

Menu

Soups

1.

Soup of the Day

Seasonal, fresh ingredients

29 PLN

2.
Vitamin A and Phosphorus

Fish Soup with Sea Fish

Root vegetables, herbal salsa verde

~ Kcal 378 • Protein 14.47 g • Carbohydrates 23.09 g • Fat 19.32 g • Fiber 6.44 g

39 PLN

Starters

1.
Magnesium and Manganese

Trout & Ricotta Dumplings (Pelmeni)

Fennel, zucchini, buttermilk, smoked mackerel sauce

~ Kcal 259 • Protein 15.73 g • Carbohydrates 19.25 g • Fat 9.24 g • Fiber 2.8 g

36 PLN

2.
Vitamin A and E

Roasted Root Vegetables

Natural yogurt, feta, chive aioli, cherry coulis

~ Kcal 275 • Protein 7.13 g • Carbohydrates 14.14 g • Fat 21.91 g • Fiber 4.2 g

34 PLN

3.
Folate and Iron

Beetroot Tartare

Beet kvass, pickled apple, egg yolk, sunflower seeds

~ Kcal 237 • Protein 6.21 g • Carbohydrates 13.7 g • Fat 18.05 g • Fiber 2.97 g

32 PLN

4.
Folate and Manganese

Vegetarian groat sausage

Roasted onion consommé, pickled onion, hummus, parsley root, sunflower seeds

~ Kcal 398 • Protein 15.01 g • Carbohydrates 45.51 g • Fat 18.39 g • Fiber 10.76 g

36 PLN

5.
Vitamin E and C

Kalamata Olives

Green pesto

~ Kcal 210 • Protein 2.06 g • Carbohydrates 5.44 g • Fat 19.56 g • Fiber 1.08 g

20 PLN

6.

Cheese of the Day

Chef's selection, always fresh and full of character

32 PLN

7.

Homemade Bread

Freshly baked on-site, served with creamy butter

12 PLN

Salads



NAMI Salad

32 PLN

Mixed greens, seasonal vegetables, pickles, seeds, herbs, vinaigrette, cracker
~ Kcal 247 • Protein 9.66 g • Carbohydrates 21.37 g • Fat 15.65 g • Fiber 10.11 g



Trout smoked with fruit wood

+8 PLN

~ Kcal 103 • Protein 16.1 g • Carbohydrates 0 g • Fat 4.62 g • Fiber 0 g



Trout baked with lemon & thyme

+16 PLN

~ Kcal 130 • Protein 25.92 g • Carbohydrates 0 g • Fat 2.84 g • Fiber 0 g



Grilled corn-fed chicken breast

+16 PLN

~ Kcal 142 • Protein 16.74 g • Carbohydrates 0 g • Fat 8.37 g • Fiber 0 g

Pasta



Pappardelle Arrabbiata

36 PLN

Olives, capers, white wine, celery

~ Kcal 583 • Protein 17 g • Carbohydrates 73.19 g • Fat 25.31 g • Fiber 12.26 g



Trout baked with lemon & thyme

+16 PLN

~ Kcal 130 • Protein 25.92 g • Carbohydrates 0 g • Fat 2.84 g • Fiber 0 g



Grilled corn-fed chicken breast

+16 PLN

~ Kcal 142 • Protein 16.74 g • Carbohydrates 0 g • Fat 8.37 g • Fiber 0 g



Pappardelle with Green Pesto

38 PLN

Olives, capers, white wine, celery

~ Kcal 639 • Protein 15.68 g • Carbohydrates 68.05 g • Fat 1.77 g • Fiber 2.65 g



Trout baked with lemon & thyme

+16 PLN

~ Kcal 130 • Protein 25.92 g • Carbohydrates 0 g • Fat 2.84 g • Fiber 0 g



Grilled corn-fed chicken breast

+16 PLN

~ Kcal 142 • Protein 16.74 g • Carbohydrates 0 g • Fat 8.37 g • Fiber 0 g

Main Courses

1.
Potato and potatoes

Beef Cheeks

72 PLN

Savoy cabbage with groats & mushrooms, herbal dumplings, mustard sauce
~ Kcal 450 • Protein 40.51 g • Carbohydrates 31.48 g • Fat 17.23 g • Fiber 3.01 g

2.
Copper and Iron

Duck Leg

76 PLN

Cherry dumplings, beetroot topping, sauerkraut & kimchi purée, demi-glace
~ Kcal 461 • Protein 17.64 g • Carbohydrates 19.54 g • Fat 34.93 g • Fiber 1.69 g

3.
Vitamin B6 and B12

Trout Fillet

74 PLN

Horseradish & potato purée, fish broth with yogurt, fresh herbs with sour cream
~ Kcal 304 • Protein 31.4 g • Carbohydrates 20.7 g • Fat 9.02 g • Fiber 2.39 g

4.
Vitamin B6 and Iodine

Roasted Halibut

82 PLN

Caper sauce with olives & shallots, celery, samphire, roasted potatoes
~ Kcal 469 • Protein 33.69 g • Carbohydrates 35.4 g • Fat 18.53 g • Fiber 4.76 g

5.
Vitamin C and Potassium

Roasted Eggplant

48 PLN

Hummus, pomegranate with mint, chili yogurt
~ Kcal 292 • Protein 8.54 g • Carbohydrates 27.87 g • Fat 18.65 g • Fiber 10.11 g

6.
Potato and Manganese

Open Savoy Cabbage Roll

44 PLN

Brown rice with pistachios, chestnuts & cranberries, pickles, tomato sauce, chive aioli
~ Kcal 260 • Protein 6.61 g • Carbohydrates 40.1 g • Fat 9.84 g • Fiber 4.33 g

7.
Magnesium and Manganese

Risotto made from groats with mushrooms

48 PLN

Parmesan, flax seeds, parsley chips, fresh herbs
~ Kcal 445 • Protein 15.19 g • Carbohydrates 56.54 g • Fat 17.88 g • Fiber 7.77 g

Desserts

1.
Vitamin A and Selenium

Chocolate Fondant

36 PLN

Buttermilk ice cream, cherry sauce
~ Kcal 547 • Protein 10.87 g • Carbohydrates 33.22 g • Fat 40.77 g • Fiber 0.88 g

2.
Vitamin A and B2

Basque Cheesecake

38 PLN

Raspberry jam, fresh fruit, cocoa crumble, seasonal fruit coulis
~ Kcal 545 • Protein 13.52 g • Carbohydrates 27.17 g • Fat 42.33 g • Fiber 3.92 g

3.
Vitamin A and B2

Ice Cream of the Day

34 PLN

Crumble, coulis, seasonal fruit
~ Kcal 525 • Protein 13.01 g • Carbohydrates 51.88 g • Fat 30.11 g • Fiber 2.97 g