



**We invite you cordially to come to us**

**Sunday from 11.00. a.m. to 8.00. p.m.  
Monday to Saturday from 12.00. a.m. to 8.00. p.m.**

**All dishes are prepared by us from fresh ingredients mostly  
coming from local producers.  
We do our best to ensure a good quality and a friendly  
atmosphere for you.**

**Table reservations under the telephone number  
Tel. +48 32 441 84 51**

**We organize occasional parties, please call  
Tel. +48 506 893 224**

**“We wish you to enjoy your meals  
and have a very good time in our restaurant.”  
Owners**

**[www.smakregionu.com](http://www.smakregionu.com)**





**/SmakRegionu**



**/SmakRegionu**



## SOUPS

<b>Home made bouillon</b>	300ml	<b>16,00zł</b>
with noodles, carrot and green parsley		
<b>Silesian style sour soup</b>	 300ml	<b>19,00zł</b>
cooked on smoked sausage with egg		
<b>Garlic cream soup with croutons</b>		200ml <b>18,00zł</b>
<b>Silesian style garlic soup</b>	 200ml	<b>14,00zł</b>
with pieces of bread		
<b>A Soup - Ask a waiter/ waitress...</b>	200-300ml	<b>17,00zł</b>

## DISHES WITH MEAT

<b>Chicken breast fillet "sous-vide"</b>		<b>41,00zł</b>
served with rice with turmeric, leek and onion sauce and salads		
<b>Breaded chicken breast pouch</b>		<b>43,00zł</b>
with mozzarella cheese and sun-dried tomatoes, served with baked potatoes and salads		
<b>Pork tenderloins sous-vide</b>		<b>50,00zł</b>
served with Silesian potato dumplings in forest mushroom sauce and with salads		
<b>Pork chop coated with breadcrumbs</b>		<b>45,00zł</b>
served with boiled potatoes and cucumber salad		
<b>Blacksmith's cutlet</b>		<b>50,00 zł</b>
breaded, baked with peppers, leek, mushrooms, Mexican sauce and cheese, served with mashed potatoes and a set of salads		
<b>Grilled Pork neck</b>		<b>45,00zł</b>
served with baked potatoes and cucumber salad		
<b>Pork knuckle</b>		100g <b>15,00zł</b>
fired or boiled with mustard and horseradish, served with fried cabbage		
<b>Marinated ribs in honey</b>	 100g	<b>16,00zł</b>
served with French fries and fried cabbage		
<b>Traditional beef roulade in roast gravy</b>		<b>54,00zł</b>
served with Silesian potato dumplings and red cabbage		
<b>Beef tongue</b>		<b>51,00zł</b>
served with mashed potatoes and mustard-horseradish sauce, beetroot		
<b>Beef cheeks</b>		<b>63,00zł</b>
served with Silesian dumplings with roast sauce and red beetroots		

## DISHES WITH FISH price per 100g

<b>Fried/steamed cod fillet</b> with or without tomatoes and mozzarella cheese	<b>15,00zł</b>
<b>Fried/steamed salmon fillet</b> with or without almonds	<b>17,00zł</b>
<b>Miruna fillet in dough / steamed</b>	<b>13,00zł</b>
<b>Breaded/steamed halibut fillet</b> with or without tomatoes and mozzarella cheese	<b>17,00zł</b>
<b>Steamed trout</b>	<b>17,00zł</b>
with garlic and herb butter, served with salads and some fries	

## FAMILY DINNER 279,00zł

Served on plates / dishes

## FISH DINNER 289,00zł

### Meats:

Beef roulade 1 pc., Pork chop 1 pc.  
Chicken breast fillet "sous-vide" 2 pcs.,  
Breaded chicken breast pouch with mozzarella cheese  
and dried tomatoes, 2 pcs.,

### Starch additives:

Silesian dumplings, boiled potatoes

**Sauces:** roast, leek and onion

**Mix of salads**

### Fish:

Breaded halibut 200g, fried salmon 150g, cod in  
sunflower seeds 300g,  
Miruna in dough 500g,  
Fried trout 280g.

### Starch additives:

French fries 800g, boiled potatoes 200g

**Sauces:** garlic dip

**Mix of salads**

## VEGETARIAN DISHES

### Fried cheese 43,00zł

served with fries, cranberries and salads

### Salad 33,00zł

lettuce mix, tomato, cucumber, pepper, onion,  
garlic sauce, croutons

\*option available with grilled chicken breast fillet

## PIEROGI

to choose from: with meat or cheese 31,00zł

## POTATO PANCAKES

- with pork goulash, sour cream and pickled cucumber salad 45,00zł

- with forest mushroom sauce 35,00zł

- with sour cream or without sauce 30,00zł

## CHILDREN'S MENU

Home made broth 200ml 12,00zł

with pasta, carrots and green parsley

Silesian dumplings 6 pcs. 13,00zł

Optional:

with gravy or butter and sugar

Nuggets 30,00zł

with fries, ketchup and carrot salad

Spaghetti 30,00zł

## FOOD ADDITIVES

Ketchup or mustard or horseradish 40g 4,00zł

Garlic dip or sour cream 40g 4,00zł

Boiled vegetables 200g 11,00zł

Fried cabbage 150g 9,00zł 300g 15,00zł

French fries or baked potatoes 200g 12,00zł

Boiled potatoes 150g 10,00zł

Dumplings 12szt 12,00zł

Mix of salads 11,00zł

Cucumber salad 10,00zł

## DESSERTS

Apple pie 19,00zł

homemade apple pie with whipped cream  
and a scoop of vanilla ice cream

Cottage chees cake 19,00zł

classic, homemade cake with white cheese

Vanilla ice cream 21,00zł

with hot strawberries and whipped cream on request

Scoops of ice cream 1Scoops 7,00zł

you can choose between vanilla, fruit and chocolate

Additives 3,00zł

Whipped cream or strawberry topping

## TAKE AWAY OFFER

It is possible to order and create  
your own composition of takeaway troughs.

Please place orders at the restaurant at least one day in  
advance

or by phone: +48 32 441 84 51.

Upon collection, the deposit for the trough is:  
PLN 100.00 in cash.

Create your own trough composition:

Beef Roulade 150g 37,00zł

Knuckle baked/boiled ok 0,5kg 100g 15,00zł  
with fried cabbage

Breaded pouch chicken breast 160g 25,00zł  
with mozzarella and sun-dried tomatoes

Pork chop 150g 19,00zł

Rib (ok. 300g) 100g 13,00zł

Chicken breast fillet „sous-vide” 150g 20,00zł

Beef tongue 55,00zł

with mustard-horseradish sauce

Beef cheeks 29,00zł

with roast sauce

Blacksmith's cutlet 29,00zł

Trough accessories:

Fries 200g 12,00zł

Baked potatoes 200g 12,00zł

Boiled potatoes 200g 10,00zł

Silesian dumplings 12 szt. 12,00zł

Fried cabbage 300g 15,00zł

Mix of salads 11,00zł












We would be pleased if  
you leave us a positive  
review on Google  
Maps.

A card with allergens in our dishes  
available for viewing on the shoulder

## HOT BEVERAGES

<b>Espresso</b>	9,00zł
<b>Double espresso</b> in a large cup	12,00zł
<b>Black Coffee</b>	10,00zł
<b>Brewed coffee</b>	10,00zł
<b>Cappuccino</b>	12,00zł
<b>Latte</b>	13,00zł
<b>Ice coffee</b> Double espresso with a full glass of ice, milk, scoop of ice cream and cream on request	16,00zł
<b>Tea</b> black or fruity	9,00zł
<b>Tea Royal Taste</b> from natural dried	12,00zł
<b>Tea with strawberry jam</b>	14,00zł
<b>Tea with cherry vodka</b>	16,00zł
<b>Hot chocolate</b>	14,00zł
<b>Hot chocolate</b> with whipped cream	16,00zł

## COLD BEVERAGES

    250 ml	9,00zł
  330 ml	9,00zł
natural mineral water, still, carbonated	
 250 ml	9,00zł
<b>Fuzetea</b>  250 ml	9,00zł
black tea with lemon and lemongrass black tea with peach and hibiscus	
<b>Juice Cappy</b> 250 ml	9,00zł
orange, apple, multivitamin, grapefruit	
 250 ml	11,00zł
energy drink	
<b>Multifruit nectar</b> 1 l	19,00zł
<b>Still water</b> 1 l	16,00zł
<b>Lemonade</b> 300 ml	9,00zł
in summer time	
	1 l 26,00zł

## WINE

<b>Sauvignone Dell'Emilia I.G.P.</b> 100ml	13,00zł
Italian semi-dry white bottle 750ml	70,00zł
<b>Prinz Stefan</b> 100ml	11,00zł
Austrian white semi-sweet bottle 750ml	60,00zł
<b>Sangiovese Rubicone I.G.P.</b> 100ml	13,00zł
Italian dry red bottle 750ml	70,00zł
<b>Prinz Stefan</b> 100ml	11,00zł
Austrian red semi-sweet bottle 750ml	60,00zł
<b>Prosecco D.O.P.</b> bottle 750ml	70,00zł
Treviso Extra Dry, Italian dry sparkling white	

## ALKOHOL

<b>WHISKY I BURBON</b> 40ml	
<b>Johny Walker Red</b>	13,00zł
<b>Ballantine's</b>	13,00zł
<b>Jim Beam</b>	15,00zł
<b>BRANDY</b> 40ml	
<b>Metaxa *****</b>	15,00zł
<b>VODKA</b> 40ml	
<b>Wyborowa</b>	8,00zł
<b>Wiśniówka</b>	8,00zł
<b>Ogiński</b>	8,00zł
<b>Finlandia</b>	11,00zł

## BEER

<b>Tap beer Tyskie Gronie large</b> 500ml	13,00zł
<b>Tap beer Tyskie Gronie smal</b> 300ml	12,00zł
<b>Pilsner Urquell</b> 500ml	16,00zł
<b>Lech Premium</b> 500ml	14,00zł
<b>Tyskie Gronie</b> 500ml	14,00zł
<b>Tyskie 0% alcohol free</b> 500ml	12,00zł
<b>Lech Free alcohol free</b> 300ml	10,00zł
<b>Lech Free alcohol free - flavored</b> 300ml	10,00zł
<b>Okocim Karmi alcohol free</b> 500ml	11,00zł
<b>Książęce pszeniczne alcohol free</b> 500ml	14,00zł
<b>Corona Extra</b> 330ml	13,00zł
<b>Beer with cherry liqueur</b>	18,00zł
Big beer with addition of a cherry liqueur	
<b>Raspberry juice for beer</b>	2,00zł

## ALCOHOL DRINKS

<b>Rainbow %</b>	22,00zł
choice vodka, blue curacao, orange juice, raspberry juice	
<b>Mojito</b>	22,00zł
rum, brown sugar, mint, ice, lime, sparkling water	
<b>Blue Lagoon</b>	22,00zł
premium vodka, blue curacao, full Sprite	
<b>Whiskey with Coca-Cola and ice</b>	20,00zł
<b>Aperol Spritz</b>	24,00zł
Aperol, Prosecco, orange, ice, sparkling water	