

SWEET BREAKFASTS

SERVED UNTIL 19:30



crepes

20

MILLET CREPES

MILLET FLOUR, POTATO STARCH, COCONUT MILK, EGGS, COCONUT OIL
2 PIECES - 266KCAL P 6G C 20G F 13G

CHESTNUT FLOUR CREPES

CHESTNUT FLOUR, POTATO STARCH, EGGS, BUCKWHEAT FLOUR, COCONUT MILK, PROTEIN POWDER
2 PIECES - 161KCAL P 8G C 16G F 7G

+ TWO FILLINGS AND SAUCE

waffles

24

REGULAR

CHIA SEEDS, COCONUT MILK, COCONUT OIL, ERYTHRITOL, RICE FLOUR, TAPIOCA FLOUR, POTATO STARCH
1 PIECE - 497KCAL P 6G C 66G F 15G

+ FRESH FRUIT MIX

+ TWO TOPPINGS AND SAUCE

pancakes

22

AMERICAN

GREEK YOGURT, RICE FLOUR, ERYTHRITOL, COCONUT OIL, EGGS
3 PIECES - 280KCAL P 8G C 37G F 12G

+ FRESH FRUIT MIX

+ TWO TOPPINGS AND SAUCE

+ MAPLE SYRUP 12L

BANANA - ALMOND

BANANA, ALMOND MILKS, BUCKWHEAT FLOUR, FLAXSEED, MAPLE SYRUP
3 PIECES - 306KCAL P 10G C 60G F 3G

+ toppings and fillings

YOU CAN CHOOSE TWO FOR FREE. EVERY EXTRA ONE FOR 22L

SKILLET APPLES WITH CINNAMON

70G SERVING - 40KCAL P 0G C 10G F 0G

VANILLA CREAM CHEESE

COTTAGE CHEESE, GREEK YOGURT, ERYTHRITOL
40G SERVING - 52KCAL P 6G C 2G F 3G

PLUM JAM

40G SERVING - 86KCAL P 0G C 22G F 0G

COCONUT CREAM

RICE, COCONUT OIL, COCONUT PASTE, COCONUT MILK, SHREDDED COCONUT, ERYTHRITOL
40G SERVING - 178KCAL P 2G C 13G F 14G

HALVA CREAM

TAHINI PASTE, HONEY
40G SERVING - 190KCAL P 5G C 9G F 17G

PEANUT BUTTER

40G SERVING - 232KCAL P 10G C 5G F 18G

CHOCOLATE PASTE

DATES, CACAO
40G SERVING - 101KCAL P 1G C 32G F 0G

FRESH FRUIT MIX

120G SERVING - 70KCAL P 0G C 18G F 0G

+ sauces

CHOCOLATE

FRUITY

CARAMEL

HONEY-BASED

SAVOURY BREAKFASTS

SERVED UNTIL 19:30



waffles

24

AMERICAN

REGULAR WAFFLE, 2 FRIED EGGS, BACON, KIDNEY BEANS, MAPLE SYRUP
+ 360KCAL P 24G C 19G F 20G

pancakes

24

AMERICAN

3 PIECES OF PANCAKES, 2 FRIED EGGS, BACON, KIDNEY BEANS, MAPLE SYRUP
+ 360KCAL P 24G C 19G F 20G

scrambled eggs

17

MADE OF FREE RANGE EGGS

IN BUTTER

3 EGGS, 2 SOURDOUGH RYE BREAD TOASTS, LAMB'S LETTUCE, CHIVE, BUTTER
512KCAL P 26G C 36G F 28G

savoury crepes

24

MOZARELLA - PESTO - SPINACH

2 PIECES OF MILLET CREPES, MOZARELLA CHEESE, GREEN PESTO, SPINACH, SUN-DRIED TOMATOES
534KCAL P 26G C 50G F 39G

HAM - CHEESE - SPINACH

2 PIECES OF MILLET CREPES, LACTOSE FREE CHEESE, PARMA HAM, SPINACH
502KCAL P 32G C 20G F 33G

EGG - BACON

2 PIECES OF MILLET CREPES, EGG, BACON, TOMATO SAUCE, LAMB'S LETTUCE, SPROUTS, CHERRY TOMATOES
647KCAL P 26G C 23G F 47G

+ TOMATO SAUCE

TOMATO PASSATA, GREEN AND RED PESTO, BASIL, SWEET PEPPER, GARLIC
22KCAL P 1G C 6G F 1G

toasts

13

MADE OF SOURDOUGH RYE BREAD

HAM & CHEESE

PARMA HAM, LACTOSE FREE CHEESE, SUN-DRIED TOMATOES, SPINACH
277KCAL P 13G C 36G F 8G

EGG & BACON

EGG, BACON, CARAMELISED ONION, LAMB'S LETTUCE
355KCAL P 13G C 38G F 18G

GOAT CHEESE WITH PEAR

GOAT CHEESE, PEAR, RED PESTO, SPINACH
284KCAL P 7G C 45G F 7G

HUMMUS WITH AVOCADO

HUMMUS, SPINACH, AVOCADO
265KCAL P 7G C 48G F 7G

+ EXTRA

CHANGE FOR GLUTEN-FREE BREAD

BACON / CHORIZO

LACTOSE FREE CHEESE / GOAT CHEESE

EGG

SUGAR-FREE KETCHUP

gluten-free dumplings

24

* 10 PIECES SERVING

RUSSIAN

POTATO STARCH, RICE FLOUR, FLAXSEED, COTTAGE CHEESE, POTATO
505KCAL P 26G C 81G F 6G

CABBAGE & MUSHROOM

POTATO STARCH, RICE FLOUR, FLAXSEED, CABBAGE, MUSHROOMS, ONION
380KCAL P 12G C 69G F 7G

STRAWBERRY

POTATO STARCH, RICE FLOUR, FLAXSEED, STRAWBERRIES
392KCAL P 7G C 71G F 6G

BLUEBERRIES

POTATO STARCH, RICE FLOUR, FLAXSEED, BLUEBERRIES
416KCAL P 8G C 79G F 6G

COFFEE AND DRINKS



coffee

ESPRESSO

7

DOPPIO

9

AMERICANO

10

CAPPUCCINO

10

FLAT WHITE

10

LATTE

12

BIG AMERICANO

12

BIG COFFEE WITH MILK

12

ICED AMERICANO

12

ICED COFFEE WITH MILK

12

+ EXTRA

EXTRA MILK/LACTOSE FREE MILK

1

EXTRA SOYA/ALMOND/COCONUT MILK

2

EXTRA ESPRESSO

3

MAPLE SYRUP

1

lemonade

12

WATERMELON

WATERMELON JUICE, ORANGE JUICE, ERYTHRITOL
350ML - 84KCAL P 2G C 24G F 0G

MOHITO

LEMON, LIME, MINT, TEA SYRUP
350ML - 8KCAL P 0G C 3G F 0G

ORANGE

ORANGE, LEMON, MINT, ERYTHRITOL SYRUP
350ML - 27KCAL P 0G C 7G F 0G



GLUTEN FREE



SUGAR FREE



LACTOSE FREE



NUTS FREE



EGG FREE



VEGAN

pot of tea

12

PUKKA TEA

DIFFERENT FLAVOURS

freshly squeezed juices

15

ORANGE

350ML - 144KCAL P 3G C 32G F 0G

GRAPEFRUIT

350ML - 113KCAL P 2G C 28G F 0G

smoothies

15

GREEN PINEAPPLE

PARSLEY, PINEAPPLE, APPLE JUICE
350ML - 118KCAL P 0G C 29G F 0G

MANGO-ORANGE

COCONUT MILK, COCONUT WATER, MANGO, ORANGE, CHIA SEEDS
350ML - 451KCAL P 7G C 37G F 30G

RASPBERRY KICK

RASPBERRIES, EGG YOLK, BANANA, COCONUT WATER, ERYTHRITOL
350ML - 203KCAL P 5G C 36G F 6G

bottled drinks

SPARKLING/STILL WATER

5

COCONUT WATER

10

FRITZ COLA

10

MATCHBATA

10

APPLE-STRAWBERRY JUICE

10

APPLE-TURMERIC JUICE

10

APPLE-PEAR JUICE

10

100% APPLE JUICE

10

CORONA BEER WITH LIME

12

OUR CAKES

CHECK OUR DISPLAY FOR AVAILABLE CAKES



- | | | | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|--|----|
| BOUNTY | | | | | | | | | | | | | 17 |
| COCONUT MILK, COCONUT CREAM, COCONUT SHREDS, COCONUT OIL, ERYTHRITOL, DARK CHOCOLATE, ALMOND FLOUR, COCONUT FLOUR, MAPLE SYRUP, CACAO, FLAXSEED | | | | | | | | | | | | | |
| 591KCAL P 86 C 296 F 566 | | | | | | | | | | | | | |
| TORT MALINOWY (RASPBERRY CAKE) | | | | | | | | | | | | | 17 |
| COCONUT CREAM, RASPBERRIES, COCONUT SHREDS, COCONUT OIL, ERYTHRITOL, EGGS, DARK CHOCOLATE, TAPIOCA FLOUR, CACAO, GELATINE | | | | | | | | | | | | | |
| 343KCAL P 110 C 450 F 280 | | | | | | | | | | | | | |
| KOPIEC KRETA (MOLE MOUND CAKE) | | | | | | | | | | | | | 16 |
| COCONUT CREAM, BANANAS, ERYTHRITOL, DARK CHOCOLATE, EGGS, CACAO, VANILLA-FLAVOURED PROTEIN POWDER, MILLET FLOUR, POTATO STARCH | | | | | | | | | | | | | |
| 366KCAL P 160 C 380 F 230 | | | | | | | | | | | | | |
| JAGIELNIK OWOCOWY (MILLET & FRUIT CAKE) | | | | | | | | | | | | | 17 |
| MILLET, COCONUT MILK, COCONUT CREAM, COCONUT PASTE, FRUIT, ERYTHRITOL, CHIA SEEDS, DATES, ALMOND FLOUR, COCONUT SHREDS, CACAO | | | | | | | | | | | | | |
| 539KCAL P 130 C 560 F 350 | | | | | | | | | | | | | |
| BANOFFEE | | | | | | | | | | | | | 18 |
| COCONUT CREAM, BANANAS, DATES, CASHEWS, COCONUT SHREDS, PEANUT BUTTER, ERYTHRITOL | | | | | | | | | | | | | |
| 575KCAL P 120 C 550 F 380 | | | | | | | | | | | | | |
| SZARLOTKA (APPLE PIE) | | | | | | | | | | | | | 16 |
| APPLES, COCONUT OIL, MAPLE SYRUP, ALMOND FLOUR, MILLET FLOUR, PEANUT FLOUR, CINNAMON, GINGER, FLAXSEED | | | | | | | | | | | | | |
| 553KCAL P 160 C 690 F 260 | | | | | | | | | | | | | |
| TORCIK A'LA MAXI KING | | | | | | | | | | | | | 17 |
| MASCARPONE, HAZELNUTS, PEANUTS, DATES, BANANAS, PEANUT BUTTER, COCONUT MILK, COCONUT OIL, ERYTHRITOL, VANILLA-FLAVOURED PROTEIN POWDER, CACAO | | | | | | | | | | | | | |
| 695KCAL P 220 C 410 F 530 | | | | | | | | | | | | | |
| CIASTO ORZECHOWE Z MANGO (NUT CAKE WITH MANGO) | | | | | | | | | | | | | 17 |
| COCONUT CREAM, MANGO, WALNUTS, COCONUT SHREDS, EGGS, ERYTHRITOL, MILLET FLOUR, RAISINS | | | | | | | | | | | | | |
| 382KCAL P 80 C 300 F 310 | | | | | | | | | | | | | |
| TORCIK A'LA RAFAELLO | | | | | | | | | | | | | 18 |
| MASCARPONE, COCONUT SHREDS, ALMOND FLOUR, MILLET FLOUR, EGGS, ERYTHRITOL, VANILLA AND COCONUT FLAVOURED PROTEIN POWDER | | | | | | | | | | | | | |
| 558KCAL P 180 C 320 F 480 | | | | | | | | | | | | | |
| JAGIELNIK ORZECHOWY (MILLET & PEANUT CAKE) | | | | | | | | | | | | | 18 |
| PEANUT FLOUR, DATES, COCONUT OIL, MILLET, PEANUT BUTTER, COCONUT CREAM, ERYTHRITOL, COCONUT MILK, DARK CHOCOLATE, MAPLE SYRUP | | | | | | | | | | | | | |
| 451KCAL P 150 C 510 F 230 | | | | | | | | | | | | | |
| STRACIATELLA | | | | | | | | | | | | | 17 |
| ALMOND FLOUR, VEGAN MILK CHOCOLATE, CLARIFIED BUTTER, MASCARPONE, CREAM, ERYTHRITOL, GELATINE | | | | | | | | | | | | | |
| 661KCAL P 70 C 390 F 540 | | | | | | | | | | | | | |
| MALINOWA CHMURKA (RASPBERRY CAKE) | | | | | | | | | | | | | 17 |
| RASPBERRIES, COCONUT MILK, LACTOSE FREE BUTTER, EGGS, ERYTHRITOL, MILLET FLOUR, POTATO STARCH, GELATINE | | | | | | | | | | | | | |
| 369KCAL P 80 C 490 F 290 | | | | | | | | | | | | | |
| TORT TRUSKAWKOWY (STRAWBERRY CAKE) | | | | | | | | | | | | | 18 |
| STRAWBERRIES, SUGAR-FREE STRAWBERRY JAM, MASCARPONE, COCONUT SHREDS, ALMOND FLOUR, MILLET FLOUR, EGGS, ERYTHRITOL, VANILLA AND COCONUT FLAVOURED PROTEIN POWDER | | | | | | | | | | | | | |
| 584KCAL P 180 C 380 F 480 | | | | | | | | | | | | | |
| KARPATKA (POLISH CREAM CAKE) | | | | | | | | | | | | | 17 |
| COCONUT MILK, EGGS, LACTOSE FREE BUTTER, ERYTHRITOL, GELATINE, RICE FLOUR, POTATO STARCH | | | | | | | | | | | | | |
| 507KCAL P 70 C 440 F 430 | | | | | | | | | | | | | |

TORCIK A'LA FERRERO   	18
COCONUT CREAM, MILLET FLOUR, EGGS, ERYTHRITOL, PEANUT BUTTER, CACAO 438KCAL P 15G C 31G F 36G	
TARTA OWOCOWA (FRUIT TART)    	17
COCONUT CREAM, FRESH FRUIT, SUGAR-FREE STRAWBERRY JAM, COCONUT SHREDS, ALMOND FLOUR, SUNFLOWER SEED FLOUR, ERYTHRITOL, COCONUT OIL, MAPLE SYRUP 503KCAL P 13G C 36G F 37G	
SERNIK Z MUSEM MANGO (MANGO CHEESECAKE)   	16
COCONUT CREAM, COTTAGE CHEESE, MASCARPONE, MANGO, EGGS, ERYTHRITOL, CLARIFIED BUTTER, ALMOND FLOUR, MILLET FLOUR, RICE FLOUR, POTATO STARCH 484KCAL P 19G C 27G F 39G	
SERNIK DYNIOWY (PUMPKIN CHEESECAKE)   	16
COTTAGE CHEESE, MASCARPONE, GREEK YOGURT, PUMPKIN, ERYTHRITOL, EGGS, RICE FLOUR, POTATO STARCH, CINNAMON, CARDAMON, GINGER 307KCAL P 21G C 35G F 20G	
TORCIK A'LA KINDER COUNTRY    	16
COCONUT CREAM, COCONUT MILK, DATES, PUFFED BUCKWHEAT, ERYTHRITOL, COCONUT OIL, COCONUT FLOUR, RICE FLOUR, CACAO 440KCAL P 5G C 32G F 36G	
TORCIK A'LA KINDER BUENO  	17
COCONUT CREAM, COCONUT MILK, MASCARPONE, HAZELNUTS, ERYTHRITOL, COCONUT OIL, MAPLE SYRUP, EGGS, CACAO, MILLET FLOUR, POTATO STARCH 499KCAL P 16G C 35G F 42G	
WEGAŃSKIE BROWNIE (VEGAN BROWNIE)    	17
SWEET POTATO, DARK CHOCOLATE, ERYTHRITOL, COCONUT OIL, BUCKWHEAT FLOUR, POTATO STARCH, CACAO, CINNAMON, FLAXSEED 470KCAL P 10G C 67G F 27G	
TIRAMISU    	18
COCONUT CREAM, COCONUT MILK, ESPRESSO, EGGS, ERYTHRITOL, COCONUT OIL, COCONUT FLOUR, CACAO, GELATINE 389KCAL P 9G C 32G F 37G	
KNOPPERS   	15
HAZELNUTS, HONEY, PROTEIN POWDER, COCONUT OIL, CACAO, MASCARPONE, ERYTHRITOL 521KCAL B 9G W 24G T 49G	
CHLEBEK KAKAOWO - BANANOWY (CACAO BANANA BREAD)    	15
BANANA, CHIA SEEDS, ERYTHRITOL, CACAO, RASPBERRIES, MAPLE SYRUP, COCONUT OIL, ALMOND MILK, CINNAMON, RICE FLOUR 260KCAL P 6G C 49G F 9G	
TARTA CZEKOLADOWO - MIGDAŁOWA (CHOCOLATE TART)    	15
COCONUT MILK, COCONUT SHREDS, ERYTHRITOL, MAPLE SYRUP, COCONUT OIL, CACAO, ALMOND FLOUR, SUNFLOWER SEED FLOUR 555KCAL P 13G C 28G F 51G	
TORT CZEKO - WIŚNIA (CHOCOLATE & CHERRY CAKE)    	17
MILLET FLOUR, COCOA, ERYTHRITOL, EGGS, COCONUT MILK, CHERRIES, DARK CHOCOLATE, MAPLE SYRUP, GELATINE 312KCAL P 12G C 38G F 16G	
SERNIK SNICKERS (SNICKERS CHEESECAKE)  	17
COTTAGE CHEESE, GREEK YOGURT, ERYTHRITOL, PEANUT BUTTER, EGGS, COCONUT MILK, CLARIFIED BUTTER, HONEY, RICE FLOUR, PEANUT FLOUR 515KCAL P 18G C 47G F 39G	
SERNIK OREO (OREO CHEESECAKE)   	16
DARK CHOCOLATE, CLARIFIED BUTTER, EGGS, MASCARPONE, COTTAGE CHEESE, ERYTHRITOL, MILLET FLOUR, POTATO STARCH 565KCAL P 20G C 42G F 44G	
SERNIK Z BRZOSKWINIAMI (PEACH CHEESECAKE)  	17
PEACHES, GREEK YOGURT, EGGS, ERYTHRITOL, CLARIFIED BUTTER, RICE FLOUR, ALMOND FLOUR, MILLET FLOUR 568KCAL P 12G C 62G F 39G	