



## Savoury Pancakes (min. 400g)

1. Cheese, herbs, sauce (min. 300g)	8,5 zł	15. Teriyaki beef, grilled vegetables, sauce	16,5 zł
2. Cottage cheese, fried onions, potatoes, sauce	10 zł	16. Turkey, sesame seeds, sweet potato, mozzarella, sauce	16 zł
3. Cottage cheese, fried onions, potatoes, bacon lardons	10,5 zł	17. Mustard chicken, sour pickles, cheese, sauce	15 zł
4. Paella with chicken and prawns, vegetables, sauce <sup>NEW</sup>	16 zł	18. Hungarian goulash (spicy), champignons, onion, sauce	13 zł
5. Mexican (spicy) – chicken, beans, onions, vegetables, sauce	14 zł	19. Pork mince (bolognese), cheese, sauce	13 zł
6. Cheese, ham, champignons, sauce	12 zł	20. Chicken shawarma, onion, cheese, sauce	15 zł
7. Broccoli, sweet potato, cheese, chilli paste (spicy), sauce <sup>NEW</sup>	13 zł	21. Chicken pesto, mozzarella, tomato, sauce	17 zł
8. Gyros - chicken, onion, salad cheese, corn, lettuce, tomato, sauce	14,5 zł	22. Baked salmon, spinach, camembert, sauce	19 zł
9. Pulled pork, beetroot, horseradish sauce, red onion, sauce <sup>NEW</sup>	15,5 zł	23. Ham, salami, mushrooms, cheese, ketchup, sauce	13,5 zł
10. Pork mince, cheese, herbs, sauce	13,5 zł	24. Chicken, basil pesto, tomato, blue cheese, spinach leaves, sauce	17 zł
11. Kebab, cabbage, pickles, onion, thousand island dressing and garlic sauce	15 zł	25. Thai chicken - vegetables, rice, cashew nuts, pineapple, sweet and sour sauce	15,5 zł
12. Pork mince, roasted vegetables, sauce	12 zł	26. Burrito (spicy) - pork mince, salsa, sweet corn, beans, pepper, cheese, tomato sauce, sour cream	14 zł
13. Chicken curry (spicy) - onion, pineapple, jalapeno, coconut milk, sauce	15,5 zł	27. Beef stroganoff, pepper, champignons, sour pickles, sauce	16,5 zł
14. Chicken, spinach leaves, cheese, sauce	14 zł	28. Turkey, camembert, pineapple, arugula, sauce	15,5 zł

## Primavera Pancakes (min. 500g)

Iceberg lettuce, tomatoes, basil olive oil dressing

1. Chicken shawarma, onion, cheese, sauce	16,5 zł
2. A'la tortilla with crispy chicken, vegetables, sauce <sup>NEW</sup>	17 zł
3. A'la tortilla with pulled pork, vegetables, sauce <sup>NEW</sup>	16,5 zł
4. Broccoli, salad cheese, almonds, sauce	13 zł

## Oven-baked Pancakes with Cheese (min. 400g)

1. Codfish, spinach, cheese sauce	16,5 zł
2. Pancake lasagne, tomato & béchamel sauce	14 zł
3. Pulled pork, cheese, red onion, tomato sauce <sup>NEW</sup>	17 zł
4. Salami, jalapeno, pepper, champignons, onion, cheese, cheese sauce, tomato sauce	15,5 zł

## Green Pancakes (min. 400g)

with addition of young barley

1. Shrimps, zucchini, camembert, arugula, sauce	18 zł
2. Chickpeas, arugula, spinach leaves, tomato, sauce	14 zł
3. Chicken, basil pesto, tomato, blue cheese, spinach leaves, sauce	17,5 zł

## Red Pancakes (min. 400g)

with addition of beetroot

1. Cod fish, camembert, zucchini, arugula	17 zł
2. Chicken, camembert, cranberry, arugula, sauce	14 zł
3. Baked salmon, cream cheese, arugula, lamb's lettuce, spinach leaves, red onion, sauce	19 zł

## Spelt Pancakes (min. 400g)

1. Turkey, blue cheese, arugula, walnuts, sauce	16,5 zł
2. Spinach leaves, sun-dried tomato, mozzarella, sauce	14 zł
3. Spinach, salad cheese, sauce	11,5 zł

## Buckwheat-Flaxen Pancakes (min. 400g)

1. Spinach, cheese, egg, sauce	13 zł
2. Ham, dried tomatoes, mozzarella, sauce	14 zł
3. Zucchini, blue cheese, arugula, sunflower seeds, sauce	13,5 zł

## Pancake Tagliatelle (min. 400g)

1. Minced meat, tomatoes, garlic, tomato sauce	14 zł	4. Grilled cod fish, spinach leaves, tomato, wine <sup>NEW</sup>	17,5 zł
2. Spinach with grilled salmon	19 zł	5. Prawns, tomato, green pepper, parsley, wine	18 zł
3. Thai with chicken, sweet and sour sauce (spicy) <sup>NEW</sup>	15,5 zł	6. Chicken curry, coconut milk, honey flakes, pomegranate <sup>NEW</sup>	16 zł

**Warm sauces (50 ml): bechamel, cheese, spicy tomato, mild tomato**

**Cold sauces (50ml): garlic, thousand island, creamy dill, jalapeno (spicy), tzatziki, horseradish**

### Additional ingredients only for pancakes (min.):

onion, egg, corn, pineapple (50g) - 2 zł

champignons, tomato, roasted vegetables, olives (20g), broccoli (50g), salad (100g) - 2,5 zł

salami (20g), ham (40g), salad cheese, blue cheese, camembert, bacon lardons (50g), mozzarella (80g) - 3 zł

sun-dried tomatoes (30g), arugula(20g), spinach (100g), jalapeno (40g) - 3 zł

sweet potato (50g), primavera (100 g), - 4 zł

extra sauce (50ml) - 1 zł

extra bread (2 bread rolls) and garlic butter - 2 zł

takeaway box - 1,5 zł

paper bag - 0,5 zł

the list of allergens, the food product is available at the cash desk  
Opinions and suggestions please send to [www.manekin.pl/torun/wysoka](http://www.manekin.pl/torun/wysoka)

## Sweet Pancakes (min. 300g)

1. Icing sugar (min. 120g) 5 zł
2. Jam of your choice: strawberry, cherry, plum (150g) 5,5 zł
3. Banana, chocolate, whipped cream, sauce 9,5 zł
4. Nutella, whipped cream, icing sugar (200g) 11 zł
5. Raffaello, mascarpone, coconut shreds, sauce 13,5 zł
6. **Oven-baked** banana, strawberry, white chocolate 11,5 zł
7. **Oven-baked** rice pudding, raspberries, almonds 12 zł

## Black Sweet Pancakes (min. 300g) <sup>NEW</sup>

with addition of smoked cacao's grains

1. Oreo, mascarpone, cherry, sauce 12,5 zł
2. Mascarpone, raspberries, sauce 13 zł
3. Cottage cheese, strawberries, sauce 11 zł
4. Meringue, vanilla cheese, seasonal fruit 13 zł
5. Ferrero, nutella, mascarpone, nuts, sauce 14 zł
6. Gingerbread, plum with liqueur, vanilla cheese 11,5 zł
7. Fudge, biscuits, mascarpone, almonds, sauce 13 zł

**Sauces (50ml): cherry, chocolate, strawberry, toffee, eggnog, creamy, raspberry, salty caramel**

**Additional ingredients only for pancakes (min.):**

coconut shreds (10g), white chocolate (20g), whipped cream (30g), pineapple, banana, apple (50g) – 2 zł  
walnut, hazelnut, almonds (10g), meringue (20g), raspberries, cherries, strawberries (50g), nutella (60g) – 3,5 zł  
jam (50g) – 1 zł, extra sauce (50ml) – 1 zł  
one scoop of ice-cream (50g) – 2 zł



## Pancakes (min. 400g)

1. M&M's, nutella, creamy sauce 11,5 zł
2. Bananas with walnuts, salty caramel, creamy sauce 11,5 zł
3. Apples with fudge, salty caramel, creamy sauce 11,5 zł

## Black Pancakes (min. 400g) <sup>NEW</sup>

with addition of smoked cacao's grains

1. White chocolate, raspberries, creamy sauce 12 zł
2. Seasonal fruit, creamy sauce 12 zł
3. Oreo, cherries, creamy sauce 12 zł



## Salads (min. 300g)

Served with 2 bread rolls and butter

1. Greek salad 12 zł
2. Caesar with chicken 16 zł
3. Grilled salmon with horseradish sauce 19 zł
4. Crispy chicken with vegetables 16,5 zł
5. Shrimps salad with cocktail sauce 18 zł
6. Lettuces, baked sweet potato, chickpea, pomegranate <sup>NEW</sup> 16,5 zł
7. Salad with blue cheese, avocado and walnuts 15,5 zł
8. Lettuces with grilled cod fish <sup>NEW</sup> 17,5 zł
9. Caprese 14 zł

## Soups (min. 300ml)

1. Borsch (beetroot soup) (250 ml) 4 zł
2. Creamy of porcini mushrooms soup in bread 9 zł
3. Chicken noodle soup 6 zł
4. Żurek with egg (trad. Polish sour rye soup) in bread 9 zł
5. Broccoli cream with croutons 7 zł
6. Thai with prawns (spicy) 8 zł
7. Cold borsch with egg 7,5 zł

## Desserts

1. Apple pie with whipped cream and ice cream 300 g 8,5 zł
2. Creamy oreo with seasonal fruit 200 g 9 zł
3. Raffaello tart 150 g <sup>NEW</sup> 8 zł
4. Ice cream (3 scoops) with fruit/dried fruit 300 g 9,5 zł
5. Panna cotta with raspberry mousse 250 g 8 zł

## Home-made Drinks (min. 250ml)

1. Lemonade with mint and lemon 0,3/0,5l still / sparkling 5 zł/6 zł
2. Freshly squeezed orange or grapefruit juice 8,5 zł
3. Fresh carrot or apple juice 5,5 zł
4. Fruit milkshake 5,5 zł
5. Chocolate milkshake, whipped cream and ice-cream <sup>NEW</sup> 8,5 zł
6. Iced coffee with ice-cream scoop 7,5 zł



## Hot Drinks

1. Tea with lemon 250ml black/earl grey/green/fruit/mint 3,5 zł
2. Espresso 40ml / Espresso macchiato 50ml 4,5 zł/5 zł
3. Coffee 150 ml 4,5 zł
4. Coffee with milk 200ml 5 zł
5. Cappuccino \* 200ml 6 zł
6. Latte macchiato \* 300 ml 7 zł
7. Milk 250 ml 3 zł
8. Cocoa 250 ml 3,5 zł

\* coffee flavours : amaretto, cinnamon, vanilla, chocolate, caramel 20ml



## Cold Drinks

1. Water (still, sparkling) 0,3l 3 zł
2. Pepsi, Pepsi Max, 7-up, Mirinda 0,3l/ 0,5l 4 zł/5,5 zł
3. Pepsi Lime, Wild Cherry, Tonic, Mountain Dew but.0,5l 6,5 zł
4. Orange, Apple 0,3l grapefruit, blackcurrant 0,3l 4 zł
5. Tomato juice bottle 0,2l 4 zł
6. Lipton Ice Tea (peach, lemon, green tea) 0,3l 4,5 zł
7. Lipton Matcha (yuzu&lime, ginger&lemongrass) pet. 0,5l 7,5 zł
8. Aloe 0,3l 5,5 zł
9. Rockstar (Energy drink) 0,25l 6,5 zł



## Draught Beer



1. Perła Export 0,3l / 0,5l 4,5 zł/5,5 zł
2. Zwierzyniec 0,3l / 0,5l 5 zł/6 zł
3. Perła Export pitcher 1,5l 15 zł
4. Beer mojito / Grapefruit beer 0,3l / 0,5l 6 zł/7 zł

### Bottle beers

1. Perła Hoppy / Perła Unpasteurized / Strong 0,5l 6,5 zł
2. Perła Honey 0,5l / Zwierzyniec 0,33l 7 zł
3. Perła Porter / Perła Koźlak 0,33l 7,5 zł
4. Bestbir regional flavoured beer 0,5l 8 zł
5. Alcohol-free beer 0,33l 6 zł

## House Wine

White or red dry Italy

1. Manekin bottle 100 ml/250 ml/750ml 6 zł/13,5 zł/33 zł

## Selections wine spring-summer

White or red

1. Luciente Spanish semi dry 100 ml 6,5 zł
2. Losar Spanish semi sweet 100 ml 7 zł
3. Santa Messa Italian sweet 100ml 8 zł
4. Rio Alto Portuguese dry 100 ml 8 zł

## Martini



1. Martini Bianco & Tonic 200 ml 9,5 zł
2. Martini Rosso & Tonic 200 ml 9,5 zł