

MENÙ

food

BALANCED 40 30 30

I KNOW MY CHICKEN € 14,00

Baby gem salad, chicken breast, Parmigiano Reggiano, cherry tomatoes, 403030 low carb croutons; with light Caesar dressing on the side **1 - 3 - 7 - 10**

ASK FOR GLUTEN FREE OPTION

HELLO MAMA € 16,00

Baby spinach, baby gem salad, organic bicolor quinoa, buttons of seared salmon with herbs, avocado, beetroot hummus; with C-Vitamin mango dressing on the side **4 - 10 - 11**

PURPLE EGG POKE € 14,00

Baby spinach, wholemeal basmati rice, pink egg, feta cheese, aubergines and courgettes with mint oil and almond crumble; with GF soy, mustard and lemon dressing on the side **3 - 7 - 8 - 10**

ITALIAN RAINBOW € 13,00

Buffalo Caprese cheese, rainbow cherry tomatoes, basil, vegan basil pesto; with seed protein crackers on the side **1 - 7 - 8 - 11**

ASK FOR GLUTEN FREE OPTION

SPRING VIBES € 15,00

Panzanella of cherry and camone tomatoes and low carb croutons, with prawns*, cucumber, caramelized onion, olive powder, basil and mint **1 - 2 - 4 - 11**

ASK FOR VEGAN OPTION

CROUTON TARTARE € 15,00

Grass fed beef tartare with crusty 403030 low carb bread, artichokes, chips of parmesan cheese and chopped hazelnuts **1 - 8**

ASK FOR GLUTEN FREE OPTION

4TUNA TARTARE € 16,00

Tuna* tartare with organic bicolor quinoa, puntarelle salad, mediterranean pesto and flax seed **4 - 8**

CAULIFLOWER POWER € 14,00

Roasted cauliflower steak with feta cheese, confit cherry tomato, organic bicolor quinoa, beetroot hummus, olive powder, cashew nuts **7 - 8 - 11**

ASK FOR VEGAN OPTION

HEAVEN LASAGNA* € 15,00

Low carb legume* flour lasagna, ricotta cheese, mixed vegetables, ricotta cheese fondue **1 - 3 - 6 - 7 - 9 - 10**

AVO GOOD DAY € 13,00

Avotoast with 403030 low carb bread, avocado mash, feta cheese, confit cherry tomatoes, toasted almonds and lemon zest **1 - 7 - 8**

ASK FOR VEGAN OPTION

JUST WANNA AVO FUN € 14,00

Avotoast with 403030 low carb bread, avocado mash, smoked salmon, pink egg, sesame seeds and lemon zest **1 - 3 - 4 - 11**

ASK FOR GLUTEN FREE OPTION

• **BASKET WITH 403030 BREAD, LOW CARB BREAD AND SEED PROTEIN CRACKERS** € 3,00
recommended for 2 people
1 - 6 - 10 - 11

• **LOW CARB BREAD SINGLE PORTION** € 1,20
1 - 6 - 10 - 11

• **403030 BREAD SINGLE PORTION** € 1,00
1 - 6 - 10 - 11

• **GLUTEN FREE GALLETTE** € 1,50

BEYOND THE DISH

SIDES

MANIA-KALE SALAD € 6,00

Kale salad, kale, cherry tomatoes, feta cheese, olives and vinaigrette **403030 7**

LIGHT COLESLAW € 6,00

White cabbage, red cabbage and carrots with sesame seeds, tahina and yogurt and dill dressing **7 - 11**

PAPRIKA BATATA € 6,00

Low carb roasted american potato with paprika and rosemary

ARTICHOKE CAPONATA € 6,00

Artichoke* caponata, cherry tomatoes, taggiasca olives and basil

AUBERGINES AND COURGETTES € 6,00

Aubergines and courgettes with mint oil and almond crumble **8**

VEGETABLE CHIPS € 6,00

Crispy mixed vegetables chips

DIPS

ALL OUR DIPS ARE SERVED WITH SEED PROTEIN CRACKERS
1 - 6 - 10 - 11

CHICKPEA HUMMUS € 5,00

Cream of chickpea and tahina with origan **11**

BEET HUMMUS € 5,00

Cream of chickpea and beetroot with poppy seeds **11**

AVOCADO MASH € 5,00

Cream of guacamole and lime

TZATSIKY € 5,00

Greek yogurt cream with cucumber and mint **7**

BURGER LOW CARB

All our low carb burgers are stuffed with lettuce, € 16,00

caramelized onion, guacamole, olive powder and come with crispy mixed vegetables chips on the side. **1 - 3 - 6 - 7 - 10 - 11 - 13**

CHOOSE YOUR PROTEIN:

KING PRAWNS*  **2 - 12 + € 2,00**

GRASS FED BEEF BURGER* 

VEGAN BURGER*  **1 - 6 - 10**

DESSERT HEALTHY

AVOCADO ICE CREAM € 5,00

Avocado water based ice cream* with hazelnut and cacao beans granola - sugar free **7**

ASK FOR GLUTEN FREE OPTION

FIT CHEESECAKE € 6,00

with wholemeal biscuits, maracuoccio flour and raspberries - sugar free **1 - 3 - 7**

AVOCADO TENERINA CAKE € 6,00

Soft chocolate and avocado cake - sugar free **3**

FIT-MISÙ* € 6,00

Vegan tiramisu with cocoa cookie dunked in coffee, cashew nuts cream in coconut milk and cocoa sugar free **1 - 6 - 8 - 10**

MACEDONIA € 5,00

Fresh seasonal fruit salad with raspberries coulis