

FIRST AUTUMN DISHES

tagliatelle in a forest mushroom sauce  **44**
with rosemary, spinach, parmigiano reggiano,
goat cheese and truffle oil

thai red curry **48**
with coconut milk and SAM-ic paste,
with roasted marinated duck, caramelised pineapple
and vegetables, served with rice, fresh herbs, sesame
and SAM-ic chili oil

roasted salmon **59**
in harissa-rose marinate, served with black beluga
lentils, garlic yoghurt, pomegranate
and SAM-ic dukkah

pumpkin cake **29**
with walnuts and raspberry sauce

immunizing shot   **11**
ginger juice and lemon juice with turmeric,
a pinch of cayenne pepper, and a drop of olive oil

CHRISTMAS GATHERINGS & CATERING

Company Christmas parties, pre-Christmas dinners or festive
cocktail receptions? If you’re planning something special
for your team or friends, we can organise it for you
at one of our SAM or deliver it straight to your office!
See our offers at [sam.info.pl/spotkania-swiateczne!](https://sam.info.pl/spotkania-swiateczne)



100% VEGETABLE DISH



DISH INGREDIENTS AVAILABLE IN DELI

SANDWICHES / BAGELS

EITHER BREAD OR BAGEL - ASK FOR RECOMMENDATION

grilled sandwich with SAM-ic kimchi, cheddar and chives-sesame omelette on sourdough bread, served with asian cucumber salad		40
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bacon supreme with fried egg and bacon, tomato, red onion, cream cheese and rocket		37
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with egg pâté		25
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with camembert, avocado, mayonnaise and coriander		32
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with cottage cheese with radish, cucumber and chives		25
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with smoked wild salmon, cream cheese, cucumber and dill		35
OR cream cheese, fried egg and chives		39
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with plant-based dry sausage by Vege Taste, Dijon mustard, SAM-ic soy mayonnaise and pickled cucumber	 	28
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with roast beef, SAM-ic onion marmalade and rocket		35

FRENCH TOASTS / CRÊPES / PANCAKES

SAM-ic brioche french toast with seasonal fruits, salted caramel and coconut yoghurt		41
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french toast with ham, cheese and Dijon mustard served on SAM-ic toasting bread		35
PLUS fried egg		39
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ricotta and buttermilk pancakes with raspberry sauce		33
.....		
crêpe with cottage cheese, blueberries and vanilla sauce		29
PLUS second crêpe		36

SOURDOUGH BREAD / ADDITIONS

bread portion		5
long-aged sourdough bread baked everyday in SAM-ic artisan bakery		
PLUS butter		7
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seasonal greens		13
with olive oil, lemon and roasted sesame		

BOWLS / PORRIDGES / COTTAGE CHEESE

açaí superbowl		41
with banana, raspberries and chia, with roasted seeds, black sesame, tahini, granola and fresh fruits		
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summer porridge with organic house rolled oats		38
with blueberry coulis, seasonal fruits and SAM-ic buckwheat granola		
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savoury millet		35
with poached egg, tomatoes, garam masala, roasted cashew, dukkah and SAM-ic chili oil		
.....		
cottage cheese		28
with radish, cucumber and chives, served with sourdough bread and butter		

HOMEMADE ARTISAN BREAD

For all bread and pastries, we use only pure flour from a small mill in Augustów. Our bread does not contain preservatives, anticaking agents or any other additives. The long fermentation process and the higher acidity helps digestion and better absorption of the microelements (iron, magnesium, zinc) from the bread and gives a unique taste and texture as well. The high fiber-content benefits the gut microbiota improving well-being and boosting the immune system. Our sourdough bread has low Glycemic Index.

EGGS

viennese eggs		25
served with sourdough bread and butter		
egg pâté		28
served with sourdough bread and butter		
turkish eggs		34
in tahini-garlic yoghurt, chili beurre noisette, dukkah and naan breads		
moroccan eggs		40
fried eggs on sourdough toast with avocado, served with hummus, coriander and dukkah with chili		
spicy mexican eggs		39
with tomatoes, jalapeño, garlic, coriander and parmesan		
singapore omelette in sweet potato bun		40
with cheddar cheese, garam masala and chili		
omelette with chorizo,		44
feta cheese, spinach, red onion and coriander		
OR with plant-based chorizo by Vege Taste		
fitness omelette		46
with smoked wild salmon, spring onion, cherry tomatoes, avocado, pumpkin and sunflower seeds		
shakshuka		39
eggs in tomatoes and colorful peppers with cumin, thyme and coriander		
OR with almond feta and avocado instead of eggs		
		
42		
english breakfast on sourdough toast		48
with fried eggs, bacon, white sausages, cherry tomatoes and mushrooms		
classic breakfast		45
viennese eggs OR egg pâté, cottage cheese, country ham and horseradish sauce, pickled cucumber, tomato, served with sourdough bread and butter		
middle eastern breakfast		49
eggs menemen with feta cheese, hummus, vegetable salad with quinoa, labneh, avocado, chutney and pickles, served with sourdough bread and butter		
avocado toast		45
with creamy scrambled eggs, SAM-ic chili oil, SAM-ic dukkah and fresh herbs, with simple side salad		
PLUS fried bacon		
49		

CLASSICS

traditional chilled beetroot and kefir soup		29
with boiled egg		
PLUS new potatoes with butter and dill		33
grilled halloumi with new potatoes,		58
fennel, cherry tomatoes and leeks,		
with truffle oil, pine nuts and rocket		
caesar salad with free-range chicken,		59
matured italian ham, avocado, poached egg		
and pita chips		
exotic salad with watermelon,		
mango, avocado, edamame and passionfruit, with black		
sesame and lime sauce (contains fish sauce)		
PLUS SAM-ic almond feta		56
PLUS grilled halloumi		58
PLUS fried prawns		64
summer lunch with new potatoes		
and polish style cucumber salad		
PLUS egg cutlet		39
PLUS breaded oyster mushroom		43
PLUS pork chop		46
PLUS grilled free-range chicken breast		55
BBQ beef burger		57
with mimolette, crispy bacon, curry mayo and pickled		
vegetables in a SAM-ic bun, served with potatoes		
BBQ halloumi burger		49
with pickled vegetables, curry mayo, dukkah		
and coriander in a SAM-ic bun, served with potatoes		

SNACKS

hummus with crunchy vegetables and sourdough bread	 	38
bruschetta with avocado, feta cheese, pink pepper and coriander OR with SAM-ic almond feta	 	32

DESSERTS

sticky toffee pudding with whipped cream		32
we also have seasonal desserts and some of our dishes work well also as desserts - ask the waiters and try		

HEALTHY AND HONEST

We don’t use any semi-finished products in the dishes we serve. All our soups, sauces, dips, broths, kimchi, lemonade syrups and many more novelties we constantly introduce, we make ourselves from scratch.

Thanks to this approach, we have full control over the content and taste during the preparation process. We can guarantee, that you will not find any chemical preservatives, additives, taste enhancers or coloring agents in our products.

OUR PRODUCTS AVAILABLE IN SAM DELI

sourdough bread • baguettes • bagels • toast bread • brioche • burger buns • egg pâté • cottage cheese • kimchi • shakshuka • hummus • soy mayonnaise • onion marmalade • ricotta pancakes • crepes with cottage cheese • granola • oatmeal • dukkah • plant-based almond feta • pita chips • cakes

COLD SUMMER DRINKS

vietnamese coffee		23
with condensed milk and crushed ice		
cold brew		22
tonic espresso		24
matcha latte / iced matcha latte		25
orange espresso		26
classic lemonade	0.32 l / 1 l	22/66
cleansing lemonade with cucumber and mint	0.32 l / 1 l	22/66
exotic lemonade with mango, chia and thai basil	0.32 l / 1 l	25/75
grapefruit lemonade with rosemary	0.32 l / 1 l	25/75
Meduzyna darjeeling kombucha	bottle 0.33 l	31
mineral water	bottle 0.3 l / 0.7 l	14/19
fritz-cola	bottle 0.33 l	21

INFUSIONS

digestive	17
rosehip fruit, mint, fennel, camomile	
immunizing	17
linden blossom, black lilac flower, echinacea, hibiscus	
fresh ginger	25
with oranges, lemons, cloves and honey	

COFFEE

espresso	11
espresso doppio	15
black	0.2 l 14
americano	0.3 l 18
cappuccino	18
flat white	20
latte	20
filter coffee	16

TEAS

Suki Tea	
finest blends mostly from organic and Fairtrade farms:	
rooibos	15
green	15
earl grey	15
english breakfast	15
mango	15
jasmine green	15

FRESH JUICES AND FRUIT COCKTAILS

0.32 l

polish	22
carrot, apple, beetroot	
standard	25
orange AND/OR grapefruit	
mango lassi	28
mango, yoghurt, rose water, kardamom	
superberry	29
goji berry, blueberry, blackberry, raspberry, apple (antioxidant high in vitamin C)	
exotic	32
papaya, orange, passionfruit	
antioxidant	29
spirulina, mint, melon, orange (great source of proteins, improves your hair, skin, nails and memory)	
smoothie	30
orange, banana, strawberry	
immune booster	32
carrot, pineapple, ginger, turmeric, linseed oil, banana, orange (has anti-inflammatory properties, improves immune system)	
aphrodisiac	33
raspberry, mango, lychee, passionfruit, lime, orange	
cold preventing	31
ginger, lime, grapefruit, orange, echinacea	
plant-based chocolate shake	33
banana, cocoa, flax protein, cinnamon, cardamom, peanut butter, oat drink	
green	29
apple, kiwi, cucumber, lime, mint, spirulina, spinach	
after training	31
pineapple, banana, orange, coconut milk, whey protein concentrate WPC 80 (improves cardiovascular system, lowers blood pressure)	

SPARKLING WINE

Cava Família Oliveda Brut	0.125 l	22
Catalonia, Spain	0.75 l	90
refreshingly sparkling coupage with fruity and floral aromas, traditional method		

ALCOHOL-FREE WINE

Eins Zwei Zero mineral riesling	0.125 l	28
Rheingau, Germany	0.5 l	102
authentic wine aromas, juicy and fresh with subtle sweetness	0.75 l	121

WHITE WINE

Lagosta light vinho verde	0.125 l	20
Minho, Portugal	0.5 l	70
light off-dry wine perfect in the heat of summer	0.75 l	75
Rey Santo aromatic verdejo	0.125 l	24
Rueda, Spain	0.5 l	86
aromas of pineapple and lime with mineral nuance and herbal notes in the mouth	0.75 l	97
Cabezadas crisp viura	0.125 l	24
Rioja, Spain	0.5 l	86
a white wine from Rioja, which is still something of a rarity, subtle, mineral and refreshing, without overpowering aromas	0.75 l	97

RED WINE

Cuvée Dissenay juicy pinot noir	0.125 l	24
Languedoc, France	0.5 l	86
light, with low acidity and forest fruit aromas	0.75 l	97

COCKTAILS

Mimosa	0.18 l	29
cava with fresh orange juice		
Aperol Spritz	0.24 l	36
cava with aperol, oranges, sparkling water and ice		