

Sweet Poland - Kielbasa, Pierogi - Polish Food online

sweetpoland.com

GROATS - KASHAS



Kasza gryczana - Buckwheat Roasted Groats

\$4.99

Great tasting and nutritious, full of vitamins and minerals. One of Polish favorites often served with mushrooms and gravies. [\[Product Details...\]](#)



Kasza jeczmienna perlowa - Pearl Barley Kasha

\$3.99

Very nutritious, full of vitamins and minerals. Healthy alternative to potatoes, noodles or rice. Could be served with all kinds of sauces. [\[Product Details...\]](#)



Kasza Manna - Semolina

\$2.99

Semolina is a popular Polish breakfast fare for both adults and kids. [\[Product Details...\]](#)



Kasza Manna blyskawiczna - Semolina Instant (Vanilla)

\$2.99

Popular Polish breakfast fare, semolina with great vanilla taste. [\[Product Details...\]](#)



Peczak Kujawski - Hulled Barley Kasha

\$2.99

The most natural and least processed of barley kashas peczak is the best source of healthy fiber and minerals. Nutritious addition to soups, specially popular Polish "Krupnik" (barley soup) and sauces.

[\[Product Details...\]](#)

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