

**“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

whole grain bread 80 rsd - extra egg 60 rsd

FIT OMELET WITH VEGETABLES (vg)	550
eggs, bell pepper, mushrooms, zucchini, leek (288 kcal, 6g cho, 19g f, 23g p)	
FIT PIE (vg)	640
eggs, oat flakes, feta cheese, sesame seeds, pumpkin seeds (590 kcal, 34g ugh, 35g m, 35g p)	
FIT OMELET WITH SPINACH	700
eggs, spinach, pancetta, mozzarella, parmesan, cherry tomato (391 kcal, 4g cho, 28g f, 31g p)	
VEGAN TOFU SCRAMBLE (v) (vg)	700
smoked tofu, zucchini, mushrooms, bell pepper, onion, pumpkin seeds, black salt, olive oil (333 kcal, 20g cho, 18g f, 23g p)	
POLENTA WITH HOMEMADE PESTO SAUCE AND GOAT CHEESE (vg)	560
polenta, pesto sauce, goat cheese, chickpeas, cherry tomatoes, butter, spices (601 kcal, 70g cho, 26g f, 22 g p)	
HOMEMADE GRANOLA (vg)	640
granola with honey and almonds, berry chia jam, Greek yogurt, banana (584 kcal, 85g cho, 18g f, 19g p)	
OAT BREAKFAST (vg)	690
oat flakes, hazelnut, dates, cocoa, orange zest, vanilla extract, Greek yogurt, raspberries, banana (583 kcal, 61g cho , 27 g f, 21g p)	
POACHED EGG TOAST	620
whole grain bread, guacamole, eggs, tomato, pancetta, cucumber, nut mayo (637 kcal, 43g cho, 37g f, 27g p)	
PEANUT BUTTER AND BERRY TOAST (vg)	570
whole grain bread, peanut butter, berries, sunflower seeds, honey (556 kcal, 64g cho, 24g f, 22g p)	
GUACAMOLE TOAST (vg)	640
whole grain bread, guacamole, eggs, red cabbage, cabbage, carrot, cucumber, sunflower seeds, nut mayo (574 kcal, 50g cho, 30g f, 26g p)	
CHICKEN SANDWICH	710
chicken fillet, dairy spread, smoked cheese, tomato, lettuce (509 kcal, 47g cho, 17g f, 43g p)	
SALMON SANDWICH	1000
salmon fillet, pumpkin seed spread, tomato, lettuce (493 kcal, 48g cho, 17g f, 37g p)	

WRAPS AND PIZZA

* whole grain wraps

VEGAN WRAP (V) (vg)	660
pumpkin seed spread, tofu, sweet potatoes, bell pepper, carrot, broccoli, zucchini, red beans, red onion (514 kcal, 65g cho, 19g f, 19g p)	
EGG WRAP	660
egg, dairy spread, feta cheese, pancetta, iceberg salad (560 kcal, 43g cho, 28g f, 34g p)	
WRAP WITH CHICKEN AND TOFU CHEESE	700
chicken fillet, pumpkin seed spread, tofu cheese, parmesan, iceberg salad (548 kcal, 42g cho, 23g f, 43g p)	
WRAP WITH CHICKEN AND DIJON MUSTARD	720
chicken fillet, dairy spread, dijon mustard, bell pepper, baby spinach, pancetta (584 kcal, 44g cho, 25g f, 44g p)	
WRAPPED BEEF BURGER WITH SMOKED CHEESE	720
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)	

PROTEIN PIZZA CAPRICCIOSA	860
eggs, oat flakes, low fat cheese, pumpkin seeds, sesame, turkey ham, cheddar cheese, mushrooms, cherry tomato, arugula, zero ketchup, oregano (697 kcal, 40g cho, 37g f, 51g p)	

PROTEIN PIZZA CAPRESE	920
eggs, oat flakes, low fat cheese, pumpkin seeds, sesame, beef prosciutto, mozzarella, cherry tomatoes, black olives, pesto sauce (739 kcal, 38g cho, 39g f, 59g p)	

SOUPS

SOUP WITH VEGETABLES (vg)	350
(78 kcal, 9g ugh, 2g m, 6g p)	
TOMATO SOUP (V) (vg)	380
(85 kcal, 13g ugh, 1g m, 6g p)	
POTTAGE (V) (vg)	390
(175 kcal, 18g ugh, 10g m, 3g p)	

PASTAS

*whole grain pasta

PASTA WITH HOMEMADE PESTO SAUCE (vg)	930
cashew, parmesan, ginger, lemon juice, basil, persley, garlic, olive oil (686 kcal, 63g cho, 35g f, 30g p)	
PASTA WITH CHICKEN AND MOZZARELLA	950
chicken fillet, mozzarella, sun dried tomatoes, bell pepper, butter, garlic (688 kcal, 63g cho, 30g f, 41g p)	
PASTA WITH CHICKEN IN CASHEW SAUCE	970
chicken fillet, cashew, chickpeas, spinach, butter, parmesan (765 kcal, 67g cho, 34g f, 48g p)	

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SPECIALS

MEAL OF THE DAY (serves after 12 p.m., changed daily, not available on weekends) 640

QUINOA BURGERS AND MASHED PEA (vg)	930
quinoa, sun dried tomatoes, mozzarella, leek, oat flour, eggs, mashed peas (592 kcal, 52g cho, 28g f, 33g p)	
ZUCCHINI NOODLE WITH CHICKEN / BEEF	950 / 950
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)	
CHICKEN / BEEF PROTEIN BURGER	1040 / 1040
ground chicken fillet or ground beef, egg, low fat cheese, oat flakes, pumpkin seeds, sunflower seeds, sesame, panceta, iceberg, tomato, red onion, nut mayo (702 kcal, 28g cho, 39g f, 59g p/ 808 kcal, 28g cho, 52g f, 58g p)	
FITBAR CHICKEN BURGERS	1070
ground chicken fillet, leek, cheese, egg, grilled vegetables with almonds (648 kcal, 18g cho, 29g f, 79g p)	
OYSTER MUSHROOM AND TRUFFLE RISOTTO (v) (vg)	1040
brown rice, oyster mushrooms, truffles, mushrooms, chickpeas, cashews (563 kcal, 78g cho, 19g f, 20g p)	
VEGETARIAN BURGER (vg)	1070
oat flour, egg, low fat cheese, pumpkin seeds, sunflower seeds, sesame, vegan burger, iceberg, cheddar, red onion, guacamole, nut mayo (674 kcal, 38g cho, 41g f, 38g p)	
SAUTEED BEEF WITH MOZZARELLA AND SWEET POTATO	1180
ground beef, sweet potato, black olives, mozzarella, parmesan, tomato sauce, butter (632 kcal, 28g cho, 38g f, 40g p)	
SHREDDED BEEF ON GRILLED POLENTA	1200
polenta, shredded beef, roasted bell pepper sauce, goat cheese, butter, black sesame (606 kcal, 44g cho, 30g f, 39g p)	
KETO BEEF BURGER	1160
ground beef, pancetta, red onion, iceberg, mozzarella, peanut butter, keto bread (751kcal, 12g cho, 57g f, 45g p)	
KETO CHICKEN BURGER	1160
chicken burger, pancetta, tomato, mozzarella, avocado, red onion, parsley, keto bread (618 kcal, 11g cho, 48g f, 53g p)	
FETA AND HOMEMADE PESTO STUFFED CHICKEN	1130
chicken fillet, feta, homemade pesto, edamame, peas, broccoli (671 kcal, 31g cho, 32g f, 64g p)	
PROTEIN PLATE	1150
chicken fillet, peanut butter, cashew nuts, egg, mozzarella, pineapple, brown rice with vegetables (788 kcal, 47g cho, 40g f, 59g p)	
VEGAN PROTEIN PLATE (v) (vg)	1260
vegan burger, sweet potatoes, peas, edamame, broccoli, cranberries, quinoa, nut mayo (704 kcal, 74g cho, 32g f, 30g p)	
MONSTER PROTEIN BURGER	1230
beef burger, egg, ella cheese, oatmeal, tick, sunflower seeds, sesame, iceberg salad, sweet potato, bbq sauce, prosciutto, mozzarella (825kcal, 36g ugh, 46g m, 67g p)	

SESAME CRUSTED SALMON WITH BROCCOLI salmon fillet, broccoli, spinach, sesame, butter (439 kcal, 9g cho, 27g f, 40g p)	1700
SALMON WITH AVOCADO SALSA salmon fillet, avocado, parsley, garlic, cherry tomatoes, black rice with vegetables and cashews (602 kcal, 40g cho, 33g f, 36g p)	1700
BEEFSTEAK TAGLIATA beefsteak, brown rice with vegetables, arugula, sweet potato, pumpkin seeds, chimichurri sauce, parmesan, cherry tomato (704 kcal, 43g cho, 29g f, 66g p)	1880

BOWLS

VEGAN   quinoa, broccoli, carrot, leek, peanut butter, sesame, peanuts, tahini (643 kcal, 31g cho, 47g f, 24g p)	740
BUDHA   edamame, sweet potato, quinoa, corn, red beans, avocado, carrot, red cabbage, lettuce, cherry tomatoes, tahini dressing (275 kcal, 41g cho, 7g f, 12g p)	830
POSH  poached egg, sweet potato, quinoa, walnuts, homemade pesto, cherry tomatoes, halloumi cheese, nut mayo (664kcal, 26g ugh, 49g m, 30g p)	970
HALLOUMI  halloumi cheese, edamame, quinoa, baby spinach, carrot, black olives, chickpeas, pomegranate, orange juice, nut mayo (516 kcal, 45g cho, 24g f, 30g p)	970
GIROS BOWL quinoa, beef burger, tomato, cucumber, red onion, feta cheese, parsley, dill, garlic granola, Greek yogurt (577kcal, 34g ugh, 23g m, 39g p)	970
TEMPEH   edamame, tempeh, lettuce, cherry tomatoes, cucumber, tahini dressing (381 kcal, 34g cho, 13g f, 34g p)	970

MEAT SALADS

PROTEIN SALAD chicken fillet, green salad mix, cherry tomatoes, red beans, almonds, egg white, feta cheese (435 kcal, 11g cho, 24g f, 43g p)	900
TUNA SALAD tuna, green salad mix, egg, goat cheese, pumpkin seeds (366 kcal, 14g cho, 14g f, 38g p)	950
KETO TURKEY SALAD turkey fillet, green salad mix, cheddar, mozzarella, pancetta, pumpkin seeds, egg (538 kcal, 7g cho, 31g f, 51g p)	950
BEEFSTEAK SALAD beefsteak, arugula, cherry tomatoes, egg, sesame, parmesan, croutons (405 kcal, 14g cho, 17g f, 49g p)	1400

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FRESH SALADS

* meat, fish or burgers extras available

CABBAGE SALAD (V) (vg)	290
finely shredded raw cabbage (94 kcal, 12g cho, 2g f, 2g p)	
COLORFUL MIX (vg)	440
lettuce, bell peppers, cabbage, carrot, corn (82 kcal, 16g cho, 1g f, 3g p)	
GREEN MIX (vg)	430
green salad mix, baby spinach, broccoli, leek, pumpkin seed (76 kcal, 7g cho, 2g f, 6g p)	
SESONAL (V) (vg)	480
lettuce, cherry tomatoes, bell peppers, cucumber, broccoli, mushrooms (82 kcal, 16g cho, 1g f, 3g p)	
NEST (vg)	480
green salad mix, baby spinach, broccoli, leek, pumpkin seed (76 kcal, 7g cho, 2g f, 6g p)	
FRESHLY PAINTED (vg)	480
green salad mix, beetroot, broccoli, pumpkin seeds, feta (153 kcal, 12g cho, 8g f, 9g p)	
OASIS (vg)	510
green salad mix, beetroot, cranberry, cashew, goat cheese (300 kcal, 14g cho, 19g f, 11g p)	
BROCCOCO (vg)	510
broccoli, green salad mix, pancetta, cranberry, sunflower seeds, cheddar cheese (258 kcal, 13g cho, 18g f, 9g p)	
EDAMAME (vg)	540
edamame, green salad mix, baby spinach, beet, dates, apple, pumpkin seeds, walnuts (277 kcal, 36g cho, 10g f, 11g p)	
ASIA (V) (vg)	540
edamame, red cabbage, cabbage, carrot, beet, leek, sesame, peanuts	

MEAT, FISH, BURGERS

* suggestion: combine with salad or a side dish

CHICKEN FILLET (100g, 150g, 200g)	330/ 390/ 450
(155 kcal, 22g p/ 100g)	
TURKEY FILLET (100g, 150g, 200g)	400/ 490/ 590
(147 kcal, 22g p / 100g)	
BEEFSTEAK (100g, 150g, 200g)	690/ 890/ 1180
(193 kcal, 29g p / 100g)	
CHICKEN BURGER (100g, 200g)	360/ 550
(160 kcal, 24g p / 100g)	
BEEF BURGER (100g, 200g)	380/ 600
(179 kcal, 20g p / 100g)	
VEGAN BURGER (120g) (V) (vg)	450
(251 kcal, 15g p/ 100g)	
SMOKED TROUT FILLET (100g, 150g, 200g)	450/ 630/ 780
(114 kcal, 21g p / 100g)	
SALMON FILLET (100g, 150g, 200g)	710/ 980 / 1210
(99 kcal , 18g p/ 100g)	

(V) VEGAN DISH

(vg) VEGETARIAN DISH

SIDES

* predlog: kombinujte uz meso, ribu ili burger

GRILLED VEGETABLES

FIT MIX GRILLED VEGETABLES (V) (vg)	360
carrot, broccoli, mushrooms, cabbage (116 kcal, 16g cho, 4g f, 5g p)	
GARDEN MIX GRILLED VEGETABLES (V) (vg)	390
carrot, bell pepper, zucchini, broccoli, red onion (111 kcal, 15g cho, 4g f, 4g p)	
GREEN GRILLED VEGETABLES (V) (vg)	430
edamame, peas, broccoli (191 kcal, 18g cho, 8g f, 11g p)	
BROWN RICE WITH VEGETABLES (V) (vg)	380
(218 kcal, 35g ugh, 7g m, 3g p)	
MASHED PEAS (V) (vg)	390
(201 kcal, 28g ugh, 5g m, 11g p)	
BLACK RICE WITH VEGETABLES (V) (vg)	420
(247 kcal, 49g ugh, 3g m, 8g p)	
SWEET POTATOES FRIES (V) (vg)	520
(187 kcal, 43g ugh, 0g m, 4g p)	

FIT DESSERTS & SNACKS

PROTEIN ROCHER BOMB (vg)	330
dark chocolate, coconut milk, protein cheese, hazelnut, whey protein, coconut oil (142 kcal, 8g cho, 9g f, 10g p)	
ORANGE RASPBERRY BAR (vg)	340
peanut butter, diet biscuit, whey protein, dark chocolate, berry chia jam, orange juice (239 kcal, 17g cho, 14g f, 12g p)	
RAW SNICKERS (V) (vg)	340
dates, cashew, coconut, peanut butter, coconut oil, dark chocolate (382 kcal, 17g cho, 30g f, 11g p)	
FRUIT SALAD (V) (vg)	460
fresh seasonal fruit (183 kcal, 43g cho, 3g f, 1g p)	
RAW CAKE (V) (vg)	460
dates, hazelnut, cashew, cocoa, vanilla extract, coconut oil, dark chocolate (382 kcal, 17g cho, 30g f, 11g p)	
RAW CHOCO CHEESE CAKE (V) (vg)	460
coconut cream, coconut oil, coco, cashews, walnuts, dates, dark chocolate (402 kcal, 19g cho, 31g f, 11g p)	
LEMON RASPBERRY RAW CAKE (V) (vg)	410
coconut cream, coconut oil, almonds, dates, lemon juice, lemon zest, raspberries, soy milk, vanilla extract, curcuma (411 kcal, 16g cho, 34g f, 12g p)	

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TIRAMISU RAW CAKE (v) (vg)	520
hazelnuts, almonds, cashews, dates, espresso powder, dark chocolate, vanilla extract coconut oil, coconut cream (510 kcal, 33g cho, 37g f, 10g p)	
PROTEIN CHIA PUDDING (vg)	640
chia seeds, milk, cocoa, chocolate whey protein, raspberries, almond, dark chocolate (395 kcal, 28g cho, 19g f, 28g p)	
PROTEIN FRUIT SALAD (vg)	640
fresh seasonal fruit, vanilla whey protein, Greek yogurt, hazelnut (482 kcal, 43g cho, 23g f, 26g p)	

PROTEIN & KETO PANCAKES

PROTEIN BLUEBERRY AND ALMOND PANCAKES (vg)	670
oat flakes, eggs, banana, whey protein, blueberries, almonds, honey, Greek yogurt (584 kcal, 63g cho, 25g f, 26g p)	
PROTEIN PEANUT BUTTER PANCAKES (vg)	670
oat flakes, eggs, banana, whey protein, peanut butter, dark chocolate (708 kcal, 59g cho, 37g f, 33g p)	
PROTEIN SNIKERS PANCAKES	670
oat flakes, eggs, banana, whey protein, dates, soy milk, peanuts (779 kcal, 85g ugh, 29g m, 45g p)	
PROTEIN BOUNTY PANCAKES	670
oat flakes, eggs, banana, whey protein, Greek yogurt, coconut, dark chocolate, almond (548kcal, 54h ugh, 24g m, 29g p)	
CRUNCHY PROTEIN PANCAKES (vg)	670
oat flakes, eggs, banana, whey protein, Greek yogurt, berries, granola, pineapple (528 kcal, 56g cho, 21g f, 29g p)	
PROTEIN PANCAKES WITH DIET BISCUIT AND PUDDING (vg)	670
oat flakes, eggs, banana, whey protein, dark chocolate, diet biscuit, milk (682kcal, 71g cho, 31g f, 30g p)	
KETO PANCAKE (vg)	760
eggs, whey protein, coconut flour, soy milk, peanut butter, dark chocolate, raspberries, hazelnut (572 kcal, 18g cho, 44g f, 26g p)	
KETO PANCAKE WITH HAZELNUTS AND VANILLA PUDDING (vg)	760
eggs, whey protein, coconut flour, soy milk, dark chocolate, hazelnut, milk (540 kcal, 18g cho, 36g f, 36g p)	
PROTEIN PANCAKES WITH ICE CREAM AND DARK CHOCOLATE (vg)	800
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	310
FRESH SQUEEZED ORANGE	410
VERIFIED TRIO apple, beetroot, carrot	410
BATTERY CHARGER orange, banana, apple	440
BLOOM orange, apple, cherry	440
IRON PLUS apple, spinach, pineapple	440
IMUNOFIT carrot, apple, orange, ginger	450
HIGH C red grapefruit, orange, lemon, mint	470
DETOX red grapefruit, apple, carrot, beetroot, ginger	470
PINKY raspberries, orange, pineapple	470
PURPLE HEART raspberry, apple, blackberry, blueberry	470
Dr GREEN apple, spinach, celery, cucumber, lemon, ginger	470
SLIMFIT apple, pineapple, lemon, mint	470

SMOOTHIES 0,4L

NUTRI BOMB banana, apple, dates, peanut butter, cinnamon, hazelnut, chia seeds, water (570 kcal, 50g cho, 35g f, 13g p)	470
BALANCE banana, carrot, almond, dates, ginger, cinnamon, nutmeg, soy milk (491 kcal, 55g cho, 22g f, 18g p)	470
JOGI banana, spinach, carrot, zucchini, lemon, turmeric, cinnamon, coconut oil, soy milk (263 kcal, 38g cho, 7g f, 12g p)	480
SWEET MIX banana, hazelnut, cocoa, dates, coconut flour, vanilla soy milk (384 kcal, 52g cho, 13g f, 17g p)	480
CHOCO CHERRY avocado, sour cherry, banana, cashew, cocoa, milk (432 kcal, 40g cho, 21g f, 20g p)	500

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PROTEIN SHAKES 0,4L

* protein scoop extra 150 rsd

* vegan on request

ENERGIZER

chocolate whey protein, milk, banana, homemade granola (415 kcal, 50g cho, 9g f, 33g p)

550

CHEESE CAKE

Greek yogurt, whey protein, vanilla, milk, raspberries (429 kcal, 28g cho, 17g f, 41g p)

560

PRE WORKOUT

banana, whey protein vanilla, soy milk, espresso (334 kcal, 42g cho, 6g f, 28g p)

580

MAGIC

apple, walnuts, cinnamon, whey protein vanilla, milk (446 kcal, 37g cho, 18g f, 34g p)

560

PERFECT

hazelnuts, oat flakes, whey protein chocolate, soy milk (483 kcal, 41g cho, 17g m, 42g p)

580

VEGAN POWER

vegan protein, soy milk, pineapple, banana, coconut, oat flakes (392 kcal, 49g cho, 9g f, 31g p)

600

OTHER DRINKS

NOCCO 0.33l

440

GREEN COLA 0.33l

280

KNJAZ MILOŠ MINERAL WATER 0.25l

250

ROSA STILL WATER 0.33l

240