

**“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 50 rsd | extra egg 60 rsd

FIT OMELET WITH VEGETABLES (V) 340/450
eggs, bell pepper, mushrooms, zucchini, leek (329kcal, 21g P / 374 kcal, 29g P)

FIT OMELET WITH SPINACH, PANCETTA AND MOZZARELLA 400/550
eggs, spinach, pancetta, mozzarella, parmesan, cherry tomatoes (368 kcal, 24g P / 436 kcal, 31g P)

KETO OMELET (V) 470/690
eggs, smoked salmon, goat cheese, spinach (345 kcal, 34g P / 474 kcal, 49g P)

VEGAN TOFU SCRAMBLE (V) (VG) 450
tofu, zucchini, mushrooms, bell pepper, onion, cumin, turmeric, pumpkin seeds, paprika, olive oil
(375 kcal, 25g P)

POLENTA WITH OLIVES AND EGG (V) 320
polenta, green olives, egg, black sesame, parmesan, herbs (409 kcal, 12g P)

POLENTA WITH MUSHROOMS AND BELL PEPPER SAUCE 350
polenta, mushrooms, spinach, parmesan, pancetta, bell peppers, almonds, lemon juice, garlic
(326 kcal, 10g P)

HOMEMADE GRANOLA WITH MIXED BERRY CHIA JAM (V) 370
granola with natural honey and almonds, berry chia jam, Greek yogurt, banana (551 kcal, 18g P)

OAT BREAKFAST (V) 400
oat flakes, hazelnut, dates, cocoa, orange juice, vanilla extract, Greek yoghurt, raspberries, banana
(568 kcal, 21g P)

(V) VEGETARIAN DISH

(VG) VEGAN DISH

SANDWICHES

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

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| SANDWICH WITH PROSCIUTTO AND SMOKED CHEESE | 390 |
| smoked cheese, prosciutto, egg, pickles, Dijon mustard, butter (534 kcal, 32g P) | |
| EGG SANDWICH | 390 |
| egg, pancetta, feta cheese, tomato, lettuce (561 kcal, 28g P) | |
| CHICKEN SANDWICH | 430 |
| chicken fillet, dairy spread, smoked cheese, tomato, lettuce (604 kcal, 45g P) | |
| SALMON SANDWICH | 680 |
| salmon fillet, pumpkin seed spread, tomato, lettuce (530 kcal, 34g P) | |

TORTILLAS & PIZZA

whole grain tortillas

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| VEGETARIAN TORTILLA (V)(VG) | 480 |
| pumpkin seed spread, tofu, sweet potatoes, bell pepper, carrot, broccoli, zucchini, red beans, red onion (466 kcal, 13g P) | |
| TORTILLA WITH CHICKEN AND TOFU CHEESE | 480 |
| chicken fillet, pumpkin seed spread, tofu cheese, parmesan, iceberg salad (558 kcal, 41g P) | |
| TORTILLA WITH CHICKEN, PINEAPPLE AND GOAT CHEESE | 480 |
| chicken fillet, dairy spread, pineapple, goat cheese, lettuce, red onion (529 kcal, 45g P) | |
| TORTILLA WRAPPED BEEF BURGER WITH SMOKED CHEESE | 480 |
| beef burger, smoked cheese, dairy spread, Dijon mustard, bell pepper, iceberg salad, sun dried tomatoes, red onion (567 kcal, 39g P) | |
| KETO PIZZA CAPRICCIOZA | 580 |
| eggs, low fat cheese, ground flax seeds, turkey ham, cheddar, mushrooms, cherry tomato, arugula, tomato spread, oregano (502 kcal, 52g P) | |
| KETO PIZZA CAPRESE | 580 |
| eggs, low fat cheese, ground flax seeds, prosciutto, mozzarella, tomato, black olives, pesto sauce (517 kcal, 55g P) | |

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SOUPS

- SOUP WITH VEGETABLES** (V) 260
(46 kcal, 3g P)
- TOMATO SOUP** (V)(VG) 290
(70 kcal, 8g P)
- POTTAGE** (V)(VG) 300
(58 kcal, 3g P)

MAIN DISHES

PASTAS

small and large portions | whole grain pasta

- PASTA WITH HAZELNUT AND SPINACH** (V)(VG) 450/610
peas, hazelnut, tofu, spinach (474 kcal, 18g P / 598 kcal, 23g P)
- PASTA WITH CHICKEN IN CASHEW SAUCE** 490/670
peas, hazelnut, tofu, spinach (474 kcal, 18g P / 598 kcal, 23g P)
- PASTA WITH CHICKEN AND MOZZARELLA** 490/670
chicken fillet, mozzarella, sun-dried tomato, bell pepper, butter, garlic, white wine
(565 kcal, 26g P / 755 kcal, 41g P)
- PASTA WITH AVOCADO AND PROSCIUTTO** 490/670
avocado sauce, chickpeas, millet, prosciutto, cherry tomatoes (390 kcal, 22g P / 540 kcal, 34g P)
- PASTA WITH PROSCIUTTO, PESTO AND GOAT CHEESE** 520/700
prosciutto, pesto, goat cheese, bell pepper, sesame, white wine, olive oil, oregano
(592 kcal, 29g P / 851 kcal, 43g P)
- PASTA WHITE HOMEMADE PESTO SAUCE** (V) 520/700
basil, parsley, cashews, parmesan, ginger, lemon juice, garlic, olive oil (609 kcal, 28g P / 861 kcal, 39g P)

(V) VEGETARIAN DISH

(VG) VEGAN DISH

SPECIALS

MEAL OF THE DAY (serves after 12 p.m., changed daily, not available on weekends) 480

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| VEGAN BURGERS (V) (VG) | 600 |
| chickpeas, black beans, brown rice, beetroot, ground flax seeds, onion, hazelnut, peanut butter, lemon juice, olive oil, grilled vegetables with almonds (611 kcal, 32g P) | |
| QUINOA BURGERS AND MASHED PEA (V) | 600 |
| quinoa, sun-dried tomatoes, mozzarella, leek, oat flour, eggs, mashed peas (519 kcal, 29g P) | |
| FITBAR CHICKEN BURGERS | 640 |
| ground chicken, leek, low fat cheese, eggs, grilled vegetable and almonds (667 kcal, 68g P) | |
| SAUTEED BEEF WITH MOZZARELLA AND SWEET POTATO | 780 |
| ground beef, sweet potato, mozzarella, parmesan, black olives, tomato sauce, butter (678 kcal, 49g P) | |
| PROTEIN PLATE | 790 |
| chicken fillet, peanut butter, cashew nuts, egg, mozzarella, pineapple, integral rice with vegetables (745 kcal, 63g P) | |
| KETO CHICKEN BURGERS | 870 |
| chicken burgers, pancetta, tomato, mozzarella, avocado, red onion, parsley, keto bread (egg whites, almonds, flax seeds, coconut flour, butter) (750 kcal, 57g P) | |
| KETO BEEF BURGERS | 870 |
| beef burgers, pancetta, mozzarella, iceberg salad, peanut butter, keto bread (egg whites, almonds, flax seeds, coconut flour, butter) (850 kcal, 59g P) | |
| TURKEY WITH PROSCIUTTO, MOZZARELLA AND SUN-DRIED TOMATOES | 890 |
| turkey fillet, prosciutto, mozzarella, pumpkin seed spread, sun-dried tomatoes, mashed pea (684 kcal, 65g P) | |
| SALMON WITH AVOCADO SALSA | 1070 |
| salmon fillet, avocado, parsley, garlic, cherry tomatoes, black rice with vegetables and cashews (588 kcal, 46g P) | |
| TUNA STEAK COATED WITH PARMESAN AND GROUND PUMPKIN SEEDS | 1240 |
| tuna, parmesan, pumpkin seeds, grilled sesame seeds (763 kcal, 59g P) | |
| BEEFSTEAK WITH FLAVORED BUTTER AND SWEET POTATOES | 1320 |
| beefsteak, herb flavored butter, parmesan, mashed sweet potatoes (740 kcal, 60g P) | |

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MEAL SALADS

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| VEGAN BOWL (V) (VG) | 440 |
| quinoa, broccoli, carrot, leeks, peanut butter, peanuts, sesame (660 kcal, 27g P) | |
| VEGETARIAN BOWL (V) | 440 |
| quinoa, avocado, cucumber, black olives, onion, feta cheese, bell pepper sauce (473 kcal, 11g P) | |
| TUNA SALAD | 610 |
| tuna, green salad mix, egg, goat cheese, pumpkin seeds (336 kcal, 39g P) | |
| PROTEIN SALAD | 610 |
| chicken fillet, green salad mix, cherry tomatoes, red beans, almonds, egg white, feta cheese (435 kcal, 43g P) | |
| SALAD WITH TURKEY AND MILLET | 660 |
| turkey fillet, millet, lettuce, arugula, leek, cashew nuts, black olives (409 kcal, 30g P) | |
| SALAD WITH SMOKED SALMON | 660 |
| smoked salmon, green salad mix, pineapple, black sesame, goat cheese, croutons (255 kcal, 20g P) | |
| BEEFSTEAK SALAD | 910 |
| beefsteak, arugula, cherry tomatoes, parmesan, croutons (406 kcal, 46g P) | |

FRESH SALADS

small and large portions | meat or fish extras available

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|---|---------|
| CABBAGE SALAD (V) (VG) | 160/210 |
| finely shredded raw cabbage (52 kcal, 1g P / 94 kcal, 2g P) | |
| GREEN MIX (V) | 310/420 |
| green salad mix, spinach, broccoli, leek, pumpkin seed (31 kcal, 3g P / 52 kcal, 5g P) | |
| COLORFUL MIX (V) | 310/420 |
| lettuce, bell peppers, cabbage, carrots, corn (51kcal, 2g P/76 kcal, 4g P) | |
| SEASONAL (V) (VG) | 310/420 |
| lettuce, mushrooms, cherry tomatoes, bell peppers, cucumber, broccoli (55 kcal, 4g P / 82 kcal, 6g P) | |

(V) VEGETARIAN DISH

(VG) VEGAN DISH

| | |
|---|---------|
| FITBAR (V) | 310/420 |
| olives, capers, feta cheese, cherry tomatoes, spinach, peppers, cucumber, leek (93 kcal, 4g P / 134 kcal, 7g P) | |
| FRESHLY PAINTED (V) | 330/430 |
| green salad mix, beetroot, broccoli, pumpkin seeds, feta cheese (290 kcal, 6g P / 390 kcal, 9g P) | |
| CRUNCHY (V) | 330/430 |
| cabbage, pickles, pumpkin, sunflower and sesame seeds, sun-dried tomatoes, smoked cheese (330 kcal, 12g P / 438 kcal, 18g P) | |
| NEST (V) | 350/450 |
| lettuce, cabbage, cucumber, egg, sun-dried tomatoes, smoked cheese, sour milk, parsley (290 kcal, 6g P / 390 kcal, 9g P) | |
| OASIS (V) | 350/450 |
| green salad mix, beetroot, cranberry, walnuts, goat cheese (230 kcal, 9g P / 338 kcal, 13g P) | |
| ENERGY | 350/450 |
| lettuce, boiled egg, pickles, pancetta, feta cheese, croutons (291 kcal, 11g P / 360 kcal, 14g P) | |
| VERY STRONG (V) | 350/450 |
| spinach, sweet potato, chickpeas, red onion, feta cheese (115 kcal, 6g P / 181 kcal, 10g P). | |
| BROCCOCO | 350/450 |
| broccoli, green salad mix, cheddar, pancetta, cranberries, sunflower seeds, dried onion (214 kcal, 9g P / 317 kcal, 13g P) | |
| SPECIAL (V) | 350/450 |
| green salad mix, cherry tomatoes, leek, bell peppers, olives, goat cheese (156 kcal, 9g P / 270 kcal, 16g P) | |
| MAKE YOUR OWN MIX | 350/450 |

SELECTION OF MEAT & FISH

suggestion: combine with salad or a side dish

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| CHICKEN FILLET (100g, 150g, 200g) (155 kcal, 22g P / 100 g) | 230/280/330 |
| TURKEY FILLET (100g, 150g, 200g) (147 kcal, 22g P / 100 g) | 290/370/460 |
| BEEFSTEAK (100g, 150g, 200g) (193 kcal, 29g P / 100 g) | 540/720/1000 |
| CHICKEN BURGER (100g, 200g)..... (160 kcal, 24g P/100g) | 270/450 |
| BEEF BURGER (100g, 200g) (179 kcal, 20g P / 100g) | 270/450 |
| SALMON BURGER (100g, 200g) (241 kcal, 18g P / 100g) | 480/840 |
| TROUT FILLET (100g, 150g, 200g) (114 kcal, 21g P / 100 g) | 260/390/550 |
| TUNA STEAK (100g, 150g, 200g) (162 kcal, 36g P / 100 g) | 580/860/1130 |
| SALMON FILLET (100g, 150g, 200g) (99 kcal, 18g P / 100 g) | 480/620/840 |

SIDES

GRILLED VEGETABLES

suggestion: combine with meat or fish

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| FIT MIX (V)(VG) carrots, broccoli, cabbage, mushrooms (71 kcal, 3g P) | 220 |
| GARDEN MIX (V)(VG)..... carrots, bell pepper, zucchini, broccoli, red onion (109 kcal, 3g P) | 240 |

(V) VEGETARIAN DISH

(VG) VEGAN DISH

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|---|-----|
| BROWN RICE WITH VEGETABLES (V) (VG) | 240 |
| (322 kcal, 12g P) | |
| MILLET WITH VEGETABLES AND HAZELNUT (V) (VG) | 240 |
| (215 kcal, 12g P) | |
| MASHED PEAS (V) (VG) | 240 |
| (203 kcal, 12g P) | |
| BLACK RICE WITH VEGETABLES (V) (VG) | 270 |
| (300 kcal, 12g P) | |
| MASHED SWEET POTATOES (V) | 290 |
| (215 kcal, 4g P) | |

EXTRAS

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|---|----|
| WHOLE WHEAT BREAD (V) (VG) | 50 |
| (197 kcal, 6g P) | |
| EGG | 60 |
| (78kcal, 7g P) | |
| SOUR CREAM | 70 |
| (80kcal, 5g P) | |

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FIT DESSERTS & SNACKS

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|---|-----|
| PROTEIN CHOCO BOMB (V) | 160 |
| dark chocolate, puffed cereals, peanut butter, butter, whey vanilla protein (240 kcal, 16g P) | |
| RAW SNICKERS GLAZED WITH DARK CHOCOLATE (V) | 160 |
| dates, cashew nuts, coconut flour, honey, peanuts, peanut butter, coconut oil, dark chocolate (223 kcal, 7g P) | |
| RAW CAKE GLAZED WITH DARK CHOCOLATE (V) | 250 |
| dates, hazelnuts, cashews, cocoa, honey, vanilla extract, coconut oil, dark chocolate (313 kcal, 9g P) | |
| FRUIT SALAD (V)(VG) | 310 |
| fresh seasonal fruit (146 kcal) | |
| CHIA PUDDING (V) | 400 |
| chia seeds, milk, honey, Greek yogurt, mixed berry chia jam, pineapple, almond, coconut flakes (419 kcal, 16g P) | |
| PROTEIN CHOCOLATE CHIA PUDDING (V) | 400 |
| chia seeds, milk, cocoa, chocolate whey protein, orange, raspberries, dark chocolate (446 kcal, 31g P) | |
| PROTEIN FRUIT SALAD (V) | 420 |
| fresh seasonal fruit, vanilla whey protein, Greek yogurt, hazelnuts (418 kcal, 30g P) | |

PROTEIN & KETO PANCAKES

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| PROTEIN BLUEBERRIES ALMONDS PANCAKES (V) | 440 |
| oat flakes, eggs, banana, blueberries, whey protein, almonds, honey, Greek yoghurt (611 kcal, 37g P) | |
| PROTEIN PEANUT BUTTER PANCAKES (V) | 440 |
| oat flakes, eggs, banana, whey protein, peanut butter, dark chocolate (701 kcal, 43g P) | |
| KETO PANCAKES (V) | 620 |
| eggs, whey protein, dark chocolate, raspberries, coconut flour, soy milk, hazelnut (679 kcal, 44g P) | |

(V) VEGETARIAN DISH

(VG) VEGAN DISH

FIT BEVERAGES

COLD PRESSED JUICES 0,3L

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|---|-----|
| LEMONADE | 240 |
| FRESH SQUEEZED ORANGE | 320 |
| VERIFIED TRIO | 330 |
| apple, beetroot, carrot | |
| BATTERY CHARGER | 330 |
| orange, banana, apple | |
| FRESH SQUEEZED GRAPEFRUIT | 340 |
| IRON PLUS | 340 |
| apple, spinach, pineapple | |
| IMUNOFIT | 340 |
| carrot, apple, orange, ginger | |
| HIHG C | 360 |
| red grapefruit, orange, lemon, mint | |
| DETOX | 360 |
| red grapefruit, apple, carrot, beetroot, ginger | |
| Dr GREEN | 370 |
| apple, spinach, celery, cucumber, lemon, ginger | |
| PINKY | 370 |
| raspberries, orange, pineapple | |
| SLIM FIT | 370 |
| apple, pineapple, lemon, mint | |
| PURPLE HEART | 370 |
| raspberry, apple, blackberry, blueberry | |
| MAKE YOUR OWN MIX | 390 |

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SMOOTHIES 0,4L

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| SMOOTHIECOLADA | 380 |
| spinach, banana, strawberry, pineapple, coconut oil, yogurt (210 kcal, 9g P) | |
| PURPURBERI | 390 |
| oat flakes, blueberry, banana, cinnamon, fax seeds, vanilla soy milk (217 kcal, 10g P) | |
| CHOCO CHERRY | 440 |
| avocado, sour cherry, banana, cashew nuts, raw cocoa, milk (191 kcal, 8g P) | |
| VEGGIE | 440 |
| celery, cucumber, avocado, ginger, banana, apple (320 kcal, 4g P) | |
| SWEET GREEN | 440 |
| spinach, banana, pineapple, orange, almond, apple juice (328 kcal, 11g P) | |

PROTEIN SHAKES 0,4L extra protein scoop 120rsd

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| ENERGY | 400 |
| chocolate whey protein, milk, banana, homemade granola (531 kcal, 36g P) | |
| SUPER POWER | 420 |
| double scoop of vanilla whey protein, chocolate soy milk (406 kcal, 49g P) | |
| EXTREME FIT | 420 |
| chocolate whey protein, hazelnuts, peanut butter, water (547 kcal, 39g P) | |
| SUPERDRINK | 420 |
| vanilla whey protein, chocolate soy milk, sour cherry, chia seeds (292 kcal, 26g P) | |
| VEGAN POWER | 420 |
| vegan protein, soy milk, pineapple, banana, coconut, oat flakes (367 kcal, 25g P) | |

OTHER REFRESHMENTS

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| STILL WATER | 130 |
| MINERAL WATER KNJAZ MILOŠ | 140 |
| ORGANIC TEA | 190 |

 VEGETARIAN DISH

 VEGAN DISH