

FITNESS MENU

DISHES WITH FITNESS BREAD

Toasts with egg and spinach	160 g	240 kcal	84 uah.
Toast with avocado and poached egg	160 g	210 kcal	98 uah.

SALADS

Salad with beets and feta	185 g	240 kcal	76 uah.
Salad with pear and feta	250 g	351 kcal	138 uah.
Branded salad	250 g	426 kcal	159 uah.
Salad with salmon and avocado	200 g	230 kcal	159 uah.
Salad with tuna	225 g	305 kcal	139 uah.
Salad with roast beef	230 g	270 kcal	142 uah.

SOUPS AND MAIN DISHES

Soup with chicken and vegetables	220 g	150 kcal	68 uah.
Baked avocado with chicken fillet	230 g	520 kcal	148 uah.
Couscous with vegetables	300 g	165 kcal	97 uah.
Scramble with tomato and sweet potato	300 g	256 kcal	129 uah.
Oatmeal pancake with salmon	350 g	288 kcal	154 uah.
Chicken fillet stuffed with vegetables	400 g	340 kcal	123 uah.
Pancakes with spinach and salmon	190 g	380 kcal	156 uah.

CHEESE DISHES

Cottage cheese with yogurt and banana	260 g	345 kcal	88 uah.
---------------------------------------	-------	----------	----------------

SMOOTHIES

“Berry” <i>berries, yogurt</i>	300 ml	245 kcal	59 uah.
“Energy” <i>dried apricots, raisins, flakes, honey, yogurt</i>	300 ml	380 kcal	56 uah.
“Fitness” <i>cottage cheese, banana, cherry, mint</i>	300 ml	250 kcal	82 uah.

🟡 We accept Ukrainian hryvna and all major credit cards.

🟠 This is a promotional leaflet. Please ask for our menu.