

I LOVE JUICE

concept

CONCEPT – YOUR PLACE ON THE ROAD TO AN #ANTIINFLAMMATORYLIFE! WE FOCUS ON KNOWLEDGE, QUALITY, AND TASTE – THESE ARE OUR TOOLS IN THE FIGHT FOR BETTER WELL BEING AND HEALTH. JOIN US AND LET'S CREATE TOGETHER A SPACE FULL OF POSITIVE ENERGY, HEALTHY CHOICES – OUR ANTI INFLAMMATORY COMMUNITY!

Euclina Fabisiak

ICONIC SANDWICHES (REPLACE TOAST WITH BREAD MADE FROM ORGANIC GRAINS AND CASHEW NUTS + 3 zł)

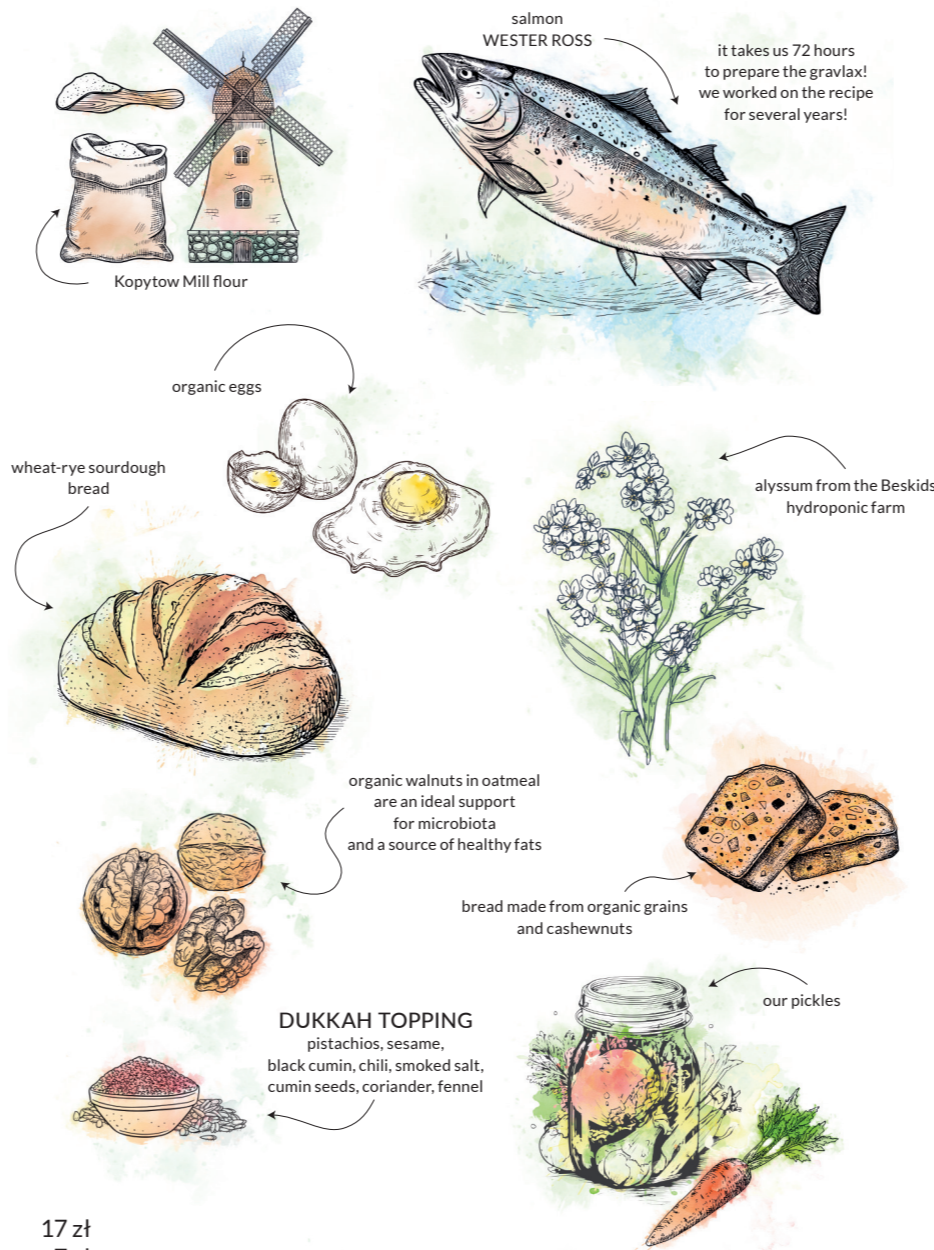
- EGGS BENEDICT TOAST** 49 zł
wheat rye sourdough toast, 2 organic poached eggs, hollandaise sauce, spinach, chili flakes, pickled and fresh vegetables, half an avocado, microgreens from a hydroponic farm
- SCANDINAVIAN SHRIMP SANDWICH** 64 zł
wheat rye sourdough bread, cooked shrimp served cold, organic hard boiled egg, vegan tartar sauce, truffle salsa, truffle oil, dill
- EGG PASTE SANDWICH** 45 zł
wheat rye sourdough toast, organic egg paste with vegan mayonnaise, pickled cucumber, chives, dukkah topping

ANTI-INFLAMMATORY AND SAVORY (REPLACE TOAST WITH BREAD MADE FROM ORGANIC GRAINS AND CASHEW NUTS + 3 zł)

- SCRAMBLED ORGANIC EGGS** 39 zł
3 organic scrambled eggs, wheat rye sourdough bread, butter, chives, tomato and pickled onion salad with anti-inflammatory dressing and dukkah topping
- ANTI INFLAMMATORY SHAKSHOUKA** 45 zł
spicy and aromatic shakshouka (bell pepper, zucchini, tomato, garlic, onion, intense spices) served with an organic poached egg, parsley, microgreens from hydroponic cultivation, and wheat rye sourdough bread
- PARSLEY HUMMUS, EGGS AND AVOCADO** 44 zł
half an avocado, dukkah topping, 2 organic soft boiled eggs, parsley hummus, tomato and pickled onion salad with anti-inflammatory dressing, wheat rye sourdough bread

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| • basket of wheat-rye bread (4 halves of slices) | 12 zł | • vegan tartar sauce | 17 zł |
| • bread made from organic grains and cashew nuts (3 slices) | 15 zł | • organic egg | 7 zł |
| • french croissant | 13 zł | • half an avocado | 14 zł |
| • french croissant with seasonal fruits and orange caramel | 25 zł | • gravlax from Wester Ross salmon | 25 zł |
| | | • mackerel mousse a la paprykarz | 19 zł |
| | | • parsley hummus | 15 zł |
| | | • egg paste | 17 zł |



SWEET BUT SUGAR FREE

- PANCAKES WITH CHOCOLATE CASHEW COTTAGE CHEESE AND FRUITS** 47 zł
served with orange caramel sauce, organic cacao beans, seasonal low glycemic index fruits
- MATCHA BOWL** 48 zł
organic matcha with coconut yogurt, our granola made from organic grains and flakes, seasonal low glycemic index fruits, organic pistachios, organic cacao beans
- ANTI STRESS BOWL** 47 zł
gluten free and organic oat flakes, organic carob, cacao, raspberry mousse, organic caramelized walnuts, seasonal low glycemic index fruits

SAVORY BOWL MENU

- AVOCADO AND WESTER ROSS SALMON BOWL (add bread from add ons)** 53 zł
half an avocado, salmon gravlax, organic soft boiled egg, vegan tartar sauce, fresh vegetables, our pickles, dukkah topping, anti-inflammatory dressing
- AVOCADO AND MACKEREL BOWL (add bread from add ons)** 53 zł
half an avocado, organic soft boiled egg, smoked mackerel, vegan tartar sauce, fresh vegetables, our pickles, dukkah topping, anti-inflammatory dressing

CHEF'S MENU

- GLAMOUR BREAKFAST** 47 zł
avocado paste with feta cheese, parsley, onion, chili, 2 organic poached eggs, organic flaxseed crackers, edible alyssum flowers from a hydroponic farm, wheat rye sourdough toast (REPLACE TOAST WITH BREAD MADE FROM ORGANIC GRAINS AND CASHEW NUTS + 3 zł)
- PROTEIN INSPIRATION FROM LA** 53 zł
protein pancakes made from organic quinoa, served with two organic poached eggs, fresh herb chimichurri, half an avocado and Aleppo pepper Seasonally served with asparagus from our farm or with spinach and edamame

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*LIST OF ALLERGENS AVAILABLE ON REQUEST

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ANTI-INFLAMMATORY AND ANTIOXIDANT JUICES 300 ml

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| ① SPINACH+APPLE+FENNEL+LEMON hydrating and soothing the digestive system | 26 zł |
| ② APPLE +CUCUMBER+LEMON+GRAPEFRUIT juice reducing body swelling | 26 zł |
| ③ KALE+PINEAPPLE+ORANGE juice supporting mood, energy and vitality | 26 zł |
| ④ BEETROOT+APPLE+GRAPEFRUIT juice supporting iron balance and liver function | 26 zł |
| ⑤ CELERY JUICE juice supporting digestive system and body detox | 26 zł |
| ⑥ WHITE CABBAGE+LEMON+APPLE juice supporting body detox and digestive system | 26 zł |
| ⑦ ORANGE+CARROT+GINGER anti-inflammatory juice adding glow to the skin | 26 zł |
| ⑧ FRESHLY SQUEEZED POMEGRANATE JUICE, 100% SUPERFOOD 150 ML | 22 zł |

COFFEE AND TEA

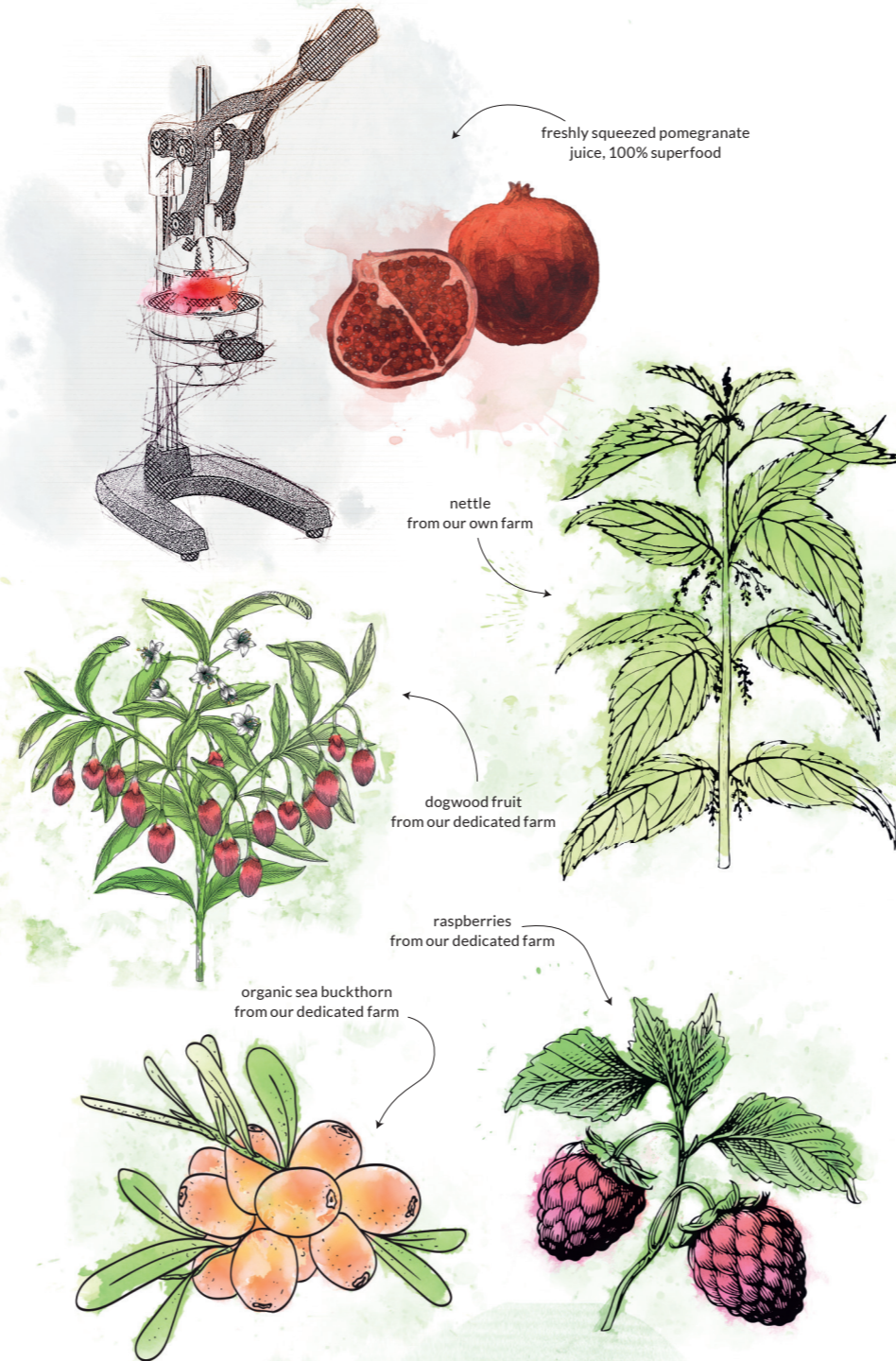
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| • CLASSIC LATTE PLANT-BASED | 19 25 zł |
| • CLASSIC CAPPUCCINO PLANT-BASED | 18 22 zł |
| • LARGE CLASSIC CAPPUCCINO PLANT-BASED | 19 25 zł |
| • AMERICANO SMALL LARGE | 14 17 zł |
| • SINGLE ESPRESSO DOUBLEESPRESSO | 13 17 zł |
| • TEA POT 500 ML CEYLON / EARL GREY / GREEN | 23 zł |

ORGANIC ANTIOXIDANTS

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| 🌿 CLASSIC MATCHA LATTE organic matcha, organic plant-based drink | 29 zł |
| 🌿 ICE RASPBERRY MATCHA organic matcha, organic plant-based drink, raspberries, ice | 31 zł |
| 🌿 ICE MATCHA ORANGE organic matcha, freshly squeezed orange juice, ice | 29 zł |
| 🌿 ORGANIC CEREMONIAL CACAO WITH ANTI-INFLAMMATORY SPICES | 29 zł |

INFUSIONS 500 ml (CLEANSING AND ANTI-INFLAMMATORY EFFECTS)

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| 🌿 ANTI-INFLAMMATORY INFUSION orange juice, honey, cinnamon, cloves, ginger, turmeric, edible flowers | 28 zł |
| 🌿 DETOX INFUSION rowan, juniper, cistus, dandelion, nettle, sunflower flower, lemongrass, blackberry, raspberry, birch, marigold | 21 zł |
| 🌿 BALANCE INFUSION from organic Bieszczady herbs: lemon balm, blackberry, raspberry | 21 zł |
| 🌿 ANTI-SWELLING INFUSION organic Bieszczady nettle | 21 zł |



ANTI-INFLAMMATORY AND ANTIOXIDANT SMOOTHIES 300ml

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| 🌿 MICROBIOTA SMOOTHIE avocado, apple, kale, flaxseed, olive oil | 30 zł |
| 🌿 ANTIOXIDANT C SMOOTHIE green banana high in resistant starch, organic plant-based drink, superfoods: camu-camu, raspberry, blackcurrant | 30 zł |
| 🌿 MATCHA SMOOTHIE green banana high in resistant starch, organic plant drink, organic matcha, cashew nuts, freeze-dried raspberries | 30 zł |

PROTEIN SMOOTHIES 300 ml

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| 🌿 SMOOTHIE GREEN PROTEIN spinach, avocado, apple juice, lemon juice, 21 g of yellow Canadian pea protein isolate (Nikalab) | 35 zł |
| 🌿 SMOOTHIE WHITE PROTEIN green banana high in resistant starches, lemon juice, lemon zest, organic plant-based drink, 21 g of yellow Canadian pea protein isolate (Nikalab) | 35 zł |
| 🌿 SMOOTHIE PINK PROTEIN strawberry, pineapple, green banana high in resistant starches, organic plant-based drink, water, beetroot juice, mint, 21 g of yellow Canadian pea protein isolate (Nikalab) | 35 zł |
| 🌿 SMOOTHIE CHOCOLATE PROTEIN green banana high in resistant starches, water, cinnamon, cayenne pepper, 21 g of yellow Canadian pea protein isolate (Nikalab) | 35 zł |

SHOTS 50 ml (CONCENTRATED ANTI-INFLAMMATORY AND ANTIOXIDANT FUNCTION)

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| 🌿 ANTI-INFLAMMATORY SHOT lemon, cayenne pepper, superfoods: raspberry, turmeric | 15 zł |
| 🌿 ANTIOXIDANT E SHOT grapefruit, lemon, superfoods: wheat germ oil | 15 zł |
| 🌿 HEALTHY LIVER SHOT grapefruit, superfoods: dogwood and borage oil | 15 zł |
| 🌿 ANTIOXIDANT C SHOT superfoods: organic sea buckthorn and camu-camu | 15 zł |
| 🌿 COLLAGEN SHOT superfoods: organic sea buckthorn, raspberry, 2,5 g collagen peptides (Collagen Intercell) | 19 zł |
| 🌿 CREATINE SHOT superfoods: organic sea buckthorn, raspberry, 3 g creatine monohydrate (Nikalab) | 19 zł |

WODA

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| • SAN PELLEGRINO SMALL LARGE | 10 23 zł |
| • ACQUA PANNA SMALL LARGE | 10 23 zł |

TAKE AWAY PACKAGING

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| • small bag | 2 zł |
| • large bag | 3 zł |
| • glass bottle | 1 zł |
| • take away container | 2 zł |