

# MUNCH

## FITFOODTOGO



### BREAKFAST

- CRAZY ACAI BOWL** 6,25  
Açai, blueberries, cacao, topped with banana, peanut butter, granola
- ANTI-OXI BREAKY** 6  
Açai, blueberries, almond milk, banana, coconut flakes, flax seeds, granola
- CUT STEEL OATS** 6  
Oats, cinnamon, flax seeds, coconut milk, peanut butter, vanilla, pumpkin seeds



### SANDWICHES \*

- MUNCH SANDWICH** 6,75  
Marinated chicken, avocado, rocket and chipotle mayonnaise
- MOZZERELLA PESTO SANDWICH** 6,75  
Tomato, mozzarella, pesto mayonnaise, rocket
- TRUFFLE AVOCADO** 6,5  
Smashed avocado, vegan truffle mayo, rocket with parmesan or vegan cheese
- HAPPY AVOCADO** 6,5  
Avocado, sesame seeds, rocket, curry hummus
- TUNA SANDWICH** 6,5  
Home made tuna salad, romaine, bell pepper



### SALADS

- CAESAR SALAD** 8,5  
Romaine lettuce, egg, cucumber, parmesan cheese, smoked beef, chicken, pumpkin seeds, caesar dressing
- NICOISE SALAD** 9  
Sweet potato, tuna, spinach, red cabbage, soy beans, green beans, cucumber, egg, olives, herb dressing
- GODDEST GREEK SALAD** 9  
Romaine lettuce, chickpeas, bell pepper, vegan shoarma, fresh mint, cucumber, herb dressing, zucchini
- CHICKEN CHIPOTLE SALAD** 9  
Chicken, red bell pepper, black beans, spinach, carrot, red cabbage, corn, quinoa, chipotle dressing



### SWEETS

- CARAMEL SHORTBREAD** 5
- CHOCO COCO** 5
- HEALTHY RASPBERRY BONBON** 3
- LEMON CHEESECAKE** 5
- CARAMEL APPLE PIE** 5
- RED VELVET HEART** 6
- CARROT CAKE** 6
- LEMON POPPY MUFFIN** 3,95
- BANANA BREAD** 3,5
- ENERGY BALL** 2  
Turmeric orange / Snickers / Matcha



### WRAPS \*

- PROTEIN WRAP** 9,25  
Chicken, Romaine lettuce, red cabbage, carrot, egg, smoked beef, caesar dressing
- CHICKEN CHIPOTLE WRAP** 9,5  
Marinated chicken, red bell pepper, black beans, spinach, carrot, red cabbage, corn, chipotle dressing
- TUNA WRAP** 9,5  
Home made tuna salad, Romaine lettuce, red bell pepper, egg, capers
- VEGAN SHOARMA WRAP** 9,5  
Vegan shoarma, rocket, spinach, sweet potato, red bell pepper, carrot, red cabbage, harissa dressing



GLUTEN FREE



DAIRY FREE



NUT FREE



VEGAN



POULTRY



VEGETARIAN



FISH



LOW FAT

# MUNCH

## FITFOODTOGO

### COFFEE \*

	SMALL	LARGE
ESPRESSO	2,5	3,5
LUNGO	2,85	3,85
CAPPUCCINO	3,25	4,25
FLAT WHITE	3,75	4,75
LATTE	3,35	4,35
CORTADO	2,75	3,75
MACCHIATO	2,75	3,75
LATTE MACCHIATO		3,75
ICED LATTE	3,75	4,75
ICED COFFEE	3,5	4,5
TEA		2,25
FRESH MINT TEA		3
* Plant-based milk: Coconut, Almond, Oat		+ 0,5

### SUPERFOOD LATTE

COCONUT TURMERIC LATTE	4,5
Turmeric, coconut milk, cinnamon	
VANILLA MATCHA LATTE	4,5
Matcha, vanilla, oat milk	
CACAO LATTE	4
Cacao, oat milk, vanilla, cinnamon	
CINNAMON CHAI LATTE	4,5
Chai, cinnamon, oat milk	

### MIXED JUICES

	450ml
HAPPINESS	6,5
Strawberry, banana, orange	
REJUVENATION	6,5
Pineapple, mint, mango, orange	
GREEN DREAM	7
Spinach, mint, apple, rocket, mango	
CRAZY MUNCH	7
Apple, spinach, avocado, ginger	

### COLD PRESSED JUICES

<b>Green</b>	250/500ml
100% CELERY	5,5 / 7,5
Celery	
GREEN DETOX	5,5 / 7,5
Cucumber, celery, lemon, spinach, parsley, spirulina	
IMMUNITY	5 / 7
Cucumber, apple, spinach, lemon, ginger, turmeric	
BLOAVENTION	5,5 / 7,5
Fennel, apple, cucumber, ginger, celery, lemon	
<b>Citrus</b>	250/500ml
CLEANSER	5 / 7
H2O, lemon, activated charcoal, apple, ginger	
ALKALIZER	5,5 / 7,5
Apple, coconut, pear, mint, lime	
<b>Roots</b>	250/500ml
SLIMMING	5,5 / 7,5
Carrot, ginger, cayenne pepper, lime, apple	
PERFORMANCE	5 / 7
Beet root, carrot, spinach, lemon, cucumber	

### POWER SHOTS

	30/250ml
GINGER SHOT	3 / 12,5
KURKUMA SHOT	3,25 / 15

### POWER SMOOTHIES

	500ml
HYDRATOR	6,5
Raspberry, banana, chia seeds, flax seeds, coconut milk, coconut water	
Kcal: 247,5 Kh: 22 P: 13,5 F: 9,5	
ENERGIZER	7
Cacao, banana, vanilla, peanut butter, hemp seeds, Himalayan seasalt, dates, almond milk	
Kcal: 343,2 Kh: 32,2 P: 16,3 F: 15,8	
FERTILITY	7
Avocado, spinach, maca, vanilla, dates, almond milk	
Kcal: 247,5 Kh: 22 P: 13,5 F: 9,5	
HANGOVER CURE	7
Activated charcoal, blueberries, banana, spinach, coconut water	
Kcal: 247,5 Kh: 22 P: 13,5 F: 9,5	
<b>PROTEIN SHAKES*</b>	500ml

VANILLA VAIN	7,25
Banana, vanilla, Himalayan sea salt, whey, almond milk	
Kcal: 322,1 Kh: 28,9 P: 34,1 F: 7,2	
BERRYLICIOUS	7,25
Blueberry, avocado, whey, almond milk	
Kcal: 328,6 Kh: 13,7 P: 34,2 F: 13,7	
SNICKERS	7,25
Banana, peanut butter, cacao, whey, almond milk	
Kcal: 370,1 Kh: 25 P: 36,5 F: 12,8	
SWEET POPEYE	7,25
Mango, banana, spinach, whey, almond milk	
Kcal: 315,4 Kh: 26 P: 34,8 F: 7,3	
* Option for vanilla whey, vegan whey or natural whey	
* Add an ingredient + 0.5	