

MUNCH

FITFOODTOGO



BREAKFAST

- CRAZY ACAI BOWL** 5,75
Acai, cacao, peanut butter, blueberries, banana, chia seed, granola
- ANTI-OXI BREAKY** 5,5
Acai, blueberries topped with banana, coconut flakes, flax seeds, granola
- CUT STEEL OATS** 5,5
Oats, cinnamon, flax seeds, coconut milk, peanut butter, date-cashew paste, vanilla, pumpkin seeds



SANDWICHES *

- MUNCH SANDWICH** 5,25
Chicken, avocado, rocket, vegan chipotle mayonnaise
- VEGAN MUNCH** 5,25
Avocado, eggplant, rocket, chipotle vegan mayo
- TRUFFLE AVOCADO** 4,95
Smashed avocado, vegan truffle mayo, rocket choose between: vegan cheese or parmesan
- HAPPY AVOCADO** 4,95
Avocado, curry hummus, vegan mayo, rocket, sesame seeds
- TUNA SANDWICH** 5,25
Homemade tuna salad, romaine, bell pepper

* Gluten free bread optional + 1 €



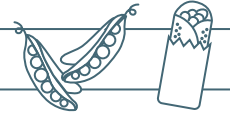
SALADS

- CAESAR SALAD** 7,75
Chicken, egg, cucumber, romaine, parmesan, pumpkin seeds, smoked beef, caesar dressing
- NICOISE SALAD** 8,5
Tuna, spinach, rocket, sweet potato, soy beans, black olives, egg and dill dressing
- GODDESS GREEK SALAD** 8,5
Vegan shoarma, romaine, cucumber, bell pepper, zucchini, fresh mint, chickpeas, chive, fresh mint, mint lime dressing
- CHICKEN CHIPOTLE SALAD** 8,5
Chicken thighs, spinach, rocket, carrot, corn, black beans, red bell pepper, red cabbage, cucumber, creamy chipotle dressing
- GOAT CHEESE SALAD** 8,5
Goat cheese, pearl couscous, zucchini, eggplant, beetroot, caramel pecan, pumpkin seeds, balsamic dressing



SWEETS

- CARAMEL SHORTBREAD** 4
- CHOCO COCO** 4
- CONFETTI CHEESECAKE** 4
- FLOWER POWER GRANOLA BAR** 3,75
- BANANA BREAD** 3
- ENERGY BALL** 2
Turmeric orange / Snickers / Matcha



WRAPS *

- PROTEIN WRAP** 8
Chicken, romaine salad, red cabbage, carrot, egg, cucumber, smoked beef, caesar dressing
- CHICKEN CHIPOTLE WRAP** 8,5
Marinated chicken, rocket, red bell pepper, black beans, spinach, carrot, cucumber, red cabbage, corn, chipotle dressing
- FALAFEL WRAP** 8
Falafel, mint, edamame, chickpeas, cucumber, soy beans, quinoa, red cabbage, spinach, rocket, pomegranate, vegan mayonnaise dressing
- VEGAN SHOARMA WRAP** 8
Vegan shoarma, spinach, rocket, carrot, red cabbage, bell pepper, sweet potato, vegan mayonnaise, harissa dressing

* 100% wholegrain wraps



GLUTEN FREE



DAIRY FREE



NUT FREE



VEGAN



POULTRY



VEGETARIAN



FISH



LOW FAT

MUNCH

FITFOODTOGO

COFFEE *

ESPRESSO	2
LUNGO	2,5
CAPPUCCINO	2,75
FLAT WHITE	3,25
LATTE	3
CORTADO	2,5
MACCHIATO	2,25
LATTE MACCHIATO	3,5
ICED LATTE	3,5
* Double shot +1	
* Coconut-, almond-, or oat milk +0,5	

SUPERFOOD LATTE

COCONUT TURMERIC LATTE Turmeric, coconut milk, cinnamon	4
VANILLA MATCHA LATTE Matcha, vanilla, oat milk	4
CACAO LATTE Cacao, oat milk, vanilla, cinnamon	4

MIXED JUICES

HAPPINESS Strawberry, banana, orange Kcal: 54 Kh: 11,7 P: 0,9 F: 0,3	5
REJUVENATION Pineapple, mint, mango, orange Kcal: 52 Kh: 11,5 P: 0,8 F: 0,2	5
GREEN DREAM Spinach, mint, apple, rocket, mango Kcal: 37 Kh: 8,7 P: 0,5 F: 0,1	5,5
CRAZY BEET Beet, apple, ginger, pineapple Kcal: 45 Kh: 10,7 P: 0,5 F: 0	5,5

COLD PRESSED JUICES

Green 250/500ml	
100% CELERY Celery	4,5 / 6,5
GREEN DETOX Cucumber, celery, kale, lemon, spinach, parsley, spirulina	4,5 / 6,5
IMMUNITY Cucumber, apple, spinach, lemon, ginger, turmeric	4 / 6
BLOAVENTION Fennel, apple, cucumber, ginger, celery, lemon	4,5 / 6,5
Citrus 250/500ml	
CLEANSER H2O, lemon, activated charcoal, apple, ginger	4 / 6
ALKALIZER Apple, coconut, pear, mint, lime	4,5 / 6,5
THE BALANCER Watermelon, strawberry, lime, coconut	4,5 / 6,5
Roots 250/500ml	
SLIMMING Carrot, ginger, cayenne pepper, lime, apple	4 / 6
PERFORMANCE Spinach, carrot, beetroot, cucumber, lime	4 / 6

POWER SHOTS

GINGER SHOT 100% ginger - 30/250ml	2,5 / 10
KURKUMA SHOT Kurkuma and lemon - 30/250ml	3 / 12,5

POWER SMOOTHIES

HYDRATOR Raspberry, coconut meat, banana, chia seeds, flax seeds, coconut juice, coconut milk Kcal: 247,5 Kh: 22 P: 13,5 F: 9,5	5
ENERGIZER Cacao, banana, vanilla, peanut butter, hemp seeds, Himalayan seasalt, dates, almond milk Kcal: 343,2 Kh: 32,2 P: 16,3 F: 15,8	5,5
FERTILITY Avocado, spinach, maca, vanilla, dates, almond milk Kcal: 247,5 Kh: 22 P: 13,5 F: 9,5	5,5
HANGOVER CURE Activated charcoal, blueberries, lemon, banana, spinach, coconut water Kcal: 247,5 Kh: 22 P: 13,5 F: 9,5	5,5
PROTEIN SHAKES* 450ml	

VANILLA VAIN Banana, vanilla, Himalayan seasalt, whey Kcal: 322,1 Kh: 28,9 P: 34,1 F: 7,2	5,5
BERRYLICIOUS Blueberry, avocado, whey Kcal: 328,6 Kh: 13,7 P: 34,2 F: 13,7	6
SNICKERS Banana, almond butter, cacao, whey Kcal: 370,1 Kh: 25 P: 36,5 F: 12,8	5,5
SWEET POPEYE Mango, banana, spinach, whey Kcal: 315,4 Kh: 26 P: 34,8 F: 7,3	5,5

* Option for vanilla whey or vegan whey
* All drinks are made with almond milk