

**“WE WANT YOU TO EAT
HEALTHY FOOD
BECAUSE IT TASTES GREAT, NOT
BECAUSE YOU FEEL LIKE YOU
HAVE TO.”**

FitBar

BREAKFAST

OMELETS

4 whole eggs / whole grain bread and a extra egg available

FIT OMELET WITH VEGETABLES (V)

eggs, bell pepper, mushrooms, zucchini, leek (335 kcal, 8g ugh, 20g f, 27g P)

FIT OMELET WITH SPINACH

eggs, spinach, pancetta, mozzarella, parmesan, cherry tomatoes (506 kcal, 5g ugh, 36g f, 31g P)

KETO OMELET (V)

eggs, smoked salmon, goat cheese, spinach (523 kcal, 9g ugh, 31g f, 52g P)

HOMEMADE GRANOLA (V)

granola with natural honey and almonds, berry chia jam, Greek yogurt, banana (584 kcal, 85g ugh, 18g f, 19g P)

OAT BREAKFAST (V)

oat flakes, hazelnut, dates, cocoa, orange juice, vanilla extract, Greek yoghurt, raspberries, banana (583 kcal, 61g ugh, 27g f, 21g P)

POLENTA WITH HOMEMADE PESTO SAUCE AND GOAT CHEESE (V)

polenta, pesto sauce, goat cheese, chickpeas, cherry tomatoes, butter, spices (601 kcal, 70g cho, 26g f, 22 g P)

SANDWICHES

sandwiches whole wheat bread

SANDWICH WITH PROSCIUTTO AND SMOKED CHEESE

smoked cheese, prosciutto, egg, pickles, Dijon mustard, butter (628 kcal, 42g ugh, 35g f, 34g P)

EGG SANDWICH

egg, pancetta, feta cheese, tomato, lettuce (553 kcal, 46g ugh, 29g f, 25g P)

CHICKEN SANDWICH

chicken fillet, dairy spread, smoked cheese, tomato, lettuce (509 kcal, 47g ugh, 17g f, 43g P)

SALMON SANDWICH

salmon fillet, pumpkin seed spread, tomato, lettuce (493 kcal, 48g ugh, 17g f, 37g P)

(V) VEGETARIAN DISH

(VG) VEGAN DISH

TORTILLAS & PIZZA

VEGETARIAN TORTILLA (V) (VG)

pumpkin seed spread, tofu, sweet potatoes, bell pepper, carrot, broccoli, zucchini, red beans, red onion
(514 kcal, 65g ugh, 19g f, 19g P)

TORTILLA WITH CHICKEN AND TOFU CHEESE

chicken fillet, pumpkin seed spread, tofu cheese, parmesan, iceberg salad
(548 kcal, 42g ugh, 23g f, 43g P)

TORTILLA WRAPPED BEEF BURGER WITH SMOKED CHEESE

beef burger, smoked cheese, dairy spread, Dijon mustard, bell pepper, iceberg salad, sun dried tomatoes, red onion (558 kcal, 47g ugh, 24g f, 39g P)

WRAP WITH CHICKEN AND DIJON MUSTARD

chicken fillet, dairy spread, dijon mustard, bell pepper, baby spinach, pancetta
(584 kcal, 44g cho, 25g f, 44g P)

WRAP WITH TURKEY BREAST

turkey breast, milk spread, iceberg salad, red pepper, dried tomato, pancetta, smoked cheese
(510 kcal, 49g cho, 19g f, 32 P)

WRAP WITH WITH EGG AND SMOKED SALMON

smoked salmon, arugula, medicinal spread, egg (480kcal, 43g cho, 20g f, 33g P)

PROTEIN PIZZA CAPRICCIOSA

eggs, oat flakes, low fat cheese, pumpkin seeds, sesame, turkey ham, cheddar cheese, mushrooms, cherry tomato, arugula, zero ketchup, oregano (697 kcal, 40g cho, 37g f, 51g P)

PROTEIN PIZZA CAPRESE

eggs, oat flakes, low fat cheese, pumpkin seeds, sesame, beef prosciutto, mozzarella, cherry tomatoes, black olives, pesto sauce (739 kcal, 38g cho, 39g f, 59g P)

SOUPS

POTTAGE WITH VEGETABLES (V)

(78 kcal, 9g ugh, 2g f, 6g P)

TOMATO SOUP (V) (VG)

(85 kcal, 13g ugh, 1g f, 6g P)

POTTAGE (V) (VG)

(175 kcal, 18g ugh, 10g f, 3g P)

OUR STAFF IS HAPPY TO ASSIST WITH ANY FOOD INTOLERANCE / ALLERGY QUESTION YOU MAY HAVE

MAIN DISHES

PASTAS

whole grain pasta

PASTA WITH CHICKEN IN CASHEW SAUCE

chicken fillet, cashew, chick pea, spinach, butter, parmesan (765 kcal, 67g ugh, 34g f, 48g P)

PASTA WITH CHICKEN AND MOZZARELLA

chicken fillet, mozzarella, sun-dried tomato, bell pepper, butter, garlic, white wine (688 kcal, 63g ugh, 30g f, 41g P)

PASTA WHITE HOMEMADE PESTO SAUCE (V)

basil, parsley, cashews, parmesan, ginger, lemon juice, garlic, olive oil (686 kcal, 63g ugh, 35g f, 30g P)

SPECIALS

ZUCCHINI NOODLE WITH CHICKEN

ground chicken fillet, zucchini, parmesan, homemade tomato sauce, spices (378 kcal, 22g ugh, 17g f, 33g P)

ZUCCHINI NOODLE WITH BEEF

ground beef, zucchini, parmesan, homemade tomato sauce, spices (325 kcal, 20g ugh, 12g f, 32g P)

PROTEIN BEEF BURGER

ground beef, white spread, homemade mayonnaise, crispy bacon, iceberg salad, tomato, purple onion, protein bread (702kcal, 28g ugh, 39g f, 59g P)

PROTEIN CHICKEN BURGER

chicken breast, white spread, homemade mayonnaise, crispy bacon, iceberg salad, tomato, purple onion, protein bread (808kcal, 28g ugh, 52g f, 58g v)

QUINOA BURGERS AND MASHED PEA (V)

quinoa, sun-dried tomatoes, mozzarella, leek, oat flour, eggs, mashed peas (592kcal, 52g ugh, 28g f, 33g P)

FITBAR CHICKEN BURGERS

ground chicken, leek, low fat cheese, eggs, grilled vegetable and almonds

SHREDDED BEEF ON POLENTA

beef, paprika sauce, butter, goat cheese, sesame (641kcal, 45g ugh, 31g f, 38g P)

HOMEMADE PESTO STUFFED CHICKEN

chicken fillet, feta, homemade pesto, edamame, peas, broccoli (671 kcal, 31g cho, 32g f, 64g P)

HOMEMADE PESTO STUFFED CHICKEN

chicken fillet, feta, homemade pesto, edamame, peas, broccoli (671 kcal, 31g cho, 32g f, 64g P)

PROTEIN PLATE

chicken fillet, peanut butter, cashew nuts, egg, mozzarella, pineapple, integral rice with vegetables (788 kcal, 47g ugh, 40g f, 59g P)

(V) VEGETARIAN DISH

(VG) VEGAN DISH

TURKEY WITH PROSCIUTTO, MOZZARELLA AND SUN-DRIED TOMATOES

turkey fillet, prosciutto, mozzarella, pumpkin seed spread, sun-dried tomatoes, mashed pea
(636 kcal, 40g ugh, 28g f, 56g P)

SALMON WITH AVOCADO SALSA

salmon fillet, avocado, parsley, garlic, cherry tomatoes, black rice with vegetables and cashews
(602 kcal, 40g ugh, 33g f, 36g P)

SESAME CRUSTED SALMON WITH BROCCOLI

salmon fillet, broccoli, spinach, sesame, butter (439 kcal, 9g cho, 27g f, 40g P)

CHICKEN STUFFED WITH CRANBERRY AND GORGONZOLA

chicken breast, gorgonzola cheese, cranberry (608 kcal, 32g cho, 28g f, 57g P)

TACO PLATE

beef, rice, iceberg, cherry tomato salsa, cheddar cheese (659kcal, 50g cho, 31g f, 45g P)

OYSTER MUSHROOM AND TRUFFLE RISOTTO

brown rice, oyster mushrooms, truffles, mushrooms, chickpeas, cashews
(563 kcal, 78g cho, 19g f, 20g P)

MEAL SALADS

TUNA SALAD

tuna, green salad mix, egg, goat cheese, pumpkin seeds (366 kcal, 14g ugh, 14g f, 38g P)

PROTEIN SALAD

chicken fillet, green salad mix, cherry tomatoes, red beans, almonds, egg white, feta cheese
(435 kcal, 11g ugh, 24g f, 43g P)

HEALTHY SALAD

chicken fillet, mozzarella, beef prosciutto, avocado, spinach, carrot, red onion, pineapple
(357 kcal, 13g ugh, 14g f, 45g P)

SALAD WITH SMOKED SALMON

smoked salmon, green salad mix, pineapple, black sesame, goat cheese, croutons
(363 kcal, 22g ugh, 20g f, 24g P)

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FRESH SALADS

meat or fish extras available

CABBAGE SALAD (V) (VG)

finely shredded raw cabbage (52kcal, 7g ugh, 1g f, 1g P)

COLORFUL MIX (V) lettuce, bell peppers, cabbage, carrots, corn
(55 kcal, 11g ugh, 0g f, 2g P)

FIT BAR (V) olives, capers, feta cheese, cherry tomatoes, spinach, peppers, cucumber, leek (132 kcal, 7g ugh, 8g f, 8g P)

FRESHLY PAINTED (V)
green salad mix, beetroot, broccoli, pumpkin seeds, feta cheese
(164 kcal, 10g ugh, 8g f, 9g P)

CRUNCHY (V)
cabbage, pickles, pumpkin, sunflower and sesame seeds, sun-dried tomatoes, smoked cheese
(315 kcal, 12g ugh, 25g f, 11g P)

NEST (V)
lettuce, cabbage, cucumber, egg, sun-dried tomatoes, smoked cheese, sour milk, parsley
(333 kcal, 7g ugh, 25g f, 19g P)

OASIS (V)
green salad mix, beetroot, cranberry, walnuts, goat cheese
(246 kcal, 11g ugh, 17g f, 12g P)

VERY STRONG (V)
spinach, sweet potato, chickpeas, red onion, feta cheese
(126 kcal, 15g ugh, 4g f, 8g P)

SELECTION OF MEAT & FISH

suggestion: combine with salad or a side dish

CHICKEN FILLET (100g, 150g, 200g) (155 kcal, 22g P / 100 g)

TURKEY FILLET (100g, 150g, 200g) (147 kcal, 22g P / 100 g)

CHICKEN BURGER (100g, 200g) (160 kcal, 24g P / 100g)

BEEF BURGER (100g, 200g) (179 kcal, 20g P / 100 g)

TROUT FILLET (100g, 150g, 200g) (114 kcal, 21g P / 100 g)

SALMON FILLET (100g, 150g, 200g) (99 kcal , 18g P/ 100 g)

(V) VEGETARIAN DISH

(VG) VEGAN DISH

SIDES

GRILLED VEGETABLES

suggestion: combine with meat or fish

FIT MIX GRILLED VEGETABLES (V) (VG)

carrots, broccoli, cabbage, mushrooms (116 kcal, 16g ugh, 4g f, 5g P)

GARDEN MIX GRILLED VEGETABLES (V) (VG)

carrots, bell pepper, zucchini, broccoli, red onion (111 kcal, 15g ugh, 4g f, 4g P)

GREEN VEGETABLES (V) (VG) peas, broccoli, zucchini, butter (173 kcal, 12g ugh, 10g f, 4g p)

BROWN RICE WITH VEGETABLES (V) (VG) (218 kcal, 35g ugh, 7g f, 3g P)

MASHED PEAS (V) (VG) (201 kcal, 28g ugh, 5g f, 11g P)

SWEET POTATOES FRIES (V) (VG) (187 kcal, 43g ugh, 0g f, 4g p)

EXTRAS

WHOLE WHEAT BREAD (V) (VG) (121 kcal, 24g ugh, 1g f, 4g P)

EGG (71 kcal, 0.6g ugh, 5g f, 6g P)

YOGHURT (150 kcal, 11g ugh, 8g f, 8g P)

FIT DESSERTS & SNACKS

PROTEIN CHOCO BOMB (V)

dark chocolate, puffed cereals, peanut butter, butter, whey vanilla protein
(246 kcal, 11g ugh, 18g m, 10g p)

PROTEIN CHOCO ROCHER BOMB

coconut oil, coconut milk, protein cheese, protein chocolate, dark chocolate, hazelnut
(142 kcal, 8g cho, 9g f, 10g p)

PROTEIN CHOCO BOUNTY BOMB

coconut milk, protein cheese, vanilla protein, dark chocolate (152kcal, 9g cho, 8g f, 11g p)

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RAW CAKE GLAZED WITH DARK CHOCOLATE (V)

dates, hazelnuts, cashews, cocoa, honey, vanilla extract, coconut oil, dark chocolate
(382 kcal, 17g ugh, 30g f, 11g P)

CHIA PUDDING (V)

chia seeds, milk, honey, Greek yogurt, mixed berry chia jam, pineapple, almond, coconut flakes
(334 kcal, 35g ugh, 16g f, 12g P)

CHIA PUDDING (V)

chia seeds, milk, honey, Greek yogurt, mixed berry chia jam, pineapple, almond, coconut flakes
(334 kcal, 35g ugh, 16g f, 12g P)

FRUIT SALAD (V)(VG)

fresh seasonal fruit (183 kcal, 43g ugh, 3gf, 1g P)

CHIA PUDDING (V)

chia seeds, milk, honey, Greek yogurt, mixed berry chia jam, pineapple, almond, coconut flakes
(334 kcal, 35g ugh, 16g f, 12g P)

PROTEIN CHOCOLATE CHIA PUDDING (V)

chia seeds, milk, cocoa, chocolate whey protein, orange, raspberries, dark chocolate
(395 kcal, 28g ugh, 19g f, 28g P)

PROTEIN FRUIT SALAD (V)

fresh seasonal fruit, vanilla whey protein, Greek yogurt, hazelnuts (482 kcal, 43g ugh, 23g f, 26g P)

PROTEINS PANCAKES

PROTEIN BLUEBERRIES ALMONDS PANCAKES (V)

oat flakes, eggs, banana, blueberries, whey protein, almonds, honey, Greek yoghurt
(584 kcal, 63g ugh, 25g f, 26g P)

PROTEIN PEANUT BUTTER PANCAKES (V)

oat flakes, eggs, banana, whey protein, peanut butter, dark chocolate
(708 kcal, 59g ugh, 37g f, 33g P)

KETO PANCAKE

peanut butter, dark keto chocolate, raspberries, hazelnut, egg, vanilla protein, coconut flour
(572,kcal, 18g ugh, 44g f, 26g p)

PROTEIN FRUIT PANCAKE (V)

oat flakes, eggs, banana, vanilla protein, Greek yogurt, berries, granola, pineapple
(528 kcal, 56g ugh, 21g f, 29 g p)

(V) VEGETARIAN DISH

(VG) VEGAN DISH

PROTEIN PANCAKES WITH ICE CREAM

oat flakes, eggs, banana, whey protein, forest fruit mix, dark chocolate, ice cream, diet cookie
(705 kcal, 68 g ugh, 35g f, 30g p)

PROTEIN SNICKERS PANCAKES

Oat flakes, egg, banana, whey protein, dates, soy milk, peanuts (779 kcal, 85g cho, 29g f, 45g p)

PROTEIN BOUNTY PANCAKES

Oat flakes, egg, banana, whey protein, greek yogurt, coconut, black chocolate, almond
(548 kcal, 54g cho, 24g f, 29g p)

FIT DRINKS

COLD PRESSED JUICES 0,3L

LEMONADE

VERIFIED MIX

apple, beetroot, carrot

BATTERY CHARGER

orange, banana, apple

BLOOM

orange, apple, cherry

IRON PLUS

apple, spinach, pineapple

IMUNOFIT

carrot, apple, orange, ginger

FRESH SQUEEZED ORANGE

HIHG C

red grapefruit, orange, lemon, mint

DETOX

red grapefruit, apple, carrot, beetroot, ginger

PINKY

raspberries, orange, pineapple

PURPLE HEART

raspberry, apple, blackberry, blueberry

Dr GREEN

apple, spinach, celery, cucumber, lemon, ginger

SLIMFIT

apple, pineapple, lemon, mint

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SMOOTHIES 0,4L

JOGI

banana, spinach, carrot, zucchini, lemon, turmeric, cinnamon, coconut oil, soy milk
(263 kcal, 38g ugh, 7g f, 12g P)

BALANCE

banana, carrot, almond, dates, ginger, cinnamon, nutmeg, soy milk
(491 kcal, 55g ugh, 22g f, 18g P)

NUTRI BOMB

banana, apple, dates, peanut butter, cinnamon, hazelnut, chia seeds, water
(570 kcal, 50g ugh, 35g f, 13g P)

SWEET MIX

banana, spinach, peanut butter, cocoa, chocolate whey protein, soy milk
(415 kcal, 49g ugh, 15g f, 14g P)

GREENY

banana, pineapple, cucumber, carrot, spinach, celery, parsley, tick, linseed, soy milk
(384 kcal, 52g ugh, 13g f, 17g P)

CHOCO CHERRY

avocado, sour cherry, banana, cashew nuts, raw cocoa, milk (432 kcal, 40g ugh, 21g f, 20g P)

PROTEIN SHAKES 0,4L extra protein scoop 1.50 KM

ENERGIZER

chocolate whey protein, milk, banana, homemade granola (415 kcal, 50g ugh, 9g f, 33g P)

FUEL

apple, spinach, almond, oatmeal, cinnamon, vanilla whey protein, vanilla soy milk
(490 kcal, 45g ugh, 20g f, 32g P)

MR MUSCLE

banana, spinach, peanut butter, cocoa, chocolate whey protein, soy milk
(567 kcal, 37g ugh, 30g f, 37g P)

BOOSTER

dried plums, lemon, vanilla whey protein, soy milk (349 kcal, 33g ugh, 7g f, 38g P)

MASTER

banana, pineapple, spinach, ground flex, coconut flour, vanilla whey protein, milk, yogurt
(381 kcal, 43g ugh, 12g f, 25g P)

VEGAN POWER

soy milk, banana, pineapple, coconut flour, oat flakes, vegan protein (392kcal, 49g ugh, 9g f, 31g p)