

Breakfast

80 PLN

In the set

1

Choice of drink

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

Vitamin C and Folate
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, olive oil, herb powder

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

Hummus / eggplant spread / guacamole / muhammara / baba ganoush

• **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*Vitamin B12 and Calcium
1**Polish breakfast**

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

~ Kcal 587 • Protein 55 g • Carbohydrates 4 g • Fat 39 g • Fiber 1 g

Vitamin B12 and Iron
2**Toast with smoked salmon**

Poached egg, lettuce, black garlic aioli, ponzu caviar, beetroot hollandaise sauce

~ Kcal 751 • Protein 20 g • Carbohydrates 25 g • Fat 63 g • Fiber 2 g

Vitamin A and Magnesium
3**Sweet toast**

Vanilla mousse, cherry sauce, hazelnut crumble

~ Kcal 409 • Protein 8 g • Carbohydrates 39 g • Fat 24 g • Fiber 2 g

Riboflavin B1 and Zinc
4**Turkish eggs with caramelized plums**

Poached egg, feta cheese, natural yogurt

~ Kcal 680 • Protein 27 g • Carbohydrates 21 g • Fat 55 g • Fiber 2 g

Vitamin E and Omega-3
5**Smoothie bowl**

Chia seeds with coconut milk, vanilla protein, yogurt, peanut butter, granola, fruits

~ Kcal 580 • Protein 26 g • Carbohydrates 65 g • Fat 28 g • Fiber 15 g

Vitamin A and Iron
6**Shakshuka**

2 poached eggs, bryndza cheese, tomato and pepper base, mixed herbs and seeds

~ Kcal 513 • Protein 19 g • Carbohydrates 16 g • Fat 42 g • Fiber 4 g

Vitamin K and A
7**Savory oatmeal**

Quinoa with roasted vegetables and pickles

~ Kcal 530 • Protein 20 g • Carbohydrates 64 g • Fat 26 g • Fiber 15 g