

#MENU

MONDAY

22.04.2024



**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, lettuce, basil pesto, **price: PLN 8,50**

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

MEAT SANDWICH

Baguette with pork chop, pickled cucumber, tomato, pickled 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 roll with chicken, pumpkin, peach, romaine lettuce, jalapeno pepper, **price: PLN 8,50**

Roll with grains with baked pork chop, lettuce, fresh vegetables, mayo – mustard sauce, **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 16**

Wrap with caramelized sweet corn, nachos, jalapeno, smoked tofu crumble, broccoli in tempura, iceberg lettuce, cheese sauce, **price: PLN 15**

SOUP

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

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

FIT LUNCH

Grilled salmon with orange and rosemary sauce, baked potatoes, arugula, spinach, baked beets and feta cheese, **price: PLN 26**

VEGE LUNCH

Cabbage, lentils and rice cutlets in mushroom sauce with mashed puree, pickled cucumber salad with bell pepper, **price: PLN 19,50**



Zucchini and carrot pancakes with vegan chicken goulash, **price: PLN 21**

MEAT LUNCH

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

Bolognese pancakes with roasted tomato and cheese, **price: PLN 19,50**

LUNCH XXL (> 500g)

Grilled meat mix: pork neck, chicken fillet, smoked sausage with baked potatoes, cucumber and radish salad, mustard and spicy tomato sauce, **price: PLN 22**

SALAD

Salad with pedron peppers, pasta, chorizo, cherry tomatoes, lettuce mix, olives, mozzarella, almond flakes, romesco sauce, **price: PLN 19,90 ***

Salad with battered tofu in sweet chili sauce, red kidney 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

Milk chocolate mousse, cherry jam, crumble, burnt butter, **price: PLN 9,90 ***

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

YOGHURT 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)

*The price includes the SUP (Single Use Plastic) fee in accordance with the EU directive

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MENU

TUESDAY

23.04.2024



VEGE SANDWICH

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

Dark baguette with feta cheese, bell pepper, 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 with soy burger, pickled cucumber, bell pepper, curry sauce, **price: PLN 8,50**

MEAT SANDWICH

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

Ciabatta with grilled wienerwurst, gouda cheese, Chinese cabbage, pickled red onion, pickled cucumber, aioli 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, poultry 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, mayo sauce, **price: PLN 16**

Wrap with breaded tofu in sweet chili sauce, edamame dip, sweet corn, bell pepper, lettuce, **price: PLN 15**

SOUP

Chickpea cream soup with sun - dried tomatoes and cheese spread, **price: PLN 11**

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

RAMEN

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

FIT LUNCH

Grilled chicken with vegetables, hummus and grilled pepper pesto, **price: PLN 21**

VEGE LUNCH

Oyster mushroom in oriental sauce with udon, **price: PLN 21**

Sweet potatoes stuffed with broccoli, mushroom, bell pepper, sun dried tomatoes and mozzarella cheese, gorgonzola sauce, **price: PLN 21**

MEAT LUNCH

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

Fusilli with aromatic pumpkin sauce, grilled chicken and chorizo, **price: PLN 21**

LUNCH XXL (> 500g)

Minced cutlets in chanterelle sauce with mashed potatoes, dill and pickled red cabbage in spicy brine, **price: PLN 22**

SALAD

Salad with grilled sirloin, pickled 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 custard and bananas in caramel, **price: PLN 9,90 ***

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

YOGHURT 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 carrot - beetroot - orange - ginger, **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

24.04.2024



VEGE SANDWICH

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

Dark baguette with cottage cheese and radish, chives, spinach, lettuce, butter, **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 with white sausage, tomato, pickled cucumber, lettuce, horseradish sauce, **price: PLN 11**

Wheat roll with roasted ham, bell 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 16**

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 rosemary, roasted vegetables, caramelised spinach baked sweet potatoes, parmesan flakes, **price: PLN 19,50**

VEGE LUNCH

Vegetable curry with sweet potato, cauliflower, cashew nuts, rice with coriander and black cumin, **price: PLN 21**

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

MEAT LUNCH

Pad Thai with chicken, **price: PLN 21**

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

LUNCH XXL (> 500g)

Beef goulash in red wine sauce with fried dumplings, mushrooms with onion and spinach, **price: PLN 22**

SALAD

Salad with chicken, beetroot, 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 ***

YOGHURT MUESLI

Natural yoghurt, 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

25.04.2024



VEGE SANDWICH

Ciabatta with seeds with mozzarella cheese, grilled zucchini, fried egg, basil pesto, **price: PLN 11**

Dark baguette with chili sin carne, jalapeno, yellow cheese, chives, **price: PLN 11**

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

Roll with grains, chive paste with egg, radish, butter lettuce, butter, cucumber, **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, mayonnaise, **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 chicken in panko, calabash, pickled red onion, cucumber, chives, curly lettuce, spicy - mayo sauce, **price: PLN 16**

Wrap with Indian style vegetables and curry sauce, **price: PLN 15**

SOUP

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

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

RAMEN

Shrimp Ramen, **price: PLN 29**

FIT LUNCH

Grilled chicken breast with thyme, roasted jacket potatoes, roasted vegetables and tzatziki sauce, **price: PLN 21**

VEGE LUNCH

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

Spinach dumplings with cheese sauce, grilled broccoli, baked cherry tomatoes with basil, **price: PLN 21**

MEAT LUNCH

Chicken in cornflakes with roasted potatoes and coleslaw, **price: PLN 21**

Beef cheeks with mashed potatoes and caramelised spicy vegetables, **price: PLN 26**

LUNCH XXL (> 500g)

Cepellins with mushroom stuffing, fried bacon and sauerkraut salad, **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 ***

YOGHURT MUESLI

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

PORRIDGE

Bounty porridge with coconut milk, coconut flakes and chocolate pieces, **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

26.04.2024



**GŁODNY
NIEDŹWIEDŹ**

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 with cheese, lettuce, pickled cucumber, tartar sauce, **price: PLN 8,50**

MEAT SANDWICH

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

Ciabatta with grains, baked pork chop, pickled cucumber, pickled bell pepper, mixed lettuce, pickled 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, aioli sauce, **price: PLN 16**

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

SOUP

Curry vegetable cream soup, **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

Basil rigatoni with beans, **price: PLN 19,50**

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

MEAT LUNCH

Breaded cod with mashed potatoes, green peas and cabbage salad, **price: PLN 22,90**

Grilled chicken hawaiian style with pineapple, mozzarella, roasted potato slices, coleslaw, sweet chilli sauce, **price: PLN 21**

LUNCH XXL (> 500g)



Potato pancakes stuffed with blood sausage with semi pickled cucumber and beets with horseradish, **price: PLN 22**

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 ***

YOGHURT MUESLI

Natural yoghurt, 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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