

Our food is healthy, natural and delicious.

MAIN BUILD

9.95 SPINACH TORTILLA WRAP 300 - 750 cal

9.95 GRAINS BOWL 250 - 550 cal 200 - 700 cal

9.95 GREEN AND GRAINS BOWL

ADD-ONS

1.95 AVOCADO DIP (Guacamole) 120 cal

2.95 EXTRA PROTEIN

4.95 SEASONAL SOUP 250 cal

DRINKS

2.55 SPECIALTY JUICES

2.95 BOTTLED DRINKS

1.95 BOTTLED WATER

2.55 SPARKLING WATER

YOGURTS

5.95 SWEET ISLANDIC YOGURT
300 - 550 cal (Prepared Daily)

BERRY GOOD

Berries, Mint, Dark Chocolate,
Sea Salt, Honey

PB&J

Raspberry jelly, Peanut butter,
peanuts

YOGUTELLA

Chocolate Hazelnut, Banana,
Cinnamon

BLIND DATE

Dates, Walnuts, Cardamom

ALI BABA

Baklava, Dates, Cinnamon, Honey

5.95 SAVORY ISLANDIC YOGURT
300 - 430 cal (Prepared Daily)

FIT YOGURT

Tomato, Cucumber, Mint, Salt,
Pepper

IRON MAN

Baby Spinach, Garlic, Cucumber,
Olive Oil, Salt, Pepper

BAJA

Avocado, Jalapeno, Cilantro,
Chives, Limes

CREATE YOUR FIT MEAL

1. BASE

Choose a Base:

SPINACH WRAP

SALAD

RICE BOWL

Cilantro White rice

Cilantro Brown rice

QUINOA BOWL

2. PROTEIN

Choose a protein:

CHICKEN

BEEF MEATBALLS

BRAISED LAMB +1.95

ROASTED VEGETABLES

3. DIPS

Choose up to three:

MAD GREEK

AVOCADO HUMMUS

CRUSHED OLIVE HUMMUS

EGGPLANT

ARTICHOKE

GUACAMOLE +1.95

4. TOPPINGS

Choose as many as you like:

FETA CHEESE

PITA CHIPS

MINT

LEMON

LIMES

TOMATOES

CUCUMBER

ONIONS

CILANTRO

CARROTS

OLIVES

SHREDDED CABBAGE

BASIL

SPICY CURRIED CHICKPEAS

5. DRESSING

Pick your favourite

YOGURT MINT

SPICY CURRY

GREEK

LEMON GARLIC TAHINI

HONEY VINAIGRETTE

OLIVE OIL AND OREGANO

CREATE YOUR FIT MEAL