

## Simply Italian!

This rule has been with us from the very beginning.  
If you love real Italian cuisine, you've come to the right place.

**We invite you to our restaurants.**

### I Love Pasta - pasta manufacture

Is known for homemade pasta and authentic Italian cuisine. The signature dishes are Carbonara Premium and Tiramisù.

### I Love Pizza - fire rules here!

Anyone who tries a pizza baked in a wood-fired oven will not want to eat any other one.

### I Love Italy - the Italian way of life

A culinary concept combining a restaurant and a delicatessen.

For the preparation of dishes in our restaurants, we use carefully selected products, most of which come from the I Love Italy delicatessen, in which you can also shop. There you will find delicious cured meat, cheeses, wines, coffee and other delicacies with the mark # buyitaly.

**You appreciate us - thank you!  
Together we form the I Love family.**



Italian auditors checked the menu, origin and quality of ingredients, experience and education of chefs, the taste of dishes, decor and atmosphere of I Love Pasta. We have received the Ospitalità Italiana certificate. As one of the 28 restaurants in Poland.



Our restaurants I Love Pasta and I Love Italy are recommended in the prestigious *Poland 100 Best Restaurants guide*.



Our restaurants are recommended by an elite federation Associazione Italiana Cuochi



*Restaurant Guru* named I Love Pasta the best in 2024 restaurant, and I Love Italy for the best Italian restaurant, Love Pizza for the best pizza in Jelenia Góra.



Golden forks are awarded to the best restaurants and chefs in Poland. Love Pasta and I Love Italy received them in the Mediterranean Cuisine category, while the I Love Italy Chef - Michał Matuszewski received the title of Grandmaster of Culinary Arts.

idedoilove.pl



## ANTIPASTI | STARTERS

### 1. CICCHETTI | 56 zł | 14€

A real delicacy from Venice, that shows the richness and diversity of the region. The secret of these sandwiches and snacks are perfectly composed ingredients. This appetizer allows to get know 6 different flavours.

### 2. BURRATA CON POMODORI E PESTO | 48 zł | 12€ | 300g

Creamy Burrata cheese from Puglia, served with rucola, cherry tomatoes, pesto alla genovese and extra virgin olive oil.

### 3. TARTARE DI FILETTO | 68 zł | 17€ | 250 g

Hand-chopped beef sirloin tartare, served with homemade truffle mayonnaise, fried capers, shallots, marinated boletus, pine nuts, dried tomatoes and spices. Bread is served with the dish.

### 4. VEGE TARTARE | 56 zł | 14€ | 250 g

Hand-chopped vegetarian tartare made of baked aubergines, fresh and dried tomatoes, capers, red onion with the addition of starcciatella cheese, crispy oyster mushroom. Bread is served with the dish.

### 5. CARPACCIO DI MANZO | 72 zł | 18€ | 250 g

Carpaccio was founded in Venice in 1950. The dish is named after the famous Venetian painter Vittore Carpaccio. It is a thinly broken one-piece beef tenderloin, served with rocket, cherry tomatoes and Parmigiano Reggiano cheese. The dish is smoked with lemon tree smoke.

### 6. PATATINE FRITTE AL PARMIGIANO REGGIANO | 32zł | 8€ | 150g

Fries topped with Parmigiano Reggiano cheese and truffle powder.

### 7. SPECIALITA ITALIANE | 48 zł | 12€ | 100 g

An individually composed board of cheeses, cold meats and specialties available at our counter.

## MINESTRE | SOUPS

### 8. TORTELLINI IN BRODO | 36 zł | 9€ | 300ml

Handmade dumplings stuffed with meat, served in chicken and beef broth.

### 9. ZUPPA DI POMODORO | 36 zł | 9€ | 300 ml

A creamy and aromatic tomato soup, served with olive oil, mozzarella, pesto alla genovese and roasted almonds.

## PRIMI | FIRST COURSE

### 10. PASTA CON LE FAVE | 56zł | 14€ | 350g

Strozzapreti pasta with young broad beans, guanciale and Pecorino Romano

### 11. RAVIOLI ALLA CAPRESE | 52 zł | 13€ | 350g

Twelve handmade raviolis stuffed with Mozzarella and Ricotta cheeses.  
Served in tomato and basil sauce.

### 12. SPAGHETTI ALLA CARBONARA | 56 zł | 14 € | 460g

A traditional dish of Roman cuisine. Pasta in Pecorino Romano cheese sauce,  
Guanciale and egg yolks.

### 13. SPAGHETTI AGLIO, OLIO E GAMBERI | 72zł | 18€ | 300g

Spaghetti with shrimps in a sauce based on garlic, peperoncino, olive oil, shrimp butter, parsley.

### 14. RIGATONI CON RAGÙ DI NAPOLETANO | 56 zł | 14€ | 400g

Rigatoni pasta in a slow-cooked meat sauce of beef, pork neck, pork ribs with pancetta, Prosciutto  
Crudo di Parma and tomato sauce. Served with parsley.

### 15. GNOCCHI CON RAGU DI SALSICCIA | 48 zł | 12€ | 350g

Potato gnocchi in sauce with italian sausage, tomatoes, garlic, Parmigiano Reggiano, sour cream  
and parsley.

### 16. CARAMELLE ALL'ANATRA | 60 zł | 15€ | 350g

Twelve handmade candy-shaped ravioli with roast duck filling,  
Served with burnt butter and pine nuts.

### 17. CONCHIGLIONI RIPIENI AI FORNO | 60 zł | 15€ | 460g


Shell-shaped pasta filled with Portobello mushroom filling,  
zucchini, parsley and mascarpone. Baked in Italian cheese sauce

### 18. RISOTTO CON ASPARAGI E PROSECCO | 60 zł | 15€ | 360g


Creamy risotto with green asparagus and Prosecco. Prepared with Arborio rice  
grown in the north of Italy. The dish has a slightly liquid consistency and the rice  
is cooked al dente.




## SECONDI | SECOND COURSE

19. ASPARAGI AL BURRO CON PARMIGIANO | 48zł | 12€ | 350g   
Butter-fried green asparagus, served with Parmigiano Reggiano cheese and focaccia.

20. INSALATA CAESAR | 60 zł | 15€ | 350g  
Caesare Cardini is considered to be the creator of this dish.  
The main ingredients are romaine lettuce, Parmigiano Reggiano cheese, cherry tomatoes, croutons and corn chicken breast.

21. FRITTO MISTO DI MARE | 76 zł | 19€ | 350g   
Various types of fresh seafood and vegetables, breaded and deep fried.


22. POLPO CON PUREA DI PATATE | 68 zł | 17€ | 280g   
Grilled octopus tentacles, served on delicate mashed potatoes. Complemented by aromatic parsley salsa.



23. TRIPPA ALLA FIORENTINA | 52zł | 13€ | 300g  
Florentine beef tripe. Thick stew with vegetables and tomatoes, baked with Parmigiano Reggiano cheese. The dish is served with bread.

24. SALTIMBOCCA ALLA ROMANA | 96 zł | 24€ | 450g  
One of the most famous Italian dishes in the world. The real one must be prepared with veal, Prosciutto Crudo ham and sage leaves. Served with home-made bread.

25. TAGLIATA DI MANZO | 119 zł | 29€ | 400g  
Classic dish of Italian cuisine. Grilled and sliced beef tenderloin served with gold leaf, rucola, bread, cherry tomatoes and Parmigiano Reggiano cheese.


26. STRACOTTO AL CHIANTI | 72 zł | 18€ | 350g  
Beef cheeks stewed in Chianti red wine, served with mashed potatoes, borettane onions and parsley oil.


27. COTOLETTA DI MELANZANE CON SALSA DI POMODORO | 48zł | 12€ | 380g   
Fried eggplant in breadcrumbs, served on tomato sauce.


28. GRIGLIATA MISTA | 76zł | 19€ | 300g    
Various types of seafood and fish grilled on a live fire.  
The dish is served with rucola, tomatoes and bread.

## BAMBINI MENU | CHILDREN'S MENU

29. PASTA IN BRODO | 24 zł | 6€ | 200ml  
Homemade pasta in chicken and beef broth.

30. PENNE IN BIANCO | 20zł | 5€ | 160g   
Penne pasta served with butter or olive oil.

31. SPAGHETTI AL POMODORO | 28zł | 7€ | 200g   
Spaghetti pasta served in a classic tomato sauce.

32. GNOCCHI AL POMODORO | 32zł | 7,50€ | 210g   
Handmade potato gnocchi served in tomato sauce.

33. RIGATONI CON RAGU NAPOLETANO | 32 zł | 8€ | 230g  
Rigatoni pasta in a rich meat sauce made of beef, pork neck, pork ribs with pancetta, Prosciutto Crudo di Parma and tomato sauce.

## CONTORNI | ACCESSORIES

34. INSALATA MISTA | 32zł | 8€ | 180g



Classic, small Italian salad. Prepared with carrots, tomatoes, lettuce and onions.

35. STUZZICHINI | 28 zł | 7€ | 150g



A set of snacks perfect for alcohol. It consists of olives, Italian potato chips and salted peanuts.

36. PANE | 16 zł | 4€ | 200g

Homemade bread.

## DOLCI | SWEETS

37. PROFITEROLES AL CIOCCOLATO | 34 zł | 8,50€ | 150g

It is a French dessert that has its roots in Italy. These are choux pastry puffs filled with vanilla cream and covered in chocolate sauce.

38. CAFFÉ AFFOGATO | 26 zł | 6,50€ | 100g

Dessert based on coffee and creamy ice cream.

39. PANNA COTTA | 32 zł | 8€ | 180g

Classic Italian dessert based on cream.

Served with homemade seasonal fruit sauce.

40. TIRAMISÙ | 36zł | 9€ | 250g

Classic dessert of Italian cuisine. Prepared by the staff of the I Love Pasta restaurant.

According to the Restaurant Guru website, it was considered the best Tiramisu in Jelenia Góra.

41. CUORE CALDO AL PISTACCHIO | 39 zł | 9,50€ | 220g

A warm white chocolate cookie with a liquid pistacchio centre, served with a creamy ice cream and seasonal fruits.

42. GELATO | 9zł | 2€ | 70g

Craft ice cream in seasonal flavors.

Ask the staff for currently available flavors.

43. COPPA DI FRUTTA FRESCA E MASCARPONE | 36 zł | 9 € | 220g

Seasonal fruit served with Mascarpone cheese and limoncello cream.

44. COPPA DI GHIACCIO | 28zł | 7€ | 120g

Hazelnut ice cream with gianduja, roasted hazelnuts.



45. ILLY CREMA | 12 zł | 3€ | 60g

Iced coffee cream.



## illyaffe / illyaffe (decaffeinated)

Espresso	12 zł   3€   30 ml
Espresso Doppio	16 zł   4€   60ml
Espresso Macchiato	16 zł   4€   60ml
Cappuccino	16 zł   4€   200ml
Latte Macchiato	18 zł   4,50€   300ml
Caffe Latte	18 zł   4,50€   300ml
Flat White	18 zł   4,50€   200ml
Americano	16 zł   4€   200ml
Babyccino	16 zł   4€   200ml
Pistaccino ( %)	20 zł   5€   200ml
Caffe del Giorno	20 zł   5 €   200ml

### JUICES & LEMONADES

Homemade lemonade	20 zł   5€   0,3L
CAPPY Apple / orange juice	10 zł   2,50€   0,25L
Freshly squeezed juice	26 zł   6,50€   0,3L

### WATER

Carafe (0.5 L) of sparkling / still water	10 zł   2,50€   0,5L
Carafe (1 liter) of sparkling / still water	14 zł   3,50€   1L

### ITALIAN BOTTLED WATER

Sparkling / still	16zł   4€   0,7 L
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### DRINKS

Coca Cola, Coca Cola ZERO, Fanta, Sprite, Tonic	12 zł   3€   0,25L
CHINÒ, ARANCIATA, LIMONATA	14 zł   3,50€   0,33L

### TAP BEER

#### REGIONAL CRAFT BREWERY MARIENTAL

PILS 0,4L	16 zł   4€
SASONAL 0,4L	16 zł   4€

#### BEER (BOTTLE)

MENABREA LA 150° AMBRATA	16 zł   4€   330ml
MENABREA LA 150° BIONDA	16 zł   4€   330ml
MENABREA ARTE IN BOTTIGLIA	16 zł   4€   330ml

#### NON-ALCOHOLIC BEER (BOTTLE)

MIŁOSŁAW	14 zł   3,50€   0,5L
MENABREA ZERO ZERO	14 zł   3,50€   330ml

**LEAF NEWBY TEA | 20 zł | 5€ | 0,5L**

**CEYLON**

Black Sri Lankan tea with a refreshing taste and fullness  
dry finish with an aromatic hint of citrus.

**CINNAMON**

Delicious black tea with a full, dry, smooth taste,  
cinnamon aroma and a warm, soothing finish.

**EARL GREY**

Black tea with a citrus aroma, a smooth finish and a balanced,  
full-bodied taste with a sweet hint of bergamot.

**JASMIN BLOSSOM**

Aromatic, sweet and delicate blend of captivating  
scent of jasmine and a smooth finish.

**SILVER NEEDLE**

White tea with notes of melon and honey, with a slightly creamy taste  
and a clear, refreshing finish.

**MANGO & STRAWBERRY**

Delicious infusion with aromas of strawberries and mangoes, balanced  
sweet and sour taste and honey finish.

**PEPPERMINT**

Aromatic peppermint infusion, fresh and strong  
taste and a clean and refreshing finish.

**ROOIBOS TIRAMISU**

Rooibos infusion with sugar cocoa aroma, nut, coffee and chocolate flavor  
with a sweet and long-lasting finish.

**PERSIAN ROSE**

A unique blend of Iranian rose buds with a subtle rose aroma, delicate floral flavor  
and a mild long-lasting finish.

**GREEN SENCHA**

Green Sencha has a unique flavour, owing to its fine spring-plucked leaves, steamed in the  
traditional Japanese style.

**HIBISCUS RED BERRIES**

Rich, fruity and caffeine-free, our Hibiscus Red Berries tisane balances sweet and sour notes  
with a floral aroma.

**BLOOMING TEA | 26 zł | 6,50€**

The hand-made blooming teas are true masterpieces.

**BLUEBERRY**

A sophisticated composition of green tea leaves and flowers will surprise you.  
With its softness of taste and berry sweetness.

**TÉ FREDDO | 26zł | 6,50€ | 300 ml**

Ask the staff for currently available flavour.