

ZIELONA.

RESTAURACJA WEGAŃSKA I WEGETARIANSKA



LOW GLYCEMIC INDEX



GLUTEN-FREE



VEGAN



CONTAINS NUTS

WARNING: ACCORDING TO SMALL DIFFERENCES IN WEIGHT OF THE MEALS, AMOUNT OF CALORIES ARE ROUNDED TO FULL TENS



STARTERS

- 1. BEETROOT CARPACCIO** 15 zł
140 kcal/170 g
goat ches, orange, sage, mint, almond flakes, balsamico and oil
- 2. BRUSCHETTA WITH GORGONZOLA CHEESE** 16 zł
350 kcal/150 g
marinated pear, arugula, balsamico and olive oil, walnuts.
- 3. BRUSCHETTA WITH TOMATOES** 15 zł
350 kcal/150 g
garlic, basil, olive oil, balsamico with sun-dried olives
- 4. VEGAN SUSHI** 17 zł
150 kcal/140 g
with marinated tofu

SOUPS

- 1. PEAR AND PARSLEY CREAM SOUP** 11 zł
240 kcal/ 350 ml
- 2. SOUP OF THE DAY** 11 zł
350 ml

SALADS

- 1. SALAD WITH AVOCADO, MANGO AND GORGONZOLA** 19 zł
200 kcal/300 g
lettuce, gorgonzola DOP, grissini, red onion, strawberry-raspberry sauce and almonds
- 2. SALAD WITH BAKED BEETROOT AND GRANA PADANO** 21 zł
187 kcal/300 g
with spinach, arugula, pear, granish, honey-mustard vinaigrette
- 3. SALAD WITH MOZZARELLA, CHESTNUT AND OLIVE** 19 zł
200 kcal/300 g
with arugula and roach, mozzarella, pepper, cucumber, red onion, tomatoes and sprouts

MAIN COURSES

- 1. GROATS WITH FUNGI AND CHESTNUTS** 29 zł
370 kcal/350 g
groats, herbal oil, forest mushrooms, tomatoes, chestnuts
- 2. BLACK CHILI WITH PUMPKIN PANCAKES** 29 zł
410 kcal/400 g
black lentis with olives, tomatoes, celery, chili pepper, kale, pear and vinaigrette
- 3. SEITAN SCHNITZEL** 27 zł
380 kcal/350 g
served with mashed potatoes and rosemary wine souce
- 4. EGGPLANT ROLL-UPS** 28 zł
380 kcal/350 g
with couscous, feta cheese, capers, onion, pistachio nuts, roast potatoes, tomato souce and arugula
- 5. GREEN PESTO TAGIATELLE** 26 zł
420 kcal/350 g
with homemade pesto, almond parmesan and basil
- 6. ZUCCHINI SPAGHETTI** 27 zł
210 kcal/300 g
with dried tomato pesto and pumpkin seeds, tomatoes with fresh basil, almond parmesan

BURGERS

- 1. MUSHROOM BURGER WITH ROAST POTATOES** 25 zł
510 kcal/350 g
oyster mushrooms, lettuce, tomato, fresh cucumber, pickle, beetroot, arugula, onion, pepper, mustard sauce and pickle sauce served in wholemeal bread
*available with gluten-free bun
- 2. GRILLED TOFU BURGER WITH ROAST POTATOES** 25 zł
540 kcal/350 g
grilled tofu, lettuce, tomato, fresh cucumber, pickle, beetroot, arugula, onion, pepper, barbecue sauce and pickle sauce served in wholemeal bread
*available with gluten-free bun
- 3. EGGPLANT SHNITZEL BURGER WITH ROAST POTATOES** 25 zł
540 kcal/350 g
breaded eggplant, lettuce, tomato, fresh cucumber, pickle, beetroot, arugula, onion, pepper, barbecue sauce and pickle souce served in wholemeal bread
*available with gluten-free bun

KID'S MENU

- 1. MILLET PANCAKES WITH APPLE** 15 zł
400 kcal/350 g
- 2. MILLET PANCAKES WITH COTTAGE CHEESE AND FRUITS** 17 zł
320 kcal/300 g
- 3. PASTA IN TOMATO SAUCE** 17 zł
350 kcal/300 g

DESSERTS

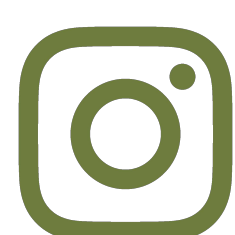
- 1. MILLET CREME BRULEE WITH RASPBERRIES** 15 zł
380 kcal/120 g
- 2. BANOFFEE** 18 zł
550 kcal/200 g
peanut-dactyl cream with coconut mousse and bananas
- 3. BROWNIE** 16 zł
410 kcal/400 g
with vanilla ice-cream, strawberry and chocolate sauce
- 4. CHOCOLATE MOUSSE** 16 zł
380 kcal/150 g
tofu, rum, almonds

BREAKFAST

- 1. OATMEAL WITH MILLET FLAKES** 11 zł
190g
Lamb flakes, soy milk, fresh fruits
- 2. SCRAMBLED EGGS** 12 zł
140 g
eggs, butter, chive, bread
- 3. SCRAMBLED TOFU** 12 zł
120 g
Tofu, chive, bread, mushroom
- 4. HUMMUS SANDWICH WITH AVOCADO** 16 zł
300 g
Bread, chickpeas, cucumber, pepper, avocado, onion
- 5. SET OF HUMMUS** 16 zł
150 g
Bread, chickpes hummus, baked vegetables hummus, beetroot hummus, guacamole,



facebook.com/
zielonarestauracjaarkadia



@zielonarestauracjaarkadia

For every burger Kropla Beskidu 0,75l 8zł

*Ask the waiter about the gluten-free bread



ZIELONA.

RESTAURACJA WEGAŃSKA I WEGETARIANSKA



LOW GLYCEMIC INDEX



GLUTEN-FREE



VEGAN



CONTAINS NUTS

WARNING: ACCORDING TO SMALL DIFFERENCES IN WEIGHT OF THE MEALS, AMOUNT OF CALORIES ARE ROUNDED TO FULL TENS

FRESH JUICES

1. ORANGE JUICE 14 zł
141 kcal/350 ml
2. GRAPEFRUIT JUICE 14 zł
132 kcal/350 ml
3. APPLE JUICE 9 zł
156 kcal/350 ml
4. CARROT JUICE 9 zł
123 kcal/350 ml

SMOOTHIES

1. MANGO ORANGE CINNAMON 16 zł
155 kcal/350 ml
2. KALE APPLE PINEAPPLE GINGER 16 zł
160 kcal/350 ml
3. SPINACH KIWI PEAR APPLE LEMON 16 zł
145 kcal/350 ml

LEMONADES

1. THYME 11 zł
130 kcal/350 ml
lemon and lime juice, brown sugar, honey, thyme, mineral water, ice cubes
2. MINT 11 zł
130 kcal/350 ml
lemon and lime juice, brown sugar, honey, peppermint, mineral water, ice cubes
3. BASIL 11 zł
130 kcal/350 ml
lemon and lime juice, brown sugar, honey, basil, mineral water, ice cubes
4. RASPBERRY 11 zł
130 kcal/350 ml
lemon and lime juice, brown sugar, honey, raspberries, mineral water, ice cubes

SEASON DRINKS

1. WINTER TEA 14 zł
300 ml
honey, cloves, cinnamon, orange, ginger
2. RUM TEA 18 zł
330 ml
rum, honey, cloves, cinnamon, orange, ginger
3. GINGERBREAD LATTE 16 zł
300 ml
espresso, milk *, ginger syrup, cinnamon, biscuit, whipped cream

SOFT DRINK

1. KROPLA DELICE 7/9 zł
330 ml/750 ml
2. KROPLA BESKIDU 7/9 zł
330 ml/750 ml
3. COCA-COLA 7 zł
93 kcal/250 ml
4. COCA-COLA ZERO 7 zł
93 kcal/250 ml

Kropla
Délíce



TEA

1. DARLING DARJEELING 11 zł
0-3,5 kcal/imbryk 350 ml
2. GRACEFUL EARL GREY 11 zł
0-3,5 kcal/imbryk 350 ml
3. FINE CHINA SENCHA 11 zł
0-3,5 kcal/imbryk 350 ml
4. COZY HERBAL FRUIT 11 zł
0-3,5 kcal/imbryk 350 ml
5. EXOTIC ROOIBOS 11 zł
0-3,5 kcal/imbryk 350 ml
6. BLISS BLOSSOM CAMOMILE 11 zł
0-3,5 kcal/imbryk 350 ml

COFFEE

1. ESPRESSO 7 zł
30 ml
2. DOUBLE ESPRESSO 10 zł
60 ml
3. ESPRESSO MACCHIATO 8 zł
100 ml
4. AMERICANO 11 zł
300 ml
5. CAPPUCCINO 10/12 zł
200 ml / 300 ml
6. LATTE 11 zł
300 ml
7. ICE LATTE 12 zł
350 ml
8. FRAPPE 12 zł
300 ml

BEER

BREWERY KONSTANCIN

alk. 5,3% obj.

1. WHEAT 11 zł
500 ml
clear, unfiltered
2. OLD 11 zł
500 ml
clear
3. RYE 11 zł
500 ml
clear, unfiltered
4. FROM DARK BARREL 11 zł
500 ml
clear



WINE

SPARKLING

1. COLGIARDIN CUVÉE EXTRA DRY 69 zł/75cl
Italy 15 zł/15cl

Refreshing, exquisite fruit flavors Prosecco produced by the method of Spumante fermentation in a bottle. Recalls the memory of sweet, juicy apples, pears and acacia flowers. Taste closer to semi-dry wine than semi-sweet sugar residual: 14g / l. Strain: Glera.

WHITE

2. 99 ROSAS CHARDONNAY 79 zł/75cl
Spain 17 zł/15cl

Beautifully balanced fruit and fresh wine with elegant lemon flavor with notes of white flowers. The wine is produced from the organic vines of Chardonnay and Viognier. Previously macerated for 1 day at 7 ° C and then gradually raised to 15 ° C during the fermentation period. Composition: 70% Chardonnay, 30% Viognier.

3. RIESLING KABINETT 89 zł/75cl
Germany 19 zł/15cl

Rudolf Müller Kabinett is made from ripe riesling, growing in the Moselle Valley. These grapes stay longer on the bush than other varieties, gaining the name „Kabinett“. The wine reflects the aromas of ripe apples, pears, peaches and citrus fruits. Strain: 100% Riesling.

RED

4. 99 ROSAS MERLOT 79 zł/75cl
Spain 17 zł/15cl

Composition: 70% Tempranillo, 30% Merlot. A deep, ruby-colored wine with the aroma of delicious red cherries. On the palate is expressed as smooth, elegant and well organized. The wine is made from the ecological grape varieties of Tempranillo and Merlot. Previously macerated for 5 days at 7 ° C, then gradually raised to 27 ° C during the fermentation period.

5. DNA MURVIEDRO EKO 79 zł/75cl
Spain 17 zł/15cl

Monastrell from the organic vine of the east coast of Spain. He was briefly taken to the American oak tree. Very ripe red fruits with a breath of vanilla and mocha. Delicately flavored, with soft tannins, with an acidic balance, leaving a toast aftertaste. Strain: 100% Monastrell.

HOUSE WHITE

6. ARNAUD DE VILLENEUVE 42 zł/50cl
France 22 zł/25cl
 11 zł/15cl

Wine with exotic fruit aromas, with clearly marked pineapple. The taste is crisp, well balanced. Especially recommended for grilled fish and salads. Composition: Ugni Blanc, Colombard.

* MILK TYPES AVAILABLE:

LACTOSE FREE

SOY

ALMOND

COCONUT

RICE