








SOUPS

-  **Z1 - cream of carrot and ginger** - TINTA BAR HIT! 8,50 zł
- Z2 - cream of chicken and vegetables with chorizo** 10,00 zł
-  **Z3 - vegetable soup** 8,50 zł
-  **Z4 - tomato soup with sun dried tomatoes** 9,00 zł
- Z5 - soup of the day** ask us what we recommend today

LUNCH








-  **L1 - hot camembert cheese** 23,90 zł
served on a bed of salad with chips and raspberry sauce
- L2 - chicken with sun dried tomatoes** 23,50 zł
grilled chicken fillet stuffed with sun dried tomatoes and mozzarella, with rice and side salad
- L3 - chicken with green pesto or cheese sauce** 19,90 zł
grilled chicken breast fillet with green pesto or blue cheese sauce, served with chips and side salad
- L4 - beef escalopes with orange sauce** - TINTA BAR HIT! 28,50 zł
with orange and green pepper creamy sauce, served with fried potatoes and side salad
- L5 - pieces of chicken fillet with mushrooms** 20,00 zł
grilled chicken breast fillet with creamy mushroom sauce and parsley, served with rice and side salad
- L6 - pork tenderloin with apricot-curry sauce** 26,90 zł
in slices, with **apricot-curry sauce**, served with rice and side salad
- L7 - perch fillet with tomato salsa** 28,50 zł
served with tomato salsa sauce, rice and side salad
- L8 - salmon fillet on spinach** 28,50 zł
with herb butter, served on a bed of spinach, with rice
- L9 - PALEO STYLE dish three kind of meat** 34,00 zł
pork tenderloin covered by ham with grilled chicken served with boiled vegetables and side salad
- additional sides:**
- chips, roasted potatoes, rice and boiled vegetables 4,90 zł

PASTAS

-  **M1 - wholemeal penne with tofu, paprika, arugula and cherry tomatoes** 17,50 zł
-  **M2 - wholemeal penne with spinach** 15,00 zł
-  **M3 - tagliatelle with sun dried tomatoes, zucchini and creamy cheese** 17,50 zł
- M4 - tagliatelle alla carbonara** 16,00 zł
- M5 - penne with chicken in creamy tomato sauce** 16,00 zł
-  **M6 - penne and zucchini with tomato sauce with basil** 15,00 zł
- M7 - tagliatelle with chicken, broccoli, spinach and cheese sauce** 17,50 zł

not every ingredient is mentioned in menu, in case of any doubt, ask us about details




CEREALS

-  **K1 - buckwheat with cream paprika sauce, zucchini and broccoli** 16,00 zł
-  **K2 - buckwheat with feta cheese and sun dried tomatoes** 15,50 zł
-  **K3 - buckwheat with paprika, beetroot, tomato, chickpeas and turmeric** 17,00 zł
- K4 - buckwheat with chicken, mushrooms, arugula and cream** 17,50 zł
- K5 - millet with chicken, bacon, dried tomatoes and turmeric** 17,50 zł
-  **K6 - millet with eggplant, zucchini, tomato and sun dried tomato** 17,00 zł
-  **K7 - millet with beetroot, spinach and blue cheese** 16,50 zł
-  **K8 - lentil with chickpeas with tofu, broccoli and kale** 20,00 zł
-  **K9 - lentil with mushrooms, paprika, zucchini and spinach** 20,00 zł







SALADS

- S1 - with hot grilled chicken** - TINTA BAR HIT! 21,00 zł
green salad, hot chicken in honey sauce, cherry tomatoes, blue cheese, nuts, fried seeds
-  **S2 - with grilled zucchini, melon and feta cheese** 18,90 zł
green salad, zucchini, feta cheese, melon, fried seeds
-  **S3 - with beetroot and avocado** 21,00 zł
green salad, beetroot, avocado, beans, pickled cucumbers, olives, fried seeds
- S4 - with hot pork tenderloin and pickled cucumber** 23,50 zł
green salad, hot pork tenderloin, pickled cucumber, cherry tomatoes, fried seeds, vinaigrette
- S5 - chicken Tinta** 23,50 zł
green salad, chicken in blue cheese sauce, sun-dried tomatoes, cherry tomatoes, fried seeds
-  **S6 - with kale and rice gourd** 22,90 zł
green salad, kale, rice gourd, grilled zucchini, dried tomatoes, fried seeds
-  **S7 - PALEO STYLE salad** 23,00 zł
fried kale and broccoli, avocado with arugula and nuts
- S8 - with roasted salmon and egg** 23,50 zł
green salad, roasted salmon, egg, cherry tomatoes, olives, fried seeds









PANCAKES

-  **N1 - two pancakes with a sweet filling** 7,50 zł
choose from: jam, fruit, cottage cheese, whipped cream, honey, topping
every additional filling 1,50 - 3,50 zł
-  **N2 - two pancakes with spinach and feta cheese filling** 11,50 zł
-  **N3 - two pancakes with camembert, sun dried tomato and green pesto** 12,00 zł
- N4 - two pancakes with chicken, zucchini and creamy cheese sauce** 13,50 zł




EGG - ART

 E1 - scrambled eggs	served with bread and side salad	8,00 zł
 E3 - omelette	served with bread and side salad	9,00 zł
 E5 - poached eggs	served with toast and side salad	10,00 zł
 E6 - fried eggs	served with bread and side salad	9,00 zł
E7 - eggs Benedictine	poached eggs with grilled bacon and mayo	15,90 zł
 E8 - Tinta eggs	fried eggs with spinach and sun dried tomatoes	15,90 zł
 E9 - omelette	with roasted apples and cinnamon	13,00 zł
additional to eggs	e.g. ham, cheese, mushrooms, tomatoes	1,50-3,50 zł

MORNING ABSTRACTIONS

 A1 - yoghurt with musli and fruit /with three sides of your choice/		10,00 zł
 A2 - porridge /with one side of your choice/		8,50 zł
 A3 - porridge with coconut milk and dried apricots		11,00 zł
 A4 - millet with peanut butter, banana and dates		14,00 zł
 A5 - millet with bananas and honey		10,00 zł
 A6 - millet with roasted apples and cinnamon		13,00 zł
 A7 - cottage cheese with fresh herbs /with bread and side salad/		8,50 zł
A8 - breakfast plate ham & yellow cheese, cottage cheese, bread, side salad		13,50 zł
A9 - breakfast plate salmon & avocado, tomato, bread, side salad		19,00 zł
A10 - warm sausages /bread, side salad/		12,00 zł
A11 - toasts /with mozzarella and ham with pesto/		11,50 zł
 A12 - scrambled tofu with sun dried tomatoes and turmeric		14,50 zł
additional sides		1,50 – 3,50 zł

TOST-IMPRESSIONISM big ciabatta with

 T1 - mozzarella, tomatoes, basil and oregano		10,50 zł
T2 - camembert, salami and arugula		14,50 zł
T3 - yellow cheese, ham and pineapple		10,00 zł
 T4 - sun dried tomatoes, cheese, black olives and parsley		14,50 zł
T5 - chorizo, green pesto, yellow cheese and arugula		14,50 zł
 T6 - smoked salmon, mozzarella and arugula		14,50 zł

not every ingredient is mentioned in menu, in case of any doubt, ask us about details

EXPRESS-ION hot drinks

X0 - black/white coffee		7,00 zł/ 8,00zł
X1 - bulletproof coffee – with coconut oil, cinnamon and cardamom		10,00 zł
X2 - espresso		7,00 zł
X3 - espresso doppio		8,50 zł
X4 - cappuccino		8,00 zł
X5 - latte		10,00 zł
X6 - latte macchiato		9,50 zł
X7 - ice coffee		11,00 zł
additional syrup, extra espresso shot		1,50 zł
X8 - tea /choose from our wide range/		6,00 zł/ 8,00 zł

WATERCOLOURS cold drinks

Y1 - Coca-Cola, Coca-Cola zero, Sprite, Kinley Tonic, Cappy	200 ml	4,90 zł
Y3 - Coca-Cola, Coca-Cola zero, Sprite, Nestea	500 ml	5,90 zł
Y2 - Kropla Beskidu	500 ml	4,90 zł
Y5 - fruit juice	200 ml	4,90 zł
Y6 - freshly squeezed orange/grapefruit/mix juice	200 ml	11,00 zł/12,50zł

SMOOTHIES

P1 - yellow	coconut milk, banana, apple, strawberry, mint, turmeric	12,50 zł
P2 - amaranth	orange, grapefruit, pineapple, strawberries, raspberries	12,50 zł
P3 - verde	kale, cucumber, banana, avocado, lemon	13,00 zł
P4 - cyclamen	blackcurrant, kale, pineapple, banana, chia	13,00 zł
P5 - marengo	melon, lemon, apple, mint	11,50 zł
P6 - ruby	beetroot, apple, banana, raspberries, cinnamon	12,00 zł
P7 - malachite	spinach, pear, banana, lemon, parsley	11,50 zł
P8 - emerald	kale, apple, banana, kiwi fruit, lemon	12,00 zł
P9 - purple	beetroot, pickled cucumber, tomato juice, dill	11,50 zł
P10 - sepia	vege milk, peanut butter, coconut, banana, dates	13,00 zł

chia seeds addition **2,00 zł**

COCKTAILS with milk

C1 - strawberry	C2 - raspberry	C3 - banana	C4 - black currant	8,00 zł
-----------------	----------------	-------------	--------------------	----------------

SWEETS

each day selection is different: check at the bar or ask for today's special

ORDERS online www.TintaBar.pl phone 618 532 110

free deliveries for orders over 30zł

check the area on www.tintabar.pl