

BANANA & SPINACH PANCAKES Veg

SERVED WITH HONEY-LEMON SAUCE

380 KCAL

protein: 20g | fat: 10g | carbs: 53g

allergens: egg, milk, wheat

TOAST WITH VEGAN "FISHLESS" SPREAD AND HUMMUS Vegan

SERVED WITH FRESH VEGETABLES

480 KCAL

protein: 25g | fat: 15g | carbs: 58g

allergens: soy, sesame, wheat

BREAD SLICE WITH EGG SPREAD Veg

SERVED ON SPINACH WITH RADISH AND FRESH SPROUTS

195 KCAL

protein: 17g | fat: 8g | carbs: 18g

allergens: egg, wheat

spring-summer compositions inspired by seasonal ingredients

by Roksana Biel, WARSZAUER HOTEL CHEF