



Pancakes

Pancakes (1 portion – 5 pieces)

1. NUTELLA with lentiles
2. HOT RASPBERRIES with yoghurt sauce
3. BANANA with toffi sauce
4. MAPLE SYRUP WITH APPLES
5. ICECREAMS with chocolate sauce

Sweet (1 portion – 1 piece)

1. JAM (strawberry / peach / plum) 11,00
2. APPLE, CINNAMON, WHITE CHEESE with vanilla sauce **BAKED** 11,00
3. BANAN, NUTELLA 12,00
4. BANANA, RASPBERRY GEL, VANILLA ICE CREAM with whipped cream 13,00
5. RASPBERRY GEL, WHITE CHEESE with vanilla sauce **BAKED** 13,00
6. PEACHES, PINEAPPLE, BANANA, VANILLA ICE CREAM with whipped cream 12,00
7. CHERRY GEL, NUTELLA, WHITE CHEESE 14,00
8. RASPBERRY GEL, WHITE CHEESE, BISCUITS 12,00
9. WHITE CHEESE, NUTELLA, BISCUITS 12,00

Dry (1 portion – 1 piece)

10. BOLOGNESE MINCED MEAT, CHEESE 12,00
11. CHICKEN, PINEAPPLE, CHEESE 13,00
12. BACON, SPINACH, EGG, ONION, CHEESE 15,00
13. JALAPEÑO PEPPERS, BACON, ONION, CHEESE **BAKED** 13,00
14. MINCED MEAT, CHAMPIGNON MUSHROOM, ONION, CHEESE **BAKED** 15,00
15. CHICKEN, CHAMPIGNON MUSHROOM, TOMATO, CHEESE 14,00
16. CHICKEN, SPINACH, CAMEMBERT CHEESE **BAKED** 16,00
17. CHICKEN, SALAD CHEESE, OLIVES (topped with iceberg lettuce and tomato) 15,00
18. ROLLO PANCAKE WITH CHICKEN (iceberg lettuce, tomato, pepper, chicken) 15,00
19. SPINACH, ONION, SALAD CHEESE 12,00

TENTEGO cafe & restaurant

Menu

SAUCES 50 g:

chocolate, toffi, strawberry, raspberry, yoghurt

Additions

additional sauce	1,00
jams, apple, banana, raspberries, cherries, pineapple, peach, biscuits, nutella, ice cream, white cheese, whipped cream	1,00
BAKED	2,00
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SAUCES 70 g:

tomato, garlic, dill, herbal, salsa, 1000 islands

SAUCES FOR BAKED PANCAKES 150 g:

tomato, buttery

Additions

additional sauce	1,00
pineapple, egg, onion, jalapeño peppers, champignon mushroom, olives, tomato, peppers spinach, iceberg lettuce, minced meat, chicken, bacon, cheese, camembert cheese, salad cheese	2,00
BAKED	3,00
BAKED	2,00

Spaghetti pancakes

(min. 450 g)

BOLOGNESE	12,00
CARBONARA	14,00
VEGETABLES IN CREAM SAUCE (broccoli, zucchini, peppers, tomato, onion)	16,00
SPINACH WITH SALMON	17,00



Soups (300 ml)

TOMATO CREAM	8,00
BROCCOLI CREAM	9,00
POLISH SOUR RYE SOUP (on plate / in bread)	9,00 / 12,00
COLD BORSCH / BORSCH with patty	8,00 / 9,00
SEASONALLY	



Dumplings

Classical

(350 g)

In sauce Fried

• tomato
• buttery
• vanilla

MEAT (8 dumplings)	14,00	16,00	16,00
CABBAGE AND MUSHROOMS (8 dumplings)	14,00	16,00	16,00
SPINACH (8 dumplings)	14,00	16,00	16,00
ITALIAN (8 dumplings) (sun-dried tomato with cheese)	14,00	16,00	16,00
RUSSIAN (8 dumplings)	14,00	16,00	16,00
CHEESE WITH VANILLA (8 dumplings)	14,00	16,00	
RASPBERRY (8 dumplings)	14,00	16,00	
DRY MIX DUMPLINGS (10 dumplings)	17,00	19,00	19,00
1 DUMPLING	1,80	2,10	2,10



Pizza cheese, herbs, tomato sauce

1. CAPRICIOSSA (ham, champignon mushroom)
2. HAWAIIAN (chicken, pineapple)
3. GREEN (zucchini, broccoli, spinach, camembert)
4. VEGETARIAN (tomato, zucchini, peppers, mushrooms, onions)
5. SPICY AND HOT (salami, jalapeño, chilli, onion)
6. FOR CARNIVORES (bacon, chicken, salami, mushrooms, onion)
7. CHEESE (camembert, salad cheese, sun-dried tomatoes, fresh basil)
8. SPRING (chicken, olives, lettuce, tomato)
9. ITALIAN (chicken, salad cheese, sun-dried tomatoes, olives)
10. TEGO (self composition – without additives)

Additions

MEAT:

chicken, bacon, salami, ham

CHEESE:

cheese, salad cheese, camembert cheese

VEG:

jalapeño, lettuce, spinach, sun-dried tomatoes, olives, tomato, mushrooms, peppers, corn, pineapple, basil, zucchini, broccoli, onions

24 cm 32 cm 50 cm

12,00	17,00	28,50
12,50	17,50	29,50
14,00	21,00	36,50
14,00	19,00	32,50
13,00	20,50	35,50
16,50	24,50	43,50
14,50	22,50	39,50
14,50	22,00	38,50
15,00	23,50	41,50
9,50	12,50	19,50

2,00 3,50 7,00

1,50 3,00 6,00

1,00 2,00 4,00

0,50 0,50 1,00



Salads

(min. 400 g)

SPRING

(broccoli, egg, tomato, sunflower, salad cheese, garlic, yoghurt and herb sauce)

10,00

GREEK

(lettuce, tomato, peppers, onions, cheese, salad, olives, cucumber)

12,00

CHICKEN WITH VEGETABLES WITH BALSAMIC SAUCE

(lettuce, tomato, peppers, onions, zucchini - vegetables served hot)

16,00

BREADED CHICKEN WITH VEGETABLES

(lettuce, tomato, pepper, cucumber, onion)

15,00

THE NICE

(tuna, lettuce, egg, tomato, olives, onion)

16,00



Pasta

(min. 450 g)

SPAGHETTI BOLOGNESE	14,00
TAGLIATELLE CARBONARA (bacon, onion, garlic, sour cream, cheese)	15,00
TAGLIATELLE TOSCANA (mushrooms, cream and mushroom sauce, cheese)	16,00
TAGLIATELLE WITH CHICKEN AND SPINACH (chicken, spinach, cream, cheese)	16,00
CANNELLONI (spinach, minced meat with bologne sauce, cheese, tomato sauce) BAKED 🍳	17,00



Desserts

CARROT CAKE 200 g	8,00
WARM APPLE PIE WITH ICE CREAMS 300 g	9,00
ICE CREAM WITH WHIPPED CREAM AND HOT RASPBERRIES 200 g	11,00
TEGO TEGO (ice cream, fruit, yoghurt, nuts, whipped cream, chocolate sauce) 250 g	10,00



Hot

TEA DILMAH EXCEPTIONAL (Earl Grey, Perfect Ceylon, Lively Lime & Orange Fusion, Ceylon Green, Gentle Minty Green Tea, Berry Sensation, Rose with French Vanilla) 250 ml	4,50
ESPRESSO 40 ml	5,00
CAFFÈ AMERICANO (black) 150 ml	5,00
WHITE CAFFÈ 150 ml	6,00
CAPPUCCINO 150 ml	6,00
LATTE MACCHIATO 250 ml	7,00
MOKKA (coffee with chocolate and milk foam) 150 ml	8,00
HOT CHOCOLATE 250 ml	6,00



Alcohol

ŻYWIEC 0,3 l / 0,5 l	4,50 / 6,00
PERŁA (honey, hop) 0,5 l	6,00
MIŁOŚŁAW MARCOWE 0,5 l	7,00
MIŁOŚŁAW PILZNER 0,5 l	7,00
FORTUNA (mirabelle, plum, cherry) 0,5 l	8,00
FORTUNA CZARNE 0,5 l	8,00
KOMES PORTER 0,5 l	10,00
WINE (dry, semi-dry, sweet) 150 ml	8,00
MARTINI BIANCO 150 ml	9,00



Drinks

MINERAL WATER GÓRSKA NATURA (sparkling / still) 0,3 l	3,00
LIPTON ICE TEA (peach, lemon) 0,2 l	3,50
PEPSI / 7UP / MIRINDA (bottled) 0,2 l	3,50
PEPSI / 7UP / MIRINDA 0,5 l	5,50
PEPSI / 7UP / MIRINDA jug 1,3 l	11,00
TOMA JUICE (orange, apple, grapefruit, blackcurrant, tomato) 0,2 l	4,00
MILK-SHAKE (strawberry, banana, blackcurrant) 0,4 l	7,00
FRESHLY SQUEEZED JUICES (orange, grapefruit) 0,3 l	9,00
ICE CAFFÈ WITH ICE CREAMS AND WHIPPED CREAM 0,3 l	9,00

Tentego życzy
Smacznego!