

**“WE WANT YOU TO EAT  
HEALTHY FOOD  
BECAUSE IT TASTES GREAT, NOT  
BECAUSE YOU FEEL LIKE YOU  
HAVE TO.”**

FitBar

# BREAKFAST

## OMLETS

SMALL: 1 whole egg and 3 egg whites | LARGE: 1 whole egg and 5 egg whites  
whole grain bread 40 rsd | extra egg 50 rsd

- FIT OMLET WITH VEGETABLES** (V) ..... 290/390  
bell peppers, mushrooms, zucchini, leek (329/374 kcal)
- FIT OMLET WITH PANCETTA AND CHEESE** ..... 330/450  
pancetta, feta cheese (466/522 kcal)
- FIT OMLET WITH SPINACH, PANCETTA AND MOZZARELLA** ..... 350/480  
spinach, pancetta, mozzarella, parmesan, cherry tomatoes (368/436 kcal)

**POLENTA WITH OLIVES AND EGG** (V) ..... 250  
green olives, egg, black sesame, parmesan, spices (409 kcal)

**POLENTA WITH SUN-DRIED TOMATOES AND SMOKED CHEESE** (V) ..... 300  
sun-dried tomatoes, smoked cheese, sunflower seeds, butter, spices (508 kcal)

**TOAST WITH PROSCIUTTO AND SMOKED CHEESE** ..... 340  
prosciutto, smoked cheese, egg, pickles, Dijon mustard, butter (534 kcal)

**HOMEMADE GRANOLA WITH MIXED BERRY CHIA JAM** (V) ..... 350  
granola with natural honey and almonds, jam made of berries and chia seeds, Greek yoghurt, banana (551 kcal)

**CHIA BOWL** (V) ..... 380  
Greek yoghurt, bananas, milk, oat flakes, chia seeds, seasonal fruit (437 kcal)

**CHOCO CHIA BOWL** (V) ..... 380  
Greek yoghurt, banana, milk, oat flakes, chia seeds, raw cacao, sour cherries, black chocolate (436 kcal)

(V) VEGETARIAN DISH

# LIGHT MEALS

## SANDWICHES

small and large sandwiches in whole wheat bread

<b>EGG SANDWICH</b> .....	275/325
egg, pancetta, feta cheese, tomato, lettuce (374/561 kcal)	
<b>TUNA SANDWICH</b> (V) .....	285/355
tuna, pumpkin seed spread, tomato, lettuce, olives, corn (399/528 kcal)	
<b>CHICKEN SANDWICH</b> .....	285/355
chicken fillet, dairy spread, smoked cheese, tomato, lettuce (416/604 kcal)	
<b>TURKEY SANDWICH</b> .....	305/425
turkey fillet, pumpkin seed spread, tomato, lettuce (392/523 kcal)	
<b>SALMON SANDWICH</b> (V) .....	425/585
salmon fillet, pumpkin seed spread, tomato, lettuce (392/530 kcal)	

## TORTILLAS

whole grain tortillas

<b>VEGETERIAN TORTILLA</b> (V) .....	420
pumpkin seed spread, pesto, mozzarella, olives, mushrooms, zucchini, tomato, iceberg (482 kcal)	
<b>TORTILLA WITH CHICKEN AND TOFU CHEESE</b> .....	420
chicken fillet, pumpkin seed spread, tofu cheese, parmesan, iceberg lettuce (558 kcal)	
<b>TORTILLA WITH CHICKEN AND DIJON MUSTARD</b> .....	420
chicken fillet, pancetta, dijon mustard, dairy spread, spinach, bell pepper, red onion (521 kcal)	
<b>TORTILLA WITH TURKEY HAM AND DRIED TOMATOES</b> .....	420
turkey ham, pancetta, dairy spread, iceberg lettuce, bell pepper, smoked cheese, sun-dried tomatoes, spinach (483 kcal)	
<b>TORTILLA WRAPPED BEEF BURGER WITH SMOKED CHEESE</b> .....	430
beef burger smoked cheese, dairy spread, dijon mustard, bell pepper, iceberg, sun dried tomatoes, red onion (567 kcal)	
<b>TORTILLA WITH EGGS AND SMOKED SALMON</b> .....	460
eggs, dairy spread, smoked salmon, arugula (508 kcal)	

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## SOUPS

<b>SOUP WITH VEGETABLES</b> (V) .....	220
(46 kcal)	
<b>TOMATO SOUP</b> (V) .....	240
(70 kcal)	
<b>POTTAGE</b> (V) .....	250
(58 kcal)	

## MAIN DISHES

### PASTAS

small and large portions | whole grain pasta

<b>PASTA ARRABIATA</b> .....	370/500
tomato sauce, pancetta, parmesan, 3 types of onion (406/568 kcal)	
<b>PASTA WITH CARROTS AND CHEESE</b> (V) .....	370/500
carrots, feta cheese, cashew nuts, pickles, peppers (552/708 kcal)	
<b>PASTA WITH CHICKEN AND MOZZARELLA</b> .....	430/590
chicken fillet, mozzarella, sun-dried tomatoes, butter, garlic, white wine (565/755 kcal)	
<b>PASTA WITH AVOCADO AND PROSCIUTTO</b> .....	430/590
avocado sauce, chickpeas, millet, prosciutto, cherry tomatoes (390/540 kcal)	
<b>PASTA WITH CHICKEN, PEER AND GORGONZOLA CHEESE</b> .....	460/620
chicken file, peer, gorgonzola, parmesan, spinach, white wine, sour cream, butter (567/807 kcal)	
<b>PASTA AGLIO OLIO</b> .....	460/620
smoked salmon, olive oil, garlic, parsley, white wine (374/491 kcal)	
<b>PASTA WITH SALMON</b> .....	460/620
samlon file, zucchini, goat cheese, butter, white wine, dill, garlic (571/806 kcal)	

## SPECIALS

<b>MEAL OF THE DAY</b> ..... 450 (note: changed daily, not available on weekends)
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**QUINOA BURGERS WITH PEA PUREE** (V) ..... 530  
quinoa, sun-dried tomatoes, mozzarella, leek, whole wheat flour, eggs, mashed peas (519 kcal)

**CHICKEN STUFFED WITH GORGONZOLA CHEESE AND CRANBERRIES** ..... 550  
chicken file, gorgonzola, cranberries (646 kcal)

**CHICKEN STUFFED WITH SPINACH AND CHEESE** ..... 550  
chicken fillet, Emmental cheese, sun-dried tomatoes spinach (545 kcal)

**RISOTTO WITH CHICKEN AND PEANUT BUTTER** ..... 550  
chicken file, brown rice, peanut butter, parmesan, smoked cheese, vegetables (709 kcal)

**VEGETERIAN KEBAB WITH BELL PEPPER AND GOAT CHEESE** (V) ..... 610  
Cursed wheat, garlic, onion, bell pepper, goat cheese (709 kcal)

**SEARING BEEF WITH MOZZARELLA AND SWEET POTATO** ..... 690  
beef burgers, sweet potato, mozzarella, parmesan, black olives, tomato sauce, butter (678 kcal)

**CHEESEBURGER LETTUCE WRAPS** ..... 690  
beef burgers, smoked cheese, tomato, lettuce (719 kcal)

**SALMON AND TROUT IN NEAPOLITAN SAUCE** (V) ..... 760  
salom fillet, trout fillet, white wine, read beans, tomato, bell pepper, millet, leek (704kcal)

**TURKEY WITH PROSCIUTTO, MOZZARELLA AND SUN-DRIED TOMATOES** ..... 790  
turkey fillet, ham, mozzarella, pumpkin seed spread, sun-dried tomatoes (644 kcal)

**BEEF SESAME BALLS AND SWEET POTATO** ..... 1040  
beef balls, sesame, sweet potato, dairy cream (740 kcal)

**SALMON WITH AVOCADO SALSA** ..... 950  
salmon file, avocado, parsley, garlic, cherry tomatoes (588 kcal)

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# SALADS

## MEAT SALADS

<b>TUNA SALAD</b> .....	570
tuna, green salad mix, egg, goat cheese, pumpkin seeds (336 kcal)	
<b>PROTEIN SALAD</b> .....	570
chicken filler, green salad mix, cherry tomatoes, red beans, almonds, egg white, feta cheese (435 kcal)	
<b>SALAD WITH TURKEY AND MILLET</b> .....	620
turkey fillet, millet, lettuce, arugula, leek, cashew nuts, black olives (409 kcal)	
<b>SALAD WITH SMOKED SALMON</b> .....	620
smoked salmon, mixed green salads, orange, black sesame, goat cheese, croutons (255 kcal)	
<b>BEEFSTEAK SALAD</b> .....	780
beefsteak, arugula, cherry tomatoes, parmesan, croutons (406 kcal)	

## FRESH SALADS

small and large portions | meat or fish extras available

<b>COLESLAW</b> (V) .....	120/170
Finely shredded raw cabbage (52/94 kcal)	
<b>GREEN MIX</b> (V) .....	270/380
green salad mix, spinach, broccoli, leek, pumpkin seed (31/52 kcal)	
<b>COLOURFUL MIX</b> (V) .....	270/380
lettuce, bell peppers, cabbage, carrots, corn (51/76 kcal)	
<b>MEXICO</b> (V) .....	270/380
lettuce, cabbage, carrot, corn, red bean, black olives, walnuts, leek (128/212 kcal)	
<b>SEASONAL</b> (V) .....	270/380
lettuce, mushrooms, cherry tomatoes, bell peppers, cucumber, broccoli (55/82 kcal)	

(V) VEGETARIAN DISH

<b>FITBAR</b> (V) .....	270/380
olives, capers, feta cheese, cherry tomatoes, spinach, peppers, cucumber, leek (93/134 kcal)	
<b>FRESHLY PAINTED</b> (V) .....	290/390
green salad mix, beets, broccoli, pumpkin seeds, feta cheese (105/164 kcal)	
<b>CRUNCHY</b> (V) .....	290/390
cabbage, pickles, pumpkin, sunflower and sesame seeds sun-dried tomatoes, smoked cheese (330/438 kcal)	
<b>ENERGY</b> .....	310/410
lettuce, boiled egg, pickles, pancetta, feta cheese, croutons (291/360 kcal)	
<b>QUINOA</b> (V) .....	310/410
quinoa, iceberg, leek, cherry tomatoes, cashew nuts, walnuts (293/399 kcal)	
<b>VERY STRONG</b> (V) .....	310/410
spinach, sweet potato, chickpeas, red onion, feta cheese (115/181 kcal)	
<b>BROCCOCO</b> .....	310/410
broccoli, green salad mix, cheddar cheese, pancetta cranberries, sunflower seeds, dried onion (214/317 kcal)	
<b>SWEET POTATO SALAD</b> (V) .....	310/410
green salad mix, sweet potatoes, quinoa, cranberries, feta cheese (184/280 kcal)	
<b>APPETITE</b> (V) .....	310/410
lettuce, cabbage, bell pepper, carrot, leek, cashews, smoked cheese (154/221 kcal)	
<b>SPECIAL</b> (V) .....	310/410
green salad mix, cherry tomatoes, leek, bell peppers, olives, goat cheese (156/270 kcal)	
<b>MAKE YOUR OWN MIX</b> .....	310/410

## SELECTION OF MEAT & FISH

suggestion: combine with salad or a side dish

**CHICKEN FILLET**(80G, 130G, 200G) ..... 180/230/280  
(155 kcal / 100 g)

**TURKEY FILLET** (80G, 130G, 200G) ..... 230/300/400  
(104 kcal / 100 g)

**BEEF BURGER** (100G, 200G) ..... 230/390  
(179 kcal / 100g)

**BEEFSTEAK** (80G, 130G, 200G) ..... 390/520/ 790  
(193 kcal / 100 g)

**HAKE FILLET** (80G, 130G, 200G) ..... 210/280/360  
(118 kcal / 100 g)

**SALAM TROUT FILLET** (80G, 130G, 200G) ..... 280/370/450  
(113 kcal / 100 g)

**SALMON FILLET** (80G, 130G, 200G) ..... 380/510/750  
(99 kcal / 100 g)

## SIDES

### GRILLED VEGETABLES

suggestion: combine with meat or fish

**FIT MIX** (V) ..... 180  
carrots, broccoli, cabbage, mushrooms (71 kcal)

**GARDEN MIX** (V) ..... 200  
carrots, bell pepper, zucchini, broccoli, red onion (109 kcal)

(V) **VEGETARIAN DISH**



<b>BROWN RICE WITH VEGETABLES</b> (322 kcal) (V) .....	200
<b>PROSO WITH VEGETABLES</b> (215 kcal) (V) .....	200
<b>BLACK RICE WITH VEGETABLES</b> (300 kcal) (V) .....	230
<b>SWEET POTATOES</b> (206 kcal) (V) .....	230
<b>QUINOA WITH VEGETABLES</b> (337 kcal) (V) .....	280

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## EXTRAS

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<b>WHOLE WHEAT BREAD</b> (206 kcal) .....	40
<b>Egg</b> (78 kcal) .....	50
<b>SOUR CREAM</b> (80 kcal) .....	60

# FIT DESSERTS & SNACKS

<b>PROTEIN CHOCO BOMB</b> (V) .....	120
dark chocolate, puffed cereals, peanut butter, butter, vanilla protein (240kcal)	
<b>RUM BALLS</b> (V) .....	130
dark chocolate, hazelnuts, walnuts, almonds, natural honey, rum (231 kcal)	
<b>RAW BROWNIES WITH DARK CHOCOLATE GANACHE</b> (V) .....	320
dates walnuts, almonds, raw cocoa, dar chocolate, coconut oil, milk (509 kcal)	
<b>FRUIT SALAD</b> (V) .....	260
fresh seasonal fruit (146 kcal)	
<b>PROTEIN FRUIT SALAD</b> (V) .....	380
fresh seasonal fruit, vanilla protein, Greek yoghurt, hazelnuts (418 kcal)	

## PROTEIN & OAT PANCACKES

<b>PROTEIN PANCAKES WITH BLUEBERRIES AND ALMONDS</b> (V) .....	360
oat flakes, eggs, banana, blueberries, whey protein vanilla almonds, natural honey, Greek yoghurt (611 kcal)	
<b>PROTEIN PANCAKES WITH PEANUT BUTTER</b> (V) .....	360
oat flakes, eggs, banana, whey protein vanilla, peanut butter, dark chocolate (701 kcal)	
<b>PROTEIN PANCAKES WITH RASPBERRY CHIA JAM</b> (V) .....	360
oat flakes, eggs, banana, whey protein vanilla, raspberry chia jam, greek yoghurt (607 kcal)	

# FIT DRINKS

## COLD PRESSED JUICES 0,3L

<b>LEMONADE</b> .....	220
<b>FRESH SQUEEZED ORANGE</b> .....	270
<b>VERIFIED TRIO</b> .....	280
apple, beetroot, carrot	
<b>BATTERY CHARGER</b> .....	280
orange, banana, apple	
<b>FRESH SQUEEZED GRAPEFRUIT</b> .....	290
<b>IRON PLUS</b> .....	300
apple, spinach, pineapple	
<b>IMUNOFIT</b> .....	300
carrot, apple, orange, ginger	
<b>HIHG C</b> .....	300
red grapefruit, orange, lemon, mint	
<b>DETOX</b> .....	310
red grapefruit, apple, carrot, beetroot, ginger	
<b>SUPERMIX</b> .....	320
pear, blackberry, raspberry, pineapple	
<b>FOR GREATER STRENGTH</b> .....	320
orange, pineapple, banana	
<b>PINKY</b> .....	320
raspberries, orange, pineapple	
<b>PURPLE HEAT</b> .....	320
raspberry, apple, blackberry, blueberry	
<b>TRENDY</b> .....	320
orange, strawberries, pineapple, honey	
<b>MAKE YOUR OWN MIX</b> .....	340

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## SMOOTHIES 0,4L

<b>SMOOTHIECOLADA</b> .....	330
spinach, banana, strawberry, pineapple, coconut oil, yoghurt (210 kcal)	
<b>PURPURBERI</b> .....	340
oat flakes, blueberry, banana, cinnamon, flax seeds, vanilla soy milk (217 kcal)	
<b>CHOCO CHERRY</b> .....	390
avocado, cherry, banana, cashew nuts, raw cocoa, milk (191 kcal)	
<b>VEGGIE</b> .....	390
celery, cucumber, avocado, ginger, banana, apple (320 kcal)	
<b>SWEET GREEN</b> .....	390
spinach, banana, pineapple, orange, almond, apple juice (328 kcal)	

## PROTEIN SHAKES 0,4L

extra protein scoop 100rsd

<b>FRUTEIN</b> .....	350
protein vanilla, milk, strawberry, orange (305 kcal)	
<b>ENERGY</b> .....	370
protein chocolate, milk, banana, homemade granola (531 kcal)	
<b>SUPER POWER</b> .....	370
2 scoops of protein vanilla, chocolate soy milk (406 kcal)	
<b>EXTREME FIT</b> .....	370
protein chocolate, hazelnuts, peanut butter, water (547 kcal)	
<b>SUPERDRINK</b> .....	370
protein vanilla, chocolate soy milk, cherry, chia seeds (292 kcal)	

## OTHER REFRESHMENTS

<b>AKVA VIVA 0.5L</b> .....	140
<b>KNJAZ MILOŠ 0.3L</b> .....	140
<b>ORGANIC TEA</b> .....	210



**VEGETARIAN DISH**