

SWEET BREAKFAST

FRENCH TOAST 34

sweet toast, egg, milk, clarified butter, fruit, cream topping with vanilla
570kcal

HOMEMADE GRANOLA 21

CHANGE PLAIN YOGURT FOR VEGAN ONE +3zł
oatmeal, hazelnuts, chia seeds, sunflower seeds, almond flakes,
agave syrup, plain yogurt / veg yogurt, fruit | 294kcal

GINGERBREAD PORRIDGE 26

oat flakes, almond flakes, oat milk, spices, agave syrup,
roasted apples with cinnamon, plum | 388kcal

1 CREPES 32

corn flour, millet flour, tapioca flour, soy milk, oil
2 pieces - 390kcal

OR

WAFFLES 35

corn flour, rice flour, potato flour, banana, soy milk, oil
1 piece - 507kcal

2 TOPPINGS TWO TOPPINGS AND SAUCE FOR FREE, EVERY EXTRA ONE FOR 3zł

SKILLET APPLES WITH CINNAMON 40g serving - 27kcal

VANILLA CREAM CHEESE
cottage cheese, greek yogurt, erythritol | 40g serving - 34kcal

VEGAN CREAM CHEESE
tofu, coconut milk, lemon juice, vanilla stick | 40g serving - 60kcal

COCOA PASTE
rice, cacao, coconut milk, coconut oil, hazelnuts | 40g serving - 91kcal

COCONUT CREAM
rice, coconut milk, coconut flakes, coconut oil, erythritol
40g serving - 147kcal

FRESH FRUIT +3 zł
120g serving - 70kcal

3 SAUCES MAKE IT FULL VEGAN

CHOCOLATE / FRUIT / CARAMEL
80kcal / 8kcal / 54kcal



SAVOURY BREAKFAST

WAFFLES 42

corn flour, rice flour, potato flour, cheddar cheese, chives, milk, egg, butter,
gluten-free baking powder

SERVED WITH 2 POACHED EGGS, SALAD AND HOLLANDAISE SAUCE

BACON / AVOCADO / SALMON
874kcal / 869kcal / 879kcal

ARTISAN BAGLES 34

CHEESE&BACON
egg, cheddar, bacon, onion, arugula, supreme sauce

HUMMUS&AVOCADO
hummus, avocado, black cotton, lettuce

COTTAGE CHEESE&SMOKED SALMON
cottage cheese with dill and cucumber, smoked salmon, lettuce

VEGAN PATE WITH PICKLED CUCUMBER
vegan pate, pickled cucumber, vegan mayonnaise, arugula



SCRAMBLED EGGS 26

3 eggs, 2 toasted bread, butter, vegetable fresh mix, chive
447kcal

SCRAMBLED TOFU 28

tofu, soy milk, yeast flakes, kala namak salt, turmeric, chives, 2 toasted bread,
vegetable fresh mix, coconut oil
359kcal

ENGLISH BREAKFAST 40

frankfurters, mushrooms, kidney beans, 2 fried eggs, bacon, toasted bread
676kcal

+ EXTRAS
BACON8
FRANKFURTERS10
SMOKED SALMON8
CHEDDAR6
BUTTER.....4
EGG4
KIDNEY BEANS4
AVOCADO7
CHANGE FOR GLUTEN-FREE BREAD4

#HEALTHY LIFESTYLE CAFE



served until 19:30

DUMPLINGS 10 PIECES 34

RUSKIE 34
potato starch, rice flour, onion, flaxseed, cottage cheese, potato
505kcal +SALAD +CARAMELIZED ONION

CABBAGE&MUSHROOM 34
potato starch, rice flour, flaxseed, cabbage, mushrooms, onion
380kcal +SALAD +CARAMELIZED ONION

BLUEBERRIES 36
potato starch, rice flour, flaxseed, blueberries
416kcal +FRESH FRUIT +VEGAN CREAM CHEESE

BEST OFFER!

#SUPERHEALTHYSET 79

SCRAMBLED EGGS OR SCRAMBLED TOFU
+ BAGLE OF YOUR CHOICE + SALAD
+ FRESH SQUEEZED ORANGE JUICE (300ml)
+ COFFEE OR TEA OF YOUR CHOICE

#ENGLISHSET 69

ENGLISH BREAKFAST
+ FRESH SQUEEZED ORANGE JUICE (300ml)
+ COFFEE OR TEA OF YOUR CHOICE

#SUPERSWEETSET 65

FRENCH TOAST
+ FRESH SQUEEZED ORANGE JUICE (300ml)
+ COFFEE OR TEA OF YOUR CHOICE



#HEALTHY LIFESTYLE CAFE

COFFEE

| | |
|-----------------------------|----|
| ESPRESSO | 10 |
| AMERICANO | 16 |
| CAPUCCINO | 15 |
| FLAT WHITE | 17 |
| LATTE | 17 |
| BIG AMERICANO | 17 |
| ICED AMERICANO | 20 |
| ICED COFFEE WITH MILK | 20 |
| DECAFFEINATED COFFEE | 15 |

+ EXTRAS

| | |
|---|---|
| EXTRA MILK/ LACTOSE FREE MILK | 3 |
| SOYA / ALMOND / OAT MILK | 3 |
| EXTRA ESPRESSO | 4 |
| MAPLE SYRUP | 3 |
| VANILLA, HAZELNUT, CARAMEL (SUGAR FREE) | 3 |

POT OF TEA

| | |
|--------------------------------|----|
| PUKKA TEA | 16 |
| green/black/herbal/fruit | |
| ask the waiter about the taste | |

BARISTA
RECOMMENDS!

| | |
|--|----|
| CHAI LATTE | 19 |
| chai essence, organic spices, cane sugar, milk | |
| MOCHA | 19 |
| espresso, cocoa, agave syrup, milk | |
| MATCHA LATTE (SUGAR FREE) | 19 |
| COCOA WITH WHIPPED CREAM (SUGAR FREE) | 18 |
| WINTER TEA (SUGAR FREE) | 18 |

SMOOTHIES

| | |
|---|----|
| TROPICAL | 21 |
| papaya, mango, pineapple, apple juice | |
| 350ml - 178kcal | |
| ACAI | 21 |
| acai berries, mango, strawberry, blueberry, apple juice | |
| 350ml - 178kcal | |
| VITAMIN | 21 |
| banana, spinach, mango, pineapple, apple juice | |
| 350ml - 207kcal | |

FRESHLY SQUEEZED JUICE

| | |
|-----------------|----|
| ORANGE | 20 |
| 300ml - 122kcal | |

BOTTLED DRINKS

| | |
|-------------------------------|----|
| SPARKLING/STILL WATER | 6 |
| FENTIMANS PREMIUM TONIC | 16 |
| ON LEMON COLA ZERO | 17 |
| ON LEMON PEAR | 17 |
| ON LEMON LIME | 17 |
| APPLE-MANGO JUICE | 14 |
| PEAR-APPLE JUICE | 14 |
| 100% APPLE JUICE | 14 |

(NON)ALCOHOLIC DRINKS

| | |
|-------------------------------------|----|
| CORONA EXTRA | 18 |
| BEER GLUTEN FREE CECYLIA | 19 |
| BEER LITovel ČERNÝ CITRON | 17 |
| BEER LITovel POMELO 0% | 19 |
| DZIK POLISH CIDER | 19 |
| DZIK CIDER WITH LEMONGRASS 0% | 19 |

| | |
|---|----|
| APEROL SPRITZ 250ml | 29 |
| ROSE SPRITZ 250ml | 29 |
| HUGO SPRITZ 250ml | 29 |
| PROSECCO DOC ROSE (KIELISZKA - 750ML) | 25 |
| PROSECCO DOC ROSE (BUTELKA - 750ML) | 89 |



WAITING TIME

WAITING TIME FOR BREAKFASTS DEPENDS ON THE NUMBER OF ORDERS.



GROUPS

FOR GROUPS OF 6 PEOPLE OR MORE, WE DO NOT SPLIT THE BILL AND ADD 10% SERVICE FOR OUR CREW.



OUR CAKES

ALL OF CAKES OFFERED IN OUR COFFEEHOUSE ARE FRESHLY BAKED EVERY DAY ON OUR OWN. FEEL FREE TO PLACE AN ORDER FOR THE WHOLE CAKE - CALL US OR WRITE A MESSAGE ON OUR FACEBOOK PROFILE.



ALLERGENS

WE MAKE EVERY EFFORT TO ENSURE THAT THE DISHES SERVED IN OUR CAFE ARE MADE OF THE HIGHEST QUALITY INGREDIENTS. HOWEVER, WE CANNOT GUARANTEE THAT THE INGREDIENTS WE USE DIDN'T COME INTO CONTACT WITH ALLERGENS BEFORE THEY CAME TO OUR PREMISES. PLEASE, CAREFULLY CHECK THE ALLERGEN LEGEND INCLUDED IN OUR MENU DESCRIPTIONS



WHAT IS ERYTHRITOL?

IT IS A NATURAL, 100% CALORIE-FREE SUBSTITUTE FOR SUGAR, EXTRACTED MAINLY FROM PLANTS. ERYTHRITOL HAS A ZERO GLYCEMIC INDEX, SO IT DOESN'T AFFECT BLOOD SUGAR LEVEL. MOREOVER, IT IS UNLIKELY TO CAUSE GASTRIC PROBLEMS OR A TOOTH DECAY.

IF YOU LIKE IT WITH US - LEAVE A REVIEW!



RATE US ON GOOGLE AND GET
10% DISCOUNT