

MONDAY

MENU

09.09.2024



CIABATTA WITH CHEESE (12,00zł)

- With pork chop

BAGLES (13,00zł)

- With mozzarella / With tuna and tofu
- With roasted chicken and lazur cheese / With mortadella with pistachio

SALADS (10,00zł)

- Vegetable salad
- Swiss salad
- Curry and noodles
- With noodles, peas and cucumber

ASIAN NOODLES (19,00zł)

- Chicken udon with vegetables in ginger-soy sauce

FIT BOWL (13,00zł)

- With Mediterranean cheese, grape and bulgur
- With chicken, pear, Mediterranean cheese and bulgur

FISH DINNER (25,00zł)

- Panko prawns with vegetables in coconut milk and Thai chilli, rice with additions
- Salmon baked with vegetables
- Baked cod with sesame and nigella seeds in vegetable and lemon sauce, baked vegetables

PREMIUM VEGETABLES (22,00zł)

- With turkey, lazur cheese and bacon

SWEET PANCAKES (16,00zł)

- With vanilla cream cheese and mango

SAVORY PANCAKES (16,00zł)

- Spinach with Mediterranean cheese

QUESADILLA (16,00zł)

- Mexican with chicken

HUMMUS (18,00zł)

- With Mediterranean cheese and zucchini

DUNI (22,00zł)

- Devolay, mashed potatoes, beetroot
- Butter chicken, rice
- Grilled turkey fillet in herbs, roasted vegetables, cucumber salad
- Caribbean chicken, rice
- Grilled chicken in citrus and herbs, roasted vegetables
- Pork chop with potatoes Al. Forno, cucumber salad
- Korean chicken, rice with vegetables, kimchi
- Chicken in oyster sauce, rice with vegetables
- BBQ chicken, potatoes, coleslaw
- Beef kebab, rice with additions, coleslaw
- Turkey escalopes in cheese dough, cheese and spinach gnocchi, salad
- Pork tenderloin in horseradish and vegetable sauce, mushroom pearl barley, beetroot
- Pork chilli con queso, rice with additions
- Liver, buckwheat, beetroot
- Turkey tikka masala, rice with vegetables
- Ground cutlet, potatoes, fried beetroot

KETO (22,00zł)

- Chicken pocket, broccoli with cheese, zucchini, coleslaw
- Pork in spinach and cheese sauce, baked broccoli, salad
- Pork tenderloin in mushroom sauce with mascarpone, cauliflower rice with spinach, baked peppers

FIT SPORT (22,00zł)

- Couscous with mint, slow-roasted turkey in citrus and herbs, grapes, sweet potatoes, edamame, sunflower seeds, aragula, lemon - dill sauce

SOUPS

- Tomato soup with noodles (11,00zł)
- Goulash soup (12,00zł)
- Cold beetroot soup (11,00zł)

DUMPLINGS (17,00zł)

- Ukrainian
- With meat

BURRITO (16,00zł)

- With minced pork

BURGERS

- Pulled beef burger with curry onion (16,00zł)
- Cheeseburger with BBQ and jalapenos (16,00zł)
- Chicken Burger with bacon and California Sunrise sauce (16,00zł)
- New York sandwich with pastrami (18,00zł)

CALZONE (11,50zł)

- Capriciosa

OATMEAL (10,00zł)

- Coconut milk based with mango, raspberry and peach

DESSERTS (10,00zł)

- Toffee
- Tapioca with mango-passion fruit mousse
- No-bake cheesecake with strawberries and jelly

CAKE (9,00zł)

- Short crust cake with plum
- Brownie with raspberries

SHAKE (8,00zł)

- Mango lassi
- Strawberry
- Banana with raspberry

SUSHI

- Sushi Menu: Prawn in panko (30,00zł)
- Sushi Sandwich with eel (29,00zł)

POKE BOWL (25,00zł)

- With baked salmon
- With salmon in tempura and cream cheese

*menu może ulec zmianie

TUESDAY

MENU

10.09.2024



CIABATTA WITH CHEESE (12,00zł)

- With poultry schnitzel

BAGLES (13,00zł)

- With baked salmon and spinach / With mozzarella
- With grilled ham and fried egg / With chorizo

SALADS (10,00zł)

- Crab salad
- Keto salad with pickled celery and egg
- Crispy celery salad
- Spring salad

ASIAN NOODLES (19,00zł)

- Rice noodles with pork tenderloin and vegetables
in hoisin sauce

FIT BOWL (13,00zł)

- With mini mozzarella and bulgur
- With roasted chicken, grapes and couscous

FISH DINNER (25,00zł)

- Salmon baked in almonds, rice with peas, beetroot salad,
mango-lime sauce
- Cod baked with vegetables
- Breaded trout with vegetable sauce and roasted
potatoes, salad

PREMIUM VEGETABLES (24,00zł)

- With grilled halloumi, melon and balsamic sauce

SWEET PANCAKES (16,00zł)

- With pudding and strawberry mousse

SAVORY PANCAKES (16,00zł)

- With spinach and Mediterranean cheese

QUESADILLA (16,00zł)

- With pork

HUMMUS (18,00zł)

- With eggplant and tortilla

DUNI (22,00zł)

- Pork chops, buckwheat, salad
- Grilled chicken with beetroot, gnocchi, mini carrots
- Minced cutlet, potatoes, fried beetroot
- Pork tenderloin escalopes, pearl barley, beetroot salad
- General TSO chicken, rice, Chinese salad
- Fried potato pancake in Hungarian sauce, baked vegetables
- Pork roll in sauce, buckwheat, fried cabbage
- Grilled pork loin in oriental style, rice with additions
- Chicken with vegetables in Szechuan style, rice with additions
- Teriyaki pork tenderloin, rice with vegetables, Chinese salad
- Beef kebab, rice with vegetables, coleslaw
- Pork chop with caramelized onion, mashed potatoes, beetroot
- Turkey with vegetables in Thai style, rice
- Meatballs with turkey with vegetables in Carbonara sauce,
rice with vegetables, salad
- Chicken in tempura with coconut milk, rice, Chinese salad

KETO (22,00zł)

- Beef kebab, broccoli with cheese, coleslaw
- Pork roll, baked cauliflower with cheese, baked peppers
- Pork meatballs in mushroom sauce with mascarpone,
baked peppers, coleslaw

FIT SPORT (22,00zł)

- Quinoa with dried tomatoes and parsley, chicken baked
with herbs and oranges, baked eggplant, chickpeas,
baked curry, baked peppers, pineapple, roasted almonds,
parsley pesto sauce

SOUPS

- Pickle soup (11,00zł)
- Thai with shrimp (15,00zł)
- Cold beetroot soup (11,00zł)

DUMPLINGS (17,00zł)

- With cottage cheese, sweet
- With meat

BURRITO (16,00zł)

- With pulled beef

BURGERS

- Burger with roasted turkey leg and ranch (16,00zł)
- Cheeseburger with grilled pepper (16,00zł)
- Chicken Burger with cheese, mayonnaise
and tomato (16,00zł)
- New York sandwich with pastrami (18,00zł)

CALZONE (11,50zł)

- Salami Milano

OATMEAL (10,00zł)

- Pistachio

DESSERTS

- With a "Snickers" bar (10,50zł)
- Vanilla tapioca with mango mousse (10,00zł)
- Chia with peanut butter (10,00zł)

CAKE (10,00zł)

- Apple pie
- Fudge cake

SHAKE (8,00zł)

- Mango lassi
- Strawberry
- Blueberry

SUSHI (29,00zł)

- Sushi Menu: Tempura MIX (30,00zł)
- Sushi Handroll with eel (29,00zł)

POKE BOWL (25,00zł)

- With shrimp and cream cheese
- With salmon in panko

*menu może ulec zmianie

WEDNESDAY

MENU

11.09.2024



CIABATTA WITH CHEESE (12,00zł)

- With pork chop

BAGLES (13,00zł)

- With mozzarella / With camembert, pear and honey
- With roasted turkey and cheddar cheese
- / With Kindziuk sausage

SALADS (10,00zł)

- Vegetable salad
- With beetroot and chickpeas
- With baked sweet potato, turkey and quinoa
- With chicken and corn

ASIAN NOODLES (19,00zł)

- Pad Thai with chicken

FIT BOWL (13,00zł)

- With Mediterranean cheese, beetroot and yellow bulgur
- With roasted turkey, mango and couscous

FISH DINNER (25,00zł)

- Prawns in coconut milk and Thai chilli, blanched vegetables, rice with additions
- Salmon baked with vegetables
- Trout baked in almonds, potatoes, salad

PREMIUM VEGETABLES (24,00zł)

- With prawns in teriyaki sauce, mango and melon

SWEET PANCAKES (16,00zł)

- With vanilla cream cheese, mascarpone, strawberry and biscuits

SAVORY PANCAKES (16,00zł)

- With spinach and Mediterranean cheese

QUESADILLA (16,00zł)

- Spinach - cheese with chicken and pineapple

HUMMUS (18,00zł)

- With Mediterranean cheese and zucchini

DUNI (22,00zł)

- Meat layer in mustard and leek sauce, gnocchi, fried beetroot
- Turkey meatballs, barley groats, beetroot
- Chicken fillets with BBQ, baked potatoes, coleslaw

- Chicken gong bao, rice with vegetables
- Devolay, potatoes, coleslaw
- Turkey garam masala, rice
- Grilled chicken, quinoa with vegetables,
- Turkey escalopes in cheese dough, gnocchi, salad
- Chicken BBQ, baked sweet potatoes, coleslaw
- Minced cutlet, potatoes, coleslaw
- Chicken grilled in citrus, baked vegetables
- Pork chop, mushroom groats, beetroot
- Beef kebab, rice with vegetables, coleslaw
- Turkey with vegetables in oriental sauce, rice
- Chicken with root vegetables and truffle oil, bulgur, potatoes
- Chicken liver in sauce, buckwheat, beetroot

KETO (22,00zł)

- Beef kebab, broccoli purée with cheese, coleslaw
- Grilled pork neck baked with cheese, roasted peppers, coleslaw
- Pork a'la Stroganoff, baked zucchini with leek, salad

FIT SPORT (22,00zł)

- Slow-roasted turkey, rice with carrots, leek and roasted almonds, sweet potato baked in oranges, roasted zucchini, edamame, melon, basil pesto

SOUPS

- Sorrel soup (11,00zł)
- Coconut soup with udon noodles and prawn gyoza dumplings (13,00zł)
- Cold beetroot soup (11,00zł)

DUMPLINGS (17,00zł)

- With mushrooms and mimolette cheese
- With chicken and spinach

BURRITO (16,00zł)

- With pulled pork and mango

BURGERS

- With pulled BBQ beef and mango salsa (16,00zł)
- Burger „Po Zbóju” (18,00zł)
- Chickenburger (16,00zł)
- **NEW:** Hamburger with mushrooms in BBQ sauce (18,00zł)

CALZONE (11,50zł)

- Pancetta in Salsa All'Aglio

OATMEAL (10,00zł)

- With peanut butter and fruit mousse

DESSERTS

- With salted caramel and „Knoppers” bar (10,50zł)
- Vanilla tapioca with mango mousse (10,00zł)
- No-bake cheesecake with fruits and fruit jelly (10,00zł)

CAKE (10,00zł)

- Cheesecake with pear
- Carrot – orange cake

SHAKE (8,00zł)

- Mango lassi
- Strawberry
- Peach

SUSHI

- Sushi Menu: Kunsei (30,00zł)
- Sushi Handroll with baked salmon (29,00zł)

POKE BOWL (25,00zł)

- With baked salmon
- With teriyaki chicken and cream cheese

THURSDAY

MENU

12.09.2024



CIABATTA WITH CHEESE (12,00zł)

- With poultry schnitzel

BAGLES (13,00zł)

- With grilled halloumi cheese and guacamole
/ With mozzarella
- With roasted duck breast / With mortadella with pistachio

SALADS (10,00zł)

- Layered salad
- Orzo noodles with mushrooms
- Broccoli with chicken
- Spring salad with radish

ASIAN NOODLES (19,00zł)

- Wheat noodles with chicken and vegetables
in garlic-sesame sauce

FIT BOWL (13,00zł)

- With brie cheese, dark grape and couscous
- With chicken, beetroot, mint hummus and bulgur

FISH DINNER (25,00zł)

- Salmon baked with honey-ginger glaze, rice with spinach,
juliened carrots with gochugaru and tonkatsu
- Trout baked with vegetables
- Cod baked in spinach sauce, gnocchi

PREMIUM VEGETABLES (24,00zł)

- With duck, pear and orange

SWEET PANCAKES (16,00zł)

- With pudding, chocolate biscuits and cherry

SAVORY PANCAKES (16,00zł)

- With spinach, caramelized onion and cottage cheese

QUESADILLA (16,00zł)

- With poultry meat, chilli in cream-cheese sauce

HUMMUS (18,00zł)

- With eggplant and tortilla

DUNI (22,00zł)

- Stewed steaks in horseradish-leek sauce, buckwheat,
fried beets
- General TSO chicken, rice, Chinese salad
- Chicken pocket, baked potatoes, salad
- Pork goulash with Masurian pancakes
- Breaded pork rolls, potatoes, beets
- Turkey with vegetables in tomato curry, rice
- Roasted pork loin, baked potatoes, salad
- Turkey fillet on gnocchi in tomatoes with herbs and mozzarella,
baby carrots
- Beef and pork albondigas, baked potatoes, tomato salsa
- Grilled chicken in herbs, quinoa with vegetables
- Pork tenderloin, rice with additions, Chinese salad
- Beef kebab, rice with vegetables, cucumber salad
- Pork chop, mashed potatoes, cucumber salad
- Indian chicken in curry sauce, fried rice
- Ground cutlet, mashed potatoes, cucumber salad
- Thai turkey with vegetables, rice with vegetables

KETO (22,00zł)

- Pork neck in spicy sauce, roasted peppers,
stewed mushroom
- Pork chilli con queso, cauliflower purée, coleslaw
- Chicken goulash with bacon, broccoli rice, salad

FIT SPORT (22,00zł)

- Quinoa with zucchini and parsley, lime chicken with herbs,
baked eggplant, baked carrots with black cumin and Thai chili,
pineapple, edamame, lemon-dill sauce, nigella seeds

SOUPS

- White borscht with sausage (11,00zł)
- Thai chicken soup (13,00zł)
- Cold beetroot soup (11,00zł)

DUMPLINGS (17,00zł)

- With spinach and Mediterranean cheese
- With meat

BURRITO (16,00zł)

- With minced turkey

BURGERS

- Burger with roasted turkey leg and California
Sunrise sauce (16,00zł)
- **NEW:** Burger with chorizo (18,00zł)
- **NEW:** Chickenburger with guacamole and fried egg (18,00zł)
- New York sandwich with pastrami (18,00zł)

CALZONE (11,50zł)

- Pepperoni

OATMEAL (10,00zł)

- Raspberry with pomegranate

DESSERTS

- Pistachio dessert (13,50zł)
- Tapioca with mango – passion fruit mousse (10,00zł)
- No-bake cheesecake with orange jelly (10,00zł)

CAKE (10,00zł)

- Yogurt cake with blueberries
- Honey cake

SHAKE (8,00zł)

- Mango lassi
- Strawberry
- Raspberry and mango

SUSHI

- Sushi Menu: Utsukushi (30,00zł)
- Sushi Sandwich with tuna tartare (29,00zł)

POKE BOWL (25,00zł)

- With panko shrimp and cream cheese
- With salmon in panko

FRIDAY MENU

13.09.2024



CIABATTA WITH CHEESE (12,00zł)

- With breaded pork chop

BAGLES (13,00zł)

- With smoked salmon, cucumber and dill / With mozzarella
- With grilled ham and fried egg / With French salami with nuts

SALADS (10,00zł)

- Vegetable salad
- Chicken, pineapple and rice salad
- Herbal bulgur salad
- Cheese- garlic salad

ASIAN NOODLES (20,00zł)

- Pad Thai with shrimp

FIT BOWL (13,00zł)

- With Mediterranean cheese, dried tomatoes and quinoa
- With turkey, peach and bulgur

FISH DINNER (25,00zł)

- Prawns in coconut milk and Thai chilli, blanched vegetables, rice with additions
- Salmon baked with vegetables
- Breaded cod fillet with potato purée and salad

PREMIUM VEGETABLES (24,00zł)

- With teriyaki salmon, broccoli and pineapple

SWEET PANCAKES (16,00zł)

- Straciatella

SAVORY PANCAKES (16,00zł)

- With spinach and salmon

QUESADILLA (16,00zł)

- Mexican with pork

HUMMUS (18,00zł)

- With mango and crispy bread

DUNI (22,00zł)

- Bramboraki, buckwheat, fried beetroot
- Pork chops, mashed potatoes, fried cabbage
- Korean chicken, rice with vegetables, kimchi
- Butter chicken, rice with vegetables
- Viennese pork chop, potatoes, salad
- Pork tenderloin escalopes, baked potatoes, beetroot
- Grilled chicken, quinoa with vegetables, mini carrots
- Sesame-crusted pork loin, udon in gochugaru, green beans
- Roasted turkey in herbs, blanched vegetables, salad
- Beef kebab, rice, coleslaw
- Cordon bleu, mashed potatoes, cucumber salad
- Balkan-style grilled chicken, eggplant paste
- Turkey with vegetables in curry sauce, rice
- Chicken ragout, potatoes, beetroot

KETO (22,00zł)

- Mushroom with dried tomato in cream sauce, cauliflower rice with spinach, baked peppers
- Camembert in mushroom sauce, broccoli with cheese, salad
- Turkey meatballs with broccoli and mimolette cheese, baked cauliflower, baked peppers

FIT SPORT (22,00zł)

- Orange quinoa with carrot and dill, slow-roasted turkey with herbs, baked peppers, edamame, melon, spinach, roasted sesame, parsley pesto sauce

SOUPS (11,00zł)

- Red borscht with dumplings
- Tomato cream soup with mozzarella
- Cold beetroot soup

DUMPLINGS (17,00zł)

- With cottage cheese and blueberry
- With meat

BURRITO (16,00zł)

- With pulled turkey leg

BURGERS

- Burger with breaded cheddar (16,00zł)
- Cheeseburger with jalapeno and bacon (16,00zł)
- Chicken burger (16,00zł)
- New York pastrami sandwich (18,00zł)

CALZONE (11,50zł)

- Margherita Funghi

OATMEAL (10,00zł)

- Cocoa with fruits and crunchy filling

DESSERTS (10,00zł)

- Mole mound
- Vanilla tapioca with fruit mousse
- No-bake cheesecake with jelly and fruits

CAKE (10,00zł)

- Coconut cheesecake
- Chocolate fantasy

SHAKE (8,00zł)

- Mango lassi
- Strawberry
- Raspberry with banana

SUSHI

- Sushi Menu: Surimi De Luxe (30,00zł)
- Sushi Sandwich Vege (29,00zł)

POKE BOWL (25,00zł)

- With baked salmon
- With shrimp in tempura and cream cheese