

MENU

MONDAY

14.04.2025



VEGE SANDWICH

Ciabatta with grains, egg, spinach, pickled cucumber, tomato and pepper jam, mayonnaise, **price: PLN 12**

Dark baguette with lentil burger with vegetables, tomato, iceberg lettuce, pickled cucumber, curry sauce, **price: PLN 12**

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

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

Rye bread with mushroom paste, pickled red bell pepper and spinach, **price: PLN 8,50**

MEAT SANDWICH

Baguette with pork chop, pickled cucumber, tomato, pickled red onion, iceberg lettuce, aioli sauce, **price: PLN 12**

Ciabatta with grains, pulled ham, marinated mushrooms, pickled cucumber, mayonnaise sauce with roasted garlic, **price: PLN 12**

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

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

Rye bread with Mexican style chicken, mixed lettuce and pickled onion, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with gyros chicken paste, pickled cucumber, red onion, lettuce, Turkish mayo sauce, **price: PLN 12**

WRAP

Wrap with pulled pork, pickled onion, tomato, cucumber, BBQ sauce, **price: PLN 16**

Wrap with caramelized mushroom, mixed lettuce, paste with Correggio cheese, parsley, **price: PLN 16**

BREAKFAST

Shakshouka with chorizo, baguette, **price: PLN 17,90**

SOUP

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

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

FIT LUNCH

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

DUMPLINGS

Nutella dumplings with chocolate sauce, fruit mousse and hazel nut sprinkle, **price: PLN 22,90**

VEGE LUNCH

Potato and carrot pancakes with masala sauce, chives, green beans mix, coriander, **price: PLN 21**

Cabbage and lentil cutlets with rice in mushroom sauce with mashed potatoes, pickled cucumbers and bell pepper salad, **price: PLN 21**

MEAT LUNCH

Schnitzel with mashed potatoes and fried beetroots and pumpkin seeds sprinkle, **price: PLN 22**

Bolognese pancakes with baked tomatoes and cheese, **price: PLN 22**

PASTA

Spaghetti with three cheese sauce and walnuts, **price: PLN 17**

Spaghetti with ham marinated in Taco, cheddar cheese and coriander, **price: PLN 19**

LUNCH XXL

Chicken coated in cornflakes with mashed potatoes, green beans, grilled bell pepper, shallot and garlic, **price: PLN 24**

SALAD

Caesar salad, **price: PLN 21**

Salad with breaded tofu in sweet chili sauce, red rices, sweet corn, bell pepper, romaine lettuce, coriander, herb – mayo dip, **price: PLN 19,90**

SMALL SALAD

Hawaiian salad with grilled chicken, rice, pineapple, sweet corn, bell pepper, marinated celery, raisins and mayo, **price: PLN 12,90**

Salad with pineapple, cheese, bulgur, chives, peanuts, lemon sauce, **price: PLN 12,90**

Tortellini with mushroom and millet, **price: PLN 12,90**

DESSERT

Mousse with milk chocolate, cherry jam, crumble, burnt butter, **price: PLN 10,90**

Carrot cake with vanilla cream, **price: PLN 10,90**

YOGURT MUESLI

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

PORRIDGE

Yoghurt porridge with honey, plums, chocolate and almonds, **price: PLN 10,90**

JUICES

Smoothie pineapple - mango, **price: PLN 9,90**

Fresh juice 100% cold pressed grapefruit – apple - orange, **price: PLN 9,90**

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

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

SUSHI SET **price: PLN 34**

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

MENU

TUESDAY

15.04.2025



VEGE SANDWICH

Ciabatta with grains, cheese and vegetable paste, tomato, cucumber, mixed lettuce, mayonnaise, **price: PLN 12**

Dark baguette with danish white, bell pepper, pickled cucumber, tomato, lettuce mix, chives, and butter, **price: PLN 12**

Wheat roll with pickled beetroot, danish white, spinach, butter, **price: PLN 8,50**

Roll with grains with soy burger, pickled cucumber, bell pepper, curry sauce, **price: PLN 8,50**

Rye bread with mozzarella, grilled zucchini, pumpkin seeds pesto and arugula, **price: PLN 8,50**

MEAT SANDWICH

Baguette with breaded chicken, tomato, cucumber, arugula, mayo - sweet chili sauce with sesame, **price: PLN 12**

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

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

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

Rye bread with ham and cheddar cheese paste, grilled bell pepper and arugula, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with egg paste, salmon and spinach, **price: PLN 12**

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 16**

BREAKFAST

English breakfast, baguette, **price: PLN 17,90**

SOUP

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

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

RAMEN

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

FIT LUNCH

Grilled cod with white vegetable puree, mixed lettuce, tarragon and French mustard sauce, **price: PLN 22,90**

DUMPLINGS

Dumplings with chicken, sun dried tomatoes and basil - tomato sauce with nduja, **price: PLN 22,90**

VEGE LUNCH

Oyster mushrooms in panko in oriental sauce with udon noodles, **price: PLN 22**

Arancini with cauliflower, tomato sauce with maturing cheese, cabbage salad, **price: PLN 21**

MEAT LUNCH

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

Rump steak with pumpkin, potato and pumpkin gratin, Correggio cheese and onion sauce, **price: PLN 22**

PASTA

Penne pasta with beetroot pesto, goat cheese, walnuts, **price: PLN 17**

Penne pasta with chicken, spinach and basil pesto, roasted red onion, garlic sauce, **price: PLN 19**

LUNCH XXL

Potato dumplings with grilled chicken in creamy sauce with broccoli, bell pepper, pumpkin seeds and grana pa, **price: PLN 24**

SALAD

Salad with grilled sirloin, pickled pattypan, cherry tomatoes, bell pepper, pickled cucumber, pearl cuscus, mixed lettuce, mango - jalapeno sauce, **price: PLN 21**

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

SMALL SALAD

Salad with chicken, noodles, roasted zucchini, roasted carrot, bell pepper, chives, curry sauce, **price: PLN 12,90**

Salad with cheese, egg, celery, sweet corn, red beans, mayonnaise sauce, **price: PLN 12,90**

Baked plum with millet, pearl cuscus, orange, honey and yoghurt, **price: PLN 12,90**

DESSERT

Chocolate brownie with cream and bananas in caramel, **price: PLN 10,90**

Tapioca dessert in cherry sauce, **price: PLN 10,90**

YOGURT MUESLI

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

PORRIDGE

Yoghurt porridge with blueberry, strawberry and fruit sauce, **price: PLN 10,90**

JUICES

Smoothie apple - raspberry, **price: PLN 9,90**

Fresh juice 100% cold pressed carrot – orange, **price: PLN 9,90**

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

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

SUSHI SET **price: PLN 34**

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

#MENU

WEDNESDAY

16.04.2025

GŁODNY
NIEDŹWIEDŹ

VEGE SANDWICH

Ciabatta with seeds, egg paste, grilled mushrooms, radish, spinach, chive mayonnaise, **price: PLN 12**

Dark baguette with cottage cheese with radish, chives, spinach, lettuce, butter, **price: PLN 12**

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

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

Rye bread with pumpkin pate, pickled pattypan, lettuce and mayonnaise, **price: PLN 8,50**

MEAT SANDWICH

Baguette with chicken, jalapeno, aioli sauce, **price: PLN 12**

Ciabatta with grains, white grilled sausage, tomato, pickled cucumber, mixed lettuce, horseradish sauce, **price: PLN 12**

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

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

Rye bread with pulled pork in BBQ sauce, pickled cucumber and lettuce, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with Thai - style pork, grilled vegetables, arugula, Thai mayo sauce, **price: PLN 12**

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 16**

BREAKFAST

Fried eggs with creamy portobello and spinach sauce with grana padano and baguette, **price: PLN 17,90**

SOUP

White vegetable and Jerusalem artichoke cream soup, **price: PLN 11**

Stroganoff soup, **price: PLN 12**

FIT LUNCH

Chicken with broccoli, rice, caramelized carrots with sugar peas, **price: PLN 21**

DUMPLINGS

Pizza dumplings with cheese sauce, chilli, cheese and salami, **price: PLN 22,90**

VEGE LUNCH

Creamy gnocchi with pumpkin sauce, spinach, maturing cheese, walnuts, balsamic oil, **price: PLN 21**

Pancakes a 'la Rafaello, **price: PLN 21**

MEAT LUNCH

Hawaiian grilled chicken with pineapple salsa, mozzarella cheese, roasted jacket potatoes, coleslaw, sweet chili sauce, **price: PLN 22**

Chicken roulade with vegetables and spinach, mashed potatoes, cheese sauce, red and white cabbage coleslaw with dill, **price: PLN 22**

PASTA

Tagliatelle with cream and mushroom sauce, curly parsley, **price: PLN 17**

Tagliatelle with Amatriciana sauce with spicy nduja and pecorino cheese, **price: PLN 19**

LUNCH XXL

Pork cutlets with mushroom sauce, mashed potatoes, fried carrots with peas, **price: PLN 24**

SALAD

Salad with chicken, beetroot, danish white, pomegranate, arugula, cherry tomatoes, balsamic sauce, **price: PLN 21**

Salad with danish white, 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, roasted potatoes, pickled beets, arugula, spinach, horseradish dressing, **price: PLN 12,90**

Pasta salad with dor blue cheese, cucumber, cherry tomatoes, red onion, pumpkin seeds, arugula pesto, **price: PLN 12,90**

Salad with carrot, cherry tomatoes, millet, black sesame and miso – tahini dressing, **price: PLN 12,90**

DESSERT

Panna Cotta with strawberry sauce, **price: PLN 10,90**

Coconut dessert with mango – passion fruit sauce, **price: PLN 10,90**

YOGURT MUESLI

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

PORRIDGE

Yoghurt pistachio porridge, **price: PLN 11,50**

JUICES

Smoothie blueberry - pear, **price: PLN 9,90**

Fresh juice 100% cold pressed pineapple - pear - apple, **price: PLN 9,90**

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

17.04.2025



VEGE SANDWICH

Ciabatta with seeds with mozzarella cheese, grilled zucchini, sun dried tomatoes, fried egg, arugula and basil pesto, **price: PLN 12**

Dark baguette with chili sin carne, jalapeno, yellow cheese, chives, **price: PLN 12**

Wheat roll with Jerusalem Artichoke and lentil roast, grilled bell pepper mixed lettuce, lettuce, mayo - sriracha sauce, **price: PLN 8,50**

Roll with grains with chives and egg paste, radish, arugula, cucumber and butter, **price: PLN 8,50**

Rye bread with tofu paste, roasted onion, Swedish salad, spinach and lettuce, **price: PLN 8,50**

MEAT SANDWICH

Baguette with pulled pork, bell pepper, pickled cucumber, roasted onion, lettuce, aioli sauce, **price: PLN 12**

Ciabatta with grains, grilled chicken, mixed lettuce, spinach, pickled cucumber, bell pepper, chives, mayo - curry sauce, **price: PLN 12**

Wheat roll with bacon, fried egg, pickled cucumber, mixed lettuce, mayonnaise, **price: PLN 8,50**

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

Rye bread with roasted turkey, guacamole, cucumber and lettuce, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with dor blue cheese, pickled cucumber, tomato, lettuce, mayo sauce, **price: PLN 12**

WRAP

Wrap with breaded chicken in panko, calabash, cucumber, chives, pickled red onion, mixed lettuce, spicy - mayo sauce, **price: PLN 16**

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

BREAKFAST

Shakshouka, baguette, **price: PLN 17,90**

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, roasted jacket potatoes, **price: PLN 21**

DUMPLINGS

Dumpling with spicy beef, grilled vegetables and spicy salsa, **price: PLN 22,90**

VEGE LUNCH

Roasted beetroots balls with basil pesto, roasted potatoes and grilled vegetables mix, **price: PLN 21**

Sweet potatoes stuffed with sun - dried tomatoes, spinach and danish white, **price: PLN 21**

MEAT LUNCH

Chicken in cornflakes with roasted potatoes, coleslaw salad, **price: PLN 22**

Creamy pearl barley with mushrooms and pork tenderloin, **price: PLN 22**

PASTA

Rigatoni with roasted bell pepper sauce, miso, eggplant, pistachio sprinkle, **price: PLN 17**

Rigatoni with Romesco sauce, chorizo, mini mozzarella, almonds and chives, **price: PLN 19**

LUNCH XXL

Pork loin in paprika sauce with danish white, mashed potatoes, cabbage salad with vegetables, **price: PLN 24**

SALAD

Nicoise salad with tuna, romaine lettuce, egg, green beans, tomato, olives, **price: PLN 21**

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 12,90**

Salad with couscous, sun - dried tomatoes, bell pepper, cucumber, dill, danish white, **price: PLN 12,90**

Pear poached in wine with almonds, grains and millet mix, almond yoghurt, **price: PLN 12,90**

DESSERT

Cold cheesecake with sponge cake, jelly and fruit, **price: PLN 10,90**

Chocolate cream with cherries and chocolate crumble, **price: PLN 10,90**

YOGURT MUESLI

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

PORRIDGE

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

JUICES

Smoothie banana - peach - strawberry, **price: PLN 9,90**

Fresh juice 100% cold pressed apple - watermelon - orange, **price: PLN 9,90**

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

FRIDAY

18.04.2025



GŁODNY
NIEDŹWIEDŹ

VEGE SANDWICH

Ciabatta with grains, hummus, tomato, spinach, arugula, pickled cucumber and carrot, sunflower seeds, lettuce, **price: PLN 12**

Dark baguette with caramelized mushrooms, pickled onion, cheddar cheese, spinach, arugula, tomato, burnt butter, **price: PLN 12**

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

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

Rye bread with danish white, spinach omelette, dill cottage cheese and lettuce, **price: PLN 8,50**

MEAT SANDWICH

Baguette with grilled curry turkey, roasted tomatoes, danish white, mixed lettuce, mayo - basil sauce, **price: PLN 12**

Ciabatta with grains, roasted pork chop, pickled cucumber, pickled bell pepper, mixed lettuce, pickled red onion, mayonnaise and horseradish sauce, **price: PLN 12**

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

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

Rye bread with roast beef, arugula, red onion chutney and horseradish sauce, **price: PLN 8,50**

DARK BREAD SANDWICH

Caesar sandwich with chicken, romaine lettuce, tomato, ripening cheese, Caesar dressing, **price: PLN 12**

WRAP

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

Wrap with fried egg, avocado, beetroot in honey with mustard, lettuce, danish white, **price: PLN 16**

BREAKFAST

Fried eggs with paneer in Indian sauce, baguette, **price: PLN 17,90**

SOUP

Thai 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 21**

DUMPLINGS

Dumplings with cottage cheese, pineapple and pineapple sauce with mint, **price: PLN 21**

VEGE LUNCH

Gnocchi in cream sauce with sun dried tomatoes, parsley and Correggio cheese, **price: PLN 21**

Sauerkraut pancakes with sour cream, **price: PLN 21**

MEAT LUNCH

Breaded turkey fillet with mashed potatoes, fried egg, cucumber salad and beetroot salad, **price: PLN 22**

Breaded cod with mashed potatoes, green peas and cabbage salad, **price: PLN 26**

PASTA

Spaghetti in tomato sauce with correggio cheese, **price: PLN 17**

Spaghetti with shrimp in cream sauce with fennel, chilli and lemon pepper, **price: PLN 19**

LUNCH XXL

Tom yum chicken in lime sauce on coconut milk with rice noodles, cabbage salad, bell pepper with coriander and chives, **price: PLN 24**

SALAD

Salad with grilled chicken, egg, cherry tomatoes, bell pepper, roasted sunflower and pumpkin seeds, arugula, iceberg lettuce, truffle vinaigrette sauce, **price: PLN 21**

Salad with dor blue cheese, tangerine, 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, danish white, **price: PLN 12,90**

Salad with bulgur, caramelised mushrooms, sun - dried tomatoes and spinach, **price: PLN 12,90**

Lemon chicken with grilled leak, spinach and millet, **price: PLN 12,90**

DESSERT

Dessert a 'la Snickers, **price: PLN 10,90**

Mascarpone dessert with pistachio cream, **price: PLN 10,90**
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 10,90**

JUICES

Smoothie blackcurrant - strawberry, **price: PLN 9,90**

Fresh juice 100% cold pressed pear – grapefruit – apple, **price: PLN 9,90**

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)