

FITHAP MENU 2018

WRAPS & BOWL

Small: €6,99 (400kcal -typical meal size to lose weight)

Medium: €8,99 (600kcal - typical meal size to maintain)

Large: €10,99 (800kcal - typical meal size to build muscle)

(+/-25% protein, 50% carbs and 25% mostly unsaturated fats)

EXTRA'S

Protein (chicken, beef, tofu, salmon): + €1,99

Carbs (quinoa, brown rice, whole wheat pasta, sweet potato): +€0,99

Unsaturated fats (dressings): +€0,50

Fibres (vegetables): +€0,50

Avocado: +€0,99

Hot Chicken

Chicken, quinoa, Fithap's healthy **spicy** dressing, signature salad mix

Lean & Green

Chicken, brown rice, Fithap's healthy sweet **curry** dressing, signature salad mix

Popeye

Chicken, quinoa, **sour cream**, parmesan, cherry tomatoes, baby spinach

Chickendale

Chicken, whole wheat pasta, Fithap's healthy **basil-pesto** dressing, sour cream, parmesan, baby spinach, cherry tomatoes, black olives

Venice Beach

Beef, sweet potatoe, Fithap's healthy **mustard** dressing, signature salad mix

Italian Stallion

Beef, whole wheat pasta, sour cream, parmesan, homemade **tomato** sauce, baby spinach

Bootcamp

Beef, whole wheat pasta, Fithap's healthy **basil-pesto** dressing, baby spinach, cherry tomatoes

Tartasty

Beef, whole wheat pasta, Fithap's healthy **tartar** dressing, stewed onion, pickles, cherry tomatoes, baby spinach

Fisherman

Smoked **salmon**, whole wheat pasta, sour cream, baby spinach, fresh onion & dill

Healthy Farm

Tofu, quinoa, sour cream, parmesan, baby spinach, beans, black olives, cherry tomatoes, fresh lime & basil

Custom Veggie

Replace the chicken or beef from any dish by tofu or avocado

JUICES

Small: €3,99 (25cl)

Medium: €4,99 (33cl)

Large: €5,99 (50cl)

EXTRA'S

Protein (whey): +€0,99

Carbs (oatmeal): +€0,50

Chuck Norris

Strawberry, raspberry, cranberry, blueberry, soy milk

Coco Burner

Pineapple, mint, baby spinach, coconut milk

Avocardio

Avocado, strawberry, baby spinach, pineapple, coconut milk

Duracel

Carrot, apple, ginger

Hulk

Cucumber, celery, spinach, mint, pear, ginger

Heartbeet

Beetroot, apple, ginger, carrot

Pre/post-Workout

Banana, orange, apple

SOUP

Small: €2,99 (0,33l)

Medium: €3,99 (0,5l)

Large: €4,99 (1l)

EXTRA'S

Protein (chicken, beef, tofu): +€1,99

Carbs (quinoa, whole wheat pasta): +€0,99

Parmesan & sour cream: +€0,50