

## WRAP OR BOWL

NUTRITIOUS AND DELICIOUS | LOW SUGAR-FAT

SMALL €12 | MEDIUM €14 | LARGE €16

SERVED WARM | EAT IN OR TAKE OUT



## CHICKEN

### AVOCADO CHICK

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

### HEALTHY WAVE

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

### LEAN & CLEAN

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

### OLIVE LIFE

Chicken, pasta, basil fitchonaise, olives mix, parmesan, cherry tomato, babyleaf, spinach, +1 free topping

### SPRING CHICKEN <sup>NEW</sup>

Chicken, rice, classic fitchonaise, spring onion, mango, feta cheese, onion crisps, lettuce, +1 free topping

## SALMON

### MARINE

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

### SWIMMER

Smoked salmon, pasta, basil fitchonaise, red onion, cherry tomato, babyleaf, spinach, +3 free toppings


## BEEF <sup>NEW</sup>

### MEATLOVER

Pulled beef, rice, spicy fitchonaise, avocado, red onion, sweetcorn, feta cheese, babyleaf, +1 free topping

### NEXT MONTH'S SPECIAL (with beef)

Available May 1st 2024.

Sneak peek and requests:  @fitchenghent

## PLANT-BASED MEAT

### SPICY PROTEIN

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

### FITALIAN

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

## TOFU

### VEGAN TRACK

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

### FIT PACK

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

## COFFEES & DESSERTS

ALL DRINKS, COFFEES AND DESSERTS €3

