

CREATE YOUR MIX

STARTING FROM 7.40€

1 Bases CHOOSE 2 BASES FROM THOSE INCLUDED

Cous Cous	Red Rice	
Lettuce or Iceberg	Summer Mix	+1€
Black Rice	Endive	+1€

2 Greens CHOOSE 3 GREENS FROM THOSE INCLUDED, ADD THE FOURTH AT +0.5€

Beetroot	Apple	
Marinated onion	Tomatoes	
Carrots	Sweet peppers	
Chickpeas	Hummus	+1€
Cucumber	Sundried Tomatoes	+0.5€
Edamame*	Avocado Pulp*	+1€
String beans	Olives	+1.5€
Sweetcorn		

3 Seasonings CHOOSE A CONDIMENT FROM THOSE INCLUDED, ADD THE SECOND COURSE FOR +0.4€

Citronette	Soy Sauce
Curry & Curcuma	Tabayo
Japanese Sauce	Tzatziki
Mustard & Honey	Balsamic Vinaigrette

4 Proteins

Feta	+2€	Tuna in Oil	+1€
Veg Nuggets*	+2.5€	Smoked Salmon	+3€
Grilled Chicken*	+2€	Boiled egg	+1.5€
Cheese Petals	+2€		

5 Crunch

Crispy Onion	+0.5€	Sesame Seeds	+0.5€
Toasted Almonds	+1€	Mixed Seeds	+1€

OUR SALADS

Caesar Salad Fresh Cut

Salad, Grilled Chicken*, Cheese Petals
Apples, Almonds, Mustard & Honey Sauce - 484 kcal

C***o Curry

Red Rice, Olives, Carrots, Sweetcorn, Veg Nuggets*
Curry & Curcuma Sauce - 640 kcal

French Riviera

Salad, String Beans, Tomatoes, Boiled Egg, Tuna in Oil,
Citronette sauce - 283 kcal

Gym Bowl

Cous Cous, Tomatoes, Chickpeas, Grilled Chicken*,
Avocado Pulp*, Japanese Sauce - 581 kcal

Santorini

Salad, Cucumbers, Marinated Onions, Tomatoes,
Feta, Tzatziki Sauce - 218 kcal

SANDWICH



Gym Bro

Toasted Bread, Guacamole*, Boiled egg,
Tomatoes, Salad, Hummus - 513 kcal

Chicken e Guacamole

Toasted Bread, Grilled Chicken*, Guacamole*,
Tomatoes, Salad, Mustard & Honey Sauce - 509 kcal

FLUFFY BUN



Chick'n'Roll

Bread Roll, Grilled Chicken*, Guacamole*, Marinated Onion
Crispy Onion, Salad, Tabayo Sauce - 399 kcal

Cotoveg

Bread Roll, Veg Schnitzel*, Salad, Tomatoes,
Mustard & Honey Sauce - 529 kcal



12.4€

11.9€

9.9€

11.4€

9.4€

10.4€

10.9€

8.9€

9.4€

AVO TOAST



Avocado & Feta

Toasted Bread, Guacamole*, Feta, Sesame Seeds,
Chilli flakes - 491 kcal

7.4€

Avocado & Salmon

Toasted Bread, Guacamole*, Smoked Salmon,
Sesame seeds, Tzatziki sauce - 489 kcal

10.4€

Avocado & Egg

Toasted Bread, Guacamole*, Boiled Egg,
Dried Tomatoes, Sesame Seeds - 494 kcal

8.4€

TO SHARE



Bread & Guacamole* - 124 kcal

4.9€

Bread & Hummus - 284 kcal

4.9€

Nuggets Veg* & Tabayo Sauce - 237 kcal

4.9€

SWEETS



Fruit Salad - 140 kcal

3.4€

Yoghurt & Fruit - 245 kcal

4.4€

Brownie* - 298 kcal

2.9€

Gym Sweet

Bread, Yoghurt, Peanut Butter and Salted Caramel
Protein Cream - 299 kcal

4.9€

Salad of the Month



Let yourself be advised
from our staff

LIGHT LUNCH MENU

your choice of



MAKE YOUR OWN MIX OR AVOCADO & FETA

con le opzioni comprese

+

WATER AND COFFEE

8€

Valid only for lunch from Monday to Friday,
excluded from further conventions

*Frozen product. For allergies or intolerances please contact our staff.