

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 755 • Protein 49.0 g • Carbohydrates 25.9 g • Fats 50.2 g • Fiber 0.5 g

Witamina 12 i Foliiany
2

Savory Dutch Baby

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

~ Kcal 528 • Protein 39.2 g • Carbohydrates 30.1 g • Fats 27.5 g • Fiber 2.3 g

Witamina C i B12
3

Sweet Dutch Baby

Vanilla skyr, fresh seasonal fruit

~ Kcal 342 • Protein 23.4 g • Carbohydrates 34.5 g • Fats 12.2 g • Fiber 3.6 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 566 • Protein 26.4 g • Carbohydrates 17.7 g • Fats 44.8 g • Fiber 4.8 g

Witamina E i Omega-3
5

Smoothie bowl

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

~ Kcal 467 • Protein 15.1 g • Carbohydrates 38.5 g • Fats 29.6 g • Fiber 13.3 g

Kwas foliowy i Żelazo
6

Breakfast falafel

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

~ Kcal 504 • Protein 19.3 g • Carbohydrates 41.3 g • Fats 31 g • Fiber 5.6 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 376 • Protein 23.9 g • Carbohydrates 35.7 g • Fats 16.8 g • Fiber 6.1 g