



### Savoury Crepes (min. 400g) serve with sauce

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|---|---------------|
| 1. Cheese min. 300 g <i>Vege</i>  | 14 zł         |
| 2. Cottage cheese, potato, onion <i>Vege</i> / bacon lardons  | 17 zł / 18 zł |
| 3. Cheese, spinach, egg   | 18,5 zł       |
| 4. Hummus, baked beetroots, sunflower seeds and spinach leaves <i>Vege</i>  | 19 zł         |
| 5. Mozzarella, mushrooms, chives <i>new</i>   | 19,5 zł       |
| 6. Basil chicken, tomato, blue cheese, spinach leaves   | 23,5 zł       |
| 7. Burrito ( <i>spicy</i> ) - minced meat, salsa, beans, chilli, corn, pepper, cheese, spicy tomato sauce, sour cream | 25 zł         |
| 8. Chicken, spinach, green onion and cream <i>new</i>   | 26,5 zł       |
| 9. Roasted salmon, spinach, cream cheese, onion   | 28,5 zł       |
| 10. Pulled pork, cheese, herbs  | 24 zł         |
| 11. Chicken kebab, cabbage, pickles cucumber, onion, garlic and thousand island sauce                                 | 23,5 zł       |
| 12. Chicken shawarma, cheese, onion   | 23 zł         |
| 13. Pulled beef, cheddar cheese, lettuce, mayonnaise sauce, onion   | 28,5 zł       |
| 14. Mushrooms, salami, ham, cheese, ketchup   | 21,5 zł       |
| 15. Chicken shawarma, shrimps, cheese, chilli, parsley ( <i>spicy</i> ) <i>new</i>                                    | 28,5 zł       |
| 16. Mexican ( <i>spicy</i> ) – chicken, beans, sweet corn, chilli, onion, red peper                                   | 24,5 zł       |
| 17. Pulled beef, cheddar cheese   | 27 zł         |
| 18. Mozzarella, tomatoes, olives, green pesto, arugula <i>Vege</i>  | 23 zł         |
| 19. Gyros - chicken, salad cheese, corn, tomato, onion, lettuce   | 24,5 zł       |
| 20. Rustic (bacon, sausage, onion, pickles cucumber), cheese  | 20,5 zł       |
| 21. Spanish - mozzarella, chorizo sausage, almonds, dried tomatoes, parsley   | 23 zł         |
| 22. Minced Meat (bolognese), cheese   | 21,5 zł       |
| 23. Chicken, red pesto, mozzarella, tomato  | 24 zł         |

### Corn Crepes (min. 400g) crepes cake with corn flour, may contain trace amounts off gluten

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| 1. Mozzarella, dried tomatoes, spinach leaves <i>Vege</i>  | 22 zł   |
| 2. Mexican with chicken and vegetables ( <i>spicy</i> )  | 25 zł   |
| 3. Burrito ( <i>spicy</i> ) - minced meat, salsa, beans, chilli, corn, pepper cheese, spicy tomato sauce, sour cream | 25,5 zł |

### Green Crepes (min. 400g) without milk and eggs, with oat milk

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| 1. Hummus, baked beetroots, sunflower seeds and spinach leaves <i>Vege</i> | 22 zł   |
| 2. Shrimps, zucchini, camembert, arugula                                   | 29,5 zł |
| 3. Mozzarella, tomatoes, olives, green pesto, arugula <i>Vege</i>          | 25 zł   |

### Baked Crepes with cheese (min. 400g)

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|---|---------|
| 1. Lasagne bolognese, white sauce, tomato sauce   | 24,5 zł |
| 2. Pulled pork, courgette, caramelized onion, cheese, tomato spicy and cheese sauce , parsley | 25 zł   |
| 3. Mexican with chicken, olives, spicy tomato sauce ( <i>spicy</i> )                          | 27 zł   |
| 4. Pulled beef, cheddar, corn, pepper, roasted panko, cheese sauce                            | 29,5 zł |

### Tortilla Crepes (min. 400g) Lettuce, tomatoes, red onion, vinaigrette sauce

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|---|---------|
| 1. Pulled pork, BBQ sauce, cheese       | 23 zł   |
| 2. Roasted salmon, caesar sauce, cheese | 27,5 zł |
| 3. Crispy chicken, caesar sauce, cheese | 24,5 zł |

### Crepes' Tagliatelle (min. 400g)

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|--|---------|
| 1. Carbonara with becon, spinach and red onion             | 23 zł   |
| 2. Pad Thai with shrimps and chilli ( <i>spicy</i> )       | 30,5 zł |
| 3. Chicken, spinach, green onion and cream <i>new</i>      | 26 zł   |
| 4. Spicy chicken, pepper, onion, arugula                   | 24,5 zł |
| 5. Grilled salmon with spinach and cream                   | 30,5 zł |
| 6. Dried tomatoes, red onion, arugula, piri-piri, corregio | 24 zł   |
| 7. Pad Thai with chicken and chilli ( <i>spicy</i> )       | 26 zł   |

### Soups (min. 300ml)

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|---|---------|
| 1. Borscht (beetroots soup) min. 250 ml <i>Vege</i>       | 7 zł    |
| 2. Chicken soup with crepes' noodles and parsley          | 11,5 zł |
| 3. Polish Żurek in bread bowl with eggs and sausage       | 16,5 zł |
| 4. Spicy soup with salmon, vegetables and coriander       | 16 zł   |
| 5. Tomato cream / Soup with cream served cold <i>Vege</i> | 12 zł   |

### Salads (min. 300g)

Served with 2 rolls and garlic butter

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| 1. Greek (tomato ,cucumber, pepper, onion, olives, salad cheese) <i>Vege</i> | 20 zł   |
| 2. Cesare with roasted chicken   | 23,5 zł |
| 3. Cesare with chicken in crunchy coating                                    | 24,5 zł |
| 4. Lettuce with roasted chicken and vegetables                               | 24 zł   |
| 5. Lettuce with shrimps, chili and mango sauce                               | 30,5 zł |
| 6. Lettuce with crispy chicken and vegetables, garlic sauce                  | 25 zł   |
| 7. Lettuce with grilled salomon, honey – mustard sauce                       | 30,5 zł |
| 8. Baked potato with garlic cheese and vegetables <i>Vege new</i>            | 22 zł   |

**Warm sauces (50g): tomato light, tomato spicy, cheese, bechamel**  
**Cold sauces (50g): jalapeno (spicy), garlic, thousand island, dill and yoghurt, sweet and sour chilli**

Breakfast everyday 10.00 to 12.00



### Additional ingredients only for the crepes':

Red onion, eggs, corn (30g); mushrooms (50g) – 3 zł  
Salami (15g); tomato, olives, spinach, spinach leaves, ham (50g), onion rings – 4 zł  
Jalapeno, dried tomatoes (20g); blue cheese, mozzarella, camembert (50g); cheese (100g) ; arugula– 5 zł  
possibility of baking – 4 zł dough swap – 2 zł extra sauce – 2 zł  
takeaway cardboard – 2 zł paper bag - 3 zł

Sweet Crepes, Crepes Triangles,  
Pancakes,  
Pancakes with chocolate,  
Desserts, Cold drinks, Hot drinks,  
Beers, Wines, Martini



## Sweet Crepes (min. 300g)

scoop of ice cream (80ml) - 5,5 zł whipped cream (20ml) - 4 zł

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|---|---------|
| 1. Sweets white „Michałki”, raspberry, sauce                                | 18,5 zł |
| 2. Milka chocolate, Oreo cookies, mascarpone, sauce                         | 21,5 zł |
| 3. Ferrero - marcarpone, Nutella / Manekinella, hazelnuts, chocolate, SAUCE | 23,5 zł |
| 4. Manekinella hazelnuts-chocolate, sauce min. 180g                         | 16 zł   |
| 5. Raffaello - mascarpone, coconut shreds, white chocolate, sauce           | 22 zł   |
| 6. Toffifee - mascarpone, Manekinella, hazelnuts, toffee sauce              | 23,5 zł |
| 7. Banana, seasonal fruits, white chocolate, sauce                          | 22 zł   |

## Pancakes (min. 400g)

scoop of ice cream (80ml) - 5,5 zł whipped cream (20ml) - 4 zł

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|---|---------|
| 1. Nutella / Manekinella , M&M's with hazelnuts, creamy sauce     | 20,5 zł |
| 2. Kinder Bueno (Nutella / Manekinella, mascarpone, fruit), sauce | 24,5 zł |
| 3. Seasonal fruits, white chocolate, cream sauce, mango sauce     | 20 zł   |

**Sauces (30g): cherry, strawberries, chocolate, caramel, creamy**

### Additional ingredients:

Extra sauce - 2 zł banana (50g), coconut shreds (10g), hazelnuts (20g) - 3,5 zł

cherries (80g); whipped cream (20g) - 4 zł

Scoop of ice cream (80g) - 5,5 zł Manekinella or Nutella (60g) - 4,5 zł; Manekinella nutty-chocolate (jar 200 g.) - 15 zł; Manekinella Pistachio - 25 zł



## Crepes Triangles (min. 300g)

scoop of ice cream (80 ml) - 5,5 zł whipped cream (20 ml) - 4 zł

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|---|---------|
| 1. Powdered sugar min. 120g                                     | 8 zł    |
| 2. Candied fruits: strawberry or cherry, min. 180g, sauce       | 11,5 zł |
| 3. Nutella / Manekinella, banana, sauce                         | 17,5 zł |
| 4. Kinder Bueno; Nutella/Manekinella, mascarpone, fruits, sauce | 22,5 zł |
| 5. White cheese with a hint of vanilla, sauce                   | 17 zł   |
| 6. Mascarpone, white chocolate, berries, sauce                  | 20 zł   |
| 7. Seasonal fruits, white chocolate, mascarpone, sherbet, sauce | 22 zł   |

## Pancakes with chocolate (min. 400g)

with pieces of milk chocolate

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|---|---------|
| 4. Cherries, white chocolate, cream sauce                 | 18,5 zł |
| 5. Maxi King, mascarpone, peanuts, ice cream              | 24,5 zł |
| 6. Banana Nutella/Manekinella, cream sauce, and ice cream | 21,5 zł |



## Cold Drinks



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|---|-----------------|
| 1. Water sparkling/still 0,3l / 0,5l                              | 4 zł / 5 zł     |
| 2. Bottled water Krystaliczne Źródło sparkling /still bottle 0,3l | 5 zł            |
| 3. Pepsi, Pepsi max, 7-up free, Mirinda 0,3l/0,5l                 | 7,5 zł / 8,5 zł |
| 4. Pepsi Lime Mint, Mountain Dew 0,5l                             | 10,5 zł         |
| 5. Orange, apple, grapefruit, black currant juice 0,3l            | 6,5 zł          |
| 6. Lipton Ice Tea (lemon, peach, green) 0,3l                      | 8 zł            |
| 7. Aloes 0,3l   | 9 zł            |
| 8. Rockstar ENERGY DRINK 0,25l                                    | 8,5 zł          |



## Hot Drinks



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|--|---------------|
| 1. Tea with lemon 300 ml                                     | 6 zł          |
| 2. Espresso Affogato 40 ml with a scoop of vanilla ice cream | 9 zł          |
| 3. Espresso / Espresso macchiato 40ml                        | 7 zł / 8 zł   |
| 4. Cafe 150 ml / Cafe o'le 150 ml                            | 6 zł / 6,5 zł |
| 5. Cappuccino * 200 ml                                       | 8,5 zł        |
| 6. Latte macchiato * 200 ml                                  | 12 zł         |
| 7. Cocoa / Milk 300 ml                                       | 6 zł          |

\* syropus: vanilla, nut, caramel, chocolate

\* lactose - free milk + 2 zł; soy milk + 2 zł



## Draft Beer



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|---|-----------------|
| 1. Perła Export 0,3l/0,5l                           | 7,5 zł / 8,5 zł |
| 2. Pitcher Perła Export 1,5l                        | 23 zł           |
| 3. Zwierzyniec Witbier 0,3l/0,5l                    | 8 zł / 9,5 zł   |
| 4. Mojito beer 0,5l / alcohol free 0,5l             | 11 zł           |
| 5. Beer with passion fruit 0,5l / alcohol free 0,5l | 12,5 zł         |

### Bottled beer

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|--|--------|
| 1. Perła Export 0,5l                               | 10 zł  |
| 2. Perła Chmielowa 0,5l                            | 10 zł  |
| 3. Honey beer of Perła 0,5l                        | 11 zł  |
| 4. Perła Koźlak 0,33l                              | 9,5 zł |
| 5. Zwierzyniec 0,33l                               | 8,5 zł |
| 6. Perła Porter 0,33l                              | 9,5 zł |
| 7. Alcohol free beer 0,5l                          | 10 zł  |
| 8. Bytów Regional flavoured beer / Wheat beer 0,5l | 12 zł  |



## Desserts



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|---|---------|
| 1. Apple pie with ice cream and whipped cream min. 350g         | 15,5 zł |
| 2. Creamy Oreo with fruits min. 200g                            | 16 zł   |
| 3. Ice cream (3 scoops) with fruits and whipped cream min. 350g | 17,5 zł |
| 4. Maxi King tart min. 200g                                     | 15,5 zł |
| 5. Chocolate cake with Mankinella and ice cream min. 200g       | 16 zł   |

## Our Drinks

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|---|------------------|
| 1. Homemade lemonade with citrus 0,4l / Carafe 1l | 8,5 zł / 21,5 zł |
| 2. Homemade lemonade with fruits 0,4l / Carafe 1l | 9 zł / 24 zł     |
| 3. Fruit coctail 0,25l                            | 8,5 zł           |
| 4. Fresh juice of apples or carrots 0,25l         | 9 zł             |
| 5. Fresh juice of grapefruit or orange 0,25l      | 12 zł            |
| 6. Iced coffee with syrup to choose from 0,4l     | 12,5 zł          |

## House Wine

Italy - dry; white (Trebiano-Cataratto); red (Sangiovese - Merlot)

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|-----------------------|---------|
| 1. Glass 125ml        | 9,5 zł  |
| 2. Carafe small 250ml | 17,5 zł |
| 3. Bottle 750ml       | 43,5 zł |

## Wine selection Manekin

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|--|---------------|
| 1. Losar, Spain, semi - sweet 125ml / bottle 750ml | 10 zł / 52 zł |
| 2. Santa Messa, Italy sweet 125ml / bottle 1000ml  | 11 zł / 72 zł |
| 3. Luciente, Spain semi - dry 125ml / bottle 750ml | 10 zł / 52 zł |
| 4. Primitivo Diade, dry 125ml / bottle 750ml       | 12 zł / 74 zł |



## Martini



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|---|---------|
| 1. Martini Fiero & Tonic 200ml          | 18,5 zł |
| 2. Martini Bianco / Rosso & Tonic 200ml | 18,5 zł |
| 3. Prosecco 125ml                       | 15 zł   |

Dear customers, the list of the allergens and ingredients you can find in our service 20.04.2022  
Suggestion and opinions should be directed to: [www.manekin.pl/79/gdynia](http://www.manekin.pl/79/gdynia) Phone numer 58 620 41 03