

Polish foods list (things you may find on a menu in Poland)

edit: 2017-06-21

by **Bruce Henry Lambert**, on assignment by the European Commission to EEDRI / AoM in Łódź.
Compiled from menus & online resources; particular thanks to Robert Strybel & Wojciech Bienkiewicz.
Errors or update suggestions to: bruce@reorient.com -- please mention [Polish foods list](#) in subject line.
<http://reorient.com/polishfoods> Aloha & happy eating: **Smacznego!**

aksamitny krem z białych warzyw - velvety cream of white vegetables.

ananasowy – pineapple

anyż - anise

arbuz - watermelon

avocado z sosem **tysiąca wysp i krewetkami z grilla, podane na salacie** - avocado w/ thousand islands sauce, grilled shrimps and salad.

babka - tall tapered, turban-shaped sweet cake (savory babkas use potatoes, onions, meat, etc.)

baklazan – eggplant, aubergine

banany / bananowy / bananowe – banana

barania – mutton

barszcz (BAHRSHCH) - tart soup: red (w/ beets) and white (creamed)

barszcz z koldunami lub w towarzystwie pasztecika - beetroot soup with ravioli or pastry.

bazant - pheasant

bazyliowym - basil

bez kości – boneless

beza - meringue

biała kapusta - white cabbage

biały barszcz - similar to zurek, often served over hard-cooked egg slices; Easter soup (biały barszcz wielkanocny).

bigos (BEE-guss) - stew regarded as Poland's national dish, contains sauerkraut (perhaps fresh shredded cabbage), bacon, sausage, meat or wild game, prunes, mushrooms and often red wine.

bigos myśliwski - hunter's cabbage

biszkopt - sponge cake

bita śmietana - whipped cream

bite zrazy - pounded collops

bitki (BEET-kee) - collops or slices of boneless meat, usually beef, pounded thin, browned and simmered in sauce

bliny (BLEE-nih) - yeast-raised pancakes made with buckwheat or wheat flour.

boczek (BAW-chek) - bacon; not only sliced and fried but often boiled and baked in a slab.

bozczu – bacon; **boczkiem podane** - bacon bits

borowik – bolete mushrooms

brokuly zapiekane z serem i prażonymi migdałami - broccoli baked w/ cheese & roasted almonds

brzoskwinowy / brzoskwinia – peach

budyń (BOO-din) - from English 'pudding'; this is the classic specially molded pudding in a hot-water bath and also the potato-starch-thickened blanchmange type of pudding.

bukiet surówek - fresh vegetables / green salad

bukiet warzyw blanszowanych skrapiany oliwką z oliwek - seasonal vegetables sautéed with olive oil.

bulka na ciepło z podsmażanymi kawałkami kurczaka - warm sandwich with chicken

bulka na ciepło z tuńczykiem - warm sandwich with tuna fish

buraki - beets

buraczki (boo-RAHCH-kee) - braised red beets chopped or grated, often containing apples; a typical cooked vegetable accompanying beef and game dishes **buraczki zasmażane** - fried beetroots

carpaccio wołowe podrasowane sosem ziołowo-bazyliowym - beef carpaccio with herb - basil sauce

carpaccio z lososia wędzonego lub surowego - raw or smoked salmon carpaccio

carpaccio z lososia, podane z marynowanym imbirem i płatkami avocado - salmon carpaccio with marinated ginger and avocado flakes.

cebula / cebulce / cebulowy - onion

charoset - a pasty Jewish dessert w/ walnuts, dates, apples (a Seder reminder of mortar)

chilli - chili powder

chleb z masłem : czosnkowym, ziołowym, paprykowym - bread w/ garlic, herb or paprika batter

chleb ze smalcem - bread with lard

chłodnik - cold beetroot soup

chrupiące placki ziemniaczane z wędzonym lososiem - crispy potato fritters with smoked salmon

chrust, chrusciki (KHROOST, khroosh-CHEE-kee) - fried, sugar-dusted pastries associated with Mardi Gras; in English, angel wings, bow-knot pastries, bows, crisps, crullers, kindling, etc.

chrzan (KSHAHN) - grated horseradish in vinegar marinade, usually laced with sour cream, is a favorite Polish condiment with meat, fish and hard-cooked eggs.

ciastko (CHAHST-kaw) - pastry, teacake, biscuit, cookie.

ciasto (CHAHST-taw) - depending on its context, this word can mean cake, dough or batter.

ciasto domowe - home specialty cake

cielęcina - veal

cukier - sugar

cukinia - courgette, zucchini

curry - curry

cwikla (CHFEEL-wah) - salad or relish made with grated cooked beetroot seasoned with horseradish; a typical Polish accompaniment to roast and smoked meats and sausages.

cynamonowy - cinnamon

cytrynowe - lemon

czarna porzeczka - blackberry

czekolada / czekoladowe - chocolate

czernina (chair-NEE-nah) / czarnina – tart, tangy duck or goose soup, contains the fowl's blood & dried fruit; usually served over noodles or potatoes; named for dark chocolate color (czern = blackness).

czzerwony barszcz - ranges from the hearty barszcz ukraiński containing beans, potatoes, other vegetables and meat and/or sausage to the delicate **czysty barszcz czerwony** - a clear Burgundy-hued beetroot broth

czosnek pieczony - garlic roasted; **czosnkowym** - garlic

czysty barszcz czerwony (CHIS-tih BAHRSCHH chair-VAW-nih) - clear, ruby-red beetroot-flavored broth with a winy tang, often with a hint of garlic and mushroom; usually served with a hot mushroom- or meat-filled pastry on the side; a standard item on Polish restaurant menus.

daktyle - dates

dania na gorąco - main courses

dania wegetariańskie - vegetarian dishes

dania włoskie - pasta

deka serow – blanket cheese

delikatna Francuska zupa cebulowa podana z grzaneckami - delicate onion soup with croutons.

delikatne placki z jelenia podane z bukietem salat, dipem musztardowo-miodowym i platkami parmezanu - delicate deer slices with salad, parmesan and honey-mustard dip.

deser lodowy - crepe with ice cream topped with chocolate

desery – desserts

deska serów / serowa duża - cheese board selection - large

deska serowa mała - cheese board selection - small

deska wędlin - selected cold meat platter

dodatki - extras / accompaniments

dodatki: buraczki zasmażane - fried beetroots

dodatki: frytki - french fries

dodatki: kapustka zasmażana - fried cabbage

dodatki: kopytka lub knedle - dumplings

dodatki: ryż lub kasza gryczana - rice or buckwheat

dodatki: warzywa blanszowane - vegetables sautéed; **warzywa grillowane** - vegetables grilled

dodatki: zestaw surówek - mixed salads

domowym - homemade

drinki - cocktails

drób - poultry

drugie śniadanie (lit: second breakfast) - often a bag lunch (sandwich, apple, cake) eaten at work.

duszona pieczeń wołowa na sosie śliwkowym, podana z kopytkami - stewed beef roast with plum sauce and dumplings.

duszone – stewed

duża - large

dyniowy / dynia – pumpkin; **pestki dyni** – pumpkin seeds

dżem - jam / marmelade

dżem – jam or preserves

dziczyzna (jee-CHIZZ-nah) - game dishes

Dzięgielówka - Specjalty herb vodka

dzik / dzika - wild boar

eskalopki z połędwiczki z jelenia ze szlachetnymi borowikami i ziemniakami staropolskimi podane - loin deer escalope with boletus mushrooms and potatoes.

estragonowy - tarragon

fantazja truskawkowa z nutą waniliową - strawberry fantasy with a touch of vanilla

fasola - kidney beans

faszerowana - stuffed

faworki - delicate, fried, sugar-dusted pastries

figi - figs

filet jagnięcy „po pańsku“ ze szparagami – lamb fillet with asparagus

filet schabowy w kruchcie z sosem z zielonego pieprzu – pork fillet in green pepper sauce

filet z indyka w migdałowej panierce z krokietami – turkey fillet with almonds and potato croquettes

flaki / flaczki (FLAH-kee, FLAHCH-kee) - tripe soup, rather spicy, flavored with black and red pepper, ginger and marjoram; a topping of grated cheese makes it "po warszawsku" (Warsaw style).

flaki po krakowsku - tripe "Kraków" style

frytki - french fries

galareta (gah-lah-REH-tah) - aspic or jelly encasing meat or fish to enhance their flavor and keep them moist and tender; a typical Polish cold starter.

galaretka owocowa - fruit jelly

galeczki, galuszki (gah-WECH-kee, gah-WOOSH-kee) - a kind of doughball or dumpling. Singular: galeczka, galuszka.

galka muszkatołowa - nutmeg

gazowane - carbonated

gęś – goose

gęś w modrej kapuście duszona doprawiana na słodko bakaliami – goose breast stewed with red cabbage

gęsia szyjka nadziewana – stuffed goose neck; fatty skin wrapped around meat stuffing & baked

gicz wołowa piwem sycona z dodatkiem warzyw wszelakich – beef shin soaked in beer

golabki (gaw-WUMP-kee) - stuffed cabbage rolls; literally: little pigeons; one of the Polish ethnic group's best-known 'display foods.' Ground meat & rice type in tomato sauce are most common, but there are numerous other varieties, including vegetarian versions **golabek** - (singular)

golonka (gaw-LAWN-kah) - pork hocks; usually boiled and served with sauerkraut or yellow puréed peas.

golonka pieczona po staropolsku w towarzystwie piwa duszona – pork knuckle roasted in a traditional Polish style

golonka po mazursku + kapusta z grochem - pig knuckle

gorąca czekolada - hot chocolate

gotowane - boiled

goździkowy - clove

grejpfrutowy – grapefruit

grillowana pierś kurczaka w towarzystwie grillowanych warzyw - grilled chicken breast with grilled vegetables.

grillowana po gangstersku pierś z kurczaka - podawana na różnych salatach w sosie miodowo – musztardowym - green salad with grilled chicken

grillowany – barbecued or grilled

grillowany schab z kostką w sosie czosnkowym z plackiem ziemniaczanym i warzywami grillowanymi - grilled pork chop in garlic sauce, potato cake and grilled vegetables.

grochówka (graw-HOOF-kah) - yellow split pea soup; a hearty stick-to-the-ribs pottage containing sausage, bacon, potatoes, carrots and perhaps other vegetables (some cooks add a dried mushroom for added depth).

grule - potatoes (in the Tatra Mountains)

gruszka w karmelu delikatnie winna - pear caramelised with a touch of wine

gruszka z czekoladą i karmelem - pears with chocolate and caramel **gruszki** - pear

grzane piwo - warmed beer

grzane wino - warmed red wine

grzaniec galicyjski - mulled wine "Galician" style

grzany miód trójniak - warmed honey

grzyby (GZHIIH-bih) - mushrooms not only accompany but are often served as the main meal. Most favored are the noble bolete (Steinpilz, porcini) known in Polish as borowik or prawdziwek. Milky caps (rydze) are usually served pan-fried in butter, as are the white domestic champignons (pieczarki). Kurki (chantrelles) are good in white sauces and with scrambled eggs. The tall kania or umbrella mushroom (portobello) is usually breaded and fried like a pork cutlet. Podpieńki (honey mushrooms), podgrzybki (bay boletes) and malaki (slippery jack) are put a few of the many varieties picked in Poland's forests. Different varieties of mushrooms are pickled in a seasoned vinegar marinade, grzyby marynowane (w/o oil).

gulasz staropolski z kopytkami podany – traditional Polish goulash with potato dumplings

gulaszowa z pieczywery – goulash soup

herbata – tea

herbata mrożona - iced tea

herbata smakowa - flavoured tea.

herbata z cytryną - tea with lemon

herbata z mlekiem - tea with milk

herbata z rumem - tea with rum.

herbata zielona - green tea

homary - lobster

imbirem - ginger

indyk (EEN-dick) – turkey

jablka / jablkowy / jablko – apple

jagnięcina - lamb

jajecznicza (yah-yech-NEE-tsah) - scrambled eggs, a favorite quick dish; jajecznicza is often fried na słoninie (on salt pork) na boczku (on bacon), na szynce (on ham) or na kielbasie (on Polish sausage).

jajecznicza na maśle - scrambled eggs in butter

jajecznicza z szynką - scrambled eggs with ham

jajka sadzone - fried eggs

jałowiec - juniper berries

jarzębiak - rowan vodka

jarzynka (yah-ZHIN-kah) - cooked vegetable.

jogurt - yogurt

kabanosy - dried sausages

kaczka "na złoto" pieczona, podawana z jabłkiem - duck

kaczka (KAHCII-kah) - duck, usually roasted stuffed with apples and seasoned with marjoram

kalafior - cauliflower

kanapki - sandwich

kania – portobello mushrooms

kapusta (kah-POOS-tah) - kapusta kiszona or kwaszona (barrel-cured cabbage or sauerkraut) is the basis for Poland's national dish bigos, kapuniak (sauerkraut soup), the Christmas Eve dishes kapusta z grochem (cabbage-chickpea) and kapusta z grzybami (cabbage-mushroom) are common pierogi fillings.

kapustka zasmażana - fried cabbage (sweet)

kardamon - cardamom

karkówka pieczona - slice of pork shoulder

kartofle (kahr-TUFF-leh) - potatoes; also known as ziemniaki (esp. in the Krakow region), grule (in the Tatra Mountains) and pyrki (in Wielkopolska, the Poznan region).

kasza (KAH-shah) - can be translated as groats, grits, grain, gruel, cereal, porridge, etc. The favorite is **kasza gryczana** (hreczana) - buckwheat groats. Others include kasza jęczmienna (barley), kasza jaglana (millet), kasza manna (farina, cream of wheat) and owsianka (oatmeal).

kawa czarna - black coffee

kawa Molinari - coffee

kawa z bitą śmietaną - coffee with whipped cream

kawa z mleczkiem - white coffee

kawa z rumem - coffee with rum

kawior - caviar

kęsy z kurczaka w cieście serowym – chicken fillets in cheese dough

ketchup - ketchup

ketchup – ketchup, tomato catsup

kielbasie - Polish sausage

kisiel (KEE-shell) - old and simple fruit jelly, usually thickened with potato starch, is a home-style favorite of Polish children. Oat and cranberry kisiel is a typical Christmas Eve speciality.

kiszka ziemniaczana - potato gut

kluski (KLOOSS-kee) - this term is applied to different kinds of noodles and dumplings.

kminek - caraway, cumin

knedle (KNEDD-leh) - a potato dumpling, filled with meat, plums or other fillings and boiled.

kolacja (kaw-LAHTS-yah) - supper, the last meal of the day; usually lighter than obiad (early afternoon dinner).

kolduny (koh-DOO-nih) - Small, usually meat-filled pierozki popular in NE Poland along the Lithuanian border.

kolendra (suszony owoc) - coriander (dried seed)

kolendra liście - cilantro (leaf of coriander)

kompot (KAWM-putt) - stewed fruit drink that often takes the place of dessert after a heavy meal. It is simply fresh fruit briefly cooked in slightly sweetened water.

kompozycja świeżych owoców sezonowych - fresh seasonal fruit mix

koper / koprekiem - dill

kopytka (kaw-PIT-kah) - A kind of unfilled potato dumpling serve as a meat accompaniment instead of potatoes or as a meal in itself, garnished with fried salt-pork nuggets or gravy.

kopytka lub knedle - dumplings

koreczki - cheese and mushroom corks

kotlet (KAWT-let) – linked to the word cutlet; can be a bone-in chop or a deboned cutlet; usually pounded, breaded and fried. It can also be a kind of flattened meatball or thick patty (kotlet mielony or siekany). Today's one of Poland's favorite meals is kotlet schabowy (fried, breaded pork cutlet).

kotlet „po chłopsku“ z kapusta zasmażaną – pork cutlet with roasted cabbage

kotlet schabowy (tradycyjny) - traditional breaded pork chop

krem z borowików - mushroom soup

krewetki - shrimps / prawns

krewetki na ostro z rusztu na bukiecie салат podane, z delikatnym sosem czosnkowym - spicy grilled shrimps with salad and garlic sauce.

kułbak - halibut

kulebiak (koo-LEBB-yahk) - loaf-shaped pie encasing fillings of sauerkraut, cabbage, rice, meat, mushrooms, etc.

kurczak - chicken (**udko** - leg; **piers** - breast / filet; **wątróbka** – liver)

kurcze po polsku (KOOR-cheh paw PAWL-skoo) - roast spring chicken polonaise stuffed with a filling made of milk-soaked white bread, chicken liver and minced veal seasoned with fresh dill and roasted to golden-brown perfection. Typical go-togethers are buttered new potatoes and mizeria (sliced cucumbers in sour cream).

kurki – chantrelles

kurki z patelni - pan fried mushrooms

kurki zbierane o poranku podawane w śmietanie - chanterelles picked at sunrise served w/ cream

kurkuma - turmeric

kuropatwa – partridge

kwaśnica z kielbasą - traditional cabbage soup with sausage

kwaszona - sauerkraut

kwiat muszkatu - mace

langusta - spiny lobster

lekki bulion z królewskich borowików z lazankami i leską śmietaną - light boletus (mushroom) broth with dumplings.

likiery - liqueur

lin w śmietanie - tench (fish) in cream

lin z koperkiem zapiekany na sosie z cebulki i śmietany, z ziemniakami podany - tench (fish) with dill, cream onion sauce and potatoes.

liść laurowy - bay leaf

listki z wędzonego schabu z dzika, podane z marynowaną gruszką i sosem żurawinowym - smoked boar cuts with marinated pear and cranberry sauce.

lody (3 kulki) - ice cream (3 scoops): śmietankowe – vanilla; czekoladowe – chocolate; truskawkowe – strawberry; cytrynowe – lemon; pistacjowe – pistachio; toffi – toffy; zabajone - custard

lody czarno białe - Black & White ice cream

łoś prosty z sieci, opiekany na ruszcie z dodatkiem sosu koperkowego - Norwegian salmon

łoś smażony z sosem grzybowym – fried salmon in mushroom sauce

łosos wędzony – salmon smoked

łoś z grilla / lososia – salmon; **łoś w dzwonekch z patelni** - grilled salmon

majeranek - marjoram

mak nasienie - poppy seeds

makaron – noodles

makowiec, strucla z makiem (mak-KAWY-yets, STROOTS-lah z MAH-kyem) - traditional Christmas yeast-raised roll cake contains a delicious filling of poppy seeds, raisins and nuts; usually iced and sprinkled with poppyseeds or slivered almonds. It is MAZUREK (mah-ZOO-rek) - flat cakes cut into serving-sized squares; a typical Easter treat.

mała - small

małaki - slippery jack mushrooms

małe co nieco na lunch - lunch

maliny - raspberries

małże - mussels

manty Kaukaskie ze świeżą baraniną, ostrym sosem pomidorowym polane - Caucasian dumplings with lamb and spicy tomato sauce.

maslakami – mushroom

marchew - carrot

masło - butter

mazurek (mah-ZOO-rek) - various kinds of flat cakes

miecznik z grilla podawany ze szparagami i cukinią w koszyczku ziemniaczanym - swordfish grilled with asparagus and zucchini in potato hamper

mięsa - meat

miesem – meat paste (in pierogi)

mieszek nadziewany jarzynami - spicy vegetable pancake parcel

miętowy - mint

migdały prażone - almonds roasted

Miód Pitny - honey liqueur (Dominikański dwójniak, Koronny dwójniak)

miodowym - honey

mizeria - sliced cucumbers in sour cream

morelka - apricots

mrożona - icy

musztardowo - mustard

musztardowy / gorczyzyny - mustard

na zimne wieczory polecamy - hot winter alcoholic warmers

naleśnik z jarzynami z serem pleśniowym - crepe filled with cheese and vegetables

naleśnik z mięsem - crepe filled with chicken

nalesniki (nah-lesh-NEE-kee) – crêpes; most common fillings are white curd cheese (twaróg), meat and onion and fruit jam. Typically folded into a square and browned in butter. Sour cream is a common topping for all except the meat-filled naleniki. Singular: nalenik.

naleśniki jabłkami lub jagodami nadziewane z sosem karmelowym podane - crepes stuffed with apples or blueberries with caramel sauce

nalewka (nah-LEFF-kah) - home-made cordial (alcoholic drink), usually made with grain alcohol of very strong vodka and various flavorings (fruit, honey, herbs, etc.).

napoje energetyzujące - energy drinks

napoje gorące - hot beverages

obiad (AWB-yaht) – early dinner generally eaten between 1 and 3 pm as the day's main meal. The traditional Polish dinner is soup and a main course (drugie danie - second course). Dessert is optional.

octem - vinegar

octem balsamicznym - balsamic vinegar

ogórki konserwowe – pickles (cucumber)

ogród owocowy - "fruit garden" with whipped cream

okoń filet z patelni - perch

okoń smażony, cytryną skrapiany, z mizerią i ziemniakami podany - fried perch with fresh cucumber salad and potatoes.

olej z oliwek - olive oil

oregano - oregano (wild marjoram)

orzechy laskowe – hazelnuts; **orzechy włoskie** - walnuts

orzeski ziemne / orzechy arachidowe - peanuts

ośmiornica - octopus

ostrzygi - oysters

owokami - fruit sundae, flan **owoce w cherry** - fresh fruit in Polish cherry vodka

owoce z bitą śmietaną - fresh fruits and whipped cream

owsianka - oatmeal

ozor – tongue

paczki (PAUNCH-kee) - Polish doughnuts, usually w/ fruit filling, and glazed or sugar-dusted; Singular: paczek.

papryka - paprika, capsicum **zielona papryka** - green paprika

pasty - pasta

paszteciki (pahsh-teh-CHEE-kee) / pasztecik (singular) - small hand-held pastries or pasties filled with meat, mushrooms, etc. and usually served with clear soups.

pasztecik (PAHSH-tett) - pâté or meat paste made from finely ground cooked meat. Polish pâté's characteristic flavor comes from adding wild game such as hare or venison (main contents: cooked pork, veal and liver).

pieczarki - cultivated champignon mushrooms

pieczen (PYEH-chain) - meat roast: **pieczen wołowa** (roast beef), **pieczen wieprzowa** (roast pork), **pieczeń cielęca** (roast veal), **pieczeń barania** (roast mutton), **pieczen z dzika** (roast wild boar).

pieczona biała kielbasa z kapustą i grochem - roasted white sausage with traditional sour cabbage and peas

pieczone (pyeh-CHISS-teh) - roast-meat course at a dinner or banquet.

pieczywo - bread

pieprzowy - pepper

pierogi (pyeh-RAW-ghee) filled dumplings; most common are minced cooked meat (miesem), sauerkraut & mushroom (kapusta z grzybami), cabbage-chickpea (kapusta z grochem), cheese-potato-fried onion (ruskie [Ruthenian] pierogi), sweet cheese (serem) often w/ touch of vanilla, & blueberries (jagodami). Other fillings include buckwheat groats, potatoes & onions and lentils. Toppings include fried fat-back nuggets, sour cream, melted butter or butter-browned bread crumbs.

pierogi z delikatnym nadzieniem z dziczyzny, ze skwierczącym boczkiem podane - pierogies with delicate venison filling and crispy bacon bits.

pierozki (pyeh-RUSH-kee) - diminutive of pierogi, suggesting smaller, daintier dumplings as cityfolk might serve. Singular: pierozek.

piers kurczaka – breast / filet of chicken

pietruszka - parsley

piment / ziele angielskie - allspice

pipek (geśi) - appetizer made from goose tripe

Piolutówka - Herb vodka

pistacjowe - pistachio

piwa – beer

piwa beczkowe – draft beer; also **piwa lane ze złotej piwy**

pizza - pizza

placek (PLAH-tsek) - Any of a variety of usually yeast-raised cakes baked with fruit, cheese, crumb topping, etc.

placek ziemniaczany z „cygańskim gulaszem“ – potato pancake with "Gypsy goulash"

placki ziemniaczane – potato pancakes

platy z kurczaka smażone w cytrynowym pieprzu - roasted lemon pepper breast of chicken

podgrzybki - bay bolete mushrooms

podpieńki - honey mushrooms

podwieczorek (pawd-vyeh-CHAW-rek) - Tea, usually a light sweet meal (cakes, preserves, pudding and tea or coffee) served about 5 PM, roughly midway between obiad (dinner) and kolacja (supper).

pół złocistej kaczki z duszoną modrą kapustką - half of golder duck with stewed cabbage.

połędwica wołowa świeżym pieprzem okraszana – beef loin with grilled meadow mushrooms

połędwica wołowa z grilla - sirloin steak

połędwiczka wieprzowa faszerowana boczkiem podana ze szlachetnym sosem grzybowym i młodymi ziemniakami - Tenderloin stuffed with bacon, served with mushroom sauce and potatoes.

połędwiczki wieprzowe pod sosem grzybowym schowane – pork loin in mushroom sauce

połędwiczki wieprzowe w piwie - tenderloins in beer

połędwiczki wieprzowe w sosie śmietankowym z kurkami - tenderloin of porkchop with roasted mushrooms

półmisek wędlin - variety of ham

półmisek zakąsek (sery, wędliny, warzywa, pieczywo) - appetizers (variety of cheeses, ham, vegetables and bread)

półmisek zakąsek / wędliny, sery, jarzyny - starters dish with cold-cuts, cheese & vegetables

pomarańczowy - orange

pomidorowe spaghetti patrizione o krewetki wzbogacone - spaghetti pomodoro with shrimps.

pomidorowe spaghetti patrizione o nucie czosnkowej - spaghetti pomodoro with a touch of garlic.

pomidory / pomidorowy - tomato

por - leek

prawdziwki – wild bolete mushrooms (**prawdziwek**)

przekaska (psheh-KAWN-skah) / przekaski - hors d'oeuvre; finger food; light snack served with drinks; plural: przekaski.

przeziorka - quail

przyprawy - spices

przystawka (pshih-STAHF-kah) - starter course, hot or cold meat, fish, vegetable or egg dish served ahead of the main course; plural: przystawki.

przystawki gorące – hot appetizers **przystawki zimne** - cold appetizers

prąg z grilla - trout

prąg z mazur, podawany z sosem kaparowym - masurian trout

pyrki - potatoes (in Wielkopolska, the Poznan region).

pyzy (PIH-zih) - dumplings made from raw and cooked potatoes; typical of the southern province of Slask (Silesia). These potato balls are boiled and served garnished with fried pork fat back nuggets and drippings.

ragu z sarny z warzywami korzennymi (na zamówienie) - roe ragout with root vegetables (pre-order).

rodzynka / rodzynek - raisins

rolada z piersi z kurczaka, brokolami nadziewana z sosem żurawinowym i ryżem podana - chicken breast rolled with broccoli, served with cranberry sauce and rice.

rosół - broth, soup **rosolnik pomidorowy** - tomato soup

rozmarynowy - rosemary

ryba w galarecie (RIH-bah v gah-lah-REH-cheh) - Fish in sparkling clear aspic is a typical Polish cold starter course. Carp is preferred but other fresh-water species such as trout, pike and pike-perch (walleye) are also good.

ryba / ryby - fish

ryba maślana - butterfish (often smoked)

rydze – milky cap mushrooms

ryż lub kasza gryczana - rice or buckwheat

rzodkiewki - radish, radishes

salata - lettuce **salaty szefa** - Chef's salad

salata wegetariańska - Vegetarian salad

Salata Wiosenna z kompozycją świeżych warzyw, kielkami soi, skrapiana oliwą z oliwek i octem balsamicznym - Fresh vegetables and soya sprouts with olive oil and balsamic vinegar.

salatka caprese ze szmuglowanej mozarelli z sosem dla niej właściwym - caprese salad

Salatka Koziego Grodu z kompozycją świeżych warzyw, kielkami soi i wędzonym pstrągiem, na sosie śmietanowym z czarnym kawiozem - Fresh vegetables, soya sprouts and smoked trout with caviar cream dressing.

Salatka Nigeryjska z salaty lodowej, smażonych krewetek, owoców mango i avocado, na tajlandzkim sosie słodko-ostrym - Iceberg lettuce, fried shrimps, mango and avocado with thai sweet and sour sauce.

salatka w kielichu - mixed salad - small

salatka z ogórka - cucumber salad **salatka z pomidora** - tomato salad

salatka z tuńczykiem / salata z tuńczyka - tuna fish salad

salatka ze świeżego szpinaku z sosem dijon, leśnymi kurkami i chrupiącym tostem - fresh spinach with Dijon sauce, chanterelles and crispy toast

sandacz w sosie cytrynowym lub w rozmarynie - pike/ zander

sandacz z sosem polskim o nucie koperkowej podany z ziemniakami - pike-perch with Polish dill sauce and potatoes.

sarnina – venison

schab pieczony (SKHAP pyeh-CHAW-nih) - roast pork loin may be served hot as a main course or cold as a starter, sometimes encased in aspic. Horseradish sauce is often provided.

schab wieprzowy - roasted pork chop "old Polish" style

schab z dzika w sosie własnym duszony, z kopytkami podany - boar chop simmered in au jus, served with dumpling.

schab z grilla - pork chop

seler / selerowy - celery

ser zapiekany z owocami - baked Camembert cheese with fruits

ser (serem) – sweet curd cheese (pierogi ravioli type); ser biały (white 'cottage' cheese)

sernik (SARE-neek) - cheesecake, often studded with raisins and flavored with grated orange peel; a favorite Polish dessert. Among the dishes introduced to the Vatican by Polish-born Pontiff John Paul II.

serowy – cheese

sezam luskani - sesame seeds

sielawa smażona - vendace (fish)

śledź w trzech smakach z pieczonymi ziemniakami - three flavours of herring with jacket potato

śledz (SHLEDGE) - Baltic herring served up with sliced onions marinated in vinegar or oil or creamed. Sometimes diced apples are added.

śledzik w oleju lub w śmietanie - herring in oil and cream

ślimaki w masle czosnkowym z parmezanem - snails in garlic butter with parmesan

śliwki / śliwka – prune or plum

śliwki w boczek zawijane, nadziewane migdałami, podane z sosem karmelowym - bacon covered plums, stuffed with almonds, served with caramel cause.

słodka niespodzianka na gorąco - sweet & hot surprise dessert

słonecznik - sunflower **ziarnos** – sunflower seeds

słoninie - salt pork

smakowity wypiek dnia - tasty bake of the day

smalcem - 'country spread' w/lard

smalec domowy z pikłami i pieczywem - cold bacon dripping / lard with pickles and bread

smażony - fried

śmietanie / śmietankowy - cream (sometimes vanilla)

śniadanie (shnyah-DAH-nyeh) / śniadania - breakfast, the first meal of the day; may be savory (cheese, cold cuts, eggs) or sweet (jam, raised cakes, sweetened milk soup and hot cereals); drugie śniadanie (literally: second breakfast) - often a bag lunch (sandwich, apple, cake) eaten at work.

sok (soki) - juice

sok pomidorowy - tomato juice

soki egzotyczne - tropical juices

soki owocowe - fruit juices

sól – salt

solą smażoną - sole

sos - sauce / gravy

sos sojowy - soy sauce

sosem żurawinowym - cranberry sauce

Staropolska golonka Jaśnie Pana w piwie duszona i z kapustką zasmażaną podana – Old Polish knuckle of pork stewed in beer, served with fried cabbage.

stek z poledwicy z grilla na sosie pieprzowym, w towarzystwie pomidora zapiekanego z serem - grilled loin steak with pepper sauce and baked tomato with cheese.

suflet cytrynowy - lemon soufflé

surówka - salad

susone – dried; **susona morelka** – dried apricots; **suszona śliwka** – dried prunes

świeżymi truskawkami i bitą śmietaną - fresh strawberries and whipped cream

szafranowy - saffron

szalotka - shallot

szalwia - sage

szarlotka (shahr-LAWT-kah) - apple cake; the Polish equivalent of America's apple pie in terms of popularity.

szarlotka z kulką lodów waniliowych - homemade apple pie with vanilla ice cream

szaszлык myśliwski - hunter's shashlik

szczupak soute - pike

szczypiorek - chive

szparagi pod beszamelem - asparagus with ham, cheese and béchamel sauce

szpinak – spinach

szynce – ham

Szwabskie (pierogi) - German-style dumplings

talerz mix pelen pierogów z mięsem, ruskich oraz pierogów z kapustą i grzybami - plate full of mixed pierogies with meat, cheese and cabbage/mushroom filling.

tartinki - crackers with caviar paste

tatar (TAH-tahr) - beefsteak Tartare is a mound of minced beef tenderloin with a raw egg yolk deposited in its volcano-like crater and served in a wreath of chopped onion, pickled cucumbers and pickled mushrooms.

tatar z lososia: podany z ogórkiem, cebulką i kaparami - salmon tatar w/ pickled cucumber, onion and capers

toffi - toffy

tradycyjna pasta carbonara, łyżkę lizać - traditional pasta carbonara.

truskawkowe - strawberry

tuńczyka - tuna

twaróg - white curd cheese

udko z kurczaka – leg of roast chicken

wanilia - vanilla

warzywa blanszowane - vegetables sautéed; **gotowane** – boiled; **grillowane** - grilled

warzywa z grilla z sosem czosnkowym podane - vegetables grilled in garlic sauce.

wątróbka – liver

wątróbka drobiowa z jabłkami i cebulą duszona – chicken liver with apples and onion

wędliny / wędlina - cold-cuts

wędzony – smoked

wegetariańskie dania - vegetarian dishes

węgorz - cel

węgorz wędzony - smoked eel

wiejska - village salad

wieprzowa / wieprzowina – pork

wino - wine

winogrona - grapes

wiśnia - sour cherry wiśniowy; sweet cherry: **czereśnia**

włoszczyzna - soup vegetables (literally: Italian)

woda gazowana - carbonated mineral water

woda niegazowana - still mineral water

wolowa / wolowina – beef

zabajone - custard

zajac – hare

zakąski gorące - hot appetizers

zakąski zimne - cold appetizers

zapekanka warzywna na sosie beszamelowym, z nutą serową - vegetable casserole with bechamel sauce and cheese (**zapekany** - baked)

zawijani staopolski - stuffed beef pocket

żeberka na ostro lub w miodzie - grilled pork shoulder

żeberka wieprzowe „po hetmańsku“ na sposób pikantny zaprawione z domowymi kopytkami - spicy pork ribs with home-made potato dumplings

żebra w całości w miodzie pitnym duszonepodane z ziemniakiem zapekanym - rack of ribs sizzled in honey liquor, served with baked potato.

zestaw surówek - mixed salads

ziarnos - sunflower seeds **słonecznik** - sunflower

zielona papryka - green papper

ziemniaki - potatoes (esp. in the Krakow region); **ziemniaki pieczone** - baked potatoes

ziemniaki młode, zapekane lub staropolskie - potatoes

zimne napoje - cold beverages

złocisty camembert smażony w panierce, podany z sosem żurawinowym - fried camembert with cranberry sauce.

złocisty karaś w winnej zalewie, w towarzystwie marynowanej cebulki - golden crucian carp in wine sauce with marinated onion.

Żołądkowa - Bitter herb vodka

zraz z mięsa wolu zawijany tradycyjnie z kaszą podany - home style beef collars with groats

zrazy (ZRAH-zih) - collops or slices of meat, pounded thin, browned and simmered until tender; a favorite of the Old Polish nobility still popular today (synonymous with bitki above).

zrazy zawijane (ZRAH-zih zah-vee-YAH-neh) - slices of boneless meat pounded, spread with filling, rolled up, browned and simmered until tender; an elegant banquet dish traditionally served with buckwheat groats.

zrazy zawijane z sosem grzybowym i kaszą podane - beef rolls with mushroom sauce and buckwheat.

Żubrówka - bison grass flavored vodka; traditional *Hierochloe odorata* from Białowieża Forest

zupa (ZOO-pah) - soup, traditionally the first course at daily dinner, followed by the main course; at festive dinners, the soup follows the cold appetizer course.

zupa dnia - soup of the day

zupa grzybowa (gzihh-BAW-vah) - creamed mushroom soup; may be made from wild bolete mushrooms called "prawdziwki" (true mushrooms). Polish menus clearly distinguish them from the rather bland-tasting cultivated champignon type (pieczarki) which are considered inferior.

zupa ogorkowa (aw-goor-KAW-vah) - tangy, creamy soup containing grated brined cucumbers and diced potatoes.

zupa pomidorowa - Polish tomato soup served with rice or often noodles.

zupa szczawiowa (shcha-VYAW-vah) - A creamy soup flecked with tart green sorrel leaves (similar to spinach) usually served over a hard-cooked egg.

zupa z raków - crayfish soup

zupa z sandacza - pike perch soup

zurek (ZHOO-rek) - tart soup made with fermented rye meal, usually cooked on a sausage-based stock, and seasoned with marjoram. It may be served with a hard-cooked egg in the soup or a serving of potatoes garnished with pork fatback or bacon nuggets on the side; sometimes served in hollowed-out bread.

zurek na zakwasie z białą kielbasą i ziemniakami - Polish white borsch with white sausage and potatoes

zurek staropolski - old traditional Polish soup

>> this list is not full or comprehensive; send suggestions! **bruce@reorient.com**

Terms Useful in Restaurants

- **Tam koło okna są wolne stoliki.** - There are vacant tables by the window.
- Proszę o jadłospis / kartę dań** - A menu, please.
- Co dziś pan poleca?** - What do you recommend today?
- Jakie jest dziś danie dnia?** - What's today's special?
- Czy proponują państwo gotowe zestawy?** - Do you offer set meals?
- Smacznego!** - Bon appetit!
- Na zdrowie!** - Cheers! (To your health)
- Mam alergię na orzeszki ziemne.** - I'm allergic to peanuts.
- **Zabrakło serwetek.** - We're out of napkins.
- **Czego się państwo napiją?** - What would you like to drink?
- Proszę o sok pomarańczowy i colę.** - Orange juice and coke, please.
- Proszę o wodę mineralną.** - Mineral water, please.
- **Gazowaną czy niegazowaną?** - Sparkling or nonsparkling?
- **Tu są zestawy, a tam dania z karty.** - These are set menus and those are a la carte.
- **Czy zechcą państwo już zamówić?** - Would you like to order now?
- **A co jako danie główne?** - What about the main course?
- **Jedną chwileczkę, już podaję.** - One moment, please, I'm serving your order right away.

brak - we're out of ...

czas oczekiwania - waiting time

danie dnia - the special

gotowy zestaw obiadowy - set menu / the special

specjalność zakładu - specialite de la maison

potrawy regionalne - local dishes

bufet szwedzki - smorgasbord

jadłospis - menu

karta dań - menu

karta win - wine card

polecić - recommend

przyjąć zamówienie - take the order

zamówić - order

zastanawiać się - think

zdecydować się - decide

zmienić zamówienie - change the order

lokal - restaurant

kelner - waiter

kucharz - cook / chef

szeł kuchni - chef

filiżanka - cup

kieliszek - glass

cukiernica - sugar bowl

mrożonki - frozen food

nakrycie - set of plates

obsługa - service

podać - serve

półmisek - platter

poprosić - ask

przygotować - prepare

przyrządzić - prepare

serwetka - napkin

stolik - table

sztućce - cutlery

Przyprawa - Condiments / Seasonings / Spices:

anyż - anise

bazyliowym - basil

bita śmietana - whipped cream

boczek podane - bacon bits

cebule - onion

chilli - chili powder

chrzan - horseradish

cukier - sugar

curry - curry

cynamonowy - cinnamon

cytrynowe - lemon

czosnkowym - garlic

estragonowy - tarragon

galareta - aspic

galka muszkatołowa - nutmeg

goździkowy - clove

imbirek - ginger

jablkowy - apple

jałowic - juniper berries

kardamon - cardamom

ketchup - ketchup

kminek - caraway, cumin

kolendra (suszony owoc) - coriander (dried seed)

kolendra liście - cilantro (leaf of coriander)

koper / koprekiem - dill

kurkuma - turmeric

kwiat muszkatu - mace

liść laurowy - bay leaf

majeranek - marjoram

mak nasienie - poppy seeds

masło - butter

miętowy - mint

miodowym - honey

musztardowo - mustard

octem - vinegar

octem balsamicznym - balsamic vinegar

olej z oliwek - olive oil

oregano - oregano (wild marjoram)

papryka - paprika

pieprzowy - pepper

pietruska - parsley

piment / ziele angielskie - allspice

przyprawy - spices

rozmarynowy - rosemary

selerowy - celery

sezam luskani - sesame seeds

smalcem - 'country spread' w/lard

śmietankowy - cream

sól - salt

sos sojowy - soy sauce

sosem żurawinowym - cranberry sauce

szafranowy - saffron

szalotka - shallot

szalwia - sage

szczypiorek - chive

wanilia - vanilla

wino - wine