

Polish SmartPoints® list

Branded food

Caprio

Apple Drink, 1 serving, 250ml **3**

Apple Raspberry Multifruit Drink, 1 serving, 250ml **3**

Multifruit Drink, 1 serving, 250ml **3**

Orange Drink, 1 serving, 250ml **3**

Drosed

Podlaski Pasztet Drobiowy (Chicken Pâté), ½ can, 50g **3**

Podlaski Pasztet Paprykowy (Chicken Pâté with Paprika), ½ can, 50g **3**

Podlaski Pasztet Pomidorowy (Chicken Pâté with Tomato), ½ can, 50g **3**

E. Wedel

Aha! Sezamki (Sesame Bar), 1 bar, 27.2g **5**

Czekolada Gorzka o Smaku Crème Brûlée (Dark Chocolate with Crème Brûlée), ¼ bar, 25g **6**

Czekolada Gorzka Wisniowa (Dark Chocolate with Cherry), ¼ bar, 25g **6**

Czekolada Mleczna (Milk Chocolate), ¼ bar, 25g **7**

Czekolada Mleczna Jagodowa i Poziomkowa (Milk Chocolate with Strawberry & Blueberry), ¼ bar, 25g **6**

Czekolada Mleczna Truskawkowa (Milk Chocolate with Strawberry), ¼ bar, 25g **6**

Karmellove! (Caramel Bar), 1 serving, 15g **4**

Ptasie Mleczko Waniliowe (Chocolate covered Vanilla Marshmallows), 1 individual, 0.6g **2**

Delicje pomaranczowe (Supreme Jaffa Cakes Orange), 1 serving, 15g **3**

Delicje malinowe (Supreme Jaffa Cakes Raspberry), 1 serving, 15g **3**



Jutrzenka

Familijne Gofrowe Wafle z musem o smaku waniliowym

(Wafers with Vanilla Cream),

1 serving, 30g **6**

Familijne Wafle o smaku orzechowym

(Wafers with Nut Flavoured Cream),

1 serving, 30g **7**

Familijne Wafle o smaku smietankowym

(Wafers with Cream), 1 serving, 30g

7

Krakus

Barszcz Czerwony (Red Beetroot Soup), 1 serving, 250ml

4

Golonkowa (Cured Pork Knuckle),

¼ can, 75g **3**

Mielonka Wieprzowa

(Luncheon Meat), ¼ can, 75g **7**

Parowki z Szyunki (Pork Hot

Dogs), 1 individual, 40g **4**

Przekaska Wedzona

(Smoked Pork Snack), 1 serving, 30g **5**

Zurek (Sour Soup), 1 serving, 250ml **2**

Zywiecka (Sausage), 1 serving, 30g **2**

Lajkonik

Paluszki Slone (Salted Stick Snacks), 1 serving, 30g

3

Rewersy (Savoury Snacks),
1 serving, 30g **5**

Lazur

Ser plesniowy Blue (Full Fat Blue
Veined Cheese), 1 serving, 40g **6**

Ser plesniowy Green (Full Fat Blue
Veined Cheese), 1 serving, 40g **6**

Lisner

**Filety Sledziowe Krojone w Sosie
Musztardowym** (Herring in
Mustard Sauce), 1/5 pot, 100g **12**

Salatka Polska Warzywna
(Polish Vegetable Salad),
1/2 pack, 125g **10**

Salatka Sledziowa z Buraczkami
(Herring Salad with Beetroot),
1/2 pack, 140g **14**

Salatka z Pstragiem Wedzonym
(Smoked Trout Salad), 1/5 pot,
100g **8**

Lowicz

Dzem Truskawkowy (Strawberry
Jam), 1 serving, 18g **2**

Powidla Wegierkowe (Plum
Chutney), 1 serving, 18g **2**

Pulpety w Sosie Pomidorowym
(Meatballs in Tomato Sauce), 1/4
jar, 145g **4**

Serek Wiejski (Cottage Cheese),
1 serving, 40g **1**

Sos Spaghetti (Spaghetti Sauce),
1/2 jar, 150g **7**

Twarog Lowicki Chudy
(Curd Cheese), 1 serving, 40g **1**

Mlekovita

Gouda Ser w plastrach (Cheese
Slices), 1/5 pack, 30g **4**

Mazdamer Ser w plastrach
(Cheese Slices), 1/5 pack, 30g **4**

Kefir Naturalny (Sour Milk
Drink), 1/4 bottle, 250g **5**

Smietana (Sour Cream 18% Fat),
1 serving, 30g **3**

Sokol (Cheese Slices), 1/5 pack,
30g **4**

Maslanka truskawkowa
(Strawberry Buttermilk),
1/4 bottle, 250g **9**

Morliny

Berlinki Classic Hot Dogs,
1 individual, 50g **4**

Chicken Breast Sausage,
1 serving, 30g **2**

Kielbasa Krakowska (Sausage
Slices), 1/4 pack, 20g **1**

Kielbasa Mazurska Sausage,
1 serving, 30g **3**

Kielbasa Doktorska Sausage,
1 serving, 30g **2**

Kielbasa Sopocka (Pork Slices),
1/2 pack, 50g **1**

Kielbasa Wiejska (Sausage
Slices), 1/4 pack, 25g **1**

Olza

Prince Polo Classic (Wafer Bar),
1 bar, 17.5g **4**

Polish Village Bread

Chleb Magnus (Multigrain Bread with Seeds), 1 slice, 45g **3**

Chleb Wiejski (Country Bread), 1 slice, 45g **3**

Chleb Zyrni bez Drozdzy (Yeast Free Rye Bread), 1 slice, 45g **3**

Prymat

Musztarda Sarepska (Spicy Classic Mustard), 1 serving, 15g **1**

Sokolow

Gold Kabanosy Francuskie (French Style Sausage), 1 serving, 30g **6**

Parowki z Szynki (Hot Dogs), 1 individual, 42g **4**

Slaska Sausage, 1 serving, 30g **2**

Szynka Gotowana (Cooked Ham Slices), ½ pack, 60g **1**

The Polish Bakery

Chalka (Sweet Plait), 1 slice, 40g **4**

Chleb Slonecznikowy (Sunflower Seed Bread), 1 slice, 40g **3**

Chleb Wiejski (Brown Bread), 1 slice, 40g **3**

Drozdowka z Serem (Sweet Cheese Bun), 1 slice, 40g **5**

Tradycyjny Chleb Polski Pszenno-Zyrni na Zakwasie (Half Wheat Half Rye Bread), 1 slice, 40g **3**

Tymbark

Apple Mint Drink, 1 serving, 200ml **2**

Cactus Multifruit Drink, 1 serving, 200ml **2**

Cherry Apple Drink, 1 serving, 200ml **2**

Green Banana Multifruit Drink, 1 serving, 200ml **3**

Multifruit Carrot Drink, 1 serving, 200ml **2**

U Jedrusia

Kluski na Parze (Steamed Dumplings), ¼ pack, 75g **6**

Krokiety z Kapusta i Grzybami (Croquettes with Sauerkraut & Mushrooms), ¼ pack, 100g **5**

Krokiety z Miesem (Meat Croquettes), ¼ pack, 100g **8**

Pierogi Ruskie (Dumplings with Cottage Cheese & Potato), ¼ pack, 100g **5**

Pierogi z Miesem (Dumplings with Meat), ¼ pack, 100g **6**

Pierogi ze Szpinakiem i Serem (Dumplings with Spinach & Cheese), ¼ pack, 100g **5**

Winiary

Majonez Dekoracyjny (Mayonnaise), 1 serving, 15ml **3**

Sos Tartarski (Tartar Sauce), 1 serving, 15ml **3**