

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

FitBar

BREAKFAST

OMELETS

SMALL: 1 whole egg and 3 egg whites | LARGE: 1 whole egg and 5 egg whites
whole grain bread 30 rsd | extra egg 40 rsd

- FIT OMELET WITH VEGETABLES** (V)..... 280/380
bell peppers, mushrooms, zucchini, leek (329/374 kcal)
- FIT OMELET WITH PANCETTA AND CHEESE** 320/440
pancetta, feta cheese (466/522 kcal)
- FIT OMELET WITH SPINACH, PANCETTA AND MOZZARELLA** 340/470
spinach, pancetta, mozzarella, parmesan (368/436 kcal)

POLENTA WITH OLIVES AND EGG (V)..... 240
green olives, egg, black sesame, parmesan, spices (409 kcal)

POLENTA WITH SUN-DRIED TOMATOES AND SMOKED CHEESE (V)..... 290
sun-dried tomatoes, smoked cheese, sunflower seeds, butter, spices (508 kcal)

TOAST WITH PROSCIUTTO AND SMOKED CHEESE 330
prosciutto, smoked cheese, egg, pickles, Dijon mustard, butter (534 kcal)

HOMEMADE GRANOLA WITH MIXED BERRY CHIA JAM (V)..... 340
granola with natural honey and almonds, jam made of
berries and chia seeds, Greek yoghurt, banana (551 kcal)

CHIA BOWL (V)..... 370
Greek yoghurt, bananas, milk, oat flakes, chia seeds, seasonal fruit (437 kcal)

CHOCO CHIA BOWL (V)..... 370
Greek yoghurt, banana, milk, oat flakes, chia seeds, raw cacao, sour cherries (436 kcal)

(V) VEGETARIAN DISH

LIGHT MEALS

SANDWICHES

small and large sandwiches in whole wheat bread

EGG SANDWICH	265/315
egg, pancetta, feta cheese, tomato, lettuce (374/561 kcal)	
TUNA SANDWICH	275/345
tuna, pumpkin seed spread, tomato, lettuce, olives, corn (399/528 kcal)	
CHICKEN SANDWICH	275/345
chicken fillet, dairy spread, smoked cheese, tomato, lettuce (416/604 kcal)	
TURKEY SANDWICH	295/415
turkey fillet, pumpkin seed spread, tomato, lettuce (392/523 kcal)	
SALMON SANDWICH	415/575
salmon fillet, pumpkin seed spread, tomato, lettuce (392/530 kcal)	

TORTILLAS

whole grain tortillas

VEGETARIAN TORTILLA (V).....	410
pumpkin seed spread, pesto, mozzarella, olives, mushrooms, zucchini, tomato (482 kcal)	
TORTILLA WITH CHICKEN AND TOFU CHEESE	410
chicken fillet, pumpkin seed spread, tofu cheese, parmesan, iceberg lettuce (558 kcal)	
TORTILLA WITH CHICKEN AND DIJON MUSTARD	410
chicken fillet, pancetta, Dijon mustard, dairy spread, spinach, bell pepper, red onion (521 kcal)	
TORTILLA WITH TURKEY HAM AND DRIED TOMATOES	410
turkey ham, pancetta, dairy spread, iceberg lettuce, bell pepper, smoked cheese, sun-dried tomatoes (483 kcal)	
TORTILLA WITH EGGS AND SMOKED SALMON	450
eggs, dairy spread, smoked salmon, arugula (508 kcal)	

SOUPS

SOUP WITH VEGETABLES (V).....	210
(46 kcal)	
TOMATO SOUP (V).....	230
(70 kcal)	
POTTAGE (V).....	240
(58 kcal)	

MAIN DISHES

PASTAS

small and large portions | whole grain pasta

PASTA ARRABIATA	360/490
tomato sauce, pancetta, parmesan, 3 types of onion (406/568 kcal)	
PASTA WITH BEETS AND CASHEW NUTS (V).....	360/490
beetroot, cashew nuts, almond, Greek yoghurt, parsley (552/708 kcal)	
PASTA WITH CARROTS AND FETA CHEESE (V).....	360/490
carrots, feta cheese, cashew nuts, tickles, peppers (511/708 kcal)	
PASTA WITH CHICKEN AND MOZZARELLA	420/580
chicken fillet, mozzarella, sun-dried tomatoes, butter, garlic, white wine (565/755 kcal)	
PASTA WITH TUNA AND VEGETABLES	420/580
tuna, bell peppers, zucchini, corn, carrots, mushrooms, parmesan, butter, white wine (541/742 kcal)	
PASTA WITH AVOCADO AND PROSCIUTTO	420/580
avocado, chickpeas, millet, prosciutto, cherry tomatoes (390/540 kcal)	
PASTA BOLOGNESE	420/580
ground beef, tomato sauce, onions, spices (513/690 kcal)	
PASTA AGLIO OLIO	450/610
smoked salmon, olive oil, garlic, parsley (374/491 kcal)	

(V) VEGETARIAN DISH

SPECIALS

MEAL OF THE DAY 420 (note: changed daily, not available on weekends)
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QUINOA BURGERS WITH PEA PUREE (V) 510
quinoa, sun-dried tomatoes, mozzarella, leek, whole wheat flour, eggs, mashed peas (519 kcal)

LIGHT SAUCE CHICKEN 530
chicken fillet, sour cream, pancetta, pickles, potatoes (699 kcal)

CHICKEN STUFFED WITH SPINACH AND CHEESE 530
chicken fillet, Emmental cheese, sun-dried tomatoes spinach (545 kcal)

CHICKEN WITH BROCCOLI, PINEAPPLE AND SMOKED CHEESE 530
chicken, broccoli, pineapple, mushrooms, smoked cheese (681 kcal)

GROUND BEEF WITH VEGETABLES 530
ground beef, zucchini, carrots, bell peppers, red beans, corn, leek (561 kcal)

CHEESEBURGER LETTUCE WRAPS 670
beef burgers, smoked cheese, tomato, lettuce (719 kcal)

TURKEY WITH PROSCIUTTO, MOZZARELLA AND SUN-DRIED TOMATOES 770
turkey fillet, ham, mozzarella, pumpkin seed spread, sun-dried tomatoes (644 kcal)

BEEF STEAK WITH FLAVOURED BUTTER AND SWEET POTATOES 1020
steak, herb flavoured butter, parmesan, sweet potatoes (740 kcal)

SALMON WITH GREEN SPREAD AND BLACK RICE WITH CASHEW NUTS 1220
salmon fillet, avocado spread, black rice, cashew nuts (588 kcal)

SALADS

MEAT SALADS

TUNA SALAD	560
tuna, green salad mix, egg, goat cheese, pumpkin seeds (336 kcal)	
PROTEIN SALAD	560
chicken filler, green salad mix, cherry tomatoes, red beans, almonds, egg white, feta cheese (435 kcal)	
SALAD WITH TURKEY AND MILLET	610
turkey fillet, millet, lettuce, bell pepper, leek, cashew nuts, black olives (409 kcal)	
SALAD WITH SMOKED SALMON	590
smoked salmon, mixed green salads, orange, black sesame, goat cheese, croutons (255 kcal)	
BEEFSTEAK SALAD	770
beefsteak, arugula, cherry tomatoes, parmesan, croutons (406 kcal)	

FRESH SALADS

small and large portions | meat or fish extras available

COLESLAW (V).....	110/160
Finely shredded raw cabbage (52/94 kcal)	
GREEN MIX (V).....	260/370
green salad mix, spinach, broccoli, leek (31/52 kcal)	
COLOURFUL MIX (V).....	260/370
bell peppers, cabbage, carrots, corn (51/76 kcal)	
WELLNESS (V).....	260/370
iceberg, cherry tomatoes, carrots, cucumber, apple, walnuts (178/268 kcal)	
SEASONAL (V).....	260/370
lettuce, mushrooms, cherry tomatoes, bell peppers, cucumber, broccoli (55/82 kcal)	

(V) VEGETARIAN DISH

FITBAR (V)	260/370
olives, capers, feta cheese, cherry tomatoes, spinach, peppers, cucumber, leek (93/134 kcal)	
FRESHLY PAINTED (V)	280/380
green salad mix, beets, broccoli, pumpkin seeds, feta cheese (105/164 kcal)	
CRUNCHY (V)	280/380
cabbage, pickles, pumpkin, sunflower and sesame seeds sun-dried tomatoes, smoked cheese (330/438 kcal)	
ENERGY	280/380
lettuce, boiled egg, pickles, pancetta, feta cheese, croutons (291/360 kcal)	
QUINOA (V)	300/400
quinoa, iceberg, leek, cherry tomatoes, cashew nuts, walnuts (293/399 kcal)	
GORGONZOLA (V)	300/400
gorgonzola, spinach, peppers, potatoes, walnuts (245/406 kcal)	
BROCCOCO	300/400
broccoli, green salad mix, cheddar cheese, pancetta cranberries, sunflower seeds, dried red onion (214/317 kcal)	
SWEET POTATO SALAD (V)	300/400
green salad mix, sweet potatoes, quinoa, cranberries, feta cheese, dried red onion (184/280 kcal)	
SUMMER	300/400
lettuce, arugula, spinach, pancetta, apple, cranberries, feta cheese (230/345 kcal)	
SPECIAL (V)	300/400
green salad mix, cherry tomatoes, leek, bell peppers, olives, goat cheese (156/270 kcal)	
MAKE YOUR OWN MIX	300/400

SELECTION OF MEAT & FISH

suggestion: combine with salad or a side dish

CHICKEN FILLET (80G, 130G, 200G) 170/220/270
(155 kcal / 100 g)

TURKEY FILLET (80G, 130G, 200G) 220/290/390
(104 kcal / 100 g)

BEEF BURGER (100G, 200G) 220/380
(179 kcal / 100g)

BEEFSTEAK (80G, 130G, 200G) 380/510/780
(193 kcal / 100 g)

HAKE FILLET (80G, 130G, 200G) 200/270/350
(118 kcal / 100 g)

SALAM TROUT FILLET (80G, 130G, 200G) 270/360/440
(113 kcal / 100 g)

SALMON FILLET (80G, 130G, 200G) 370/500/740
(99 kcal / 100 g)

SIDES

GRILLED VEGETABLES

suggestion: combine with meat or fish

FIT MIX (V) 170
carrots, broccoli, cabbage, mushrooms (71 kcal)

GARDEN MIX 190
carrots, bell pepper (V), zucchini, broccoli, red onion (109 kcal)

(V) VEGETARIAN DISH

BROWN RICE WITH VEGETABLES (V).....	190
(322 kcal)	
BLACK RICE WITH VEGETABLES (V).....	210
(300 kcal)	
SWEET POTATOES (V).....	220
(206 kcal)	
QUINOA WITH VEGETABLES (V).....	270
(337 kcal)	

EXTRAS

WHOLE WHEAT BREAD	30
(206 kcal)	
EGG	40
(78 kcal)	
PARMESAN	50
(111 kcal)	
SOUR CREAM	50
(80 kcal)	
SMOKED CHEESE	100
(89 kcal)	
PROSCIUTTO	100
(58 kcal)	

FIT DESSERTS & SNACKS

PROTEIN CHOCO BOMB (V).....	110
dark chocolate, puffed cereals, peanut butter, butter, vanilla protein (240kcal)	
RUM BALLS (V).....	120
dark chocolate, hazelnuts, walnuts, almonds, natural honey, rum (231 kcal)	
RAW BROWNIES WITH DARK CHOCOLATE GANACHE (V).....	310
dates walnuts, almonds, raw cocoa, dar chocolate, coconut oil (509 kcal)	
FRUIT SALAD (V).....	250
fresh seasonal fruit (146 kcal)	
PROTEIN FRUIT SALAD (V).....	370
fresh seasonal fruit, vanilla protein, Greek yoghurt, hazelnuts (418 kcal)	

PROTEIN & OAT PANCAKES

PROTEIN PANCAKES WITH BLUEBERRIES AND ALMONDS (V).....	350
oat flakes, eggs, banana, blueberries, whey protein vanilla almonds, natural honey, Greek yoghurt (611 kcal)	
PROTEIN PANCAKES WITH PEANUT BUTTER (V).....	350
oat flakes, eggs, banana, whey protein vanilla, peanut butter, dark chocolate (701 kcal)	
PROTEIN PANCAKES WITH RASPBERRY CHIA JAM (V).....	350
oat flakes, eggs, banana, whey protein vanilla, raspberry chia jam,Greek yoghurt (607 kcal)	

FIT DRINKS

COLD PRESSED JUICES 0,3L

LEMONADE	210
FRESH SQUEEZED ORANGE	260
VERIFIED TRIO	270
apple, beetroot carrot	
BATTERY CHARGER	270
orange, banana, apple	
FRESH SQUEEZED GRAPEFRUIT	280
IRON PLUS	290
apple, spinach, pineapple	
IMMUNITYFIT	290
carrot, apple, orange, ginger	
HIGH C	290
red grapefruit, orange, lemon, mint	
DETOX	300
red grapefruit, apple, carrot, beetroot, ginger	
SUPERMIX	300
pear, blackberry, raspberry, pineapple	
FOR GREATER STRENGTH	310
orange, pineapple, banana	
PINKY	310
raspberries, orange, pineapple	
PURPLE HEART	310
raspberry, apple, blackberry, blueberry	
TRENDY	310
orange, strawberries, pineapple, honey	
MAKE YOUR OWN MIX	330

SMOOTHIES 0,4L

SMOOTHIECOLADA	320
spinach, banana, strawberry, pineapple, coconut oil, yoghurt (210 kcal)	
PURPLE BERRY	330
oat flakes, blueberry, banana, cinnamon, flax seeds, vanilla soy milk (217 kcal)	
CHOCO CHERRY	380
avocado, cherry, banana, cashew nuts, raw cocoa, milk (191 kcal)	
VEGGIE	380
celery, cucumber, avocado, ginger, banana, apple (320 kcal)	
SWEET GREEN	380
spinach, banana, pineapple, orange, almond, apple juice (328 kcal)	

PROTEIN SHAKES 0,4L

extra protein scoop 100rsd

FRUTEIN	340
protein vanilla, milk, strawberry, orange (305 kcal)	
ENERGY	360
protein chocolate, milk, banana, homemade granola (531 kcal)	
SUPER POWER	360
2 scoops of protein vanilla, chocolate soy milk (406 kcal)	
EXTREME FIT	360
protein chocolate, hazelnuts, peanut butter, water (547 kcal)	
SUPERDRINK	360
protein vanilla, chocolate soy milk, cherry, chia seeds (292 kcal)	

OTHER REFRESHMENTS

AQUA VIVA 0.5L	110
KNJAZ MILOŠ SPARKLING WATER 0.3L	110
ORGANIC TEA	180



VEGETARIAN DISH