

option

LUNCH OF THE DAY

without soup: 24,-

with soup: 30,-

dish and soup of the day
ask a waiter or call us to find out what we have today

SOUPS

SOUP OF THE DAY

15,-

ask a waiter what do we have today or call us

LENTIL SOUP

18,-

with tomatoes, coconut shred and cinnamon

SPICY SOUP

22,-

with rice noodles, coconut milk,
chilli pepper, fresh coriander and Orange

SNACKS SMALL AND LARGE

QUESADILLA

28,-

wholemeal wheat tortilla baked with vegan cheese,
spinach, peppers, tomato and mushrooms,
served with two sauces: spicy and garlic

PAKORA (deep fried)

small 24,-

vegetable mix (zucchini, red onion, broccoli,
pepper, mushrooms) in crunchy pea flour coating
+ spicy tomato sauce and vegan mayo

SEASONAL HUMMUS

26,-

chickpeas and seasonal vegetables paste
served with pomegranate, olive oil,
fresh coriander, zatar, raw vegetables and pita bread

● gluten free option: corn tortilla

MAIN COURSES

CUDAKI

36,-

potatoes stuffed with tofu, vegan cheese, nutritional
yeast and cashew white cheese, baked with tempeh
and served with spinach sauce, almonds, chives,
and salad from marinated zucchini, carrots,
pickled cucumbers and fennel

GREEN HEAVEN

big spinach crêpe stuffed with vegan "ricotta"
made of almonds, cashews and tofu, topped with
spinach sauce, chives and almonds + salad

RISOTTO SEZONOWE /ask a waiter what we have now/

29,-
with seasonal vegetables, coconut milk,
seeds and cashew raw cheese
and vegan parmesan, served with salad

BUCKWHEATS / 5 pieces

buckwheats pancakes stuffed with kale, spinach,
chicpea, mushrooms and onion served with
tomato-orange sauce, seeds and salad with
beetroot, orange, celery and carrot

POTATO LATKES / 4 pieces

fried latkes in creamy sauce with leek served
with oyster mushrooms in crispy corn crumbs
and salad

TORTILLA

whole grain, slightly spicy torilla grilled with vegetable
stuffing made from red beans, sweet corn, pepper,
carrot and pineapple, served with guacamole
and salad

BLINY / 3 pieces

Samogitian potato pancakes with tofu served with
"fishy" oyster mushrooms and sour cream
+ french mustard + salad with pickled cucumber,
red onion and arugula

WOK VEGETABLES

spicy mix of vegetables from wok, served with mung
beans, sprouts and cashew nuts, served with salad
of the day and rice or groats or noodles

FAJNA BABKA

Potato cake with crispy tofu served with garlic sour
cream and baked beans with tomatoes
+ salad with pickled cucumber, red onion and arugula

PASTA / WHOLEMEAL WHEAT

gf option available with rice noodles + 3 zł

SPINACH PENNE

29,-

with fresh spinach, olives, dried tomatoes
and smoked, sauced tofu, served with vegan
parmesan, arugula and seeds

SPAGHETTI PESTO

28,-

with pesto (cashew nuts, spinach and basil)
served with tomato basil sauce, vegan
parmesan, seeds and arugula

ZUCCHINI PENNE

32,-

with zucchini, dried tomatoes, red pepper, olives,
vegan cheese and parmesan, arugula and seeds

KALE PASTA

34,-

spaghetti in creamy coconut, cheesy sauce
with mushrooms, kale, grilled tofu,
seeds and vegan parmesan

SWEET DISHES / sugar free

CRUMPETS

32,-

5 pancakes with apples, almonds and cardamom,
served with coconut whipped cream,
dates syrup and seasonal fruits.
Fried in coconut oil

SWEETY

32,-

millet pancake with sweet citrus cashew cheese
served with dates, fruits, almonds and coconut carem

DISH OF THE WEEK / WEEKEND

36,-

ask a waiter or call us to find out what we have
right nowallergen
designations:

● nuts/almonds ● gluten ● celery ● mushrooms
● soy ● citrus ● sesame ● mustard ● onion/garlic

dish prepared from gluten-free ingredient,
may contain traces amount of gluten+ 2,- we use recycling boxes
for takeaways.

DUMPLINGS / 8 PIECES

PAN-FRIED, BAKED OR BOILED,
SERVED WITH SIDE SALAD

Ask a waiter what dumplings are available today

- ● **LENTIL AND VEGETABLES** 32,-
wholemeal dumplings with red lentil, carrot and celery served with fried onion
- ● **SPINACH AND TOFU** 32,-
green dumplings served with fried onion
- ● **"RUSSIAN" DUMPLINGS** 32,-
with potatoes, onion and tofu, served with fried onion
- ● **CABBAGE AND MUSHROOMS** 32,-
traditional dumplings stuffed with cabbage and wild mushrooms, served with fried onion

SWEET / sugar free

- ● **BLUEBERRIES AND TOFU** 32,-
NO SUGAR served with date syrup, almonds and coconut carem

SALADS / large portion

- GREEN SOWER** 22,-
chinese cabbage, sprouts, roasted sunflower, pumpkin, sesame seeds + dressing
- FEELIN' GREEN** 26,-
lettuce, spinach, zucchini, carrot, pepper, arugula, pickled cucumber, sprouts + dressing
- **AVOCADO SALAD** 28,-
avocado, cherry tomatoes, grapes, lettuce, walnuts + dressing
- **ITALIANO** 28,-
iceberg lettuce, cucumber, tomatoes, red onion, arugula, olives, vegan cheese + dressing
- ● **BEET IN GREEN** 28,-
lettuce, roasted beetroot, pear, walnuts, tofu-feta cheese, parsley + mustard dressing
- ● **FRUITINESS** 29,-
apple, banana, orange, pear, kiwi and blueberries crunchy almond granola, date syrup and pomegranate

COCKTAILS / 350 ML /

- **WELLNESS (raw)** 18,-
kale, romaine lettuce, parsley, orange, kiwi, banana
- ● **MANGO LASSI** 18,-
mango pulp, coconut milk, soy milk, banana, lemon, cardamon
- RASPBERRY LOVE** 18,-
raspberry, coconut milk, rice milk, banana, agave syrup
- **REGENERATION (raw)** 18,-
cranberry, goji berry, ginger, banana, orange, dates
- GREEN LIFE (raw)** 18,-
spinach, parsley, banana, apple, pear
- **TASTE OF SUMMER** 18,-
strawberry, banana, apple, soy milk, cardamon
- **TROPICANA** 18,-
peach, pineapple, orange, dates, coconut milk prażony kokos, banan, mleko kokosowe
- **VITARIANO (raw)** 18,-
banana, orange, apple, lime, mint
- **NUTTY LOVE** 20,-
peanut butter, banana, dates, himalayan salt, coconut milk, rice milk, roasted nuts
- **VEGAN POWER KOKTAJL PROTEINOWY** 20,-
blueberry, hemp protein, pea protein, lupine protein, agave syrup, soy or rice milk
- POWER SHAKE (raw)** 20,-
green barley grass, kiwi, banana, chia seeds
- ● **VIRTUAL RUNNERS** 20,-
dates, cashews, banana, soy milk, carob, hemp

KIDS MENU



- ● **MINI SPAGHETTI PESTO** 20,-
option pasta with pesto (cashew nuts, spinach and basil) served with tomato basil sauce, vegan parmesan, seeds and arugula
- ● **SIMPLE PASTA** 20,-
penne with tomatoe sauce with fresh basi and vegan cheese, served with olives, vegan parmesan and arugula
- ● **MINI CRUMPETS** 20,-
4 pancakes with apples, almonds and cardamom, served with coconut whipped cream, dates syrup and seasonal fruits Fried in coconut oil
- DUMPLINGS / 4 PIECES** 20,-
SERVED WITH ONION AND SALAD
- ● ● **lentil and vegetables**
- ● ● **spinach and tofu**
- ● ● **"russian" dumplings**
- ● ● **cabbage and mushrooms**
- ● ● **blueberries nad tofu / sugar free**

allergen designations : ● nuts/almonds ● gluten ● celery ● mushrooms ● soy ● citrus ● sesame ● mustard ● onion/garlic

dish prepared from gluten-free ingredient, may contain traces amount of gluten

+ 2,- we use recycling boxes for takeaways.

COFFEE

ESPRESSO	8,-
ESPRESSO DOPPIO	12,-
AMERICANO	12,-
CAPPUCCINO	14,-
FLAT WHITE	16,-
CAFFE LATTE	16,-
BIO MATCHA LATTE	18,-
ICED LATTE	18,-
SPICY LATTE	18,-

Available
plant-based
milk:
soy
oat
rice

coconut
milk
+ 2,-

extra
milk
+ 2,-

xylitol
+ 2,-

CHI-CAFE

The combination of gentle Arabica highland coffee and a touch of Robusta refined with particular aromatic plant extracts of guarana, ginseng and Reishi mushroom, offers a uniquely harmonious coffee flavor with a gentle, persistent excitement. Chi-Cafe awakens the energy and inspires the spirit and mind - without burdening the stomach and intestines. Improves digestion, contains calcium from acaia fiber. (Coffee packs available at the bar)

230ml: 12,- extra charge
400ml: 16,- for milk +2,-

Aromatic caffeine-free BIO Organic coffee, made from roasted chicory. It will reduce your cholesterol and glucose level. It contains high amount of fiber which helps your digestive tract function properly. It can be served to pregnant women and children. (pack available at the bar)

 **GRAIN COFFEE** / BIO ORGANIC 230ml: 12,- kawa z mlekiem
400ml: 16,- dopłata +2,-

Aromatic coffee composed from roasted barley, rye, wheat, chicory and chickpeas; prepared in the coffee machine.

HOT DRINKS / big mug 400ml

WARMING GINGER DRINK 16,-
fresh ginger, agave syrup, lemon juice, slices of lemon and orange

HOT ECO RASPBERRY 18,-
black tea with cardamon and gloves served rwith eco raspberry syrup, agave syrup, pieces of oranges and raspberries

CHAI 16,-
Warming indian sweet tea with spices, cane sugar and vegan milk.

HOT CHOCOLATE 18,-
• Fair trade • bio • organic
Cocoa and cane sugar in this delicious drink are certified Fair trade and organic. Taste is composed solely from natural extracts; doesn't contain colorants, preservatives, thickeners (pack available at the bar)

BIO TEA 16,-
• they do not contain artificial flavors
ask at the bar for full selection of teas: green, black, fruit, white zapytaj obstugę za barem, doradzimy, zaparzzymy :)

BIO HERBAL INFUSIONS 16,-
• organically grown herbs
mint, linden with lemon grass, chamomile, purges, rooibos, vitamin bomb tea and more :)

MULLED WINE / mug 300ml 18,-
• available on cooler days
wine with mulling spices and orange

JUICES / 380ml 18,-

FRESHLY SQUEEZED FROM FRUITS (ORANGE, GRAPEFRUIT, MIX)

LEMONIADES / HOME MADE 300ml: 12,- | 1 liter: 20,-

• sweetened with cane sugar syrup

LEMON + mint

ORANGE-GINGER + lemon and mint

STRAWBERRY + lemon and mint

CHIA FRESCA (available in summer): 300ml / 14,- | 1L / 25,-
lemon, mint, orange, chia seeds, agave syrup

WATER CARAFE 1 liter: 16,-

water with mint, lemon, orange and ice

BEVERAGES

Mate Mate / Club Mate / Mio Mio (choice of flavors)
Moon Brothers / Yoko matcha / Bombilla (choice of flavors)
Fritz (sodas, including cola) / apple juice /
Kombucha Brothers&Sisters / kvass /
coconut water / mineral water

DRINKS WITH %

HOUSE WINE (dry; red and white) 175ml: 18,-

CIDER 15,-

BEER 14-18,-

CRAFT BEER SELECTION
(Ask a waiter what beers are available today)

ALCOHOL FREE BEER / <0,5% : różne zmiennic
/gluten free Neumarkter Lammsbrau/and more

allergen
designations :



dish prepared from gluten-free ingredient, may contain traces amount of gluten



+ 2,- we use recycling boxes for takeaways.