

# FITNESS MENU

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## DISHES WITH FITNESS BREAD

Toasts with egg and spinach 160 g 240 kcal **78 uah.**

Toast with avocado and poached egg 160 g 210 kcal **81 uah.**

## SALADS

Salad with beets and feta 185 g 240 kcal **72 uah.**

Salad with tuna 225 g 305 kcal **138 uah.**

Roast beef salad 230 g 194 kcal **137 uah.**

Salad with salmon and avocado 200 g 230 kcal **155 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 **146 uah.**

Couscous with vegetables 300 g 165 kcal **96 uah.**

Salmon with tomatoes and vocal goat milk cheese 200 g 405 kcal **230 uah.**

Chicken gnocchi with vegetables 210 g 340 kcal **110 uah.**

Pancakes with spinach and salmon 190 g 380 kcal **156 uah.**

Oat fritters with pumpkin 260 g 585 kcal **75 uah.**

## CHEESE DISHES

Cheese casserole 270 g 410 kcal **96 uah.**

Cottage cheese with yogurt and apple 260 g 345 kcal **98 uah.**

## SMOOTHIES

“Berry”  
*berries, yogurt* 300 ml 245 kcal **59 uah.**

“Energy”  
*dried apricots, raisins, flakes, honey, yogurt* 300 ml 380 kcal **56 uah.**

“Fitness”  
*cottage cheese, banana, cherry, mint* 300 ml 250 kcal **82 uah.**

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🍷 We accept Ukrainian hryvna and all major credit cards.

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

# FOR A COMPANY

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## SANDWICHES

Sandwiches with goat cheese  
and roasted peppers 150 g **85 uah.**

Sandwiches with sprats  
and cream cheese 150 g **95 uah.**

## CHEESE PLATE

Gouda, brinsen cheese,  
mozzarella, sulguni  
*cherry sauce* 330/50 g **210 uah.**

## FISH ASSORTED

Herring, tulle, mackerel  
*Served with potatoes  
and pickled onion* 250/90/40 g **198 uah.**

## SAUSAGE PLATE

Homemade fried sausage  
with onion, French sausages  
with baked potatoes  
*mustard, adzhika, ketchup* 600 / 150 g **235 uah.**

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