**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

**Heartbet**
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