 kcal • 25 zł

BURGERS

Lumberjack-style burger
with horseradish sauce
972 kcal • 27 zł

LUNCHES

Breaded pollock with mashed potatoes
with dill and braised cabbage
498 kcal • 24 złChicken cutlet with hasselback potatoes
+ ranch sauce
658 kcal • 22 zł**SPICY** Szechuan chicken with rice
508 kcal • 22 zł**NEW VEG** Buckwheat and cottage cheese
patties with potatoes and green beans
641 kcal • 20 zł

GYOZA

**VEG** Spinach gyoza dumplings
with vegetables + soy sauce
289 kcal • 18 zł

CREPES

**VEG** Crepes with cabbage and mushrooms
483 kcal • 21 zł**VEG** Crepes with cottage cheese
and strawberry jam
686 kcal • 20 zł

ROLLS

**SPICY** Rolls with shrimp
and sweet chili sauce
571 kcal • 20 zł

DESSERTS

**NEW VEG** Fit brownie with cherries
398 kcal • 10 złChocolate belriso with raspberries
and pistachio cream
408 kcal • 12 złMascarpone cream with roasted
peach and oat crumble
484 kcal • 12 zł

DRINKS



Bounty protein shake 322 kcal • 12 zł

Strawberry lassi 191 kcal • 12,50 zł

NEW Orange-apple-carrot smoothie 154 kcal • 12 zł

Lemon lemonade 66 kcal • 9 zł

Pigwolada 320 ml 106 kcal • 14 zł

Pigwolada with green tea 320 ml 106 kcal • 14 zł

Pigwolada with black tea 320 ml 106 kcal • 14 zł

SOUPS

**VEG SPICY** Indian lentil soup
369 kcal • 10 zł**VEG** Cucumber and radish
cold soup
197 kcal • 12 zł