

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

FitBar

BREAKFAST

SERVES UP TO 12 P.M.

OMELETS

SMALL: 1 whole egg & 3 egg whites / LARGE: 1 whole egg & 5 egg whites
whole grain bread 40 rsd | extra egg 50 rsd
green omelet is made from 15 quail eggs

FIT OMELET WITH VEGETABLES (V)	300/400
bell peppers, mushrooms, zucchini, leek (329kcal, 21g P/374 kcal, 29g P)	
FIT OMELET WITH SPINACH, PANCETTA AND MOZZARELLA	360/490
spinach, pancetta, mozzarella, parmesan, cherry tomato (368kcal, 24g P/436kcal, 31g P)	
GREEN OMELET (V)	470
quail eggs, broccoli, spinach, leek, cherry tomatoes, smoked cheese, croutons (399kcal/28g P)	

POLENTA WITH OLIVES AND EGG (V)	260
green olives, egg, black sesame, parmesan, spices (409 kcal /12g P)	

POLENTA WITH SUN-DRIED TOMATOES AND SMOKED CHEESE (V)	310
dried tomatoes, smoked cheese, sunflower seeds, butter, spices (508 kcal /14g P)	

HOMEMADE GRANOLA WITH MIXED BERRY CHIA JAM (V)	360
granola with natural honey and almonds, mixed berry chia jam, greek yoghurt, banana (551 kcal /18g P)	

OAT BREAKFAST (V)	370
oatmeal, hazelnut, dates, cocoa, orange juice, vanilla extract, greek yoghurt, raspberries, banana (568 kcal /21g P)	

SANDWICHES

sandwiches whole wheat bread / serves up to 12 p.m.

SANDWICH WITH PROSCIUTTO AND SMOKED CHEESE	350
smoked cheese, prosciutto, egg, pickles, Dijon mustard, butter (534 kcal /32g P)	
EGG SANDWICH	350
egg, pancetta, feta cheese, tomato, lettuce (561 kcal / 28g P)	
CHICKEN SANDWICH	380
chicken fillet, dairy spread, smoked cheese, tomato, lettuce (604 kcal/ 45g P)	
SALMON SANDWICH	610
salmon fillet, pumpkin seed spread, tomato, lettuce (530 kcal /34g P)	

TORTILLAS

whole grain tortillas

VEGETARIAN TORTILLA (V)	430
pumpkin seed spread, pesto, mozzarella, olives, mushrooms, zucchini, tomato, iceberg (482 kcal /24g P)	
TORTILLA WITH CHICKEN AND TOFU CHEESE	430
chicken fillet, pumpkin seed spread, tofu cheese, parmesan, iceberg lettuce (558 kcal /41g P)	
TORTILLA WITH CHICKEN AND DIJON MUSTARD	430
chicken fillet, pancetta, dijon mustard, dairy spread, spinach, bell pepper, red onion (521 kcal /42g P)	
TORTILLA WITH TURKEY HAM AND DRIED TOMATOES	430
turkey ham, pancetta, dairy spread, iceberg lettuce, bell pepper, smoked cheese, sun-dried tomatoes (483 kcal /29g P)	
TORTILLA WRAPPED BEEF BURGER WITH SMOKED CHEESE	440
beef burger smoked cheese, dairy spread, dijon mustard, bell pepper, iceberg, sun dried tomatoes, red onion (567 kcal /39g P)	
LIGHT MEALS TORTILLA WITH EGGS AND SMOKED SALMON	470
eggs, dairy spread, smoked salmon, arugula (508 kcal /37g P)	

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SOUPS

SOUP WITH VEGETABLES (V)	230
(46 kcal /3g P)	
TOMATO SOUP (V)	250
(70 kcal /8g P)	
POTTAGE (V)	260
(58 kcal /3g P)	

MAIN DISHES

PASTAS

small and large portions | whole grain pasta

PASTA WITH WALNUTS AND SWEET POTATOES (V)	410/550
Walnuts, sweet potatoes, goat cheese, basil, white wine, olive oil (610kcal, 22g P/844kcal, 37g P)	
PASTA WITH CHICKEN AND MOZZARELLA	440/590
chicken fillet, mozzarella, sun-dried tomatoes, butter, garlic, white wine, bell pepper (565kcal, 26g P /755 kcal, 41g P)	
PASTA WITH AVOCADO AND PROSCIUTTO	440/590
avocado sauce, chickpeas, millet, prosciutto, cherry tomatoes (390kcal, 22g P/540 kcal, 34g P)	
PASTA WITH PROSCIUTTO, PESTO AND GOAT CHEESE	470/620
prosciutto, pesto, goat cheese, bell pepper, sesame, white wine, olive oil, oregano (592kcal,29g P/851kcal,43g P)	
PASTA WHITE HOMEMADE PESTO SAUCE (V)	470/620
basil, parsley, cashews, parmesan, ginger, lemon juice, garlic, olive oil (609kcal, 28g P/861kcal, 39g P)	
PASTA WITH PUMPKIN BUTTER	470/620
pumpkin butter, pumpkin seeds, prosciutto, low fat cheese, cherry tomato, white wine, olive oil (511 kcal, 26g P/765kcal, 39g P)	
PASTA WITH SALMON	470/620
salmon fillet, zucchini, goat cheese, butter, white wine, dill, garlic (571 kcal/25 g P, 806 kcal/ 37 g P)	

(V) VEGETARIAN DISH

SPECIALS

MEAL OF THE DAY (serves after 12 p.m., changed daily, not available on weekends) 440

QUINOA BURGERS WITH PEA PUREE (V) 540
quinoa, sun-dried tomatoes, mozzarella, leek, oat flour, eggs, mashed peas (519 kcal /29g P)

VEGE BURGERS (V) 540
spinach, eggs, oat flakes, hazelnut, mozzarella, garlic, carrot, corn (520 kcal /24g P)

RISOTTO WITH CHICKEN AND PEANUT BUTTER 570
chicken fillet, brown rice, peanut butter, parmesan, smoked cheese, vegetables (709 kcal /55g P)

CHICKEN STUFFED WITH GORGONZOLA CHEESE AND CRANBERRIES 570
chicken fillet, gorgonzola, cranberries (646 kcal /51g P)

FITBAR CHICKEN BURGERS 570
ground chicken, leek, low fat cheese, eggs (667 kcal /68g P)

SEARING BEEF WITH MOZZARELLA AND SWEET POTATO 700
beef burgers, sweet potato, mozzarella, parmesan, black olives, tomato sauce, butter (678 kcal /49g P)

CHEESEBURGER LETTUCE WRAPS 700
beef burgers, smoked cheese, tomato, lettuce (719 kcal /54g P)

PROTEIN PLATE 710
chicken fillet, peanut butter, cashew, egg, mozzarella, pineapple, brown rice with vegetables (745 kcal/63g P)

TURKEY WITH PROSCIUTTO, MOZZARELLA AND SUN-DRIED TOMATOES 800
turkey fillet, prosciutto, mozzarella, pumpkin seed spread, sun-dried tomatoes (644 kcal /59g P)

SALMON WITH AVOCADO SALSA 960
salmon fillet, avocado, parsley, garlic, cherry tomatoes (588 kcal /46g P)

BEEFSTEAK WITH FLAVORED BUTTER AND SWEET POTATOES 1190
steak, herb flavored butter, parmesan, sweet potatoes (740 kcal /60g P)

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SALADS

MEAT SALADS

TUNA SALAD	580
tuna, green salad mix, egg, goat cheese, pumpkin seeds (336 kcal /39g P)	
PROTEIN SALAD	580
chicken fillet, green salad mix, cherry tomatoes, red beans, almonds, egg white, feta cheese (435 kcal / 43g P)	
SALAD WITH TURKEY AND MILLET	630
turkey fillet, millet, lettuce, arugula, leek, cashew nuts, black olives (409 kcal /30g P)	
SALAD WITH SMOKED SALMON	630
smoked salmon, green salad mix, orange, black sesame, goat cheese, croutons (255 kcal /20g P)	
BEEFSTEAK SALAD	880
beefsteak, arugula, cherry tomatoes, parmesan, croutons (406 kcal /46g P)	

FRESH SALADS

small and large portions | meat or fish extras available

COLESLAW (V)	130/180
finely shredded raw cabbage (52kcal, 1g P/94 kcal, 2g P)	
GREEN MIX (V)	280/390
green salad mix, spinach, broccoli, leek, pumpkin seed (31kcal, 3g P / 52 kcal, 5g P)	
COLORFUL MIX (V)	280/390
lettuce, bell peppers, cabbage, carrots, corn (51kcal, 2g P/76 kcal, 4g P)	
SEASONAL (V)	280/390
lettuce, mushrooms, cherry tomatoes, bell peppers, cucumber, broccoli (55kcal, 4g P/82 kcal, 6g P)	
FITBAR (V)	280/390
olives, capers, feta cheese, cherry tomatoes, spinach, peppers, cucumber, leek (93kcal, 4g P / 134 kcal, 7g P)	

(V) VEGETARIAN DISH

FRESHLY PAINTED (V)	300/400
green salad mix, beetroot, broccoli, pumpkin seeds, feta cheese (290kcal, 6g P / 390 kcal, 9g P)	
CRUNCHY (V)	300/400
cabbage, pickles, pumpkin, sunflower and sesame seeds, sun-dried tomatoes, smoked cheese (330kcal, 12g P / 438 kcal, 18g P)	
NEST (V)	320/420
lettuce, cabbage, cucumber, quail eggs, dried tomatoes, smoked cheese, sour milk, parsley (290kcal, 6g P / 390 kcal, 9g P)	
OASIS (V)	320/420
lettuce, iceberg salad, arugula, beetroot, cranberry, walnuts, goat cheese (230kcal, 9g P / 338kcal, 13g P)	
ENERGY	320/420
lettuce, boiled egg, pickles, pancetta, feta cheese, croutons (291kcal, 11g P / 360 kcal, 14g P)	
QUINOA (V)	320/420
quinoa, iceberg, leek, cherry tomatoes, cashew nuts, walnuts (293kcal, 10g P / 399 kcal, 13g P)	
VERY STRONG (V)	320/420
spinach, sweet potato, chickpeas, red onion, feta cheese (115kcal, 6g P / 181 kcal, 10g P).	
BROCCOCO	320/420
broccoli, green salad mix, smoked cheese, pancetta, cranberries, sunflower seeds, dried onion (214kcal, 9g P / 317 kcal, 13g P)	
SWEET POTATO SALAD (V)	320/420
green salad mix, sweet potatoes, quinoa, cranberries, feta cheese (184kcal, 6g P / 280 kcal, 10g P)	
SPECIAL (V)	320/420
green salad mix, cherry tomatoes, leek, bell peppers, olives, goat cheese (156kcal, 9g P / 270 kcal, 16g P)	
MAKE YOUR OWN MIX	320/420

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SELECTION OF MEAT & FISH

suggestion: combine with salad or a side dish

CHICKEN FILLET (80G, 130G, 200G) (155 kcal, 22g P / 100 g)	190/240/290
TURKEY FILLET (80G, 130G, 200G) (147 kcal , 22g P/ 100 g)	240/310/410
CHICKEN BURGER (100G, 200G)..... (160 kcal, 24g P/100g)	240/400
BEEF BURGER (100G, 200G) (179 kcal;20g P / 100g)	240/400
BEEFSTEAK (80G, 130G, 200G) (193 kcal, 29g P / 100 g)	450/600/900
HAKE FILLET (80G, 130G, 200G) (118 kcal , 16g P/ 100 g)	220/290/370
SALMON TROUT FILLET (80G, 130G, 200G) (113 kcal, 21g P / 100 g)	290/380/460
SALMON FILLET (80G, 130G, 200G) (99 kcal, 18g P / 100 g)	390/520/760

SIDES

GRILLED VEGETABLES

suggestion: combine with meat or fish

FIT MIX (V) carrots, broccoli, cabbage, mushrooms (71 kcal, 3g P)	190
GARDEN MIX (V) carrots, bell pepper, zucchini, broccoli, red onion (109 kcal, 3g P)	210

(V) VEGETARIAN DISH

BROWN RICE WITH VEGETABLES (V)	210
(322 kcal, 12g P)	
MILLET WITH VEGETABLES AND HAZELNUT (V)	210
(215 kcal/ 12g P)	
BLACK RICE WITH VEGETABLES (V)	240
(300 kcal, 12g P)	
SWEET POTATOES (V)	240
(206 kcal, 5g P)	
QUINOA WITH VEGETABLES (V)	290
(337 kcal, 11g P)	

EXTRAS

WHOLE WHEAT BREAD	40
(197kcal, 6g P)	
EGG	50
(78kcal, 7g P)	
SOUR CREAM	60
(80kcal, 5g P)	

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FIT DESSERTS & SNACKS

PROTEIN CHOCO BOMB (V)	130
dark chocolate, puffed cereals, peanut butter, butter, vanilla protein (240kcal,16g P)	
RUM BALLS (V)	140
dark chocolate, hazelnuts, walnuts, almonds, natural honey, rum (231 kcal, 3g P)	
FRUIT SALAD (V)	270
fresh seasonal fruit (146 kcal)	
RAW BROWNIES WITH DARK CHOCOLATE GANACHE (V)	330
dates, walnuts, almonds, raw cocoa, dark chocolate, coconut oil, milk (509 kcal, 11g P)	
PROTEIN FRUIT SALAD (V)	390
fresh seasonal fruit, vanilla protein, greek yoghurt, hazelnuts (418 kcal, 30g P)	
CHIA PUDDING (V)	400
chia seeds, milk, honey, greek yoghurt, mixed berry chia jam, pineapple, almond, coconut flakes (419 kcal/ 16g P)	
PROTEIN CHOCOLATE CHIA PUDDING (V)	460
chia seeds, milk, cocoa, chocolate whey protein, orange, almond, dark chocolate (446 kcal/ 31g P)	

PROTEIN & OAT PANCAKES

PROTEIN PANCAKES WITH BLUEBERRIES AND ALMONDS (V)	370
oat fakes, eggs, banana, blueberries, whey protein vanilla, almonds, natural honey, greek yoghurt (611 kcal, 37g P)	
PROTEIN PANCAKES WITH PEANUT BUTTER (V)	370
oat fakes, eggs, banana, whey protein vanilla, peanut butter, dark chocolate (701 kcal, 43g P)	
PANCAKES BLACK FOREST (V)	370
coconut flour, eggs, banana, cocoa, coconut oil, greek yoghurt, sour cherries, honey (655 kcal, 28g P)	

FIT DRINKS

COLD PRESSED JUICES 0,3L

LEMONADE	230
FRESH SQUEEZED ORANGE	280
VERIFIED TRIO	290
apple, beetroot, carrot	
BATTERY CHARGER	290
orange, banana, apple	
FRESH SQUEEZED GRAPEFRUIT	300
IRON PLUS	310
apple, spinach, pineapple	
IMUNOFIT	310
carrot, apple, orange, ginger	
HIHG C	310
red grapefruit, orange, lemon, mint	
DETOX	320
red grapefruit, apple, carrot, beetroot, ginger	
SUPERMIX	330
pear, blackberry, raspberry, pineapple	
Dr GREEN	330
apple, spinach, celery, cucumber, lemon, ginger	
PINKY	330
raspberries, orange, pineapple	
SLIM FIT	330
apple, pineapple, lemon, mint	
PURPLE HEAT	330
raspberry, apple, blackberry, blueberry	
MAKE YOUR OWN MIX	350

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SMOOTHIES 0,4L

SMOOTHIECOLADA	340
spinach, banana, strawberry, pineapple, coconut oil, yoghurt (210 kcal, 9g P)	
PURPURBERI	350
oat fakes, blueberry, banana, cinnamon, fax seeds, vanilla soy milk (217 kcal, 10g P)	
CHOCO CHERRY	400
avocado, cherry, banana, cashew nuts, raw cocoa, milk (191 kcal, 8g P)	
VEGGIE	400
celery, cucumber, avocado, ginger, banana, apple (320 kcal, 4g P)	
SWEET GREEN	400
spinach, banana, pineapple, orange, almond, apple juice (328 kcal, 11g P)	

PROTEIN SHAKES 0,4L

extra protein scoop 100rsd

FRUTEIN	360
protein vanilla, apple, raspberry, blackberry, blueberry (305 kcal, 28g P)	
ENERGY	380
protein chocolate, milk, banana, homemade granola (531 kcal, 36g P)	
SUPER POWER	380
double scoop of vanilla protein, chocolate soy milk (406 kcal, 49g P)	
EXTREME FIT	380
protein chocolate, hazelnuts, peanut butter, water (547 kcal, 39g P)	
SUPERDRINK	380
protein vanilla, chocolate soy milk, cherry, chia seeds (292 kcal, 26g P)	

OTHER REFRESHMENTS

STILL WATER	130
MINERAL WATER KNJAZ MILOŠ	140
ORGANIC TEA	210