

Dear Participant,

Below you will find some lunch options (map overleaf). We have tried to offer places within the walking distance from the conference venue, all tried and tested. The order is purely accidental and the selection is based on two principles: reasonably priced and varied food, including vegetarian and vegan options.

1. **Żabka** - a corner shop just outside the conference venue, it offers nice coffee and a wide range of sandwiches. For those who do not need to stuff themselves with a three-course meal.  
ul. Akademicka 1
2. **Konwikt** - based on the premises of the university just outside the main building, the canteen offers home-made meals.  
ul. Radziszewskiego 7
3. **Tip Top** - as the name suggests, the food is top quality. The restaurant, though, screams vintage. Probably the best *pierogi* in town. If you are brave enough, you can eat in, but the restaurant also offers take-away service. The staff do not speak English and it's cash only. Closed on Saturdays and Sundays.  
Aleje Raławickie 24a
4. **Eat&Go** - an Asian take-away restaurant whose outside appearance might suggest that you should steer clear of it. But if spicy is the flavour you live by and Thai food is something you have to indulge yourself in every now and then, it's probably a spot-on.  
Aleje Raławickie 21
5. **Cafe Mari** - a fancy cafeteria / restaurant with very nice coffee and a wide selection of quiches, salads and sandwiches. And you can have your meal outside in the sunshine.  
ul. Grottgera 8
6. **Panie Przodem** - a restaurant located in Centrum Spotkania Kultur (Centre for the Meeting of Cultures), a massive concrete building in the main street you simply cannot miss. Nice food, nice coffee, a bit on a pricey side. Choose a side entrance or else you'll get lost in the labyrinth of the building's corridors.  
Plac Teatralny 1
7. **Plaza Shopping Centre** - as in any shopping centre, the top floor offers a multitude of rather uninspiring restaurants, including McDonalds, KFC, North Fish and the like. If you're a fan, that's the place to go.  
ul. Lipowa 13
8. **Plackarnia** - a restaurant located just outside the conference venue next door to the Bajka cinema. It offers pies with different sauces and types of stuffing as well as pizza.  
ul. Radziszewskiego 8
9. **Fresh Kitchen** - slightly further away but still not far, it offers vegan food, home-made shakes and freshly squeezed juices. If, however, you are a coffee freak, we suggest that you have your espresso somewhere else.  
ul. Chopina 11
10. **Banan** - a grocer's with fantastic pastries - more of a breakfast option for those who don't fancy hotel breakfast. Get some pastries, grab a latte from the nearby Żabka and you're sorted till lunchtime.  
ul. Łopacińskiego 3

Bon appetit,

Conference Organizers

