

Menu

Breakfast

80 PLN

In the set

1

Choice of drink

Tea, coffee, freshly squeezed juices (water served unlimited)

Witamina C i Foliiany
2

Green NAMI starter

- **A large plate of seasonal vegetables with vinaigrette dressing, seeds, and herbs**

Lettuce, tomato, cucumber, celery, avocado, bell pepper, kohlrabi, olives, lime, oil, herb powder

- **Homemade spread depending on the day of the week**

Hummus / eggplant spread / guacamole / muhamarra / baba ghanoush

- **Homemade whipped butter**

~ 326 kcal • Protein 4.55 g • Carbohydrates 14.76 g • Fats 29.03 g • Fiber 5.15 g

3

Choice of bread

regular / gluten-free

~ 141 kcal • Protein 3.67 g • Carbohydrates 30.75 g • Fats 0.83 g

To choose from

Witamina 12 i Selen
1

Polish breakfast

Homemade ham, locally smoked trout, cottage cheese spreads, lightly pickled cucumber, Koryciński cheese, 2 fried eggs or scrambled eggs + a mini salad

~ Kcal 595 • Protein 53 g • Carbohydrates 5 g • Fats 41 g • Fiber 2 g

Witamina 12 i Foliiany
2

Savory Dutch Baby

Horseradish mousse, poached egg, pickled beetroot, smoked salmon, pickled onion, chimichurri sauce

~ Kcal 510 • Protein 30 g • Carbohydrates 20 g • Fats 34 g • Fiber 3 g

Witamina C i B12
3

Sweet Dutch Baby

Vanilla skyr, fresh seasonal fruit

~ Kcal 260 • Protein 12 g • Carbohydrates 30 g • Fats 8 g • Fiber 3 g

Witamina D i B12
4

Turkish eggs

2 poached eggs, herb labneh, kimchi-marinated tofu, pickled onion, a mix of fresh herbs and seeds, chili herb olive oil, avocado

~ Kcal 520 • Protein 28 g • Carbohydrates 18 g • Fats 38 g • Fiber 4 g

Witamina E i Omega-3
5

Smoothie bowl

Chia seeds with coconut milk, homemade granola and peanut butter, blackberries, raspberries, skyr

~ Kcal 480 • Protein 18 g • Carbohydrates 45 g • Fats 25 g • Fiber 10 g

Kwas foliowy i Żelazo
6

Breakfast falafel

Falafel, beetroot hummus, vierge sauce with tomatoes, pickled asparagus, feta cheese

~ Kcal 600 • Protein 20 g • Carbohydrates 50 g • Fats 32 g • Fiber 12 g

Witamina C i A
7

Green shakshuka

2 poached eggs, potato focaccia, feta or tofu, spinach and pepper base with asparagus, mix of herbs and seeds

~ Kcal 430 • Protein 22 g • Carbohydrates 38 g • Fats 20 g • Fiber 7 g