



Thai Food Menu

The individual ingredients of the dishes may vary depending on the time of year.

Starters

1. Chicken/Tofu Satay
2. Sweet and Sour Meatballs
3. Tom Yum Soup
4. Tom Kha Soup
5. Sweet Potato and Coconut Soup (vegan)
6. Thai Salad with Grilled Pork and Peppermint (also vegetarian version)
7. Thai Salad with Kohlrabi and Peppermint with Mango

Main Courses

1. Pad Thai with Chicken, Shrimp or Tofu
2. Thai Green Curry with Chicken and Jasmine Rice
3. Tofu or Beef Stir-Fry with Noodles
4. Thai-Style Fish and Pak Choi
5. Lentil Yellow Curry with Squash & Cashews
6. Lamb or Chickpeas Massaman Curry

Desserts

1. Black Rice Pudding with Mango
2. Lime Mousse with Fruits



Asian Food Menu

The individual ingredients of the dishes may vary depending on the time of year.

Starters

1. Miso Soup (vegan)
2. Zucchini Salad (vegan)
3. Broccoli with Oyster Sauce
4. Salmon Tartare with Wakame Seaweed Salad and Sesame
5. Sweet-and-Sour or Teriyaki Chicken/Shrimp Veggie Rolls (also vegan version)
6. Hot & Sour Soup (vegetarian)
7. Teriyaki Bok Choy in Ginger Sauce (vegan)
8. Salmon or Tuna Tartare with Seaweed Salad
9. Quick Stir-Fry Cassava Noodles
10. Shrimp Curry
11. Vietnamese Salad
12. Stir-Fry Squid
13. Chicken Lettuce Wraps With Peanut Sauce (Lentil vegan version too)

Main Courses

1. General Tso's Chicken
2. Asian Style Eggplant
3. Chicken Wings With Sticky Asian BBQ Sauce
4. Chicken or Teriyaki Salmon with Spring Onion and Black Sesame Seeds
5. Kimchi Stir-Fry Rice with Egg, Vegetables and Herbs (also vegetarian version)
6. Meat or Vegan Bibimbap Bowl
7. Korean BBQ-style Pork
8. Duck or Vegan Ramen
9. Fried Tofu or Pork Chow Mein Noodles
10. Black Pepper Beef
11. Szechuan Roast Duck
12. Gobi Manchurian Manchurian Cauliflower (vegan)

13. Salmon in lime sauce with mashed cucumber salad
14. Phở - Vietnamese soup
15. Chinese stir fry with pork/chicken/shrimp/beef/fish/tofu



Desserts

1. Tapioca Pudding with Fruit
2. Mango Cream Cheese Vegan Pancakes
3. Japanese Cheesecake
4. Matcha Tiramisu
5. Mango Sticky Rice



Indian Food Menu

The individual ingredients of the dishes may vary depending on the time of year.

Starters

1. Indian Pomegranate Salad
2. Meat or Peas and Mint Samosas with Indian Tomato Sauce
3. Spinach & Cauliflower Curry
4. Curry Noodle Soup with Garlic
5. Tandoori Chicken Wings
6. Bombay Potatoes aka Bombay Aloo
7. Indian Summer Salad

Main Courses

1. Pork or Tofu Vindaloo
2. Lamb Curry with Cucumber Raita
3. Red Lentil Curry (vegan)
4. Red Lentil Dahl (vegan)
5. Chicken or Tofu Korma
6. Shrimp Curry
7. Brinjal Curry aka Eggplant Curry
8. Madras Egg Bhurji (vegetarian)
9. Chicken/Cauliflower/Chickpeas Tikka Masala (also vegan version)
10. Butter Chicken (Chickpeas vegan version too)



Desserts

1. Indian Rice Pudding aka Rice Kheer with Fruit
2. Mango Lassi
3. Pistachio Rice Pudding
4. Cardamom-spiced Vermicelli Pudding



Italian Menu

The individual ingredients of the dishes may vary depending on the time of year.

Starters

1. Minestrone Soup
2. White Wine Shrimp
3. Antipasto Salad
4. Watermelon Salad with Feta and Broad Beans
5. Caprese Salad
6. Baked Ricotta Dumplings in Tomato Sauce
7. Tomato, Avocado and Nduja Bruschetta
8. Prosciutto di Parma and Melon Salad

Main Courses

1. Homemade Italian Fresh Pasta (additions like Tomatoes, Basil, Parsley etc.)
2. Spianata, Farm Chicken, Mushrooms, Creamy Sauce, Shrimp, Beef Ragout, Pesto
3. Different Types of Italian Gnocchi
4. Different Types of Italian Risotto with Seafood, Mushrooms and Truffles, Meat or Fish etc.
5. Saltimbocca alla Romana
6. Spaghetti alla Carbonara
7. Pumpkin Ravioli with Ricotta Sage Cream Sauce and Zucchini
8. Fennel Lentil and Fish (Salmon, Sea Bass, Gilt-Head Bream etc.)
9. Caesar Salad



Desserts

1. Tiramisu
2. Panna cotta
3. Chocolate Ice Cream with Grape Compote and Almonds



French Menu

The individual ingredients of the dishes may vary depending on the time of year.

Starters

1. Bouillabaisse Classic French Fish Soup
2. Cheese Soufflé with Cranberry Sauce
3. Asparagus with Hollandaise Sauce
4. French Onion Soup with Cheese Toast
5. Goose Liver on Brioche Toast with Cherry Confiture
6. Baked Camembert with Mushrooms, Nuts and Dried Fruit
7. Poached Egg on Toast with Hollandaise Sauce
8. Vichyssoise aka Potato Leek Soup
9. Scallops on Spinach and Jerusalem Artichoke Purée
10. Scallops with Black Pudding Bacon and Capers or Lemon Butter Sauce
11. French-style Potatoes And Peas
12. Lamb steaks with mint sauce and apricot confiture

Main Courses

1. Niçoise Salad
2. Dijon Chicken with Ratatouille
3. Entrecôte Steak Potatoes Vegetables and Chimichurri/Black Pepper/Béarnaise or Red
4. Filet Mignon Lyonnaise Potatoes Vegetables and Different Types of Sauces
5. Guinea Fowl Polenta Vegetables and Corn Sauce
6. Chicken Provençal
7. Fish (Salmon, Sea Bass, Gilt-Head Bream) in Clam-Saffron or Lemon-Butter Sauce with Mashed Potatoes and Peas
8. Lamb Steak in Mint Sauce and Apricot Chutney

Desserts

1. Vanilla Crème Brûlée
2. Chocolate Soufflé with Raspberry Sauce
3. Crêpes Suzette
4. Tarte Tatin with Ice Cream
5. Pear Tarte Tatin with Ice Cream
6. Orange Chocolate Mousse
7. El Quijote Sangría





Polish Menu

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Starters

1. Sour Rye Soup
2. Kwaśnica (highlander soup made of sauerkraut with the addition of a large amount of sauerkraut juice and smoked ribs)
3. Cold Cucumber Soup
4. Cabbage and Mushroom Patties
5. Grilled Oscypek Cheese with Cranberry Jam
6. Potato and Lettuce Salad
7. Smoked Trout, Sour Cream, Apple, Radish and Cucumber
8. White Bean Pâté
9. Herring in many different ways (selection)
10. Warm Bundz Cheese with Blackberry Jam
11. Roasted Cauliflower with Nuts, Yogurt, Parsley and Blueberries
12. Beef Tartare, Onion, Pickled Mushrooms, Gherkins, Mustard, Parsley, Croutons
13. Beetroot, Goat's Cheese, Mint and Chicory Salad
14. Zucchini Pancakes with Garlic Sauce
15. Baked Portobello Mushrooms Stuffed with Egg Paste
6. Potato Dumplings/Pyzy with Duck, Caramelized Onion and Red Cabbage
7. Goose with Baked Vegetables and Cherry or Plum Sauce
8. Duck, Buckwheat, Sweet Brussels Sprouts or Cabbage and Dill, Carrots with Orange, Cranberry Sauce
9. Duck with Baked Beetroot and Apple
10. Pork Tenderloin in Mushroom Sauce
11. Mushroom Kaszotto (made of groats prepared like risotto) with Pumpkin
12. Zucchini Letcho
13. Kopytka Dumplings with Caramelized Carrots and Smoked Bundz Cheese
14. Stuffed Cabbage Rolls with Groats and Offal in Tomato Sauce (or Mushrooms for Vegetarians)



Desserts

1. Dumplings/Pierogi selection: Ruthenian (Ruskie), Meat, Mushrooms and Cabbage, Groat and Offal, Groat and Cheese
2. Silesian Dumplings with Goulash or Mushroom Sauce
3. Chicken Supreme, Oyster Mushrooms with Bison Grass Vodka, Carrots with Peas and Potato Purée
4. Venison Potato Pancakes
5. Kopytka Dumplings with Sauce (diamond-shaped potato dumplings)
1. Apple Strudel with Ice Cream
2. Plum Crumble with Honey and Rosemary
3. Apple Crumble with Vanilla Ice Cream
4. Quick Cookie Dough Cheesecake
5. Cream Cake with Advocaat and Seasonal Fruit
6. Meringue with Cream and Seasonal Fruit
7. Rhubarb Crumble
8. Polish Papal Cream Cake with Salted Caramel
9. Cinnamon Pancakes with Apples and Chocolate Sauce
10. Polish Kissel with Seasonal Fruits and Whipped Cream



Spanish-Portuguese Menu

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Starters

1. Salmon Tartare with Lime
2. Patatas Bravas with Aioli
3. Gazpacho (Cold Soup)
4. Roasted Cauliflower with Romesco Sauce
5. Caldo Verde Soup
6. Grilled Octopus with Potatoes and Capers
7. Spanish Tortilla
8. Piri-Piri Calamari (Squid)
9. Chorizo Empanadas
10. Shrimp Empanadas
11. Chorizo, Green Bean and Soft Boiled Egg Salad
12. Chilli, Celery and Coriander Prawns
13. Traditional Tapas Set
14. Salmon Ceviche

Main Courses

1. Seafood and Chicken Paella
2. Duck and Smoked Paprika Paella
3. Carne de Porco (Pork and Squid)
4. Pasta Negra (Black) with Squid, Shrimp and Pesto
5. Shrimp, Sweet Potato and Habanero Pepper Stew
6. Bean and Chorizo Stew with Jacket Potatoes
7. Atlantic Cod Cataplana
8. Grilled Sea Salt Crusted Fish with Mediterranean Style Fennel Salad
9. Oven-Baked Fish on Sherry Fino and Tomato Sauce and Baked Fennel

Desserts

1. Chocolate Orange Roulade with Chocolate Ice Cream
2. Pastéis de Nata aka Vanilla Custard Tartelettes
3. Saffron Rice Pudding with Fruit
4. Crema Catalana





Moroccan Menu

The individual ingredients of the dishes may vary depending on the time of year.

Starters

1. Couscous and Egg Salad
2. Orange, Peach and Nuts Salad
3. Eggplant, Pomegranate, Mint and Chickpeas Salad
4. Harira Duck Soup
5. Baked Dumplings with Peas, Mint and Spices
(optionally with minced meat)

Main Courses

1. Baked Fish and Tabbouleh Salad
2. Moussaka
3. Grilled Fish with Bulgur and Vegetables
4. Chicken Tagine with Dried Fruit
5. Fish Tagine with Chickpeas and Coriander
6. Beef Tagine with Dried Plums
7. Lamb Chops Tagine with Mint
8. Chicken and Lentil Kofta with Vegetables
9. Sweet Potato and Spinach Stew
10. Lamb or Chicken Kebab with Cumin, Garlic Sauce and Hummus



Desserts

1. Apple Crumble with Tropical Fruits
2. Baked Patties with Tropical Fruits
3. Goat Cheese with Fig and Date Chutney
4. Chocolates with Dates and Pistachio

Fit Menu

- Cooking course with diet planning



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