

#MENU

MONDAY

10.03.2025



VEGE SANDWICH

Ciabatta with grains with egg cutlet and mushrooms, chives, radish, iceberg lettuce, spinach, mayonnaise, **price: PLN 11,00**

Dark baguette with herb cottage cheese, roasted beetroot, pickled cucumber, mixed lettuce, butter, **price: PLN 11,00**

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

Roll with grains with lentil cutlet with vegetables, pickled pepper, mixed lettuce, basil mayonnaise, **price: PLN 8,50**

Rye bread with chickpea paste, grilled peppers and spinach, **price: PLN 8,50**

MEAT SANDWICH

Baguette with grilled sausage, cheese, marinated cucumber, pickled pepper, iceberg lettuce, mayo sauce – mustard, **price: PLN 12**

Ciabatta with grains with chicken in cornflakes, tomato, mixed lettuce, roasted onion, cocktail sauce, **price: PLN 12**

Wheat roll with ham, cheese, mixed lettuce, caramelized mushroom, **price: PLN 8,50**

Roll with grains with pork terina with cranberry, pickled cucumber, red onion, lettuce, mayonnaise, **price: PLN 8,50**

Rye bread with chorizo spread, grilled zucchini and arugula, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with fried egg, grilled bacon, arugula, horseradish sauce, **price: PLN 12,00**

WRAP

Wrap with chicken, cucumber, tomato, lettuce, aioli sauce, **price: PLN 16**

Wrap with tofu, roasted vegetables, lettuce, sweet - chilli sauce, **price: PLN 15**

BREAKFAST

Shakshouka with chorizo, butter rolls, **price: PLN 22,90**

SOUP

Sweet potato cream soup with peanut butter, **price: PLN 12**

Malaysian soup with chicken and spinach, **price: PLN 12**

FIT LUNCH

Stir - fry vegetables with grilled chicken with soy sauce - chili, **price: PLN 21**

DUMPLINGS

Dumplings with salmon and tatar sauce, **price PLN 22,90**

VEGE LUNCH

Cheese pancakes with powdered sugar and strawberry sauce, **price: PLN 21,00**

Cheese and spinach lasagne with cheese sauce, **price: PLN 21,90**

MEAT LUNCH

Pork chops in mushroom sauce with mashed potatoes, stewed red cabbage with apple, **price: PLN 22,00**

Pumpkin goulash with turkey and vegetables risotto with cauliflower, **price: PLN 22,00**

LUNCH XXL

Meatballs with mushroom sauce with mashed potatoes and salad Chinese cabbage with vegetables **price: PLN 24,00**

SALAD

Salad with roasted chicken, dor blue cheese, mixed lettuce, cherry tomatoes, cucumber, vinaigrette sauce - herbal, **price: PLN 19,90**

Salad with mozzarella cheese, tomato, cucumber, bell pepper, mixed lettuce, basil pesto with arugula, **price: PLN 19,90**

SMALL SALAD

Hawaiian salad with ham, orzo pasta, pineapple, cucumber, **price: PLN 12,90**

Salad with buckwheat, cheese, sun dried tomatoes, roasted nuts with onion, dates and parsley, **price: PLN 12,90**

Millet with sweet potatoes, roasted chickpeas, spinach and yoghurt sauce, **price: PLN 12,90**

DESSERT

Lemon cream, white chocolate ganache, orange cookie, **price: PLN 10,90**

Banana dessert with kaymak, **price: PLN 10,90**

YOGHURT MUESLI

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

PORRIDGE

Yoghurt porridge with honey, peach, almonds, chocolate and coconut flakes, **price: PLN 10,90**

JUICES

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

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

Fresh juice 100% cold pressed orange, **price: PLN 12,90**

POKE BOWL with chicken in panko, **price: PLN 29**

SUSHI SET **price: PLN 34**

Sushi FRESH (14 pcs), **GRILL** (12 pcs), **MIX** (13 pcs), **VEGE** (12 pcs)

MENU

TUESDAY

11.03.2025



VEGE SANDWICH

Ciabatta with grains with mushroom paste, mixed lettuce, pickled onion, radish, burnt butter, **price: PLN 11,00**

Dark baguette with grilled vegetables, egg, arugula, spinach, herb mayonnaise, **price: PLN 11,00**

Wheat roll with cheese, egg, lettuce, chives, radish, cucumber, butter, **price: PLN 8,50**

Roll with grains with camembert cheese and dried tomato paste, **price: PLN 8,50**

Rye bread with mushroom roast, arugula and thyme butter, **price: PLN 8,50**

MEAT SANDWICH

Baguette with pork chop with sauerkraut, mushroom, mayonnaise sauce, **price: PLN 12**

Ciabatta with grains with grilled curry turkey, roasted tomatoes, cheese, mixed lettuce, mayo and basil sauce, **price: PLN 12**

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

Roll with grains with chicken, guacamole, tomato, mixed lettuce, black olives, **price: PLN 8,50**

Rye bread with bacon and egg paste, pickled carrot, lettuce, butter and ajvar sauce, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with smoked mackerel paste with egg, red onion, iceberg lettuce, cucumber, chives, mayonnaise, **price: PLN 12,00**

WRAP

Wrap with Thai - style pork, pak choi cabbage, chili paste and vegetables, **price: PLN 16**

Wrap with grilled mushroom, mixed lettuce, cheese paste with parsley, roasted onion, **price: PLN 16**

BREAKFAST

English breakfast, butter rolls, **price: PLN 22,90**

SOUP

Thai cream soup, **price: PLN 12**

Dill soup with turkey meatballs, **price: PLN 11**

RAMEN

Mushroom Tahini Ramen, **price: PLN 29**

FIT LUNCH

Chicken with rosemary with roasted vegetables, caramelised spinach, roasted sweet potatoes, **price: PLN 21**

DUMPLINGS

Dumplings with cottage cheese and sauer cream, **price: PLN 21**

VEGE LUNCH

Zucchini and potato pancakes with cream and dill sauce, **price: PLN 21**

Arancini with cheese, mushroom sauce, mashed potatoes, Chinese cabbage salad, **price: PLN 21**

MEAT LUNCH

Chicken cutlets with cheese sauce, mashed potatoes, fried beets, **price: PLN 22**

Greek marinated breast with cheese and tomatoes and red onion, potato, gratin coleslaw **price: PLN 22**

LUNCH XXL

Stuffed cabbage rolls with minced meat and rice in tomato sauce with mashed potatoes **price: PLN 24**

SALAD

Salad with grilled salmon, mixed lettuce, grapefruit, black lentils, sesame, soy dressing with honey, ginger and chili, **price: PLN 19,90**

Salad with grilled vegetables, green peas meatballs, quinoa, mixed lettuce, herb and garlic dip, **price: PLN 19,90**

SMALL SALAD

Salad with curry chicken, rice, sweet corn, mayonnaise, **price: PLN 12,90**

Salad with baked sweet potato, quinoa, cheese, iceberg lettuce, tomato, pomegranate, arugula, chili, herb pesto, **price: PLN 12,90**

Creamy millet with pistachio and toffee sauce, **price: PLN 12,90**

DESSERT

Tiramisu, **price: PLN 10,90**

Panna Cotta with forest fruit sauce, **price: PLN 10,90**

YOGHURT MUESLI

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

PORRIDGE

Yoghurt porridge with honey, apple, raisins and cinnamon, **price: PLN 10,90**

JUICES

Smoothie strawberry - cherry - blueberry, **price: PLN 9,50**

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

Fresh juice 100% cold pressed orange, **price: PLN 12,90**

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

SUSHI SET **price: PLN 34**

FRESH (14 pcs), **GRILL** (12 pcs), **MIX** (13 pcs), **VEGE** (12 pcs)

#MENU

WEDNESDAY

12.03.2025



VEGE SANDWICH

Ciabatta with grains with vegetable burger with chickpeas, lettuce, pickled cucumber, bell pepper, mayo -jalapeno sauce, **price: PLN 11**

Dark baguette with dor blue cheese, pickled cucumber, chives, mixed lettuce, tomato, marinated mushroom, mustard - mayonnaise sauce, **price: PLN 12**

Wheat roll with broccoli cutlet, pickled cucumber, lettuce, cheese sauce, **price: PLN 8,50**

Roll with grains, cottage cheese with chives, boiled egg, cucumber, lettuce, butter, **price: PLN 8,50**

Rye bread with roasted celeriac spread, pickled onion and mixed lettuce, **price: PLN 8,50**

MEAT SANDWICH

Baguette with pulled pork, bacon jam, pickled onion, iceberg lettuce, mayonnaise, **price: PLN 12**

Ciabatta with grains with grilled chicken, tomato, mixed lettuce, pickled cucumber, mayo sauce - sweet chili, **price: PLN 12**

Wheat roll with Chinese style chicken, pickled cucumber, bell pepper, mixed lettuce in oriental sauce, **price: PLN 8,50**

Roll with grains with roast pork, mixed lettuce, pickled cucumber, horseradish sauce, **price: PLN 8,50**

Rye bread with chilli turkey roulade, lime, coriander, avocado paste and mixed lettuce, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with grilled chicken, hummus, pickled pepper, iceberg lettuce, dill, butter, **price: PLN 12,00**

WRAP

Wrap with grilled pork neck, iceberg lettuce, BBQ sauce, pickled onion, **price: PLN 16**

Wrap with Indian - style vegetables, curry sauce, **price: PLN 16**

BREAKFAST

Fried eggs with creamy portobello and spinach sauce with grana padano and butter rolls, **price: PLN 22,90**

SOUP

Roasted beetroot cream soup with coconut milk and cheese, **price: PLN 11**

Minestrone soup, **price: PLN 12**

FIT LUNCH

Grilled chicken with rice, roasted broccoli, herb dip, **price: PLN 21**

DUMPLINGS

Dumplings with spinach and cheese sauce, **price: PLN 21**

VEGE LUNCH

Beetroot cutlets with pumpkin and coconut puree, red cabbage salad with broccoli, **price: PLN 21**

Penne pasta with vegetable ragout , **price: PLN 21**

MEAT LUNCH

Pork neck stewed with rosemary in green pepper sauce, mashed potatoes, sauerkraut salad with vegetables, **price: PLN 22**

Mushroom risotto with grilled chicken, **price: PLN 22**

LUNCH XXL

De volaille cutlet with butter mashed potatoes, cucumber salad, **price: PLN 24**

SALAD

Salad with pulled ham, mixed lettuce, black lentils, bell pepper, red onion, pickled cucumber, BBQ sauce, **price: PLN 19,90**

Salad with goat cheese, mixed lettuce, pear, walnuts, roasted beetroot, honey - lemon sauce, **price: PLN 19,90**

SMALL SALAD

Thai salad with chicken, rice vermicelli, mango, peanuts, sesame and chili soy sauce, **price: PLN 12,90**

Turkish salad with chickpeas, bell pepper, chili, cherry tomatoes, bulgur, olives, herbs, mint, **price: PLN 12,90**

Millet with chicken in gochujang with sesame, green beans and pickled carrot, **price: PLN 12,90**

DESSERT

Dessert a'la Kinder Country, **price: PLN 10,90**

Forest moss dessert, **price: PLN 10,90**

YOGHURT MUESLI

Natural yogurt, mango - passion fruit, crunchy, **price: PLN 9,90**

PORRIDGE

Yoghurt porridge with honey, strawberry, grape, chia seeds, **price: PLN 10,90**

JUICES

Smoothie banana - chocolate - peanut butter, **price: PLN 9,50**

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

Fresh juice 100% cold pressed orange, **price: PLN 12,90**

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

SUSHI SET **price: PLN 34**

FRESH (14 pcs), **GRILL** (12 pcs), **MIX** (13 pcs), **VEGE** (12 pcs)

MENU

THURSDAY

13.03.2025



VEGE SANDWICH

Ciabatta with grains with cheese, mixed lettuce, radish, cucumber, tomato, egg, chive mayonnaise, **price: PLN 11,00**

Dark baguette with caramelized mushrooms, pickled onion, cheese, spinach, arugula, tomato, burnt butter, **price: PLN 11,00**

Wheat roll with cottage cheese, herbs, radish, lettuce, butter, **price: PLN 8,50**

Roll with grains with camembert cheese in panko, onion in tempura, tomato, romaine lettuce, Cesar sauce, **price: PLN 8,50**

Rye bread with white beans paste, grilled aubergine and arugula, **price: PLN 8,50**

MEAT SANDWICH

Baguette with Kentucky chicken, jalapeno pepper, coleslaw, **price: PLN 12**

Ciabatta with grains with frittata with grilled chicken and vegetables, iceberg lettuce, **price: PLN 12**

Wheat roll with roasted chicken, grilled pepper, cucumber, lettuce, butter, **price: PLN 8,50**

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

Rye bread with grilled chicken, basil cottage cheese and arugula, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with peanut butter, grilled vegetables, grilled turkey, mixed lettuce, **price: PLN 12,00**

WRAP

Wrap a'la chimichanga with chicken, **price: PLN 16**

Wrap with herb cheese, sun dried tomatoes, baked pumpkin, mixed lettuce, **price: PLN 16**

BREAKFAST

Shakshouka, butter rolls, **price: PLN 22,90**

SOUP

Mushroom and bolete cream soup with dill olive, **price: PLN 12**

Harira soup - Moroccan chicken soup, **price: PLN 12**

RAMEN

Pork Ramen, **price: PLN 29**

FIT LUNCH

Grilled pork tenderloin with bulgur in ajvar sauce, green beans, cauliflower flakes, fresh vegetables salad, **price: PLN 21**

DUMPLINGS

Oreo dumplings, **price: PLN 22,90**

VEGE LUNCH

Cauliflower cutlets in sauce with blue cheese, mashed potatoes and grilled vegetables, **price: PLN 21**

Red lentil and mushroom cutlets in dill sauce, mashed potatoes, Chinese cabbage salad with vegetables, **price: PLN 21**

MEAT LUNCH

Capelins with meat onion and bacon, **price: PLN 22**

Grilled chicken breast with leek, bacon and cheese, baked potatoes, carrot and pineapple salad, **price: PLN 22**

LUNCH XXL

Vegetables pancakes with chopped chicken and two sauces garlic and tomato with chili, **price: PLN 24**

SALAD

Italian salad with chicken in herbs, **price: PLN 19,90**

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

SMALL SALAD

Salad with grilled chicken, chorizo, quinoa, grilled pepper, mixed lettuce, radicchio, aioli sauce, **price: PLN 13,90**

Baked sweet potatoes with hummus, falafel, pomegranate, pistachio, kale, **price: PLN 12,90**

Millet with raspberry, white chocolate sauce and maple syrup, **price: PLN 12,90**

DESSERT

Tapioca dessert with chocolate sauce, **price: PLN 10,90**

Chocolate tiramisu with strawberries, **price: PLN 10,90**

YOGHURT MUESLI

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

PORRIDGE

Yoghurt porridge with honey, peach, blueberries and walnuts, **price: PLN 10,90**

JUICES

Smoothie raspberry - cherry - blueberry, **price: PLN 9,50**

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

Fresh juice 100% cold pressed orange, **price: PLN 12,90**

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

SUSHI SET **price: PLN 34**

FRESH (14 pcs), **GRILL** (12 pcs), **MIX** (13 pcs), **VEGE** (12 pcs)

MENU

SS

FRIDAY

14.03.2025



VEGE SANDWICH

Ciabatta with grains with vegetarian roast with vegetables, pickled pepper, mixed lettuce and basil mayonnaise, **price: PLN 12**

Dark baguette with egg paste, sun dried tomatoes, grilled mushrooms, iceberg lettuce, chives, **price: PLN 11**

Wheat roll with cheddar cheese, iceberg lettuce, tomato, cucumber, radish, spinach, butter, **price: PLN 8,50**

Roll with grains with grilled zucchini, egg, lettuce, cucumber, tomato, mayo – dill sauce, **price: PLN 8,50**

Rye bread with tofu, Kala Namak salt, turmeric, mixed lettuce and chive mayonnaise, **price: PLN 8,50**

MEAT SANDWICH

Baguette with ham, cheese, tomato, cucumber, mixed lettuce, mayonnaise with roasted garlic, **price: PLN 12**

Ciabatta with grains with grilled chicken, pineapple, cheese, iceberg lettuce, mayo - sriracha sauce, **price: PLN 12**

Wheat roll with egg, bacon, tomato, lettuce, chives, butter, **price: PLN 8,50**

Roll with grains with pork chop, mixed lettuce, tomato, cocktail sauce, **price: PLN 8,50**

Rye bread with roasted pork neck in rosemary, leek paste and curly lettuce, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with curry chicken, peanuts, bell pepper, arugula, chives, mayo – curry sauce, **price: PLN 12,00**

WRAP

Wrap with grilled chicken, stir – fry vegetables, pickled cucumber, mixed lettuce, teriyaki sauce, **price: PLN 16**

Wrap with cherry tomatoes, cheese, spinach, cucumber, olives, basil pesto, **price: PLN 16**

BREAKFAST

Fried eggs with paneer in Indian sauce, butter rolls, **price: PLN 22,90**

SOUP

Carrot cream with coconut milk and ginger, **price: PLN 12**

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

FIT LUNCH

Poultry skewers with stir – fry vegetables, aioli sauce and ginger - soy sauce, **price: PLN 21**

DUMPLINGS

Mexican dumplings with tomato salsa, **price PLN 21**

VEGE LUNCH

Capelins with spinach, cheese and mushroom sauce, baked carrot in honey and sesame , **price: PLN 21**

Lasagna with vegetables, bechamel and grana padano cheese with parsley, **price PLN 21**

MEAT LUNCH

Cod in batter with roasted potatoes, sauerkraut salad, **price: PLN 22,90**

Chicken katsu with rice pickled cucumber with sesame and chili, tonkatsu sauce, **price: PLN 22**

LUNCH XXL

Poultry and pork cutlets in paprika breading with baked potatoes and carrots with peas , **price: PLN 24**

SALAD

Salad with pulled ham, mixed lettuce, pickled melon, cherry tomatoes, caramelized pumpkin seeds, basil, herb dressing, **price: PLN 19,90**

Salad with grilled zucchini, dor - blue cheese, arugula, sun dried tomatoes, pickled cucumber, broccoli paste, citrus vinaigrette sauce, **price: PLN 19,90**

SMALL SALAD

Pasta salad with chicken, cucumber, cherry tomatoes, red onion, herb pesto, **price: PLN 12,90**

Quinoa salad with grilled vegetables and grana padano cheese, **price: PLN 12,90**

Millet with roasted pumpkin, ricotta cheese, basil pesto, **price: PLN 12,90**

DESSERT

Coconut Chantilly cream with white chocolate, **price: PLN 10,90**

Cappuccino cream with nut biscuit, whipped cream, caramelized nuts, **price: PLN 10,90**

YOGHURT MUESLI

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

PORRIDGE

Yoghurt porridge with honey, mascarpone, bananas and blueberry, **price: PLN 10,90**

JUICES

Smoothie peach - orange - coconut, **price: PLN 9,50**

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

Fresh juice 100% cold pressed orange, **price: PLN 12,90**

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

SUSHI SET **price: PLN 34**

FRESH (14 pcs), **GRILL** (12 pcs), **MIX** (13 pcs), **VEGE** (12 pcs)