

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.



ILLY CREMA | 12 zł | 3€ | 60g

Iced coffee cream.

illy caffe / illy caffe (decaffeinated)



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|--------------------|------------------------|
| Espresso | 12 zł 3€ 30 ml |
| Espresso Doppio | 16 zł 4€ 60ml |
| Espresso Macchiato | 16 zł 4€ 60ml |
| Cappucino | 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 |
| Alternatywa DRIP | 20 zł 5€ 200-250ml |
| Caffe del Giorno | 20 zł 5 € 200ml |

JUICES & LEMONADES

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|----------------------------|-----------------------|
| 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

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|---------------------------------------------|----------------------|
| 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 |
|-----------------|-------------------|

DRINKS

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|-------------------------------------------------|-----------------------|
| 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)

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|----------------------------|--------------------|
| 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)

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|--------------------|-----------------------|
| 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.