

M E N U



FIT BOWL

NEW!

Asian-Style Bowl 39 PLN

- Buckwheat
- Tofu in soy-ginger sauce, cooked julienne carrots, cucumber, radish, pickled shimeji mushrooms
- Peanut sauce made from peanut butter, ginger and soy sauce
- Sprinkle of sesame and nori

Protein Bowl 35 PLN

- Unroasted buckwheat groats
- Grilled chicken, steamed broccoli, roasted carrots, poached egg
- Yoghurt sauce with mustard and honey
- Microgreens and walnuts

Bowl Green Power 37 PLN

- Quinoa
- Baby spinach, avocado, sugar snap peas, roasted pumpkin, pomegranate
- Dressing based on olive oil, lime juice and honey
- Pistachios and fresh coriander

SOUPS

Soup of the day 14 PLN /ask staff

Borscht with a croquette 15 PLN

MAIN DISHES

Dish of the day 28 PLN /ask staff

Sous-vide coated chicken with bran and walnuts 45 PLN /small potatoes /broccoli /cooked carrots /maple syrup

Baked salmon teriyaki 47 PLN /rice /salad with vinaigrette dressing

Caesar salad with chicken 33 PLN /romaine lettuce, parmesan cheese, croutons, cherry tomatoes, anchovy dressing

Salad with halloumi cheese 31 PLN /green cucumber /cherry tomatoes /pomegranate /honey-mustard dressing

Dumplings (7 pcs) 29 PLN /with potatoes and cheese /with meat /with cheese (sweet)



SOUP OF THE DAY + DISH OF THE DAY

LUNCH SET - 38 PLN

PASTA

Spaghetti Bolognese 31 PLN

Spaghetti with basil pesto 27 PLN

Spaghetti with basil pesto and chicken 29 PLN

Ravioli 31 PLN /ask staff

DESSERTS

Yogurt with crunchy and honey 18 PLN

Pancakes (3 pcs) 18 PLN /Nutella or maple syrup

Dessert of the day 18 PLN /ask staff

BREAKFAST

Scrambled eggs made from 3 eggs 15 PLN /with bread and butter

Omelette with toppings 16 PLN /ham and cheese /sweet version

Chicken panini 19 PLN /with mozzarella /pickled cucumber, /tomato /onion /aioli

Toasts with cheese and ham (2 pcs) 14 PLN

Breaded fries 12 PLN /with aioli or ketchup

COLD DRINKS

Lemonade 15 PLN

Iced coffee 18 PLN

Frappuccino 28 PLN

Protein shake 23 PLN /chocolate /strawberry /vanilla

Squeezed orange juice 18 PLN

HOT DRINKS

Espresso 9 PLN

Espresso Doppio 13 PLN

Americano 12 PLN

Cappuccino 13 PLN

Caffe Latte 14 PLN

Flat White 14 zPLN

Hot chocolate 13 PLN

Tea 12 PLN

Winter tea 19 PLN