



YOUR FAVORITE FAST FIT FOOD TAKE-OUT

AVOCADO CHICK

chicken breast, sweet potato, corn, paprika, avocado, iceberg lettuce, parmesan, Mustard Fitchonaise

CLASSIC WINTER CHICKEN

chicken breast, whole wheat pasta, warm carrot, cauliflower, broccoli, Fitchonaise

BEEFCAKE

lean beef pork, sweet potato, carrot, red cabbage, baby spinach, Mustard Fitchonaise

OLIVE LIFE

chicken breast, whole wheat pasta, black olives, cherry tomato, baby spinach, parmesan, Basil-pesto Fitchonaise

LEAN & CLEAN

chicken breast, brown rice, carrot, red cabbage, baby spinach, Curry Fitchonaise

SPICY PROTEIN

lean beef pork, quinoa, corn, paprika, avocado, iceberg lettuce, parmesan, Spicy Fitchonaise

HOT SQUAT

chicken breast, quinoa, carrot, red cabbage, baby spinach, Spicy Fitchonaise

HEALTHY WAVE

chicken breast, quinoa, edamame, cherry tomato, peanut, mango, iceberg lettuce, avocado, Spicy Fitchonaise

FITALIAN

lean beef pork, whole wheat pasta, cherry tomato, baby spinach, warm tomato sauce, parmesan, Basil-pesto Fitchonaise

CHOOSE WRAP / BOWL

SMALL 400 KCAL €8,99

average portion to lose weight

MEDIUM 600 KCAL €12,99

average portion to maintain

LARGE 800 KCAL €13,99

average portion to gain

'No carbs' option available (helps to lose weight)
protein: +/- 25%, carbs: +/- 50%, fats: +/- 25%

SLIM FISH

smoked salmon, rice, edamame, corn, cucumber, avocado, baby spinach, Spicy Fitchonaise

VEGAN TRACK

tofu, quinoa, cherry tomato, cucumber, avocado, edamame, baby spinach, red onion, Fitchonaise

EXTRA'S

extra protein / carbs €2,99
extra topping €0,99
extra Fitchonaise €0,99

SWIMMER

smoked salmon, whole wheat pasta, tomato, red onion, baby spinach, Basil-pesto Fitchonaise

VENICE BEACH

tofu, brown rice, carrot, red cabbage, baby spinach, Curry Fitchonaise

FITMENU

10% discount
wrap / bowl
+ cold pressed juice

MARINE

smoked salmon, quinoa, mango, edamame, peanut, avocado, iceberg lettuce, Fitchonaise, Spicy Fitchonaise

BUILD YOUR OWN

choose your own combination:
1 protein, 1 carb, 1 to 5 toppings,
1 to 2 Fitchonaises

FITKID

20% discount
small wrap / bowl
*for children under 12 in the restaurant

ALWAYS LOW SUGAR, LOW SATURATED FATS