

EAT IN & TAKE OUT

MENU

WRAPS & BOWLS

CHOOSE YOUR MEAL

- One of our House Favorites
- Customize a House Favorite
- Build Your Own

CHOOSE YOUR SIZE

- Small (+/- 400 kcal) €12
- Medium (+/- 600 kcal) €14
- Large (+/- 800 kcal) €16

CHICKEN

AVOCADO CHICK

Chicken, sweet potato, mustard fitchonaise, avocado, paprika, sweetcorn, parmesan, lettuce, +1 free topping

HEALTHY WAVE

Chicken, quinoa, spicy fitchonaise, mango, edamame, avocado, cherry tomato, lettuce, +1 free topping

LEAN & CLEAN

Chicken, rice, curry fitchonaise, carrot, red cabbage, babyleaf, +3 free toppings

OLIVE LIFE

Chicken, pasta, basil-pesto fitchonaise, parmesan green & black olives, cherry tomato, babyleaf, +1 free topping

HOT SQUAT

Chicken, quinoa, spicy fitchonaise, carrot, red cabbage, babyleaf, +3 free toppings

PLANT-BASED MEAT

SPICY PROTEIN

Plant-based meat, quinoa, spicy fitchonaise, avocado, paprika, sweetcorn, parmesan, lettuce, +1 free topping

FITALIAN

Plant-based meat, pasta, warm tomato sauce, basil-pesto fitchonaise, cherry tomato, parmesan, babyleaf, +2 free toppings

PROTEIN CAKE

Plant-based meat, sweet-potato, mustard fitchonaise, carrot, red cabbage, babyleaf, +3 free toppings

SMOKED SALMON

SLIM FISH

Salmon, rice, spicy fitchonaise, avocado, cucumber, edamame, sweetcorn, lettuce, +1 free topping

SWIMMER

Salmon, pasta, basil-pesto fitchonaise, red onion, cherry tomato, babyleaf, +3 free toppings

MARINE

Salmon, quinoa, spicy fitchonaise, mango, avocado, edamame, peanut, lettuce, +1 free topping

MARINATED TOFU

VEGAN TRACK

Tofu, quinoa, classic fitchonaise, avocado, red onion, edamame, babyleaf, +2 free toppings

VENICE BEACH

Tofu, rice, curry fitchonaise, red cabbage, carrot, babyleaf, +3 free toppings

FIT PACK

Tofu, sweet potato, curry fitchonaise, pumpkin hummus, avocado, cucumber, cashew, babyleaf, +1 free topping

DRINKS & DESSERTS

DRINKS

€ 3

COLD DRINKS

Spa, Coca-Cola
Tönissteiner
Cold-pressed juice
Jupiler
Stella

COFFEE & TEA

Espresso
Coffee
Cappuccino
Latté macchiato
Variety of teas



DESSERTS

€ 3

VEGAN SWEETS

Chocolate muffin - Banana bread - Banana cake - Apple pie