

**“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 60 rsd - extra egg 60 rsd

FIT OMELET WITH VEGETABLE (V)	370 / 480
eggs, bell pepper, mushrooms, zucchini, leek (288 kcal, 6g cho, 19g f, 23g p / 335 kcal, 8g cho, 20g f, 27g p)	
FIT OMELET WITH SPINACH	420 / 580
eggs, spinach, pancetta, mozzarella, parmesan, cherry tomato (391 kcal, 4g cho, 28g f, 31g p / 506 kcal, 5g cho, 36g f, 31g p)	
KETO OMELET	500 / 720
eggs, smoked salmon, goat cheese, spinach (408 kcal, 6g cho, 27g f, 34g p / 523 kcal, 9g cho, 31g f, 52g p)	

VEGAN TOFU SCRAMBLE (V) 470
tofu, zucchini, mushrooms, bell pepper, onion, cumin, turmeric, pumpkin seeds, paprika, olive oil
(333 kcal, 20g cho, 18g f, 23g p)

POLENTA WITH OLIVES AND EGG (V) 350
polenta, green olives, egg, black sesame, parmesan, herbs (580 kcal, 58g cho, 29g f, 22 g p)

POLENTA WITH MUSHROOMS AND BELL PEPPER SAUCE 420
polenta, mushrooms, spinach, parmesan, pancetta, bell peppers, almonds, lemon juice, garlic
(628 kcal, 58g cho, 34g f, 18g p)

HOMEMADE GRANOLE (V) 460
granola with honey and almonds, berry chia jam, Greek yogurt, banana
(584 kcal, 85g cho, 18g f, 19g p)

OAT BREAKFAST (V) 440
oat flakes, hazelnut, dates, cocoa, orange juice, vanilla extract, Greek yogurt, raspberries, banana
(583 kcal, 61g ugh , 27 g f, 21g p)

(V) VEGETARIAN DISH

SANDWICHES

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

SANDWICH WITH PROSCIUTTO AND SMOKED CHEESE	420
beef prosciutto, smoked cheese, boiled egg, pickles, Dijon mustard, butter (628 kcal, 42g cho, 35g f, 34g p)	
EGG SANDWICH	420
eggs, pancetta, feta cheese, tomato, lettuce (553 kcal, 46g cho, 29g f, 25g p)	
CHIKEN SANDWICH	470
chicken fillet, dairy spread, smoked cheese, tomato, lettuce (509 kcal, 47g cho, 17g f, 43g p)	
SALMON SANDWICH	710
salmon fillet, pumpkin seed spread, tomato, lettuce (493 kcal, 48g cho, 17g f, 37g p)	

WRAPS & PIZZA

* whole grain wraps

VEGAN WRAP (V)	490
pumpkin seed spread, tofu, sweet potatoes, bell pepper, carrot, broccoli, zucchini, red beans, red onion (514 kcal, 65g cho, 19g f, 19g p)	
WRAP WITH CHICKEN AND TOFU CHEESE	500
chicken fillet, pumpkin seed spread, tofu cheese, parmesan, iceberg salad (548 kcal, 42g cho, 23g f, 43g p)	
WRAP WITH CHICKEN, PINEAPPLE AND GOAT CHEESE	500
chicken fillet, dairy spread, pineapple, goat cheese, lettuce, red onion (562 kcal, 48g ugh , 20g f, 47 g p)	
WRAPPED BEEF BURGER WITH SMOKED CHEESE	530
beef burger, dairy spread, smoked cheese, Dijon mustard, bell pepper, sun dried tomatoes, iceberg salad, red onion (558 kcal, 47g cho, 24g f, 39g p)	
KETO PIZZA CAPRICCIOSA	610
eggs, oat bran, ground flax, linseed, sunflower seeds, sesame, oregano, turkey ham, cheddar cheese, mushrooms, cherry tomato, arugula, zero ketchup (529 kcal, 8g cho, 32g f, 38g p)	
KETO PIZZA CAPRESE	610
eggs, oat bran, ground flax, linseed, sunflower seeds, sesame, oregano, beef prosciutto, mozzarella, cherry tomato, black olives, pesto sauce (565 kcal, 10g ugh , 39g f, 43g p)	

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SOUPS

SOUP WITH VEGETABLES (V)	270
(78 kcal, 9g cho, 2g f, 6g p)	
TOMATO SOUP (V)	300
(85 kcal, 13g cho, 1g f, 6g p)	
POTTAGE (V)	310
(175 kcal, 18g cho, 10g f, 3g p)	

MAIN DISHES

PASTAS

whole grain pasta

PASTA WITH PROSCIUTTO PESTO AND GOAT CHEESE	620
beef prosciutto, pesto, goat cheese, bell pepper, sesame, olive oil, oregano (635 kcal, 66g cho, 27g f, 32g p)	
PASTA WITH HOMEMADE PESTO SAUSE (V)	620
cashew, parmesan, ginger, lemon juice, basil, parsley, garlic, olive oil (686 kcal, 63g cho, 35g f, 30g p)	
PASTA WITH CHICKEN IN CASHEW SAUCE	630
chicken fillet, cashew, chickpeas, spinach, butter, parmesan (765 kcal, 67g ugh , 34g f, 48g p)	
PASTA WITH CHICKEN AND MOZZARELLA	630
chicken fillet, mozzarella, sun dried tomatoes, bell pepper, butter, garlic (688 kcal, 63g ugh , 30g f, 41g p)	

SPECIALS

MEAL OF THE DAY (serves after 12 p.m., changed daily, not available on weekends) 530

VEGAN BURGERS (V)	620
chickpeas, red beans, brown rice, beetroot, ground flax, onion, hazelnut, peanut butter, lemon juice, olive oil, grilled vegetables with almonds (596 kcal, 48g cho, 36g f, 20g p)	
QUINOA BURGERS AND MASHED PEA (V)	620
quinoa, sun dried tomatoes, mozzarella, leek, oat flour, eggs, mashed peas (592 kcal, 52g cho, 28g f, 33g p)	

(V) VEGETARIAN DISH

ZUCCHINI NOODLE WITH CHICKEN / BEEF	650 / 650
ground chicken fillet or ground beef, zucchini, parmesan, homemade tomato sauce, spices (325 kcal, 20g cho, 12g f, 32g p / 378 kcal, 22g cho, 17g f, 33g p)	
SHREDDED BEEF ON GRILLED POLENTA	710
polenta, shredded beef, roasted bell pepper sauce, goat cheese, butter, black sesame (606 kcal, 44g cho, 30g f, 39g p)	
FITBAR CHICKEN BURGERS	690
ground chicken fillet, leek, cheese, egg, grilled vegetables with almonds (648 kcal, 18g cho, 29g f, 79g p)	
KETO CHICKEN MEDALLIONS	690
chicken fillet, cheddar cheese, pancetta, hazelnuts, cabbage, mushrooms, broccoli, carrot (688 kcal, 11g cho, 48g f, 53g p)	
SAUTED BEEF WITH MOZZARELLA AND SWEET POTATO	790
ground beef, sweet potato, black olives, mozzarella, parmesan, tomato sauce, butter (632 kcal, 28g cho, 38g f, 40g p)	
PROTEIN PLATE	820
chicken fillet, peanut butter, cashew nuts, egg, mozzarella, pineapple, integral rice with vegetables (788 kcal, 47g cho, 40g f, 59g p)	
KETO CHICKEN BURGER	770
chicken burger, pancetta, tomato, mozzarella, avocado, red onion, parsley, keto bread (egg whites, almonds, flax seeds, coconut flour, butter) (618 kcal, 11g cho, 48g f, 53g p)	
KING KETO BURGER	770
beef burgers, egg, cheddar cheese, pancetta, keto bread (egg whites, almonds, flax seeds, coconut flour, butter) (711kcal, 6g cho, 56g f, 46g p)	
TURKEY WITH PROSCIUTTO AND MOZZARELLA	890
turkey fillet, beef prosciutto, mozzarella, pumpkin seed spread, sun dried tomatoes, mashed pea (636 kcal, 40g cho, 28g f, 56g p)	
SESAME CRUSTED SALMON WITH BROCCOLI	1100
salmon fillet, broccoli, spinach, sesame, butter (439 kcal, 9g cho, 27g f, 40g p)	
SALMON WITH AVOCADO SALSA	1100
salmon fillet, avocado, parsley, garlic, cherry tomatoes, black rice with vegetables and cashews (602 kcal, 40g cho, 33g f, 36g p)	
BEEFSTEAK WITH FLAVORED BUTTER AND SWEET POTATOES	1370
beefsteak, herb flavored butter, parmesan, mashed sweet potatoes (732 kcal, 40g cho, 36g f, 62g p)	

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MEAL SALADS

VEGAN BOWL (V)	470
quinoa, broccoli, carrot, leek, peanut butter, sesame, peanuts (643 kcal, 31g cho, 47g f, 24g p)	
VEGETARIAN BOWL (V)	540
quinoa, avocado, cucumber, black olives, red onion, feta cheese, bell pepper sauce (454 kcal, 25g cho, 34g f, 12g p)	
TUNA SALAD	640
tuna, green salad mix, egg, goat cheese, pumpkin seeds (366 kcal, 14g cho, 14g f, 38g p)	
PROTEIN SALAD	640
chicken fillet, green salad mix, cherry tomatoes, red beans, almonds, egg white, feta cheese (435 kcal, 11g cho, 24g f, 43g p)	
SALAD WITH SMOKED SALMON	690
smoked salmon, green salad mix, pineapple, black sesame, goat cheese, croutons (363 kcal, 22g cho, 20g f, 24g p)	
HEALTHY SALAD	720
turkey fillet, mozzarella, beef prosciutto, avocado, spinach, pineapple, carrot, red onion (357 kcal, 13g cho, 14g f, 45g p)	
BEEFSTEAK SALAD	940
beefsteak, arugula, cherry tomatoes, parmesan, croutons (405 kcal, 14g cho, 17g f, 49g p)	

FRESH SALADS

small or large portions / meat or fish extras available

CABBAGE SALAD (V)	160 / 210
finely shredded raw cabbage (52 kcal, 7g cho, 1g f, 1g p / 94 kcal, 12g cho, 2g f, 2g p)	
GREEN MIX (V)	310 / 420
green salad mix, spinach, broccoli, leek, pumpkin seed (62 kcal, 6g cho, 2g f, 3g p / 96 kcal, 9g cho, 3g f, 7g p)	
COLORFUL MIX (V)	310 / 420
lettuce, bell pepers, cabbage, carrot, corn (55 kcal, 11g cho, 0g f, 2g p / 83 kcal, 17g cho, 0g f, 4g p)	
SESONAL (V)	310 / 420
lettuce, cherry tomatoes, bell peppers, cucumber, broccoli, mushrooms (45 kcal, 8g cho, 0g f, 4g p / 65 kcal, 10g cho, 1g f, 4g p)	

(V) VEGETARIAN DISH

FIT BAR (V)	310 / 420
spinach, bell peppers, cucumber, leek, olives, cherry tomatoes, capers, feta cheese (132 kcal, 7g cho, 8g f, 8g p / 190 kcal, 8g cho, 13g f, 10g p)	
FRESHLY PAINTED (V)	330 / 430
green salad mix, beetroot, broccoli, pumpkin seeds, feta cheese (164 kcal, 10g cho, 8g f, 9g p / 200 kcal, 15g cho, 11g f, 10g p)	
CRUNCHY (V)	330 / 430
cabbage, pickles, pumpkin seeds, sunflower seeds, sesame, sun dried tomatoes, smoked cheese (315 kcal, 12g cho, 25g f, 11g p / 436 kcal, 17g cho, 33g f, 18g p)	
NEST (V)	350 / 450
lettuce, cabbage, cucumber, egg, sun dried tomatoes, smoked cheese, sour milk, parsley (333 kcal, 7g cho, 25g f, 19g p / 362kcal, 10g cho, 27g f, 20g p)	
OASIS (V)	350 / 450
green salad mix, beetroot, cranberry, cashew, goat cheese (246 kcal, 11g cho, 17g f, 12g p / 354kcal, 17g cho, 24g f, 16g p)	
ENERGY	350 / 450
lettuce, egg, pickles, pancetta, feta cheese, croutons (312 kcal, 16g cho, 21g f, 15g p / 392 kcal, 18g cho, 28g f, 17g p)	
VERY STRONG (V)	350 / 450
spinach, sweet potato, chickpeas, red onion, feta cheese (126 kcal, 15g cho, 4g f, 8g p / 211 kcal, 25g cho, 7g f, 12g p)	
BROCCOCO	350 / 450
broccoli, green salad mix, pancetta, cranberry, sunflower seeds, cheddar cheese (194 kcal, 12g cho, 13g f, 7g p / 312 kcal, 18g cho, 21g f, 13g p)	
SPECIAL (V)	350 / 450
green salad mix, cherry tomatoes, leek, bell peppers, olives, goat cheese (169 kcal, 7g cho, 12g f, 8g p / 233 kcal, 8g cho, 16g f, 11g p)	

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SELECTION OF MEAT & FISH

* suggestion: combine with salad or a side dish

CHICKEN FILLET (100g, 150g, 200g) (155 kcal, 22g p / 100g)	240 / 290 / 340
TURKEY FILLET (100g, 150g, 200g) (147 kcal, 22g p / 100g)	300 / 380 / 470
BEEFSTEAK (100g, 150g, 200g) (193 kcal, 29g p / 100g)	560 / 740 / 1020
CHICKEN BURGER (100g, 200g) (160 kcal, 24g p / 100g)	270 / 450
BEEF BURGER (100g, 200g) (179 kcal, 20g p / 100g)	290 / 470
SMOKED TROUT FILLET (100g, 150g, 200g) (114 kcal, 21g p / 100g)	360 / 520 / 650
SALMON FILLET (100g, 150g, 200g) (99 kcal , 18g p/ 100g)	480 / 620 / 840

SIDES

GRILLED VEGETABLES

* suggestion : combine with meat or fish

FIT MIX GRILLED VEGETABLES (V) carrot, broccoli, mushrooms, cabbage (116 kcal, 16g cho, 4g f, 5g p)	250
GARDEN MIX GRILLED VEGETABLES (V) carrot, bell pepper, zucchini, broccoli, red onion (111 kcal, 15g cho, 4g f, 4g p)	270
BROWN RICE WITH VEGETABLES (V) (218 kcal, 35g cho, 7g f, 3g p)	250
MASHED PEAS (V) (201 kcal, 28g cho, 5g f, 11g p)	270
CELERIAC MASH (V) (135 kcal, 9g cho, 9g f, 5g p)	270

(V) VEGETARIAN DISH

BLACK RICE WITH VEGETABLES (V)	290
(247 kcal, 49g cho, 3g f, 8g p)	
MASHED SWEET POTATOES (V)	290
(187 kcal, 43g cho, 0g f, 4g p)	

EXTRAS

WHOLE GRAIN BREAD (V)	60
(121 kcal, 24g cho, 1g f, 4g p)	
EGG (V)	60
(71 kcal, 0.6g cho, 5g f, 6g p)	
SOUR CREAM (V)	70
(54 kcal, 4g cho, 3g f, 4g p)	

FIT DESSERTS & SNACKS

PROTEIN ROCHER/BOUNTY BOMB (V)	210
dark chocolate, coconut milk, protein cheese, hazelnut, whey protein, coconut oil / dark chocolate, coconut milk, coconut flour, protein cheese, whey protein, coconut oil (142 kcal, 8g cho, 9g f, 10g p / 152 kcal, 9g cho, 8g f, 11g p)	
RAW SNICKERS GLAZED WITH DARK CHOCOLATE (V)	210
dates, cashew, coconut, honey, peanut butter, coconut oil, dark chocolate (382 kcal, 17g cho, 30g f, 11g p)	
RAW CAKE GLAZED WITH DARK CHOCOLATE (V)	300
dates, hazelnut, cashew, cocoa, honey, vanilla extract, coconut oil, dark chocolate (382 kcal, 17g cho, 30g f, 11g p)	
FRUIT SALAD (V)	310
fresh seasonal fruit (183 kcal, 43g cho, 3g f, 1g p)	
CHIA PUDDING (V)	420
chia seeds, milk, honey, Greek yogurt, mixed berry chia jam, pineapple, almond, coconut (334 kcal, 35g ugh , 16g f, 12g p)	
PROTEIN CHIA PUDDING (V)	420
chia seeds, milk, cocoa, chocolate whey protein, raspberries, almond, dark chocolate (395 kcal, 28g cho, 19g f, 28g p)	
PROTEIN FRUIT SALAD (V)	450
fresh seasonal fruit, vanilla whey protein, Greek yogurt, hazelnut (482 kcal, 43g cho, 23g f, 26g p)	

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PROTEIN & KETO PANCAKES

PROTEIN BLUEBERRIES AND ALMONDS PANCAKES (V)	430
oat flakes, eggs, banana, whey protein, blueberries, almonds, honey, Greek yogurt (584 kcal, 63g cho, 25g f, 26g p)	
PROTEIN PEANUT BUTTER PANCAKES (V)	430
oat flakes, eggs, banana, whey protein, peanut butter, dark chocolate (708 kcal, 59g cho, 37g f, 33g p)	
KETO PANCAKES (V)	510
eggs, whey protein, coconut flour, soy milk, peanut butter, dark chocolate, raspberries, hazelnut (572 kcal, 18g cho, 44g f, 26g p)	
PROTEIN PANCAKES WITH PROTEIN ICECREAM AND DARK CHOCOLATE (V)	570
oat flakes, eggs, banana, whey protein, forest fruit mix, dark chocolate, icecream, diet cookie (705 kcal, 68g cho, 35g f, 30g p)	

FIT DRINKS

COLD PRESSED JUICES 0,3L

LEMONADE	240
FRESH SQYEEZED ORANGE	320
VERIFIED TRIO	340
apple, beetroot, carrot	
BATTERY CHARGER	340
orange, banana, apple	
BLOOM	350
orange, apple, cherry	
IRON PLUS	350
apple, spinach, pineapple	
IMUNOFIT	350
carrot, apple, orange, ginger	
HIGH C	370
red grapefruit, orange, lemon, mint	

(V) VEGETARIAN DISH

DETOX	370
red grapefruit, apple, carrot, beetroot, ginger	
PINKY	370
raspberries, orange, pineapple	
PURPLE HEART	370
raspberry, apple, blackberry, blueberry	
Dr GREEN	370
apple, spinach, celery, cucumber, lemon, ginger	
SLIMFIT	370
apple, pineapple, lemon, mint	
MAKE YOUR OWN MIX	390

SMOOTHIES 0,4L

JOGI	390
banana, spinach, carrot, zucchini, lemon, turmeric, cinnamon, coconut oil, soy milk (263 kcal, 38g cho, 7g f, 12g p)	
BALANCE	390
banana, carrot, almond, dates, ginger, cinnamon, nutmeg, soy milk (491 kcal, 55g ugh , 22g f, 18g p)	
NUTRI BOMB	390
banana, apple, dates, peanut butter, cinnamon, hazelnut, chia seeds, water (570 kcal, 50g cho, 35g f, 13g p)	
SWEET MIX	390
banana, hazelnut, cocoa, dates, coconut flour, vanilla soy milk (384 kcal, 52g cho, 13g f, 17g p)	
GREENY	420
banana, pineapple, cucumber, carrot, spinach, celery, parsley, pumpkin seeds, linseed, soy milk (384 kcal, 52g cho, 13g f, 17 g p)	
CHOCO CHERRY	440
avocado, sour cherry, banana, cashew, cocoa, milk (432 kcal, 40g cho, 21g f, 20g p)	

PROTEIN SHAKES 0,4L

* extra protein scoop 120rsd * vegan option

ENERGIZER	440
chocolate whey protein, milk, banana, homemade granola (415 kcal, 50g cho, 9g f, 33g p)	
VEGAN POWER	450
vegan protein, soy milk, pineapple, banana, coconut, oat flakes (392 kcal, 49g cho, 9g f, 31g p)	

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FUEL	460
apple, spinach, almond, oatmeal, cinnamon, vanilla whey protein, vanilla soy milk (490 kcal, 45g cho, 20g f, 32g p)	
MR MUSCLE	460
banana, spinach, peanut butter, cocoa, chocolate whey protein, soy milk (567 kcal, 37g cho, 30g f, 37g p)	
BOOSTER	460
dried plums, walnut, cinnamon, vanilla whey protein, soy milk (481 kcal, 35g cho, 25g f, 29g p)	
MASTER	460
banana, pineapple, spinach, ground flax, coconut flour, vanilla whey protein, milk, yogurt (381 kcal, 43g cho, 12g f, 25g p)	

OTHER DRINKS

NOCCO 0.33l	350
GREEN COLA 0.33l	240
ORGANIC TEAS	230
KNJAZ MILOŠ MINERAL WATER 0.25l	180
ROSA STILL WATER 0.33l	170