

Fitness menu

Fitness salad with avocado mousse and cream cheese 7,90 lv.
Green salad mix, fresh broccoli, carrots, cucumbers, beetroot, radish, quinoa, roasted hazelnuts and citrus-pomegranate dressing – 350 gr
Energy 460 kcal Protein 20 gr Carbohydrates 55 gr Fat 17 gr
Фитнес салата 7,8

Omelette with curds, quinoa, spring onions and parsley 8,90lv.
Prepared with five egg whites and one yolk, garnished with avocado and cucumbers, seasoned with dill and lemon – 350 gr
Energy 525 kcal Protein 40 gr Carbohydrates 29 gr Fat 30 gr
Омлет с извара 3,7,10,12

Chicken fillet (selected meat) in coconut oil, topped with crispy crust of broccoli and spices 11,60lv.
Served with Jasmine rice and sautéed broccoli in coconut oil, garlic, celery and dill – 400 gr
Energy 830 kcal Protein 51 gr Carbohydrates 52 gr Fat 39 gr
Филе от селектирано пиле 1,8,9

Goose fillet in coconut oil, topped with crispy crust of broccoli and spices 15,90lv.
Served with Jasmine rice and sautéed broccoli in coconut oil, garlic, celery and dill – 400 gr
Energy 830 kcal Protein 52 gr Carbohydrates 52 gr Fat 39 gr
Пуешко филе 1,8,9



Roasted veal meatballs with egg, quinoa, parsley and spring onions - 350 gr *10,90lv.*

Served with mashed sweet potatoes and carrots, green salad mix with marinated beetroots, carrots, courgettes with a citrus- pomegranate dressing

Energy 540 kcal Protein 56 gr Carbohydrates 52 gr Fat 10 gr

Печени телешки кюфтета с киноа 3,7,9

Salmon cooked in coconut oil and citrus-pomegranate dressing

Served with black rice, green salad mix with cucumbers, fresh broccoli, radish, avocado, red sweet pepper, citrus dressing and walnuts – 350 gr *19,80lv.*

Energy 595 kcal Protein 40 gr Carbohydrates 45 gr Fat 25 gr

Сьомга с кокосово масло 8

Shrimps cooked in coconut oil and citrus-pomegranate dressing

Served with black rice, green salad mix with cucumbers, fresh broccoli, radish, avocado, red sweet pepper, citrus dressing and walnuts – 350 gr *19,80lv.*

Energy 490 kcal Protein 40 gr Carbohydrates 31 gr Fat 20 gr

Скариди с кокосово масло 8

Home-made protein cake topped with seeds and nuts

(no sugar added)

6,60lv.

Домашна протеинова торта без захар и брашно 1,3 7,12

Consultant:

Vladislav Krasimirov Kojuharov

/Fitness Instructor/

