

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



3.95

4.95

4.95

4.5

4.5

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!