

#MENU

MONDAY

03.02.2025



GŁODNY
NIEDŹWIEDŹ

VEGE SANDWICH

Ciabatta with grains with dor blue cheese, grilled vegetables, curly lettuce, tomato, spinach, herb cheese, **price: PLN 12**

Dark baguette with camembert in panko cheese, pickled pepper, romaine lettuce, arugula, tomato, Cesar sauce, **price: PLN 12**

Wheat roll with yellow cheese, egg, cottage cheese, curled lettuce, **price: PLN 8,50**

Roll with grains with cottage cheese paste, tomato, cucumber, lettuce, butter, **price: PLN 8,50**

Rye bread with cheddar cheese paste, cucumber, curly lettuce, **price: PLN 8,50**

MEAT SANDWICH

Baguette with pulled pork, bell pepper, pickled cucumber, roasted onion, lettuce, aioli sauce, **price: PLN 12**

Ciabatta with grains with chicken roulade, dried tomatoes, grilled mushrooms, pickled cucumber, mayonnaise sauce with roasted garlic, **price: PLN 12**

Wheat roll with bacon, egg, pickled cucumber, lettuce, mayonnaise, **price: PLN 8,50**

Roll with grains with grilled pork burger, pickled onion, fresh vegetables, aioli sauce, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with falafel, hummus, pickled red onion, roasted beetroot, arugula, **price: PLN 12**

WRAP

Wrap with chicken in panko, calabash, pickled onion, cucumber, chives, curly lettuce, spicy - mayo sauce, **price: PLN 16**

Wrap with caramelized mushroom, mixed lettuce, cottage cheese paste, parsley, **price: PLN 16**

BREAKFAST

Shakshuka with chorizo, butter rolls, **price: PLN 22,90**

SOUP

Mushroom cream soup, **price: PLN 12**

Mexican soup with minced meat, red kidney beans, chili and cheese, **price: PLN 12**

FIT LUNCH

Grilled chicken breast in lemon sauce with caramel, couscous with vegetables, **price: PLN 22**

DUMPLINGS

Dumplings with strawberries and pistachio sauce, **price: PLN 22,90**

VEGE LUNCH

Spaghetti with beetroot pesto with goat cheese and walnuts, **price: PLN 21**

Sauerkraut and buckwheat cutlets in mushroom sauce, with baked potatoes, grilled green beans, **price: PLN 21**

MEAT LUNCH

Pork chops with ginger and vegetables in curry sauce with coconut milk and rice, **price: PLN 22**

Grilled chicken escalopes in tomato and basil sauce with mashed potatoes, cabbage salad with vegetables, **price: PLN 22**

LUNCH XXL (> 500g)

Chicken strips coated in cornflakes, with sweet chili sauce, baked potatoes, coleslaw, **price: PLN 24**

SALAD

Caesar salad, **price: PLN 19,90**

Salad with dor blue cheese, pickled pear, dried cranberry, cherry tomatoes, mixed lettuce, roasted pumpkin seeds, bell pepper, vinaigrette sauce, **price: PLN 19,90**

SMALL SALAD

Greek style fish, **price: PLN 16,90**

Thai salad with noodles, mango, cherry tomatoes, cucumber, peanuts, sesame, chili soy sauce, **price: PLN 12,90**

Pearl couscous with millet, bacon and oyster mushrooms, **price: PLN 12,90**

DESSERT

Chocolate cake, white chocolate cheesecake with cherry sauce, **price: PLN 10,90**

Dessert a'la 3bit, **price: PLN 10,90**

YOGURT MUESLI

Natural yoghurt, raspberry, crunchy, **price: PLN 9,90**

PORRIDGE

Yogurt porridge with honey, peach, blueberry and walnuts **price: PLN 10,90**

JUICES

Smoothie strawberry - cherry - blueberry, **price: PLN 9,90**

Fresh juice 100% cold pressed apple - pear - mint, **price: PLN 9,50**

Fresh juice 100% cold pressed orange, **price: PLN 11,50**

POKE BOWL with chicken and teriyaki sauce, **price: PLN 29**

SUSHI SET **price: PLN 34**

FRESH (14 pcs), **GRILL** (12 pcs), **MIX** (13 pcs), **VEGE** (12 pcs)

#MENU

TUESDAY

04.02.2025



GŁODNY
NIEDŹWIEDŹ

VEGE SANDWICH

Ciabatta with grains with green lentil chops, pickled mushroom, pickled cucumber, roasted onion, mixed lettuce, red curry sauce, **price: PLN 11**

Dark baguette with hummus, tomato, spinach, arugula, pickled carrot, pickle cucumber, sunflower seeds, lettuce, **price: PLN 11**

Wheat roll with pickled beetroot, feta cheese, lettuce, butter, **price: PLN 8,50**

Roll with grains with chive paste, egg, radish, cucumber, butter lettuce, butter, **price: PLN 8,50**

Rye bread with beetroot and walnut hummus, grilled paneer and pickled daikon, **price: 8,50**

MEAT SANDWICH

Baguette with chicken in panko, iceberg lettuce, pickled cucumber, bell pepper, Thai sauce, **price: PLN 12**

Ciabatta with grains with grilled chicken, iceberg lettuce, spinach, pickled cucumber, bell pepper, chives, mayo-curry sauce, **price: PLN 12**

Wheat roll with chicken tenderloin, pickled cucumber, iceberg lettuce, tomato, butter, **price: PLN 8,50**

Roll with grains with chicken in cornflakes, tomato, curly lettuce, roasted onion, cocktail sauce, **price: PLN 8,50**

Rye bread with salami, sun dried tomatoes paste and arugula, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with chicken paste, pickled cucumber, roasted beetroot, spinach, **price: PLN 12**

WRAP

Wrap with grilled chicken, fresh vegetables, romaine lettuce, caesar sauce, **price: PLN 16**

Wrap with feta cheese, spinach, cucumber, olives, cherry tomatoes, basil pesto, **price: PLN 16**

BREAKFAST

English breakfast, butter rolls, **price: PLN 22,90**

SOUP

Baked zucchini cream soup with dill, **price: PLN 11**

Red borscht with dumplings with cabbage and mushrooms, **price: PLN 12**

RAMEN

Shrimp Ramen, **price: PLN 29**

FIT LUNCH

Thai chicken, with tom yum sauce, rice noodles, bell pepper, carrot, zucchini, pak choi, peanuts, **price: PLN 22**

DUMPLINGS

Meat dumplings with bacon and roasted onion sprinkle, Chinese cabbage salad with vegetables, **price: PLN 21**

VEGE LUNCH

Tagliatelle pasta in mushroom sauce with sundried tomatoes, parmesan and parsley, **price: PLN 21**

Vegetable balls in dor blue sauce with baked potatoes, red cabbage coleslaw, **price: PLN 21**

MEAT LUNCH

Croquettes with meat and aioli sauce, **price: PLN 22**

Butter chicken with rice, **price: PLN 22**

LUNCH XXL (> 500g)

Pork chop with mushrooms and cheese, mashed potatoes and beetroot salad, **price: PLN 24**

SALAD

Nicoise salad with tuna, romaine lettuce, egg, green beans, tomato, olives, **price: PLN 19,90**

Salad with roasted beetroot, dor blue cheese, roasted pumpkin, cranberry, cherry tomatoes, mixed lettuce, nut dressing, **price: PLN 19,90**

SMALL SALAD

Salad with roasted bacon, pickled beets, salty caramel, arugula, spinach, horseradish, **price: PLN 12,90**

Tortellini salad with arugula, sun dried tomatoes, **price: PLN 12,90**

Israeli couscous with home made Nutella, millet, walnuts, almond flakes, **price: PLN 12,90**

DESSERT

Walnut dessert with blackberries, **price: PLN 10,90**

Almond cookie, white chocolate cheesecake with blueberries and prosecco jelly, **price: PLN 10,90**

YOGURT MUESLI

Natural yoghurt, peach, crunchy, **price: PLN 9,90**

PORRIDGE

Yoghurt porridge with stewed apple, pear and cinnamon, **price: PLN 10,90**

JUICES

Smoothie banana – peach – strawberry, **price: PLN 9,90**

Fresh juice 100% cold pressed grapefruit – orange, **price: PLN 11,50**

Fresh juice 100% cold pressed orange, **price: PLN 11,50**

POKE BOWL with halloumi cheese, **price: PLN 29**

SUSHI SET **price: PLN 34**

FRESH (14 pcs), **GRILL** (12 pcs), **MIX** (13 pcs), **VEGE** (12 pcs)

#MENU

WEDNESDAY

05.02.2025



GŁODNY
NIEDŹWIEDŹ

VEGE SANDWICH

Ciabatta with grains with cottage cheese paste, smoked pepper, pickled cucumber, olives, egg, sweet peas, corn, iceberg lettuce, **price: PLN 11**

Dark baguette with egg paste, sun dried tomatoes, grilled mushrooms, iceberg lettuce, chives, **price: PLN 11**

Wheat roll with cheddar cheese, egg, cucumber, lettuce, butter, **price: PLN 8,50**

Roll with grains with cottage cheese, herbs, radishes, lettuce, butter, **price: PLN 8.50**

Rye bread with lentil pate, sunflower seeds spread, celeriac remoulade, **price: PLN 8,50**

MEAT SANDWICH

Baguette with white grilled sausage, tomato, pickled cucumber, lettuce, horseradish sauce, **price: PLN 12**

Ciabatta with grains with chicken, jalapeno peppers, coleslaw salad, aioli sauce, **price: PLN 12**

Wheat roll with ham, cheese, tomato, radish, lettuce, butter, **price: PLN 8,50**

Roll with grains with poultry ham, cucumber, lettuce, bell pepper, mayonnaise, **price: PLN 8,50**

Rye bread with pistachio mortadella, sunflower seeds and basil pesto, curly lettuce, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with crispy bacon, egg paste, chives, **price: PLN 12**

WRAP

Wrap a'la chimichanga with chicken, **price: PLN 16**

Wrap with beetroot carpaccio, arugula, dor blue cheese, **price: PLN 16**

BREAKFAST

Fried eggs with portobello mushroom and spinach sauce, grana padano and butter rolls, **price: PLN 22,90**

SOUP

Baked celery and potatoes cream soup with camembert cheese, **price: PLN 12**

Hungarian soup with pork, **price: PLN 12**

FIT LUNCH

Zucchini stuffed with minced meat, tomatoes, feta cheese with tomato sauce and baked potatoes, **price: PLN 22**

DUMPLINGS

Dumplings with blueberries and cream, **price: PLN 22,90**

VEGE LUNCH

Pancakes with cheese and blueberries with sour cream, **price: PLN 21**

Breaded camembert with fresh vegetables, mustard sauce, butter mashed potatoes, **price: PLN 22,90**

MEAT LUNCH

Pork loin in mustard sauce with mushrooms, mashed potatoes, roasted vegetables in honey marinade, **price: PLN 22**

Grilled chicken with sweet chili sauce, Chinese noodles, Thai white cabbage salad and roasted sesame seeds, **price: PLN 22**

LUNCH XXL (>500g)

Spaghetti carbonara with parsley, **price: PLN 24**

SALAD

Salad with chicken, brie cheese, marinated pear, bell pepper, walnuts, mixed lettuce, sunflower sprouts, vinaigrette sauce, **price: PLN 19,90**

Greek salad, **price: PLN 19,90**

SMALL SALAD

Pasta salad with ham, broccoli, red beans, sweet corn, egg, **price: PLN 12,90**

Quinoa salad, roasted cauliflower, dill, walnuts, cherry tomatoes, **price: PLN 12,90**

Roasted cauliflower with black lentils, millet, edamame and pomegranate, **price: PLN 12,90**

DESSERT

Mousse with milk chocolate, cherry jam, crumble, burnt butter, **price: PLN 10,90**

Carrot cake with vanilla cream, **price: PLN 10,90**

YOGURT MUESLI

Natural yogurt, strawberry, crunchy, **price: PLN 9,90**

PORRIDGE

Yoghurt porridge with mangoes and fruit, **price: PLN 10,90**

JUICES

Smoothie blueberry - pear, **price: PLN 9,90**

Fresh juice 100% cold pressed apple - watermelon - orange, **price: PLN 9,90**

Fresh juice 100% cold pressed orange, **price: PLN 11,50**

POKE BOWL with prawns, **price: PLN 29**

SUSHI SET **price: PLN 34**

FRESH (14 pcs), **GRILL** (12 pcs), **MIX** (13 pcs), **VEGE** (12 pcs)

#MENU

THURSDAY

06.02.2025



VEGE SANDWICH

Ciabatta with seeds, mozzarella, basil pesto, baked sweet potato, sun dried tomatoes and arugula, **price: PLN 12**

Dark baguette with grilled vegetables burger in panko, mixed lettuce, tomato, pickled onion, mayonnaise, **price: PLN 11**

Wheat roll with cheese, lettuce, radish, chives, cucumber, butter, **price: PLN 8,50**

Roll with grains with vegetable pate, pickled cucumber, cheese, lettuce, butter, **price: PLN 8,50**

Rye bread with grilled portobello, Lazur cheese, arugula, pickled onion, **price: PLN 8,50**

MEAT SANDWICH

Baguette with chicken cutlet with vegetables, iceberg lettuce, pickled red onion, grilled zucchini, bell pepper, tartar sauce, **price: PLN 11**

Ciabatta with grains with ham, pickled cucumber, tomato, lettuce, mayo-mustard sauce, **price: PLN 12**

Wheat roll with tuna paste with egg, pickled cucumber, curly lettuce, butter, **price: PLN 8,50**

Roll with grains with roasted chicken, pickled pepper, pickled cucumber, lettuce, horseradish sauce, **price: PLN 8,50**

Rye bread with pulled pork, Asian coleslaw and mayo – tonkatsu sauce, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with peanut butter, grilled vegetables, grilled chicken, mixed lettuce, **price: PLN 12**

WRAP

Mexican wrap with ham, vegetables, iceberg lettuce and tomato paste with chilli, **price: PLN 16**

Wrap with breaded oyster mushrooms in panko, Thai vegetables, lettuce, smoked jalapeno sauce, **price: PLN 16**

SOUP

Sweet potato and carrot cream soup with roasted sunflower seeds, **price: PLN 12**

Tom Kha soup with chicken, vegetables and noodles, **price: PLN 12**

RAMEN

Coconut Chicken Ramen, **price: PLN 29**

FIT LUNCH

Grilled salmon with orange sauce, rosemary, roasted potatoes, arugula, spinach, roasted beetroot and feta, **price: PLN 26**

VEGE LUNCH

Breaded oyster mushrooms with mashed potatoes, fresh vegetables, roasted almonds, herb pesto, **price: PLN 22**

Indian style butter paneer with roasted jacket potatoes, **price: PLN 22**

MEAT LUNCH

Gnocchi with pork stroganoff, **price: PLN 22**

Potato pancakes with mushroom sauce, chicken and parsley, **price: PLN 22**

LUNCH XXL (> 500g)

Cordon blue with cheese and ham, mashed potatoes, beets salad, **price: PLN 24**

SALAD

Salad with chicken, cherry tomatoes, sweet corn, pickled cucumber, red onion, yoghurt and herb dressing, **price: PLN 19,90**

Salad with camembert cheese in panko, fresh vegetables, cranberry sauce, **price: PLN 19,90**

SMALL SALAD

Chinese salad with chicken, vegetables, noodles, soy sauce, **price: PLN 12,90**

Tabbouleh salad, **price: PLN 12,90**

Vanilla pearl couscous with millet, peach and yoghurt, **price: PLN 12,90**

DESSERT

Cold cheesecake with sponge cake, jelly and fruit, **price: PLN 10,90**

Cappuccino cream with nut biscuit, whipped cream and caramelized nuts, **price: PLN 10,90**

YOGURT MUESLI

Natural yogurt, black currant, crunchy, **price: PLN 9,90**

PORRIDGE

Gingerbread and yoghurt porridge with plum marmalade and tangerine, **price: PLN 9,90**

JUICES

Smoothie strawberry – banana – chocolate, **price: PLN 9,90**

Fresh juice 100% cold pressed orange – coriander – pear – apple, **price: PLN 9,90**

Fresh juice 100% cold pressed orange, **price: PLN 11,50**

POKE BOWL with gyoza dumplings, **price: PLN 29**

SUSHI SET **price: PLN 34**

FRESH (14 pcs), **GRILL** (12 pcs), **MIX** (13 pcs), **VEGE** (12 pcs)

#MENU

FRIDAY

07.02.2025



VEGE SANDWICH

Ciabatta with grains, feta cheese, bell pepper, pickled cucumber, tomato, mixed lettuce, chives, butter, **price: PLN 11**

Dark baguette with cheese and vegetable paste, tomato, cucumber, mixed lettuce, mayonnaise, **price: PLN 11**

Wheat roll with green vegetables burger, bell pepper, iceberg lettuce, butter, **price: PLN 8,50**

Roll with grains with cottage cheese, radish, chives, spinach, lettuce, butter, **price: PLN 8,50**

Rye bread with cottage cheese paste, lovage and radish, **price: 8,50 PLN**

MEAT SANDWICH

Baguette with roasted ham, pickled cucumber, roasted onion, iceberg lettuce, French mustard dip, **price: PLN 12**

Ciabatta with grains with pulled pork, pickled cucumber, bell pepper, tomato, mixed lettuce, BBQ sauce, mayonnaise, **price: PLN 12**

Wheat roll with egg paste with ham, lettuce, cucumber, butter and chives, **price: PLN 8,50**

Roll with grains with chicken Chinese, pickled cucumber, bell pepper, mixed lettuce in oriental sauce, **price: PLN 8,50**

Rye bread with turkey, cranberry jam, butter lettuce and mayonnaise, **price: PLN 8,50**

DARK BREAD SANDWICH

Sandwich with chicken, egg, butter lettuce, chives, tartar sauce, **price: PLN 12**

WRAP

Wrap with gyros, fresh vegetables, mixed lettuce, aioli sauce, **price: PLN 16**

Wrap with fried egg, avocado, beetroot in honey with mustard, lettuce, feta cheese, **price: PLN 15**

BREAKFAST

Fried eggs with paneer in Indian style sauce, butter rolls, **price: PLN 22,90**

SOUP

Vegetable curry cream soup, **price: PLN 12**

Ukrainian borscht, **price: PLN 11**

FIT LUNCH

Zucchini and carrot pancakes with vegan meat goulash, **price: PLN 22**

DUMPLINGS

Ukrainian dumplings with roasted onion and cream, **price: PLN 21**

VEGE LUNCH

Dumplings in mushroom sauce, **price: PLN 21**

Bell pepper stuffed with rice and cheese, with mushroom sauce and pickled cucumber salad, **price: PLN 21**

MEAT LUNCH

Breaded cod with mashed potatoes, red cabbage coleslaw, **price: PLN 22,90**

Penne pasta with chicken, cheese and spinach sauce and parmesan, **price: PLN 22**

LUNCH XXL (> 500g)

Minced meat cutlet with baked potatoes and fried cabbage with dill, **price: PLN 24**

SALAD

Salad with roasted turkey, mixed lettuce, pineapple, sweet corn, bell pepper, sea buckthorn dressing, **price: PLN 19,90**

Salad with falafel, hummus, mixed lettuce, cherry tomatoes, cucumber, capers, balsamico sauce, **price: PLN 19,90**

SMALL SALAD

Salad with chicken, roasted beetroot, pearl barley, feta cheese, **price: PLN 12,90**

Rice salad with spinach, peas, cheese, pickled cucumber, roasted onion, mayonnaise, **price: PLN 12,90**

Chorizo salad with roasted red onion, black lentils, millet, roasted almonds, sea asparagus, **price: PLN 12,90**

DESSERT

Tapioca dessert with mango - passion fruit sauce, **price: PLN 10,90**

Panna Cotta with strawberry sauce, **price: PLN 10,90**

YOGURT MUESLI

Natural yogurt, cherry, crunchy, **price: PLN 9,90**

PORRIDGE

Yoghurt porridge with honey, blueberry, strawberry, fruit sauce, **price: PLN 10,90**

JUICES

Smoothie apple - raspberry, **price: PLN 9,90**

Fresh juice 100% cold pressed grapefruit - apple - ginger, **price: PLN 9,90**

Fresh juice 100% cold pressed orange, **price: PLN 11,50**

POKE BOWL with salmon, **price: PLN 29**

SUSHI SET **price: PLN 34**

FRESH (14 pcs), **GRILL** (12 pcs), **MIX** (13 pcs), **VEGE** (12 pcs)