

MONDAY

MENU

13.01.2024



CIABATTA WITH CHEESE (12,00zł)

- With chicken schnitzel, mayo, cheese and vegetables

BAGLES (13,00zł)

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

SALADS (10,00zł)

- Vegetable salad
- With turkey, sweet potato and pomegranate
- Swiss salad with ham
- Broccoli salad with cheese

FIT BOWL (13,00zł)

- With goat cheese, hummus and couscous
- 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
- Breaded cod, potato purée, salad and mushroom sauce

BAO BUNS (23,00zł)

- Korean, with chicken

PREMIUM PASTA (23,00zł)

- Tortelli pomodoro e mozzarella with cream cheese

ASIAN NOODLES (19,00zł)

- Chicken udon with vegetables in ginger-soy sauce

PREMIUM VEGETABLES (22,00zł)

- With turkey, lazur cheese and bacon

SWEET PANCAKES (16,00zł)

- With vanilla cream cheese and chocolate spread

SAVORY PANCAKES (16,00zł)

- Spinach with Mediterranean cheese

QUESADILLA (16,00zł)

- Mexican with chicken

HUMMUS (18,00zł)

- With fresh vegetables and grilled tortilla

DUNI – POLISH CUISINE (22,00zł)

- Pork chop baked with BBQ mushrooms, potatoes with dill, fried beetroot
- De Volaille with cheese, potatoes with dill, coleslaw, mayonnaise
- Chicken kebab, roasted potatoes, salad, garlic sauce
- Viennese pork chop, potatoes with dill, cucumber salad
- Chicken liver with stewed onion, potatoes with dill, fried beetroot
- Pork chops in green pepper sauce, potatoes with dill, carrots with peas
- Ground cutlet, potatoes with dill, cucumber salad
- Turkey meatballs with mushroom sauce, roasted potatoes, fried beetroot

DUNI – INTERNATIONAL CUISINE (22,00zł)

- BBQ chicken, baked potatoes, coleslaw, garlic sauce
- Garam masala turkey with zucchini and peach, basmati rice
- Dragon chicken, basmati rice with vegetables
- Turkey with vegetables in oriental sauce, basmati rice
- Butter chicken, basmati rice with vegetables
- Beef with sweet potatoes, basmati rice
- Chicken in tomato curry, basmati rice
- Chicken in oyster sauce, basmati rice, cashew nuts

KETO (22,00zł)

- Grilled pork tenderloin, baked cauliflower with cheese, baked peppers, mushroom sauce
- Beef kebab, baked cauliflower, salad, garlic sauce on mayonnaise
- Pork with vegetables in cheese and spinach sauce, baked peppers, salad
- Chicken thigh, cheese and vegetable sauce, broccoli rice, fried mushrooms

FIT SPORT (22,00zł)

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

SOUPS

- Tomato soup with noodles (11,00zł)
- Goulash soup (12,00zł)
- Potato cream soup with bacon (11,00zł)

DUMPLINGS (17,00zł)

- Ukrainian
- With meat

APPLE FRITTERS (17,00zł)

BURRITO (16,00zł)

- With pulled pork and mexican vegetables

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)
- Beef burger with guacamole, bacon and fried egg (18,00zł)

CALZONE (13,00zł)

- Prosciutto Con Peperoni Sottaceto (boiled ham, pickled pepper)

OATMEAL (10,50zł)

- Coconut milk based with mango, raspberry and peach

DESSERTS

- With chocolate cookies, mascarpone and cherry (11,00zł)
- Tapioca with mango-passion fruit mousse (10,50zł)
- No-bake cheesecake with fruits and jelly (11,00zł)

CAKE (10,00zł)

- Mango cheesecake
- W-Z cake

SHAKE (8,00zł)

- Mango lassi
- Strawberry
- Rapberry with banana

SUSHI

- Sushi Menu: Prawn in panko (30,00zł)
- Sushi Handroll with raw salmon (29,00zł)

POKE BOWL (25,00zł)

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

RAMEN (27,00zł)

- Shio with chicken, mini corn and pak choi

*menu may change

TUESDAY

MENU

14.01.2024



CIABATTA WITH CHEESE (12,00zł)

- With breaded pork chop, mayo and Swiss salad

BAGLES (13,00zł)

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

SALADS (10,00zł)

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

FIT BOWL (13,00zł)

- With melon, dates, Mediterranean cheese and quinoa
- With roasted chicken, grapes and couscous

FISH DINNER (25,00zł)

- Salmon baked in puff pastry with salad and cream sauce
- Salmon baked with vegetables
- Breaded dab with vegetables, potatoes, salad

BAO BUNS (23,00zł)

- With pulled beef

PREMIUM PASTA (23,00zł)

- Sepia tagliatelle with prawns and vegetables

ASIAN NOODLES (19,00zł)

- Rice noodles with pork tenderloin and vegetables in hoisin sauce

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 mimolette cheese

QUESADILLA (16,00zł)

- With pork

HUMMUS (18,00zł)

- With eggplant, chickpeas and pomegranate

DUNI – POLISH CUISINE (22,00zł)

- Grilled chicken, basmati rice, roasted vegetables, chimichuri sauce
- Chicken kebab, roasted potatoes, salad, garlic sauce
- Viennese pork chop, potatoes with dill, cucumber salad
- Turkey escalopes in cheese dough, gnocchi, salad
- Tenderloin escalopes in vegetable and dill sauce, roasted potatoes, carrots with peas
- Pork chops in hunter sauce, potatoes, carrots with peas
- Meat layered in mustard sauce with leek, potatoes with dill, fried beetroot
- Cabbage rolls with meat in panko breadcrumbs, potatoes, fried beetroot

DUNI – INTERNATIONAL CUISINE (22,00zł)

- General TSO chicken, basmati rice with vegetables, Chinese salad
- Turkey Tikka Masala, rice with vegetables
- Korean pork, wheat dumplings with gochugaru, Chinese salad
- Indian chicken, basmati rice, Chinese salad
- Chicken in tomato curry, basmati rice
- Pork with sweet potatoes, rice with vegetables
- Beef kebab, basmati rice, coleslaw, garlic sauce
- Thai chicken, basmati rice with vegetables

KETO (22,00zł)

- Balkan grilled chicken, baked cauliflower, salad, garlic sauce on mayonnaise
- Pork tenderloins with vegetables in mascarpone cream sauce
- Pork meatballs with mushroom sauce, baked peppers, salad
- Chilli con carne pork, broccoli with butter, salad

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)
- Beetroot cream soup with Mediterranean cheese (11,00zł)

DUMPLINGS (17,00zł)

- With dried tomatoes and cottage cheese
- With meat

APPLE FRITTERS (17,00zł)

BURRITO (16,00zł)

- With pulled beef and pineapple

BURGERS

- Burger with pulled beef and Ranch (16,00zł)
- Cheeseburger with grilled pepper (16,00zł)
- Chicken Burger with cheese, mayonnaise and tomato (16,00zł)
- Hamburger with mushrooms in BBQ sauce (18,00zł)

CALZONE (13,00zł)

- Pancetta In Salsa All'Aglio (bacon, onion)

OATMEAL (10,50 zł)

- Pistachio

DESSERTS

- With "Snickers" bar (11,00zł)
- Vanilla tapioca with strawberry mousse (10,50 zł)
- Keto „Straciatella” (11,00zł)

CAKE (10,00zł)

- Apple pie
- Fudge cake

SHAKE (8,00zł)

- Mango lassi
- Strawberry
- Blueberry

SUSHI

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

POKE BOWL (25,00zł)

- With prawn and cream cheese
- With salmon in panko

RAMEN (27,00zł)

- Tantanmen with ground turkey, mushrooms and spinach

*menu may change

WEDNESDAY

MENU

15.01.2024



CIABATTA WITH CHEESE (12,00zł)

- With chicken schnitzel, mayo, cheese and vegetables

BAGLES (13,00zł)

- With mozzarella / With Mediterranean cheese and baked eggplant
- With roasted turkey and cheddar cheese / With Pick salami

SALADS (10,00zł)

- Herbal bulgur
- Layered salad
- With sweet potato, turkey and pomegranate
- Mushroom salad with orzo noodles

FIT BOWL (13,00zł)

- With mini mozzarella and bulgur with spinach
- With chicken, pineapple and couscous

FISH DINNER (25,00zł)

- Prawns in coconut milk and Thai chilli, blanched vegetables, rice with additions
- Salmon baked with vegetables
- **NEW:** Breaded dab with vegetables, celery purée and salad

BAO BUNS (23,00zł)

- With Korean chicken

PREMIUM PASTA (23,00zł)

- **NEW:** Cappelli with caprese cheese and tomatoes in cream-cheese sauce

ASIAN NOODLES (19,00zł)

- Pad Thai with chicken

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 fresh vegetables and tortilla

DUNI – POLISH CUISINE (22,00zł)

- De Volaille with cheese, potatoes with dill, coleslaw, mayonnaise
- Pork chop with caramelized onion and cheese, potatoes, fried beetroot
- Viennese pork chop, potatoes with dill, cucumber salad
- Fried potato pancake with Hungarian goulash
- Chicken liver with stewed onion, potatoes with dill, fried beetroot
- Turkey meatballs with carbonara sauce, roasted potatoes, carrots and peas
- Pork chops in horseradish sauce, buckwheat with vegetables, fried beetroot
- Chicken in hunter's sauce, potatoes, salad

DUNI – INTERNATIONAL CUISINE (22,00zł)

- Beef with sweet potatoes, basmati rice
- Pork tenderloin with vegetables in teriyaki sauce, basmati rice, Chinese salad
- Caribbean chicken, basmati rice
- Balkan grilled chicken, eggplant paste, tomato salsa
- Chicken in Korean paste, sushi rice
- Garam masala turkey with zucchini and peach, basmati rice
- Szechuan chicken, basmati rice
- Chicken in tomato curry, basmati rice

KETO (22,00zł)

- Turkey meatballs with broccoli, baked cauliflower, baked peppers, cheese
- Tenderized pork neck in a spicy sauce with vegetables, baked peppers, keto salad
- Chicken pocket with broccoli and cheese, dor blue cheese sauce, baked zucchini, keto salad
- Beef kebab, baked cauliflower, keto salad, garlic sauce on mayonnaise

FIT SPORT (22,00zł)

- Slow roasted Turkey, quinoa with carrot, dill and roasted almonds, sweet potato in oranges, baked zucchini, edamame, melon, basil pesto

SOUPS

- Sorrel soup (11,00zł)
- Coconut soup with udon noodles and prawn gyoza dumplings (13,00zł)
- Tomato cream soup with mozzarella (11,00zł)

DUMPLINGS (17,00zł)

- With mimolette cheese and mushroom
- With chicken and spinach

APPLE FRITTERS (17,00zł)

BURRITO (16,00zł)

- With pulled pork and mango

BURGERS

- With pulled BBQ beef and mango salsa (16,00zł)
- Burger „Po Zbóju” (18,00zł)
- Chickenburger with coleslaw (16,00zł)
- Hamburger with chimichuri sauce (18,00zł)

CALZONE (13,00zł)

- Capriciosa (boiled ham, mushrooms)

OATMEAL (10,50zł)

- With halvah

DESSERTS

- Pavlova meringue (11,00zł)
- Chocolate tapioca with cherry (10,50zł)
- No-bake cheesecake with jelly and fruits (11,00zł)

CAKE (10,00zł)

- Pistachio cheesecake
- Brownie with raspberries

SHAKE (8,00zł)

- Mango lassi
- Strawberry
- Peach

SUSHI

- Sushi Menu: Kunsei (30,00zł)
- Sushi Handroll with panko prawn (29,00zł)

POKE BOWL (25,00zł)

- With baked salmon and fried zucchini
- With teriyaki chicken and cream cheese

RAMEN (27,00zł)

- Shoyu ramen with Cashu Bacon, pak choi and spinach

*menu may change

THURSDAY

MENU

16.01.2024



CIABATTA WITH CHEESE (12,00zł)

- With breaded pork chop, mayo and swiss salad

BAGLES (13,00zł)

- With grilled halloumi cheese and guacamole
/ With tuna and smoked cheese
- With roasted duck breast / With cured ham and melon

SALADS (10,00zł)

- Dziobakowa salad
- Tuna salad with cheese
- Herbal bulgur
- Crab salad

FIT BOWL (13,00zł)

- With goat cheese, carrot purée and quinoa
- With chicken, mint hummus and bulgur

FISH DINNER (25,00zł)

- Salmon baked in puff pastry with salad and cream sauce
- Salmon baked on vegetables
- Breaded cod with potato purée, salad and vegetable sauce

BAO BUNS (23,00zł)

- With pulled beef

PREMIUM PASTA (23,00zł)

- Gnocchi with goat cheese and truffles in tomato sauce with mascarpone

ASIAN NOODLES (19,00zł)

- Wheat noodles with chicken and vegetables in oriental sauce

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 pork and red beans

HUMMUS (18,00zł)

- With egg and mango

DUNI – POLISH CUISINE (22,00zł)

- Grilled chicken in citrus, basmati rice with spinach, baked vegetables, chimichuri sauce
- De Volaille with cheese, potatoes with dill, coleslaw, mayonnaise
- Chicken kebab, roasted potatoes, salad, garlic sauce
- Turkey escalopes in cheese dough, gnocchi in spinach and cheese sauce with dor blue cheese, salad
- Pork chop with BBQ mushroom, potatoes, fried beetroot
- Pork chops in green pepper sauce, potatoes with dill, carrots with peas
- Ground cutlet, potatoes with dill, cucumber salad
- Beef Stroganoff, buckwheat with vegetables, fried beetroot

DUNI – INTERNATIONAL CUISINE (22,00zł)

- Chicken in tomato curry, basmati rice
- Chicken in BBQ, baked potatoes, coleslaw, garlic sauce
- General TSO's chicken, basmati rice with vegetables, Chinese salad
- Poultry pocket stuffed Balkan style, roasted potatoes, eggplant paste
- Chicken in Thai style, basmati rice with vegetables
- Butter chicken, basmati rice with vegetables
- Turkey Tikka masala, rice with vegetables
- Chicken gong bao, basmati rice with vegetables

KETO (22,00zł)

- Pork tenderloin baked with mustard-cream sauce
- Pork chilli con queso, roasted peppers, keto salad, mimolette cheese
- Turkey meatballs with broccoli, roasted cauliflower, roasted peppers, cheese
- Chicken thigh, mushroom sauce, broccoli rice with spinach, fried mushrooms

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, black cumin

SOUPS

- White borscht with sausage (11,00zł)
- Thai chicken soup (13,00zł)
- Pumpkin cream soup with ginger (11,00zł)

DUMPLINGS

- Ukrainian (17,00zł)
- With kebab (20,00zł)

PANCAKES (19,00zł)

BURRITO (16,00zł)

- With pulled chicken and pineapple

BURGERS

- Burger with pulled beef and California Sunrise sauce (16,00zł)
- Beef burger with pickled onion, truffle mayo and fresh jalapeno (18,00zł)
- Chickenburger with guacamole and fried egg (18,00zł)
- Beef burger with guacamole, nachos and curry sauce (18,00zł)

CALZONE (13,00zł)

- Diavola (Spicy salami)

OATMEAL (10,50zł)

- Based on coconut milk, with mango raspberry and peach

DESSERTS

- Pistachio dessert (13,50zł)
- Tapioca with mango – passion fruit mousse (10,50zł)
- Chia with coconut milk, chocolate mousse and raspberry (11,00zł)

CAKE (10,00zł)

- No bake crispy cheesecake
- Honey cake

SHAKE (8,00zł)

- Mango lassi
- Strawberry
- Blueberry and raspberry

SUSHI

- Sushi Menu: Utsukushi (30,00zł)
- Sushi Sandwich with baked salmon (29,00zł)

POKE BOWL (25,00zł)

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

RAMEN (27,00zł)

- Shio ramen with chicken, tofu, corn and pak choi

*menu may change

FRIDAY MENU

17.01.2024

CIABATTA WITH CHEESE (12,00zł)

- With chicken schnitzel, mayo, cheese and vegetables

BAGLES (13,00zł)

- With baked salmon and spinach
/ With Mediterranean cheese and eggplant
- With grilled ham and fried egg / With Chorizo

SALADS (10,00zł)

- Vegetable salad
- Greek style fish salad
- Cheese-garlic salad with pineapple
- Broccoli salad with cheese

FIT BOWL (13,00zł)

- With camembert cheese, beetroot and yellow bulgur
- With chicken, pineapple and couscous

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

BAO BUNS (23,00zł)

- With oyster mushroom and pickled onion

PREMIUM PASTA (23,00zł)

- Green tagliatelle with salmon in cheese and spinach sauce

ASIAN NOODLES (20,00zł)

- Pad Thai with prawn

PREMIUM VEGETABLES (24,00zł)

- With teriyaki salmon, broccoli and pineapple

SWEET PANCAKES (16,00zł)

- With vanilla cream cheese and orange mousse

SAVORY PANCAKES (16,00zł)

- With spinach and salmon

QUESADILLA (16,00zł)

- Mexican with pork

HUMMUS (18,00zł)

- With eggplant, chickpeas and pomegranate

DUNI – POLISH CUISINE (22,00zł)

- Chicken kebab, roasted potatoes, salad, garlic sauce
- Viennese pork chop, potatoes with dill, cucumber salad
- Tenderloin escalopes in vegetable and dill sauce, potatoes with dill, fried beetroot
- Pork roll with cabbage and bacon, potatoes with dill, carrots with peas
- Pork chops in hunter's sauce, potatoes with dill, carrots with peas
- Grilled chicken with beetroot and cheese, quinoa with vegetables, baby carrots, pesto sauce

DUNI – INTERNATIONAL CUISINE (22,00zł)

- Dragon chicken, basmati rice with vegetables
- Chicken in oyster sauce, basmati rice, cashew nuts
- Chicken in tomato curry, basmati rice
- Balkan grilled chicken, eggplant paste, tomato salsa
- Garam masala turkey with zucchini and peach, basmati rice

KETO (22,00zł)

- Vegetable curry with coconut milk, broccoli rice, salad
- Grilled pork neck baked with mushrooms and cheese, broccoli with butter, garlic sauce, salad
- Tenderloins in mushroom sauce with mascarpone, cauliflower rice with spinach, roasted 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

- Barley soup (11,00zł)
- Indian soup with vegetables (12,00zł)
- Vegetable soup (11,00zł)

DUMPLINGS (17,00zł)

- With cottage cheese and blueberries
- With meat

APPLE FRITTERS (17,00zł)

BURRITO (16,00zł)

- With pulled beef and pineapple

BURGERS

- Burger with breaded cheddar and tartar sauce (16,00zł)
- Cheeseburger with jalapeno and bacon (16,00zł)
- Chicken burger with coleslaw (16,00zł)
- Beef burger with mushroom in BBQ sauce (18,00zł)

CALZONE (13,00zł)

- Margherita Funghi (cheese, mushrooms)

OATMEAL (10,50zł)

- Cocoa with crispy filling

DESSERTS

- Forest moss (11,00zł)
- Vanilla tapioca with fruit mousse (10,50zł)
- No-bake cheesecake with jelly and fruits (11,00zł)

CAKE (10,00zł)

- Banana tart with salted caramel
- Truffle cake

SHAKE (8,00zł)

- Mango lassi
- Strawberry
- Raspberry with mango

SUSHI

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

POKE BOWL (25,00zł)

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

RAMEN (27,00zł)

- Shoiu with baked salmon, fukuinuzake vegetables and bamboo shoots



*menu may change