Zacznij dzień z dobrą energią!

Start your day with good energy!

Zjedz smacznie, zbilansowanie i z dokładną dawką energii, jakiej dziś potrzebujesz.

Eat tasty, balanced food with the exact dose of energy you need today.







Sprawdź nasze inspiracje i stwórz swój idealny, śniadaniowy start dnia!

Check out our inspirations and create your ideal breakfast start to the day!

focushotels.pl

Start your day with good energy!

See what healthy treats you can create from the buffet and get inspired by our ideas:



Fruit Bowl

Kcal:433 P:14g F:5g C:82g

Skyr	100 g (5 tbsp)
Peach	50 g (3 tbsp)
Grapes	100 g (15–20 pcs)
Dried apricot	25 g (3 pcs)
Shelled sunflower seeds	8 g (¾ tbsp)
Plum	25 g (½ pc)
Banana	50 g (½ banana)
Dried cranberries	25 g (2 tbsp)
Nigella seeds (Black seed)	2 g (¾ tsp)

Oatmeal

Kcal:486 P:18g F:18g C:61g

Rolled oats	50 g (2.5 tbsp dry)
Milk 3.2%	150 ml
Cottage cheese / Quark	20 g (2 small slices)
Peanut butter	10 g (1 level tbsp)
Plum	30 g (½ large pc)
Watermelon	40 g (2 tbsp)
Granola	15 g (½ tbsp)
Natural yogurt	10 g (2 level tsp)

Can't find hot oatmeal at the buffet? Just ask our staff and we'll make it for you!





Scrambled Eggs with Guacamole

Kcal:437 P:22g F:26g C:28g

Scrambled eggs	120 g (5 heaping tbsp)
Whole grain bread	45 g (1 slice)
Guacamole	40 g (2 tbsp)
Tomato	80 g (5 slices)
Mixed salad greens	30 g (1 handful)
Pumpkin seeds	10 g (1 tbsp)

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Turkey Sandwiches

Kcal:409 P:34g F:9g C:45g

Whole grain bread	90 g (2 slices)
Roast turkey or poultry cold cuts	80 g (4 slices)
Cottage cheese	60 g (3 tbsp)
Tomato	80 g (5 slices)
Cucumber	25 g (6 thin slices)
Mixed salad greens	30 g (1 handful)
Nigella seeds (Black seed)	2.5 g (½–1 tsp)

Cottage Cheese & Eggs

Kcal:291 P:24g F:18g C:6g

Eggs	110 g (4 halves)
Cottage cheese	60 g (3 tbsp)
Tomato	80 g (5 slices)
Cucumber	25 g (6 thin slices)
Mixed salad greens	30 g (1 handful)
Pumpkin seeds	10 g (1 tbsp)





Mackerel Bowl

Kcal:265 P:12g F:18g C:13g

Hummus	40 g (2 tbsp)
Cottage cheese / Quark	15 g (¾ tbsp)
Roasted beetroot	30 g (2 tbsp)
Roasted carrot	30 g (2 tbsp)
Tomato	20 g (1 large slice)
Chives / Spring onion	2 g (1 tsp)
Cucumber	20 g (4–5 thin half-slices)
Mackerel	30 g (2 small pieces)
Radish	5 g (1 tsp)

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Egg Bowl

Kcal:638 P:37g F:49g C:10g

Egg	250 g (5 halves)
Olives	40 g (10–12 pitted pcs)
Chili oil	12 g (2½ level tsp)
Natural yogurt	100 g (5 tbsp)
Walnuts	10 g (1 tbsp)



Cottage Cheese Bowl

Kcal:416 P:25g F:20g C:32g

Cottage cheese	150 g (7½ tbsp)
Watermelon	50 g (2½ tbsp)
Pumpkin seeds	15 g (1½ tbsp)
Dried prune	25 g (2–3 pcs)
Pineapple	30 g (1½ tbsp)
Peanut butter	10 g (1½ level tsp)
Nigella seeds (Black seed)	3 g (1 tsp)



Fruit Oatmeal & Seeds

Kcal:487 P:17g F:16g C:68g

Rolled oats	60 g (6 tbsp dry flakes)
Raisins	15 g (1 tbsp)
Sunflower seeds	10 g (1 tbsp)
Dried prune	10 g (1 pc)
Orange	60 g (3 segments)