

**“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 70 rsd - extra egg 60 rsd

FIT OMELET WITH VEGETABLES (vg)	450
eggs, bell pepper, mushrooms, zucchini, leek (288 kcal, 6g cho, 19g f, 23g p)	
FIT PIE (vg)	500
eggs, oat flakes, feta cheese, sesame seeds, pumpkin seeds (590 kcal, 34g ugh, 35g m, 35g p)	
FIT OMELET WITH SPINACH	590
eggs, spinach, pancetta, mozzarella, parmesan, cherry tomato (391 kcal, 4g cho, 28g f, 31g p)	
VEGAN TOFU SCRAMBLE (v) (vg)	590
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)	450
polenta, pesto sauce, goat cheese, chickpeas, cherry tomatoes, butter, spices (601 kcal, 70g cho, 26g f, 22 g p)	
HOMEMADE GRANOLA (vg)	550
granola with honey and almonds, berry chia jam, Greek yogurt, banana (584 kcal, 85g cho, 18g f, 19g p)	
OAT BREAKFAST (vg)	590
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	510
whole grain bread, guacamole, eggs, tomato, pancetta, cucumber, nut mayo (637 kcal, 43g cho, 37g f, 27g p)	
PEANUT BUTTER AND BERRY TOAST (vg)	480
whole grain bread, peanut butter, berries, sunflower seeds, honey (556 kcal, 64g cho, 24g f, 22g p)	
GUACAMOLE TOAST (vg)	530
whole grain bread, guacamole, eggs, red cabbage, cabbage, carrot, cucumber, sunflower seeds, nut mayo (574 kcal, 50g cho, 30g f, 26g p)	
CHICKEN SANDWICH	590
chicken fillet, dairy spread, smoked cheese, tomato, lettuce (509 kcal, 47g cho, 17g f, 43g p)	
SALMON SANDWICH	860
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)	560
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	560
egg, dairy spread, feta cheese, pancetta, iceberg salad (560 kcal, 43g cho, 28g f, 34g p)	
WRAP WITH CHICKEN AND TOFU CHEESE	600
chicken fillet, pumpkin seed spread, tofu cheese, parmesan, iceberg salad (548 kcal, 42g cho, 23g f, 43g p)	
WRAP WITH CHICKEN AND DIJON MUSTARD	620
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	620
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	730
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	790
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)	290
(78 kcal, 9g ugh, 2g m, 6g p)	
TOMATO SOUP (V) (vg)	320
(85 kcal, 13g ugh, 1g m, 6g p)	
POTTAGE (V) (vg)	330
(175 kcal, 18g ugh, 10g m, 3g p)	

PASTAS







*whole grain pasta

PASTA WITH HOMEMADE PESTO SAUCE (vg)	730
cashew, parmesan, ginger, lemon juice, basil, persley, garlic, olive oil (686 kcal, 63g cho, 35g f, 30g p)	
PASTA WITH CHICKEN AND MOZZARELLA	760
chicken fillet, mozzarella, sun dried tomatoes, bell pepper, butter, garlic (688 kcal, 63g cho, 30g f, 41g p)	
PASTA WITH CHICKEN IN CASHEW SAUCE	800
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) 600

- QUINOA BURGERS AND MASHED PEA**  740
quinoa, sun dried tomatoes, mozzarella, leek, oat flour, eggs, mashed peas (592 kcal, 52g cho, 28g f, 33g p)
- ZUCCHINI NOODLE WITH CHICKEN / BEEF** 790 / 790
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** 850 / 850
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** 890
ground chicken fillet, leek, cheese, egg, grilled vegetables with almonds (648 kcal, 18g cho, 29g f, 79g p)
- OYSTER MUSHROOM AND TRUFFLE RISOTTO**   860
brown rice, oyster mushrooms, truffles, mushrooms, chickpeas, cashews (563 kcal, 78g cho, 19g f, 20g p)
- VEGETARIAN BURGER**  870
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)
- TURKEY SESAME MEATBALLS** 960
turkey fillet, mozzarella, polenta, sesame, leek, peas, corn, pancetta, Greek yogurt, spices, sesame
(671 kcal, 54g cho, 26g f, 54g p)
- SAUTEED BEEF WITH MOZZARELLA AND SWEET POTATO** 960
ground beef, sweet potato, black olives, mozzarella, parmesan, tomato sauce, butter
(632 kcal, 28g cho, 38g f, 40g p)
- SHREDDED BEEF ON GRILLED POLENTA** 960
polenta, shredded beef, roasted bell pepper sauce, goat cheese, butter, black sesame
(606 kcal, 44g cho, 30g f, 39g p)
- KETO BEEF BURGER** 940
ground beef, pancetta, red onion, iceberg, mozzarella, peanut butter, keto bread
(751kcal, 12g cho, 57g f, 45g p)
- KETO CHICKEN BURGER** 950
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** 920
chicken fillet, feta, homemade pesto, edamame, peas, broccoli (671 kcal, 31g cho, 32g f, 64g p)
- PROTEIN PLATE** 930
chicken fillet, peanut butter, cashew nuts, egg, mozzarella, pineapple, brown rice with vegetables
(788 kcal, 47g cho, 40g f, 59g p)
- VEGAN PROTEIN PLATE**   1060
vegan burger, sweet potatoes, peas, edamame, broccoli, cranberries, quinoa, nut mayo
(704 kcal, 74g cho, 32g f, 30g p)
- SESAME CRUSTED SALMON WITH BROCCOLI** 1440
salmon fillet, broccoli, spinach, sesame, butter (439 kcal, 9g cho, 27g f, 40g p)
- SALMON WITH AVOCADO SALSA** 1440
salmon fillet, avocado, parsley, garlic, cherry tomatoes, black rice with vegetables and cashews
(602 kcal, 40g cho, 33g f, 36g p)
- BEEFSTEAK TAGLIATA** 1580
beefsteak, brown rice with vegetables, arugula, sweet potato, pumpkin seeds, chimichurri sauce, parmesan, cherry tomato (704 kcal, 43g cho, 29g f, 66g p)

BOWLS

VEGAN (V) (vg)	550
quinoa, broccoli, carrot, leek, peanut butter, sesame, peanuts, tahini (643 kcal, 31g cho, 47g f, 24g p)	
BUDHA (V) (vg)	680
edamame, sweet potato, quinoa, corn, red beans, avocado, carrot, red cabbage, lettuce, cherry tomatoes, tahini dressing (275 kcal, 41g cho, 7g f, 12g p)	
POSH (vg)	820
poached egg, sweet potato, quinoa, walnuts, homemade pesto, cherry tomatoes, halloumi cheese, nut mayo (664kcal, 26g ugh, 49g m, 30g p)	
HALLOUMI (vg)	800
halloumi cheese, edamame, quinoa, baby spinach, carrot, black olives, chickpeas, pomegranate, orange juice, nut mayo (516 kcal, 45g cho, 24g f, 30g p)	
TEMPEH (V) (vg)	830
edamame, tempeh, lettuce, cherry tomatoes, cucumber, tahini dressing (381 kcal, 34g cho, 13g f, 34g p)	

MEAT SALADS

PROTEIN SALAD	720
chicken fillet, green salad mix, cherry tomatoes, red beans, almonds, egg white, feta cheese (435 kcal, 11g cho, 24g f, 43g p)	
TUNA SALAD	760
tuna, green salad mix, egg, goat cheese, pumpkin seeds (366 kcal, 14g cho, 14g f, 38g p)	
KETO TURKEY SALAD	790
turkey fillet, green salad mix, cheddar, mozzarella, pancetta, pumpkin seeds, egg (538 kcal, 7g cho, 31g f, 51g p)	
BEEFSTEAK SALAD	1150
beefsteak, arugula, cherry tomatoes, egg, sesame, parmesan, croutons (405 kcal, 14g cho, 17g f, 49g p)	

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FRESH SALADS

* meat, fish or burgers extras available

CABBAGE SALAD (V) (vg)	230
finely shredded raw cabbage (94 kcal, 12g cho, 2g f, 2g p)	
COLORFUL MIX (vg)	360
lettuce, bell peppers, cabbage, carrot, corn (82 kcal, 16g cho, 1g f, 3g p)	
GREEN MIX (vg)	370
green salad mix, baby spinach, broccoli, leek, pumpkin seed (76 kcal, 7g cho, 2g f, 6g p)	
SESONAL (V) (vg)	410
lettuce, cherry tomatoes, bell peppers, cucumber, broccoli, mushrooms (82 kcal, 16g cho, 1g f, 3g p)	
NEST (vg)	410
green salad mix, baby spinach, broccoli, leek, pumpkin seed (76 kcal, 7g cho, 2g f, 6g p)	
FRESHLY PAINTED (vg)	410
green salad mix, beetroot, broccoli, pumpkin seeds, feta (153 kcal, 12g cho, 8g f, 9g p)	
OASIS (vg)	430
green salad mix, beetroot, cranberry, cashew, goat cheese (300 kcal, 14g cho, 19g f, 11g p)	
BROCCOCO (vg)	430
broccoli, green salad mix, pancetta, cranberry, sunflower seeds, cheddar cheese (258 kcal, 13g cho, 18g f, 9g p)	
EDAMAME (vg)	450
edamame, green salad mix, baby spinach, beet, dates, apple, pumpkin seeds, walnuts (277 kcal, 36g cho, 10g f, 11g p)	
ASIA (V) (vg)	470
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)	290/ 340/ 390
(155 kcal, 22g p/ 100g)	
TURKEY FILLET (100g, 150g, 200g)	350/ 430/ 530
(147 kcal, 22g p / 100g)	
BEEFSTEAK (100g, 150g, 200g)	640/ 830/ 1110
(193 kcal, 29g p / 100g)	
CHICKEN BURGER (100g, 200g)	310/ 490
(160 kcal, 24g p / 100g)	
BEEF BURGER (100g, 200g)	330/ 540
(179 kcal, 20g p / 100g)	
VEGAN BURGER (120g) (V) (vg)	430
(251 kcal, 15g p/ 100g)	
SMOKED TROUT FILLET (100g, 150g, 200g)	400/ 570/ 710
(114 kcal, 21g p / 100g)	
SALMON FILLET (100g, 150g, 200g)	650/ 920 / 1140
(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)	300
carrot, broccoli, mushrooms, cabbage (116 kcal, 16g cho, 4g f, 5g p)	
GARDEN MIX GRILLED VEGETABLES (V) (vg)	320
carrot, bell pepper, zucchini, broccoli, red onion (111 kcal, 15g cho, 4g f, 4g p)	
GREEN GRILLED VEGETABLES (V) (vg)	420
edamame, peas, broccoli (191 kcal, 18g cho, 8g f, 11g p)	
BROWN RICE WITH VEGETABLES (V) (vg)	300
(218 kcal, 35g ugh, 7g m, 3g p)	
MASHED PEAS (V) (vg)	320
(201 kcal, 28g ugh, 5g m, 11g p)	
BLACK RICE WITH VEGETABLES (V) (vg)	340
(247 kcal, 49g ugh, 3g m, 8g p)	
SWEET POTATOES FRIES (V) (vg)	470
(187 kcal, 43g ugh, 0g m, 4g p)	








FIT DESSERTS & SNACKS

PROTEIN ROCHER BOMB (vg)	270
dark chocolate, coconut milk, protein cheese, hazelnut, whey protein, coconut oil (142 kcal, 8g cho, 9g f, 10g p)	
ORANGE RASPBERRY BAR (vg)	280
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)	280
dates, cashew, coconut, peanut butter, coconut oil, dark chocolate (382 kcal, 17g cho, 30g f, 11g p)	
FRUIT SALAD (V) (vg)	340
fresh seasonal fruit (183 kcal, 43g cho, 3g f, 1g p)	
RAW CAKE (V) (vg)	380
dates, hazelnut, cashew, cocoa, vanilla extract, coconut oil, dark chocolate (382 kcal, 17g cho, 30g f, 11g p)	
RAW CHOCO CHEESE CAKE (V) (vg)	370
coconut cream, coconut oil, coco, cashews, walnuts, dates, dark chocolate (402 kcal, 19g cho, 31g f, 11g p)	
LEMON RASPBERRY RAW CAKE (V) (vg)	370
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  	430
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 	530
chia seeds, milk, cocoa, chocolate whey protein, raspberries, almond, dark chocolate (395 kcal, 28g cho, 19g f, 28g p)	
PROTEIN FRUIT SALAD 	530
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 	540
oat flakes, eggs, banana, whey protein, blueberries, almonds, honey, Greek yogurt (584 kcal, 63g cho, 25g f, 26g p)	
PROTEIN PEANUT BUTTER PANCAKES 	540
oat flakes, eggs, banana, whey protein, peanut butter, dark chocolate (708 kcal, 59g cho, 37g f, 33g p)	
CRUNCHY PROTEIN PANCAKES 	540
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 	540
oat flakes, eggs, banana, whey protein, dark chocolate, diet biscuit, milk (682kcal, 71g cho, 31g f, 30g p)	
KETO PANCAKE 	600
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 	630
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 	650
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	260
FRESH SQUEEZED ORANGE	350
VERIFIED TRIO apple, beetroot, carrot	380
BATTERY CHARGER orange, banana, apple	380
BLOOM orange, apple, cherry	380
IRON PLUS apple, spinach, pineapple	390
IMUNOFIT carrot, apple, orange, ginger	390
HIGH C red grapefruit, orange, lemon, mint	410
DETOX red grapefruit, apple, carrot, beetroot, ginger	410
PINKY raspberries, orange, pineapple	410
PURPLE HEART raspberry, apple, blackberry, blueberry	410
Dr GREEN apple, spinach, celery, cucumber, lemon, ginger	410
SLIMFIT apple, pineapple, lemon, mint	410

SMOOTHIES 0,4L

NUTRI BOMB banana, apple, dates, peanut butter, cinnamon, hazelnut, chia seeds, water (570 kcal, 50g cho, 35g f, 13g p)	430
BALANCE banana, carrot, almond, dates, ginger, cinnamon, nutmeg, soy milk (491 kcal, 55g cho, 22g f, 18g p)	430
JOGI banana, spinach, carrot, zucchini, lemon, turmeric, cinnamon, coconut oil, soy milk (263 kcal, 38g cho, 7g f, 12g p)	440
SWEET MIX banana, hazelnut, cocoa, dates, coconut flour, vanilla soy milk (384 kcal, 52g cho, 13g f, 17g p)	440
CHOCO CHERRY avocado, sour cherry, banana, cashew, cocoa, milk (432 kcal, 40g cho, 21g f, 20g p)	460

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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)

480

CHEESE CAKE

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

490

PRE WORKOUT

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

500

MAGIC

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

490

PERFECT

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

510

VEGAN POWER

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

530

OTHER DRINKS

NOCCO 0.33l

390

GREEN COLA 0.33l

280

KNJAZ MILOŠ MINERAL WATER 0.25l

210

ROSA STILL WATER 0.33l

200