

# MUNCH

## FITFOODTOGO

### BREAKFAST

#### CONTINENTAL BREAKFAST

Croissant, orange juice, coffee or tea  
Add homemade jam or peanut butter + 1.00

#### BAKERY BREAKFAST

Croissant, sandwich cheese, orange juice, coffee or tea  
Add homemade jam or peanut butter + 1.00

#### YOGHURT GRANOLA BOWL

Fresh yoghurt, granola, blueberries

#### CHIA BOWL

Greek yoghurt, cacao, chia, dates, vanilla, Himalayan seasalt, banana, peanut butter, cocunut flakes, hemp seeds  
Add chia, flax or hemp seeds + 1.00

#### ANTI-OXI BREAKI

Acai, blueberries topped with banana, coconut flakes, flax seeds, granola  
Add chia seeds + 1.00

#### GREEN BALI BOWL

Spinach, pineapple, avocado, coconut milk topped with mango, chia seeds, granola, coconut flakes

#### CUT STEEL OATS

Oats, cinnamon, flaxseeds, coconut milk, date-cashew paste, peanutbutter, vanilla, pumkin seeds  
Add banana or blueberries + 0.5

#### CHOCO LOCO

Avocado, banana, cacao, strawberries, hemp seeds

### SANDWICHES \*

#### HAPPY AVOCADO

Avocado, sesame seeds, hummus, rucola, vegan mayonnaise  
Add salmon + 2.50

#### MUNCH SANDWICH

Marinated chicken, avocado, rucola, chipotle mayonnaise  
Add cheese + 1.50

#### CARPACCIO

Carpaccio, parmesan, rucola, truffle mayonnaise

#### SAY CHEESE

Old cheese, mustard mayonnaise, rucola

#### VEGAN BLT

Grilled bell pepper, tomato, hummus, rucola  
Add avocado + 1.00

\* Gluten free bread optional + 1.00



6.5

11.5

4.95

4.5

5.5

5.5

5

5.5



4.95

5.95

5.95

5.5

5.5

### SALADS



#### GRILLED SALMON SALAD

Grilled salmon, quinoa, rucola, spinach, carrot, cucumber, red cabbage, soy beans, turmeric cauliflower, orange-sesame dressing

#### CHICKEN CHIPOTLE SALAD

Marinated chicken, quinoa, rucola, spinach, carrot, cucumber, red cabbage, corn, chipotle dressing

#### FALAFEL HUMMUS SALAD

Falafel, quinoa, rucola, spinach, carrot, cucumber, red cabbage, quinoa, curry hummus, pickles, tahini dressing

#### VEGAN SHOARMA SALAD

Vegan shoarma, rucola, spinach, sweet potato, onion, red bell pepper, carrot, cucumber, cabbage, vegan harissa mayonnaise

#### CAESAR SALAD

Romaine lettuce, egg, smoked beef, chicken, cucumber, romaine, parmesan cheese, pumpkin seeds, caesar dressing

### WRAPS \*



#### GRILLED SALMON WRAP

Grilled salmon, rucola, spinach, carrot, cucumber, red cabbage, soy beans, turmeric cauliflower, orange-sesame dressing, vegan mayonnaise

#### CHICKEN CHIPOTLE WRAP

Marinated chicken, rucola, spinach, carrot, cucumber, red cabbage, corn, chipotle dressing

#### FALAFEL HUMMUS WRAP

Falafel, rucola, spinach, carrot, cucumber, red cabbage, red bell pepper, curry hummus, pickles, tahini dressing

#### VEGAN SHOARMA WRAP

Vegan shoarma, rucola, spinach, sweet potato, onion, red bell pepper, carrot, cucumber, cabbage, vegan harissa mayonnaise

#### PROTEIN WRAP

Romaine lettuce, egg, smoked beef, chicken, cucumber, romaine, pumpkin seeds, caesar dressing

\* 100% wholegrain wraps

### SOUP



#### SOUP OF THE DAY

5.5

### SWEETS



#### CARMEL SHORTBREAD

4

#### CHOCO COCO

4

#### CONFETTI CHEESECAKE

4

#### FLOWER POWER GRANOLA BAR

3.75

#### BANANA BREAD

3.5

#### ENERGY BALL

2

Turmeric orange / Snickers / Matcha



GLUTEN FREE



DAIRY FREE



NUT FREE



VEGAN



POULTRY



VEGETARIAN



FISH



LOW FAT

# MUNCH

## FITFOODTOGO

### COFFEE

Choose special milks: Coconut milk, Almon milk or oat milk + 0.5

|                 |      |
|-----------------|------|
| FLAT WHITE      | 3.25 |
| CAPPUCCINO      | 2.75 |
| LATTE           | 3    |
| ESPRESSO        | 2    |
| LUNGO           | 2.5  |
| CORTADO         | 2.5  |
| MACCHIATO       | 2.25 |
| LATTE MACCHIATO | 3.5  |
| ICED LATTE      | 3.5  |

### SUPERFOOD LATTE

**KURKUMA LATTE** 3.5

This warming latte is a feisty digestion and immune boosting drink!

**MATCHA LATTE** 3.5

This healing latte detoxifies the body and increases your metabolism!

**BEETROOT LATTE** 3.5

This pink latte may strengthen your immune system and is anti-inflammatory!

**CACAO LATTE (RAW HOT CHOCOLATE)** 3

This latte is high in anti-oxidants and boosts your energy!

### JUICES

FRESH ORANGE JUICE 3.5

FRESH APPLE JUICE 3.5

FRESH PEAR JUICE 3.5

### MIXED JUICES

**GREEN DREAM** 5.5

Cucumber, mint, apple, zucchini, rucola and celery

**REJUVENATION** 5

Pineapple, mint, mango and orange

**CRAZY BEET** 5.5

Beet, apple, ginger and pineapple

**HAPPINESS** 5

Strawberry, banana and orange

**BERRY BOOSTER** 5.5

Blueberries, spinach, mango and pear

**BLOODY BEET** 5.5

Beet, blueberry, raspberry and apple

### COLD PRESSED JUICES

Small 250 ml / Large 500 ml

**IMMUNITY** 4 / 6

Cucumber, apple, spinach, lemon, ginger, turmeric

**GREEN DETOX** 4.5 / 6.5

Cucumber, celery, kale, lemon, spinach, parsley, spirulina

**ALKALIZER** 4.5 / 6.5

Apple, coconut, pear, mint, lime

**SLIMMING** 4 / 6

Carrot, ginger, cayenne pepper, lime, apple

**PERFORMANCE** 4 / 6

Spinach, carrot, beetroot, cucumber, lime

**BLOAVENTION** 4.5 / 6.5

Fennel, apple, cucumber, ginger, celery, lemon

**STRONGER** 4.5 / 6.5

Ginger, apple, beetroot, lemon, carrot

**CLEANSER** 3.5 / 5.5

H2O, lemon, activated charcoal, apple, ginger

### POWER SHOTS

**GINGER SHOT** 2.5

100% ginger

**GINGER PEAR SHOT** 2.5

Ginger and pear

**VITAMIN-D SHOT** 2.5

Ginger and mushrooms

**KURKUMA SHOT** 3

Kurkuma and lemon

### POWER SMOOTHIES

Choose your base: water, almond milk, unsweetened almond milk, coconut milk/water, oat milk

**HYDRATOR** 5

Raspberry, coconut meat, banana, chia seeds, flax seeds and coconut juice

This smoothie is great after a heavy night as it hydrates your body

**ENERGIZER** 5.5

Cacao, banana, vanilla, almond butter, hemp seeds, Himalayan seasalt, dates and almond milk

This smoothie is fully packed with healthy fats if you need more energy

**FERTILITY** 5.5

Avocado, spinach, maca, vanilla, dates, and almond milk

This smoothie keeps your hormones perfectly in balance

**HANGOVER CURE** 5.5

Kale, activated charcoal, blueberries, lemon, coconut water, banana and spinach

This smoothie eliminates the toxins from your body

**MUSCULAR** 5

Spinach, cacao, peanut butter, dates, banana, coconut milk, flaxseeds

This smoothie ensures that there is enough protein to strengthen your body

**BRAINPOWER** 5

Strawberries, avocado, sunflowerseeds, banana, oat milk, vanilla

This smoothie makes you smarter during every sip!