



# MENU

## Natura Restaurant

Cuisine that inspires, delights and puts you in a good mood #NatureMood

We invite you to a culinary journey through the flavors of Western Pomerania. We will visit the best regional suppliers, learn about seasonal products, discover traditional flavours and combine everything into a modern whole.

**ENJOY YOUR MEAL!!**



### TROUT FROM ZIELENICA

*This unique snack will delight every fish lover. Trout which we use for our dishes is bred in the nearby village of Zielenica. Served raw, pickled in Kołobrzeg's Salt, sourced from curative water and having its source in Kołobrzeg. Thanks to additions such as a large amount of dill from our own garden and smoked crème fraîche from our smokehouse, the dish takes on a unique character.*

## STARTERS

### BEEF TARTARE

36 ZŁ

egg yolk, shallots, Kołobrzeg's cucumber, boletus, truffle mayonnaise, bread (150g)

### TROUT FROM ZIELENICA

22 ZŁ

pickled in Kołobrzeg Salt with dill, smoked crème fraîche, coriander emulsion, bread (150g)

### HUMMUS

19 ZŁ

a composition of vegetables (sticks), croutons (200g)

## SALADS

### CAESAR SALAD

27 ZŁ

chicken, chili cucumber, roasted cherry tomato, parmesan cheese, croutons, anchovy sauce (300g)

### ROMAN SALAD

27 ZŁ

radish, tofu, roasted seeds, salsa verde, sea buckthorn, avocado (300g)



*"The inspiration for creating this menu were traditional recipes, the best local products and modern flavour combinations. I believe that the flavor combinations I have composed and the presentation of the dishes will provide a great experience for many lovers of good cuisine."*

Szymon Gawryjolek  
Chef

# SOUPS



## COUNTRY CHICKEN SOUP

pasta, carrots, parsley (280ml)

15 ZŁ

## KOŁOBRZEG FISH SOUP

cod, julienne vegetables (280ml)

17 ZŁ

## DUCK CONSOMMÉ

dumplings, lovage, julienne vegetables (280ml)

19 ZŁ

## SOUP OF THE DAY

(280ml)

14 ZŁ

# PASTA

## BLACK TAGLIATELLE WITH PRAWNS

prawns, cherry tomato, spinach, chili, garlic (350g)

43 ZŁ

## UDON PASTA WITH OYSTER MUSHROOM

oyster mushroom, chives, spring onions, sesame, green peas, julienne vegetables (350g)

29 ZŁ

## DUMPLINGS WITH SMOKED CURD CHEESE

truffle potato, roasted cauliflower foam, shallots (8 dumplings)

25 ZŁ



## DUMPLINGS WITH SMOKED CURD CHEESE

*Our regional menu cannot do without the iconic dumplings. Traditional Polish dumplings, but a "deluxe" version. The stuffing was made of smoked curd cheese produced in our own smoke-house and specially selected truffle potatoes. The dumplings are served with roasted cauliflower foam and baked shallots.*



## DUCK CONSOMMÉ

*This is an original proposition of our Chef, inspired by French cuisine. French-style soup cooked from Old Polish Duck, served with homemade dumplings. To enhance the taste and aroma, the Chef adds the essence of lovage, grown in our garden.*



# MAIN DISHES

## COD WITH PEA MOUSSE

49 ZŁ

roasted butter, pea mousse, truffle potato, romanesco, beurre blanc sauce (400g)

## PERCH WITH CAULIFLOWER MOUSSE AND VANILLA

43 ZŁ

romanesco, white cauliflower mousse with vanilla, tomato essence, fennel (350g)

## GOLABEK (STUFFED CABBAGE ROLL) WITH MILLET GROATS AND CHAMPIGNON

29 ZŁ

dried tomato sauce, sprouts (400g)

## FARM CHICKEN BREAST

42 ZŁ

sweet potato purée with bergamot, bison grass sauce, seasonal vegetables (430g)

## PORK LOIN WITH A BONE

46 ZŁ

baby potatoes, baby cabbage with bacon, oyster mushroom, lovage essence (420g)

## PERCH WITH CAULIFLOWER MOUSSE AND VANILLA

The forgotten freshwater perch, once very popular, is characterized by juicy, springy and slightly sweet meat. The fish is caught in nearby lakes. Prepared in the traditional way: fried on a pan. Served with cauliflower mousse with a hint of vanilla, romanesco and tomato essence provided by local gardeners. A light dish, perfect for a summer's day.



## STEAKS AND BURGERS

### BEEF STEAK

79 Zł

grilled seasonal vegetables, baked baby potato with herbs, steak butter, pepper sauce (450g)

### BEEF BURGER

36 Zł

iceberg lettuce, tomato, pickled cucumber, onion, cheddar cheese, barbecue sauce, fries (580g)

### VEGAN BURGER

20 Zł

polenta steak, tomato, cucumber, arugula (rucola), vegan mayonnaise, tofu, potato chips (580g)

## VEGGIE NOT ONLY FOR VEGANS

More and more people are looking for vegetarian and vegan dishes. It is especially to them that we dedicate the VEGGIE dishes on our menu. However, we hope that all our guests will try these unusual proposals with curiosity, which combine an ethical approach to food with high-quality products and an amazing taste.



 vegetarian dishes

## DESSERTS



### CRÈME BRÛLÉE

20 Zł

rhubarb, violet sugar (100g)

### CHOCOLATE FONDANT

20 Zł

vanilla ice cream (120g)

### CAKE OF THE DAY

15 Zł

1 piece

## CHILDREN'S DISHES

### CHICKEN NUGGETS

19 Zł

fries, carrot salad (300g)

### COD STICKS

23 Zł

fries, carrot salad (300g)

### PENNE PASTA

15 Zł

in tomato sauce (300g)

### CREPÉ

15 Zł

nutella, whipped cream (300g)

## ADDITIVES

### HOMEMADE POTATO CHIPS (250G)

11 Zł

### BAKED POTATOES WITH HERBS (250G)

13 Zł

### SALAD

11 Zł

Salad mix, vinaigrette sauce (100g)

### SEASONAL GRILLED VEGETABLES (200G)

11 Zł

### BREAD WITH FLAVORED BUTTER (100G)

10 Zł

# ALERGENY

Potrawy	 jajko	 gluten	 mleko	 ryby	 skorupiaki	 sezam	 soja	 seler	 orzechy
TATAR WOŁOWY	✓	✓	✓						
PSTRĄG Z ZIELENICY		✓	✓	✓	✓				
HUMMUS		✓	✓			✓		✓	
SAŁATA CEZAR	✓	✓	✓	✓					
SAŁATA RZYMSKA		✓	✓			✓			
ROSÓŁ Z WIEJSKIEJ KURY	✓	✓						✓	
RYBNA PO KOŁOBRZESKU				✓				✓	
CONSOMMÉ Z KACZKI	✓	✓					✓	✓	
ZUPA DNIA	ZAPYTAJ KELNERA								
CZARNE TAGIATELLE Z KREWETKAMI	✓	✓	✓		✓				
MAKARON UDON	✓	✓				✓		✓	
PIEROGI Z WĘDZONYM TWAROGIEM	✓	✓	✓						
DORSZ		✓	✓	✓					
OKOŃ			✓	✓					
GOŁĄBEK Z KASZĄ JAGLANĄ			✓						
KURCZAK ZAGRODOWY		✓	✓					✓	
SCHAB Z KOŚCIĄ	✓	✓							
BURGER WOŁOWY	✓	✓	✓						
BURGER WEGAŃSKI		✓							
CRÈME BRÛLÉE	✓		✓						✓
FONDANT CZEKOLADOWY Z LODAMI	✓	✓	✓						
NUGGETSY Z KURCZAKA	✓	✓							
PALUSZKI Z DORSZA	✓	✓		✓					
MAKARON PENNE W SOSIE POMIDOROWYM	✓	✓	✓						
NALEŚNIK	✓	✓	✓						✓