



SWEET BREAKFAST

CINNAMON FRENCH TOAST 36

sweet toast, egg, milk, clarified butter, cinnamon, roasted apple, maple syrup, almond flakes | 572kcal

HOMEMADE GRANOLA 23

oatmeal, hazelnuts, chia seeds, sunflower seeds, almond flakes, agave syrup, plain yogurt, fruit | 294kcal

1 CREPES 34

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

OR

WAFFLES 36

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

2 TOPPINGS 36

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 40g serving - 60kcal

COCONUT CREAM 40g serving - 147kcal

FRESH FRUIT +3 zł 120g serving - 70kcal

3 SAUCES 36

CHOCOLATE 80kcal

FRUIT 8kcal

CARAMEL 54kcal

MAKE IT FULL VEGAN

SAVOURY BREAKFAST

WAFFLES 43

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 * 38

 CHANGE FOR GLUTENFREE BAGLE

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

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

HUMMUS&AVOCADO 38

VEGAN PATE WITH PICKLED CUCUMBER 38

vegan pate, pickled cucumber, vegan mayonnaise, arugula

Made of free range eggs!

NEW GRILLED TOAST WITH FRIED EGGS 36

ham, cheddar cheese, fried eggs, mustard sauce, chives, salad
949kcal

SCRAMBLED EGGS * 28

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

SCRAMBLED TOFU * 32

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

ENGLISH BREAKFAST 40

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

- + EXTRAS
- BACON 8
- FRANKFURTERS 10
- SMOKED SALMON 8
- CHEDDAR 6
- BUTTER 4
- EGG 4
- BAKED BEANS 4
- AVOCADO 7
- CHANGE FOR GLUTEN-FREE BREAD 4

BREAKFAST BOWL 36

halloumi, avocado, poached egg, sunflower seeds, pomegranate, cherry tomatoes, arugula, lettuce, vinaigrette, balsamic sauce | 545kcal

DUMPLINGS & PIECES 36

RUSKIE 36

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

SPINACH&FETA CHEESE 36

rice flour, potato starch, linseed, spinach, feta cheese, vegetable oil, gluten-free breadcrumbs, pepper, salt and garlic
365kcal
+SALAD +CREAM

CABBAGE&MUSHROOM 36


potato starch, rice flour, flaxseed, cabbage, mushrooms, onion
380kcal
+SALAD +CARAMELIZED ONION

STRAWBERRY 36

potato starch, rice flour, flaxseed, strawberries | 416kcal
+FRESH FRUIT +VEGAN CREAM CHEESE

BEST OFFER!

#SUPERHEALTHYSET 85

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

#ENGLISHSET 75

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

#SUPERSWEETSET 69

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





COFFEE

ESPRESSO	10
AMERICANO	17
CAPUCCINO	16
FLAT WHITE	18
LATTE	17
BIG AMERICANO	18
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	

MATCHA

MATCHA LATTE	20
ICED MATCHA LATTE	20
ICED MANGO MATCHA LATTE	22

SEASONAL

CHAI LATTE	19
CINNAMON VANILLA LATTE	20
COCOA WITH MARSHMALLOWS AND VEGAN COOKIE	21
WINTER TEA	19

SMOOTHIES

TROPICAL	22
papaya, mango, pineapple, apple juice	
350ml - 176kcal	
FRUITY	22
mango, melon, strawberry, apple juice	
350ml - 178kcal	
VITAMIN	22
banana, spinach, mango, pineapple, apple juice	
350ml - 207kcal	

JUICE SMOOTHIES

FRESHLY SQUEEZED JUICE

ORANGE	21
300ml - 122kcal	

BOTTLED DRINKS

WATER SPARKLING/STILL	7
FRITZ COLA (SUGAR FREE)	17
ON LEMON PEAR	17
ON LEMON BLACKCURRANT	17
APPLE-MANGO JUICE	14
PEAR-APPLE JUICE	14
100% APPLE JUICE	14
YERBATA	17
KOMBUCHA ACEROLA GINGER	17
DZIK CIDER WITH LEMONGRASS 0%	19

DRINKS

ALCOHOLIC DRINKS

CORONA EXTRA	19
BEER GLUTEN FREE CECYLIA	19
BEER LITOVEL ČERNÝ CITRON	19
DZIK POLISH CIDER	19
APEROL SPRITZ 250ml	29
HUGO SPRITZ 250ml	29
PROSECCO DOC ROSE (GLASS - 150ML)	25
PROSECCO DOC ROSE (BOTTLE - 750ML)	89
MULLED WINE	23

#HEALTHY LIFESTYLE CAFE



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