



## COFFEE

ESPRESSO .....	10
AMERICANO .....	17
FILTER COFFEE .....	16
CAPUCCINO .....	16
FLAT WHITE .....	18
LATTE .....	17
ICED AMERICANO .....	20
ICED COFFEE WITH MILK .....	20
DECAFFEINATED COFFEE .....	18

### + 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
<small>green/black/herbal/fruit ask the waiter about the taste</small>	

## MATCHA

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

## SEASONAL

PINK LATTE .....	19
ORANGE ESPRESSO .....	20

## SMOOTHIES

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

## JUICE SMOOTHIES

## FRESHLY SQUEEZED JUICE

ORANGE .....	21
<small>300ml - 122kcal</small>	

## DRINKS

## BOTTLED DRINKS

WATER SPARKLING/STILL .....	7
FRITZ COLA (SUGAR FREE) .....	17
ON LEMON PEAR .....	17
ON LEMON LIME .....	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

## 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

# #HEALTHY LIFESTYLE CAFE



### WAITING TIME\*

WAITING TIME FOR BREAKFASTS DEPENDS ON THE NUMBER OF ORDERS IN THE CAFE.

\* DISHES IN THE CAFE ARE PREPARED WITH FRESH INGREDIENTS, SO WAITING TIMES MAY BE LONGER.



### 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 INCLUDING GLUTEN 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





# #HEALTHY LIFESTYLE CAFE

served all day

## 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, vanilla yogurt, fruit | 294kcal

### WAFFLES 36

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

CHOOSE TWO TOPPINGS AND SAUCE FOR FREE

### TOPPINGS

**SKILLET APPLES WITH CINNAMON**  
40g serving - 27kcal

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

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

**FRESH FRUIT** +3 zł  
120g serving - 70kcal

### SAUCES

**CHOCOLATE**  
coconut milk, cocoa, erythritol  
80kcal

**FRUIT**  
cherries, strawberries, blackberries, erythritol  
8kcal

**CARAMEL**  
coconut milk, honey  
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

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

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

**HUMMUS&AVOCADO**  
hummus, avocado, black cotton, lettuce

CHANGE FOR GLUTENFREE BAGLE

**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

**BREAKFAST BOWL** 36  
halloumi, avocado, poached egg, sunflower seeds, pomegranate, cherry tomatoes, arugula, lettuce, vinaigrette, balsamic sauce | 545kcal

### DUMPLINGS & PIECES 36

**RUSKIE**  
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

- + 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

## 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