

PORRIDGES

A selection of porridges made with water or milk	110 ₺
A selection of plant-based milk porridges	200 ₺
Rice porridge with coconut milk and banana	250 ₺

ADD TO TASTE

Dried fruits	80 ₺	Condensed milk	50 ₺
Apple	40 ₺	Butter	50 ₺
Banana	40 ₺	Honey	50 ₺
Berry sauce	70 ₺	A selection of jam	70 ₺

EGG DISHES

Two/three fried eggs	180/210 ₺
Two/three-egg omelet	180/210 ₺
Protein omelet	210 ₺
Eggs benedict with salmon	490 ₺
Eggs benedict with chicken	350 ₺
Eggs benedict with bacon	370 ₺

ADD TO TASTE

Mild-cured salmon	300 ₺	White mushrooms	80 ₺
Sun-dried tomatoes	140 ₺	Turkey ham	80 ₺
Parmesan cheese	100 ₺	Crispy bacon	120 ₺
Gouda cheese	80 ₺	Steamed/grilled shrimp ...	250 ₺
Tomatoes	80 ₺		

SANDWICHES

Chicken sandwich	330 ₺
Grilled salmon sandwich	540 ₺

SALADS

Vitamin	170 ₺
Greek	310 ₺
With chicken fillet and omelet	320 ₺
With quinoa and avocado	390 ₺
Caesar with chicken	370 ₺
Caesar with shrimp	470 ₺
Warm salad with chicken liver	370 ₺

ADD TO TASTE

Avocado	120 ₺
Poached egg	50 ₺
Steamed/grilled shrimp	250 ₺

SOUPS

Cream of Zucchini Soup	290 ₺
Cream of Pumpkin Soup	270 ₺
Lentil cream soup	270 ₺
Mushroom cream soup	290 ₺
Light seafood soup	540 ₺
Chicken broth with noodles	270 ₺
Borscht with beef	290 ₺
Beef broth with buckwheat noodles	320 ₺

PASTA

Spaghetti al Pomodoro	370 ₺
Fettuccine with chicken fillet	420 ₺
Spaghetti Bolognese	420 ₺
Carbonara in cream sauce	420 ₺

FISH DISHES

Steamed or grilled salmon steak	950 ₺
Dorado on the bed of vegetables	850 ₺
Cod back with broccoli	670 ₺
Walleye fillet with vegetables	670 ₺

MEAT AND POULTRY DISHES

Chicken breast SOUS-VIDE with a side dish .	370 ₺
Homemade chicken patties	300 ₺
Chopped chicken fillet with rice	320 ₺
Meat patties with a side dish of your choice .	520 ₺
Tender chicken liver with mashed potatoes .	370 ₺

VEGETABLE AND CEREAL DISHES

Carrot patties with pesto sauce	270 ₺
Quinoa with vegetables	350 ₺
Vegetables baked with herbs	180 ₺
Fresh tomatoes	100 ₺
Fresh cucumbers	100 ₺
Mashed potatoes	180 ₺
Basmati rice	180 ₺
Boiled buckwheat	180 ₺
Boiled quinoa	180 ₺
Buckwheat with fried mushrooms	290 ₺

HOT DRINKS

Espresso	120 ₺
Americano	120 ₺
Double espresso	180 ₺
Cappuccino	190 ₺
Latte	200 ₺
Cappuccino with plant-based milk	240 ₺
Latte with plant-based milk	250 ₺
Coffee glace	170 ₺
Raf	250 ₺
Decaf Americano	140 ₺
Decaf Cappuccino	200 ₺
Decaf latte	210 ₺
Decaf cappuccino with plant-based milk	270 ₺
Decaf latte with plant-based milk	280 ₺
Leaf tea 450/700 ml	220/270 ₺
Tea-bag tea	100 ₺
Matcha latte	240 ₺
Matcha latte with plant-based milk	310 ₺

FRESHLY SQUEEZED JUICES

Pineapple	350 ₺
Pomegranate	500 ₺
Kiwi	250 ₺
Grapefruit	250 ₺
Orange	250 ₺
Lemon	250 ₺
Pear	250 ₺
Apple	250 ₺
Beetroot	250 ₺
Carrot	250 ₺
Pumpkin	250 ₺
Celery	300 ₺
Cucumber	250 ₺
Tomato	250 ₺

COLD DRINKS

Aqua Detox	120 ₺
Vittel 500/750 ml	150/220 ₺
Perrier	220 ₺
Pepsi	210 ₺
Adrenaline Rush	180 ₺
SanPellegrino	280 ₺

DRINKS MADE IN-HOUSE

Ginger tea 200/450 ml	150/290 ₺
Homemade mors 200/500 ml	130/190 ₺

MILKSHAKES

Fruit and milk	270 ₺
Vanilla sky	270 ₺

DESSERTS

Kukiz – oatmeal cookies	100 ₺
Healthy sweets	100 ₺
Cottage cheese fritters with berry sauce	310 ₺
Homemade cottage cheese baked pudding	310 ₺

SNACKS

Fruit Energy Bar	100 ₺
BITE nut and fruit bar	170 ₺
Chewing gum	50 ₺
RitterSport Chocolate	180 ₺
Berries-and-nuts mixture	130 ₺

BARS

BOMBBAR	170 ₺
BOMBBAR Protein bar.....	200 ₺
CHIKALAB Protein bar.....	240 ₺
CHIKALAB ChikaPie.....	240 ₺
Protein Cookie Dessert/Puts/Muffin.....	180 ₺
BOMBBAR Candy.....	70 ₺
SnaQ FABRIQ Coco	150 ₺
BOMBBAR Protein Pancake.....	150 ₺
Chika SPORTS PROTEIN Chocolate.....	260 ₺
Chika Biscuit	180 ₺
Keto BAR BOMBBAR.....	150 ₺
Vegan BOMBBAR.....	200 ₺
CHIKALAB DRAGEE	320 ₺

ENERGY DRINKS

GUARANA 3200, 1 AMP./20 AMP.....	180/ 2 800 ₺
CREATINE 100% MONOHYDRATE, 1 SERVING/3 G.	100 ₺
SPORTINIA WITH GUARANA, 500 ML	250 ₺

PRE-WORKOUT COMPLEX

NO-XPLODE 2.0, 1 serving/18.5 g	200 ₺
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WEIGHT LOSS PRODUCTS

L-CARNITINE 3200, 1 amp./20 amp. . . .	180/2 800 ₺
Sportinia with L-carnitine, 500 ml	250 ₺

VITAMIN COMPLEXES

ULTRA MENS/WOMENS SPORT, 90 caps... .	1 700 ₺
Sportinia витамин С, 500 ml	250 ₺
NOW, Vitamin D-3	1 200 ₺
NOW, Omega - 3, 200 caps.....	2 500 ₺
NOW, ADAM, 90 caps	2 900 ₺

AMINO ACID COMPLEXES

BCAA 1000, 1 serving/4 cap.	140 ₺
BCAA EXPRESS, 1 serving/7 g	140 ₺
Sportinia with BCAA, 500 ml	250 ₺

PROTEINS

PROTEIN DELITE, 500/1000 g.....	2 800/4 300 ₺
100% WHEY GOLD STANDARD, 2270 g.....	7 500 ₺

BLENDERBOTTLE SHAKERS AND BOTTLES

Classic Full Color, 828 ml.....	1 100 ₺
SportMixer Tritan™, 591 ml	1 500 ₺
SportMixer Tritan™, 828 ml	1 600 ₺
Radian Insulated Stainless/Thermos, 769 ml . . .	2 400 ₺
SportMixer Stainless, 828 ml	1 600 ₺

CHOOSE THE BASE

Milk, 0.5 %/3.2 %, 300 ml 60 ₱

Plant-based drink, 250 ml 150 ₱

Aqua Detox water, 300 ml 60 ₱

Freshly squeezed juice from 375 ₱
the recommended volume is 300 ml

Or choose any drink from the bar menu



CHOOSE A PROTEIN MIX

Isolate, 30 g 240 ₱

Multicomponent protein, 30 g 240 ₱

Plant protein, 30 g 240 ₱

Gainer, 50 g 240 ₱



ADD TO TASTE

Banana, 1 piece 50 ₱

Mango, 50 g 50 ₱

Cherries, 50 g 50 ₱

Strawberries, 50 g 50 ₱

Quail egg, 3 pieces 80 ₱

Farmer cheese, 100 g 120 ₱

Honey, 50 g 50 ₱

**ENJOY YOUR DELICIOUS
AND HEALTHY COCKTAIL**