



fax number: 042-630-23-88
 phone 662 197 233
 www.bistronatura.pl

Customer: _____

Delivery address: _____

Contact phone: _____

Each order will be confirmed by phone.
 PLEASE provide us with your phone information.

Salads	Price	
Spring salad with butter lettuce, three kinds of pepper, cucumber, radish, tomato, chives and egg with vinaigrette dressing 250 g 130 kcal	16.00	
Broccoli salad with rucola, pepper, roasted almonds and balsamico dressing 250 g 375 kcal	16.00	
Salad with shrimps, pepper, radish, cauliflower, rice and cocktail dressing 280 g 280 kcal	16.00	
Salad with fresh spinach, pear, bacon and blue cheese sauce 250 g 675 kcal	16.00	
Butter salad with grilled chicken breast, seasonal fruit, white cheese and garlic dressing 300 g 396 kcal	18.00	
Avocado stuffed with frutti di mare, olives and capres 200 g 370 kcal	20.00	
Salad with smoked chicken, pineapple, sweetcorn and mayonnaise 200 g 360 kcal	12.00	
Tuna on butter lettuce with stewed paprika, boiled egg and vinaigrette sauce 200 g 290 kcal	14.00	
Five kinds of lettuce with salami, dried tomatoes, gouda cheese, olives and vinaigrette sauce 200 g 354 kcal	15.00	
Lettuce mix with avocado, pear, almonds, soya sprouts with balsamic vinaigrette sauce 200 g 292 kcal	18.00	
Butter lettuce with mozzarella, dried tomatoes, capers and basil sauce 150 g 330 kcal	12.00	
Tomato, cucumber, olives and onion with cottage cheese, served with basil vinaigrette 200 g 228 kcal	12.00	
Butter salad with roasted chicken breast and croutons tossed in a sauce of olive oil, anchovies and parmesan cheese 250 g 391 kcal	17.00	
3 kinds of pepper, orange and honey vinaigrette 200 g 109 kcal	12.00	
Mix of various lettuces with vinaigrette dressing 100 g 67 kcal	10.00	

Sandwiches	Price	
Poznań bread with ham, herb spread, sour cucumber, tomato, radish, soya sprouts and lettuce 240 g 410 kcal	8.00	
Wholemeal honey bread with smoked salmon, lettuce, paprika spread, cucumber and tinned paprika 230 g 438 kcal	8.00	
Wholemeal brown bread with grains, gouda cheese, cherry tomato, radish sprouts, lettuce and herb spread 230 g 499 kcal	7.00	
Wholemeal brown bread with sunflower seeds, egg, herb spread, lettuce, soya sprouts, radish and fresh cucumber 240 g 421 kcal	7.00	
Italian cold cuts served on baguette with butter, rucola, dried potato, capres and olives 1 pcs.	9.00	
All sandwiches available with cold cuts of choice: sopocka loin, salami and Italian cold cuts 1 pcs.	9.00	

Bread	Price	
Wholegrain honey bread 100 g 230 kcal	1.90	
Rye wholemeal brown bread with grain 100 g 290 kcal	1.90	
Real wholemeal brown bread 100 g 220 kcal	1.90	
Baguette with garlic butter 30 g 131 kcal	1.90	
Poznań bread 80 g 218 kcal	1.50	

Extras	Price	
Appetizers served on cocktail sticks with mozzarella cheese, fresh basil, Gouda cheese and cherry tomatoes 1 pcs.	3.50	
Baked potatoes with Herbes de Provence 100 g 150 kcal	3.00	
Salmon rolls with spread made from Almette cheese and chive 150 g 154 kcal	16.00	
Stewed chicken breast 150 g 149 kcal	6.00	
Herring tartare 200 g 152 kcal	8.00	
TSalmon tartare 150 g 94 kcal	16.00	

Desserts	Price	
Apple in beer dough with cranberry 100 g 399 kcal	8.00	
Fruit salad with yoghurt sauce 150 g 90 kcal	7.00	
Home made oat cakes 60 g 326 kcal	4.00	

Please tick ordered meal in the box.



**Our meals
do not contain preservatives,
best on day of delivery.**

WE TAKE ORDERS FROM 9 am to 2 pm DELIVERY FROM 11 am to 3 pm



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Natural Yoghurt	Price	
Natural yoghurt 200 ml 120 kcal	2.00	
Natural yoghurt with strawberry mousse 200 ml 104 kcal	3.00	
Natural yoghurt with banana mousse 200 ml 138 kcal	3.00	
Natural yoghurt with raspberry mousse 200 ml 105 kcal	3.00	
Natural yoghurt with honey 200 ml 252 kcal	3.00	

Fresh Pressed Juices	Price	
Orange 150 ml 65 kcal	8.00	
Orange and grapefruit 150 ml 62 kcal	8.00	
Grapefruit 150 ml 60 kcal	8.00	
Carrot 150 ml 64 kcal	3.00	
Carrot and apple 150 ml 69 kcal	5.00	
Beetroot 150 ml 63 kcal	3.00	
Beetroot and apple 150 ml 69 kcal	4.00	
Orange with fresh mint 150 ml 64 kcal	9.00	

Beverages	Price	
Coca-Cola 200 ml 84 kcal	4.00	
Sprite 200 ml 42 kcal	4.00	
Tonic 200 ml 86 kcal	4.00	
Fanta 200 ml 75 kcal	4.00	
Acqua Panna - Italian natural spring water 250 ml 0 kcal	7.00	

Wines	Price	
Santa Carolina Cabernet Sauvignon D.O. Valle de Rapel 18,75 cl 13,5 vol	21.00	
Santa Carolina Chardonnay D.O. Valle de Rapel 18,75 cl 13,5 vol	21.00	

Soups	Price	
Ms. Basia's Chłodnik - cold vegetable soup with melon and fresh mint leaves 250 ml 101 kcal	12.00	
Zucchini cream soup with choux pastry balls 250 g 170 kcal	12.00	
Italian spinach soup served with croutons 250 ml 390 kcal	12.00	
White borscht 250 ml 51 kcal	7.00	
Sausage (side dishes to choose from) 100 g 195 kcal	3.00	
Boiled egg (side dishes to choose from) 1 pcs. 59 kcal	2.00	
Beetroot soup 250 ml 50 kcal	7.00	
Lithuanian meat dumplings 6 pcs. - 269 kcal or Meat croquette 150 g - 294 kcal (side dishes to choose from)	3.00	
Tomato soup 250 ml 43 kcal	7.00	
Homemade noodles 81 kcal or Rice 87 kcal 100 g (side dishes to choose from)	1.00	

Hot meals	Price	
Chicken breast in pastry served on steamed vegetables with blue cheese sauce 380 g 530 kcal	18.00	
Steamed sole with stewed vegetables and cardamom 300 g 151 kcal	22.00	
Hungarian style potato pancakes 380 g 617 kcal	18.00	
Dumplings with sweet cottage cheese and raisins 250 g 593 kcal	18.00	
Dumplings with cabbage and mushrooms 250 g 573 kcal	18.00	
Dumplings with meat 250 g 365 kcal	18.00	
Pancakes with sweet cottage cheese and raisins 250 g 455 kcal	15.00	
Pancakes with spinach and mozzarella 250 g 242 kcal	15.00	
Pancakes with stewed vegetables 250 g 239 kcal	15.00	
Potatoes with cottage cheese and sour milk 400 g 390 kcal	16.00	
Spinach omelette 200 g 274 kcal	12.00	
Grilled vegetable sashlik of zucchini, pepper, mushrooms and onion with cocktail dressing 200 g 185 kcal	16.00	

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