

MENU.NO-8-WINTER

Welcome to the FTT Restaurant!

The FTT restaurant is part of the business activities of the "Food Think Tank" Foundation, hence the abbreviation FTT. The FTT Foundation has been operating since 2015 and, in addition to the restaurant, also runs the "Wytwórnia FTT" cafe at the Lower Silesian Film Center (DCF) in Wrocław, "Cafe Bistro" at the University of Life Sciences at ul. Chełmońskiego in Wrocław, the "Ostrzę Ostrze" grinding plant in Wrocław's Nadodrże district and an online store with Japanese knives (www.foodthinktank.pl). Each product and service provided by the FTT Foundation as part of its business activities is certified with the "Pro Social" mark. These five types of economic activities of the foundation allow it to achieve the statutory goals that the FTT Foundation has set for itself. These are broadly understood education, and the means of expression include: performative artistic and culinary installations. The staff of the "Food Think Tank" Foundation wishes all the best.

BREAKFAST

Breakfast at the Garden and Orchard Restaurant, [vegetarian](#), PLN 38

Buttery scrambled eggs on a bread roll with onion jam, hard cheese and chives

Soft-boiled eggs on baked feta cream with grilled zucchini and roasted sunflower seeds and bread, [vegetarian](#), PLN 36

Sweet toast with pistachio butter, vanilla cream and fruit jam, [vegetarian](#), PLN 38

LUNCH from Tuesday to Friday, [PLN 40](#)

Soup + main course + juice, [vegetarian](#)

SNACKS

Appetizer of the Kitchen and Garden Restaurant, [PLN 38](#)

Grilled challah with ricotta paste and sardines

Baked cabbage in miso with teriyaki sauce and orange sauce, [vegan](#), [gluten-free](#), [PLN 32](#)

Roasted peppers with shrimps and sweet and sour sauce, [gluten-free](#), [PLN 46](#)

Breaded oyster mushrooms with chive pesto and sour cream, [vegetarian](#), [PLN 34](#)

[*If you follow a vegan or gluten-free diet, ask the staff about alternative products](#)

SOUPS

Creamy fish soup with leek and potato, [gluten-free](#), [PLN 32](#)

Baked onion soup with toast and mayonnaise with sea buckthorn, [vegan](#), [PLN 28](#)

SALAD

Salad with orange, baked beetroot, nuts and rowan vinaigrette, [vegan](#), [PLN 36](#)

DISH FOR CHILDREN

Fish Burger with fries and mayonnaise, [PLN 36](#)

MAINE COURSE

Dish from the Sadu i Ogrodu Restaurant, [vegan](#), [gluten-free](#), [PLN 48](#)

Zaguby Podlaskie with pepper and herb sauce and turnip salad.

Baked cod with light tomato sauce, carrots stewed in butter with lemon and potato cubes, [gluten-free](#), [PLN 62](#)

Ramen with pistachios, spinach, oyster mushroom and egg, [vegetarian](#), [PLN 48](#)

Fish and chips with curry cabbage and tartar sauce, [PLN 56](#)

Beef strudel with honey mustard sauce and baked beets, [vegan](#), [PLN 50](#)

DESSERT

Dessert from the Orchard and Garden Restaurant, [vegetarian](#), [PLN 36](#)

Pampuch with baked plums and vanilla sauce

Tea dessert with salted caramel, honey and butter cookies, [vegetarian](#), [PLN 34](#)

ADDITIVES

Challah, [PLN 8](#)

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