

#MENU

MONDAY

29.01.2024



GŁODNY
NIEDŹWIEDŹ

VEGE SANDWICH

Ciabatta with grains, egg, spinach, pickled cucumber, tomato and pepper jam, mayonnaise, **price: PLN 10,50**

Dark baguette with lentil burger with vegetables, tomato, iceberg lettuce, pickled cucumber, curry sauce, **price: PLN 10,50**

Wheat roll with mozzarella cheese, grilled zucchini, fried egg, basil pesto, crimped lettuce, **price: PLN 8,50**

Roll with grains, cottage cheese, herbs and radish, lettuce, butter, **price: PLN 8,50**

MEAT SANDWICH

Baguette with pork chop, pickled cucumber, tomato, red onion, iceberg lettuce, aioli sauce, **price: PLN 11**

Ciabatta with grains, baked ham, marinated mushrooms, pickled cucumber, mayonnaise sauce with roasted garlic, **price: PLN 11**

Wheat bun with chicken, pumpkin, peach, romaine lettuce, jalapeno pepper, **price: PLN 8,50**

Roll with grains, baked pork chop, lettuce, fresh vegetables, mayo sauce - mustard, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with gyros chicken paste, pickled cucumber, red onion, lettuce, turkish mayo sauce, **price: PLN 10,90 ***

WRAP

Wrap with pulled pork, pickled onion, tomato, cucumber, BBQ sauce, **price: PLN 15**

Wrap with caramelized mushroom, mixed lettuce, paste with corregio cheese, parsley, **price: PLN 15**

SOUP

Tomato cream with basil pesto, **price: PLN 11**

Cauliflower soup with dill, **price: PLN 11**

FIT LUNCH

Grilled pork tenderloin in dill sauce with rice and grilled vegetables, **price: PLN 21**

VEGE LUNCH

Potato and carrot pancakes, yogurt dip with chives and parsley and grilled green beans, **price: PLN 19,50**

Cabbage and lentil cutlets with rice in mushroom sauce with mashed potatoes, salad of pickled cucumbers with pepper, **price: PLN 19,50**



MEAT LUNCH

Pork loin in dough with mashed potatoes and fried beetroots, **price: PLN 21**

Bolognese pancakes with baked tomatoes and cheese, **price: PLN 19,50**

LUNCH XXL (> 500g)

Corn - coated chicken with mashed potatoes, green beans, grilled pepper baked with onion and garlic, **price: PLN 22**

SALAD

Caesar salad, **price: PLN 19,90 ***

Salad with breaded tofu in sweet chili sauce, red beans, sweet corn, romaine lettuce, coriander, herb mayonnaise, **price: PLN 19,90 ***

SMALL SALAD

Salad with surimi, cucumber, soy noodles, dill, **price: PLN 11,90 ***

Salad with pineapple, cheese, bulgur, chives, peanuts, lemon sauce, **price: PLN 11,90 ***

DESSERT

Mousse with milk chocolate, cherry jam, crumble, burnt butter, **price: PLN 9,90 ***

Carrot cake with vanilla cream, **price: PLN 9,90 ***

YOGURT MUESLI

Natural yoghurt, cherry, crunchy, **price: PLN 9,90 ***

PORRIDGE

Yoghurt porridge with honey, plums, chocolate and almonds, **price: PLN 9,90 ***

JUICES

Smoothie pineapple - mango, **price: PLN 9,50**

Fresh juice 100% cold pressed grapefruit - orange, **price: PLN 9,50**

Fresh juice 100% cold pressed orange, **price: PLN 11,50**

POKE BOWL with chicken and teriyaki sauce, **price: PLN 29 ***

SUSHI SET **price: PLN 34 ***

Sushi FRESH (14 pcs)

Sushi GRILL (12 pcs)

Sushi MIX (13 pcs)

Sushi VEGE (12 pcs)

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#MENU

TUESDAY

30.01.2024



GŁODNY
NIEDŹWIEDŹ

VEGE SANDWICH

Ciabatta with grains, cheese and vegetable paste, tomato, cucumber, mixed lettuce, mayonnaise, **price: PLN 10,50**

Dark baguette with feta cheese, peppers, pickled cucumber, tomato, lettuce mix, chives, and butter, **price: PLN 11**

Wheat roll with pickled beetroot, feta cheese, lettuce, butter, **price: PLN 8,50**

Roll with grains, cheese, hummus, grilled pepper, pickled cucumber, mixed lettuce, **price: PLN 8,50**

MEAT SANDWICH

Baguette with breaded chicken, tomato, cucumber, arugula, mayo sauce - sweet chili with sesame, **price: PLN 11**

Ciabatta with grains, chicken in cornflakes, tomato, curly lettuce, roasted onion, cocktail sauce, **price: PLN 11**

Wheat roll with smoked ham, cucumber, pickled onion, butter lettuce, mayo and horseradish sauce, **price: PLN 8,50**

Roll with grains, chicken tenderloin, pickled cucumber, iceberg lettuce, tomato, butter, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with egg paste, salmon and spinach, **price: PLN 11,50 ***

WRAP

Wrap with bacon, fried egg, avocado, pickled onion, cocktail sauce, **price: PLN 15**

Wrap with grilled zucchini, chickpea paste, tomato, iceberg lettuce, **price: PLN 15**

SOUP

Chickpea cream with sun - dried tomatoes, melted cheese, **price: PLN 11**

Tuscan soup with chicken, tomatoes, spinach and beans, **price: PLN 12**

RAMEN

Spicy Miso Ramen, **price: PLN 29**

FIT LUNCH

Grilled chicken fillet in mango sauce with nuts and mint, grilled bulgur broccoli and cauliflower, **price: PLN 19,50**

VEGE LUNCH

Oyster mushrooms in panko in oriental sauce with udon noodles, **price: PLN 21**

Arancini with cauliflower, tomato sauce with parmesan cheese, cabbage salad, **price: PLN 19,50**

MEAT LUNCH



Spicy beef bulgogi with carrots and onions in soy-honey sauce with rice, **price: PLN 22,90**



Pork roulade with bacon, buckwheat, mushroom sauce and red cabbage, **price: PLN 19,50**

LUNCH XXL (> 500g)

Pappardelle pasta with grilled chicken in a creamy sauce with broccoli, bell pepper, pumpkin seeds and grana padano cheese, **price: PLN 21**

SALAD

Salad with grilled sirloin, red onion, cherry tomatoes, bell pepper, pickled cucumber, sweet corn, mixed lettuce, mango - jalapeno sauce, **price: PLN 19,90 ***

Greek salad, **price: PLN 19,90 ***

SMALL SALAD

Salad with chicken, noodles, baked zucchini, roasted carrot, bell pepper, chives, curry sauce, **price: PLN 11,90 ***

Salad with cheese, egg, celery, sweet corn, red beans, mayonnaise sauce, **price: PLN 11,90 ***

DESSERT

Chocolate brownie with cream cream and bananas in caramel, **price: PLN 9,90 ***

Tapioca dessert in cherry sauce, **price: PLN 9,90 ***

YOGURT MUESLI

Natural yoghurt, apricot, crunchy, **price: PLN 9,90 ***

PORRIDGE

Yoghurt porridge with blueberry, strawberry and fruit sauce, **price: PLN 9,90 ***

JUICES

Smoothie apple - raspberry, **price: PLN 9,50**

Fresh juice 100% cold pressed apple - tangerine - mint, **price: PLN 9,50**

Fresh juice 100% cold pressed orange, **price: PLN 11,50**

POKE BOWL with halloumi cheese, **price: PLN 29 ***

SUSHI SET **price: PLN 34 ***

Sushi FRESH (14 pcs)

Sushi GRILL (12 pcs)

Sushi MIX (13 pcs)

Sushi VEGE (12 pcs)

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#MENU

WEDNESDAY

31.01.2024

GŁODNY
NIEDŹWIEDŹ

VEGE SANDWICH

Ciabatta with seeds, egg paste, grilled mushrooms, radish, spinach, chive mayonnaise, **price: PLN 10,50**

Dark baguette with camembert cheese, grilled pepper, curly lettuce, tomato, cranberry sauce, **price: PLN 11**

Wheat roll with green vegetables burger, bell pepper, iceberg lettuce, butter, **price: PLN 8,50**

Roll with grains, cheddar cheese, egg, cucumber, lettuce, butter, **price: PLN 8,50**

MEAT SANDWICH

Baguette with chicken, jalapeno pepper, coleslaw salad, aioli sauce, **price: PLN 11**

Ciabatta with grains, white sausage, tomato, pickled cucumber, lettuce, horseradish sauce, **price: PLN 11**

Wheat roll with roasted ham, pepper hummus, chives, lettuce, **price: PLN 8,50**

Roll with grains, breaded chicken, vegetables, lettuce, mayonnaise sauce, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with thai - style pork, grilled vegetables, arugula, thai mayo sauce, **price: PLN 11,50 ***

WRAP

Wrap with grilled chicken, fresh vegetables, romaine lettuce, caesar sauce, **price: PLN 15**

Wrap with beetroot, lettuce, spinach, walnuts and goat cheese, **price: PLN 15**

SOUP

Cream of jerusalem artichoke and baked white vegetables, **price: PLN 11**

Stroganoff soup, **price: PLN 12**

FIT LUNCH

Chicken with broccoli, rice, caramelized carrots with sugar peas, **price: PLN 19,50**

VEGE LUNCH

Vegetable curry with sweet potatoes, cauliflower and cashew nuts, rice with coriander and nigella seeds, **price: PLN 21**

Pancakes a'la Rafaello, **price: PLN 19,50**



MEAT LUNCH

Breaded turkey fillet with mashed potatoes, cucumber salad and beetroot salad, **price: PLN 21**

Chicken roulade with vegetables and spinach, mashed potatoes, cheese sauce, red and white cabbage coleslaw, **price: PLN 21**

LUNCH XXL (> 500g)

Turkey cutlet with mushroom sauce, mashed potatoes, fried carrots with peas, **price: PLN 22**

SALAD

Salad with chicken, beetroot carpaccio with thyme, feta cheese, pomegranate, arugula, cherry tomatoes, balsamico sauce, **price: PLN 19,90 ***

Salad with feta cheese, broccoli, egg, cherry tomatoes, bell pepper, roasted pumpkin and sunflower seeds, arugula, iceberg lettuce, truffle sauce, **price: PLN 19,90 ***

SMALL SALAD

Salad with roasted bacon, pickled beets, salty caramel, arugula, spinach, horseradish, **price: PLN 11,90 ***

Pasta salad with dor blue cheese, cucumber, cherry tomatoes, red onion, pumpkin seeds, arugula pesto, **price: PLN 11,90 ***

DESSERT

Panna Cotta with strawberry sauce, **price: PLN 9,90 ***

Dessert a'la Monte, **price: PLN 9,90 ***

YOGURT MUESLI

Natural yogurt, black currant, crunchy, **price: PLN 9,90 ***

PORRIDGE

Yoghurt porridge with honey, mango and fruit, **price: PLN 9,90 ***

JUICES

Smoothie blueberry - pear, **price: PLN 9,50**

Fresh juice 100% cold pressed pineapple - pear - apple, **price: PLN 9,50**

Fresh juice 100% cold pressed orange, **price: PLN 11,50**

POKE BOWL with prawns, **price: PLN 29 ***

SUSHI SET **price: PLN 34 ***

Sushi FRESH (14 pcs)

Sushi GRILL (12 pcs)

Sushi MIX (13 pcs)

Sushi VEGE (12 pcs)

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#MENU

THURSDAY

01.02.2024



VEGE SANDWICH

Ciabatta with grains, mozzarella cheese, grilled zucchini, tomato, fried onion, basil pesto, **price: PLN 11**

Dark baguette with vegetable cutlet in panko, plum and garlic chutna, tomato, salad mix, **price: PLN 11**

Wheat bun with lentil vegetable burger, pickled cucumber, bell pepper, curry sauce, **price: PLN 8,50**

Roll with grains, chive paste, radish, tomato, butter lettuce, butter, **price: PLN 8,50**

MEAT SANDWICH

Baguette with pulled pork, bell pepper, pickled cucumber, roasted onion, lettuce, aioli sauce, **price: PLN 11**

Ciabatta with grains, grilled chicken, iceberg lettuce, spinach, pickled cucumber, bell pepper, chives, mayo - curry sauce, **price: PLN 11**

Wheat roll with bacon, egg, pickled cucumber, lettuce, butter, **price: PLN 8,50**

Roll with grains, ham, cheese, caramelized mushroom, butter lettuce, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with dor blue cheese, pickled cucumber, tomato, lettuce, mayo sauce, **price: PLN 11,50 ***

WRAP

Wrap with breaded chicken chop in panko, calabash, cucumber, chives, curly lettuce, spicy - mayo sauce, **price: PLN 15**

Wrap in indian, curry sauce, **price: PLN 15**

SOUP

Sweet potato and carrot cream with roasted sunflower seeds, **price: PLN 12**

Barley soup with grilled sausage, **price: PLN 11**

RAMEN

Shrimp Ramen, **price: PLN 29**

FIT LUNCH

Grilled tenderloin with thyme, roasted vegetables, tzatziki sauce, baked jacket potatoes, **price: PLN 21**

VEGE LUNCH

Camembert in panko with baked potatoes, cabbage salad with broccoli, radish and mayonnaise, **price: PLN 22**

Sweet potatoes stuffed with sun - dried tomatoes, spinach and feta cheese, **price: PLN 19,50**

MEAT LUNCH

Chicken in cornflakes with baked potatoes, coleslaw salad, **price: PLN 21**



Creamy pearl barley with mushrooms and pork tenderloin, **price: PLN 21**

LUNCH XXL (> 500g)

Pork loin in paprika sauce with feta cheese, mashed potatoes, white cabbage salad with vegetables, **price: PLN 22**

SALAD

Nicoise salad with tuna, romaine lettuce, egg, green beans, tomato, olives, **price: PLN 19,90 ***

Salad with roasted beetroot, dor blue cheese, roasted pumpkin, cranberry, cherry tomatoes, mixed lettuce, nut dressing, **price: PLN 19,90 ***

SMALL SALAD

Rice salad with chicken, pineapple, sweet corn, bell pepper and lemon - mayonnaise sauce, **price: PLN 11,90 ***

Salad with couscous, sun - dried tomatoes, bell pepper, cucumber, dill, feta cheese, **price: PLN 11,90 ***

DESSERT

Cold cheesecake with sponge cake, jelly and fruit, **price: PLN 9,90 ***



Chocolate cream with cherries and chocolate crumble, **price: PLN 9,90 ***

YOGURT MUESLI

Natural yogurt, raspberry, crunchy, **price: PLN 9,90 ***

PORRIDGE

Yoghurt porridge with honey, stewed apple, pear and cinnamon, **price: PLN 9,90 ***

JUICES

Smoothie banana - peach - strawberry, **price: PLN 9,50**

Fresh juice 100% cold pressed apple - watermelon - orange, **price: PLN 9,50**

Fresh juice 100% cold pressed orange, **price: PLN 11,50**

POKE BOWL with gyoza dumplings, **price: PLN 29 ***

SUSHI SET **price: PLN 34 ***

Sushi FRESH (14 pcs)

Sushi GRILL (12 pcs)

Sushi MIX (13 pcs)

Sushi VEGE (12 pcs)

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#MENU

FRIDAY
02.02.2024



VEGE SANDWICH

Ciabatta with grains, hummus, tomato, spinach, arugula, pickled cucumber, sunflower seeds, lettuce, **price: PLN 10,50**

Dark baguette with caramelized mushrooms, pickled onion, cheddar cheese, spinach, arugula, tomato, burnt butter, **price: PLN 11**

Wheat roll with cheese, tomato, chives, radish, fresh spinach, lettuce, butter, **price: PLN 8,50**

Roll with grains, vegetable meatballs, cheese, lettuce, pickled cucumber, tartar sauce, **price: PLN 8,50**

MEAT SANDWICH

Baguette with grilled turkey, roasted tomatoes, feta cheese, mixed lettuce, mayo – basil sauce, **price: PLN 11**

Ciabatta with grains, baked pork chop, pickled cucumber, pickled pepper, mixed lettuce, red onion, mayonnaise and horseradish sauce, **price: PLN 11**

Wheat roll with pork terrine with cranberry, pickled cucumber, red onion, cranberry sauce, **price: PLN 8,50**

Roll with grains, pork burger, pickled cucumber, curly lettuce, BBQ sauce, **price: PLN 8,50**

DARK BREAD SANDWICH

Caesar sandwich with chicken, romaine lettuce, tomato, ripening cheese, caesar dressing, **price: PLN 11,50 ***

WRAP

Wrap with chicken, cucumber, tomato, arugula, curry paste, **price: PLN 15**

Wrap with fried egg, avocado, and beetroot in honey with mustard, lettuce, feta cheese, **price: PLN 15**

SOUP

Curry vegetable cream, **price: PLN 12**

Mushroom soup with noodles, **price: PLN 11**

FIT LUNCH

Turkey cutlets with carrot, zucchini, pearl barley, roasted onion, roasted beetroot salad with honey and lemon, dill dip, **price: PLN 19,50**

VEGE LUNCH

Dumplings with spinach and dor blue cheese, **price: PLN 19,50**

Sauerkraut pancakes with sour cream, **price: PLN 19,50**

MEAT LUNCH

Hawaiian grilled chicken with pineapple, mozzarella cheese, baked slices, coleslaw, sweet chili sauce, **price: PLN 20,50**



Breaded cod with mashed potatoes, green peas and cabbage salad, **price: PLN 22**

LUNCH XXL (> 500g)

Tom yum chicken in lime sauce on coconut milk with rice noodles, cabbage salad, peppers with coriander and chives, **price: PLN 22,90**

SALAD

Salad with grilled chicken, egg, cherry tomatoes, bell pepper, roasted sunflower and pumpkin seeds, arugula, iceberg lettuce, truffle vinaigrette sauce, **price: PLN 19,90 ***

Salad with dor blue cheese, pickled pear, dried cranberry, cherry tomatoes, mixed lettuce, roasted pumpkin seeds, bell pepper, vinaigrette sauce, **price: PLN 19,90 ***

SMALL SALAD

Salad with chicken, roasted beetroot, pearl barley, feta cheese, **price: PLN 11,90 ***

Salad with bulgur, mushrooms, sun – dried tomatoes and spinach, **price: PLN 11,90 ***

DESSERT

Dessert a'la Snickers, **price: PLN 9,90 ***

Coconut dessert with mango sauce – passion fruit, **price: PLN 9,90 ***

YOGURT MUESLI

Natural yogurt, blueberry, crunchy, **price: PLN 9,90 ***

PORRIDGE

Yoghurt porridge with honey, peach, almonds, chocolate and coconut flakes, **price: PLN 9,90 ***

JUICES

Smoothie blackcurrant – strawberry, **price: PLN 9,50**

Fresh juice 100% cold pressed pear – grapefruit – apple, **price: PLN 9,50**

Fresh juice 100% cold pressed orange, **price: PLN 11,50**

POKE BOWL with salmon, **price: PLN 29 ***

SUSHI SET **price: PLN 34 ***

Sushi FRESH (14 pcs)

Sushi GRILL (12 pcs)

Sushi MIX (13 pcs)

Sushi VEGE (12 pcs)

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