



Ciabatta Toasts

Chickie Chickie Toast / Tavuklu Tost 32^b
E. 233kcal P. 16g C. 26g F. 7g

Omelette Toast / Omletli Tost 32^b
E. 255kcal P. 17g C. 23g F. 10g

Avocado Toast / Avokadolu Tost 32^b
E. 229kcal P. 12g C. 22g F. 10g

Fresh Juices

Soğuk Sıkım Meyve Suları

Fat Burner 14^b

All Green 14^b

Vitamin Bomb 14^b

Orange Passion 12^b

Tropical Juice 13^b

Detox 15^b

Crazy C 12^b

Orange Juice 10^b



Scrambled Eggs
with smoked salmon
Füme somonlu Çirpilmis Yumurta
E. 385kcal P. 27g C. 41g F. 12g

₺37



₺34

FFF Brekkie Bowl
FFF Kahvaltı Kasesi
E. 502kcal P. 33g C. 76g F. 7g



₺32

Legend Pancake
Efsane Pancake
E. 717kcal P. 29g C. 15g F. 14g



₺32

Spinach & Cheese Omelette
Ispanaklı Peynirli Omlet
E. 318kcal P. 33g C. 20g F. 11g



₺34

Chicken & Halloumi Omelette
Tavuklu Hellimli Omlet
E. 418kcal P. 39g C. 19g F. 21g



₺34

Mixed Omelette
Karışık Omlet
E. 132kcal P. 14g C. 7g F. 5g



₺34

Scrambled Eggs on Avocado Toast
Avokadolu Tost Üzeri Çirpilmis Yumurta
E. 493kcal P. 23g C. 43g F. 11g



₺34

Poached Eggs on Avocado Toast
Avokadolu Tost Üzeri Poşe Yumurta
E. 493kcal P. 23g C. 43g F. 11g



₺32

Vegan Brekkie
Vegan Kahvaltı
E. 470kcal P. 17g C. 40g F. 32g

New



Delivery menu



f i foodforfitofficial

Paket servisimiz 09:00 - 20:00 arasındadır.
Our delivery service is from 09:00-20:00

Salih Miroğlu Caddesi, Ataker Is Hanı, Dükkan 2, Girne www.foodforfit.co



Pick your order style

Sipariş Türünüzü Seçin



Meal / Servis
Regular



Bowl / Kase
High Carbs
Yüksek Karbonhidrat

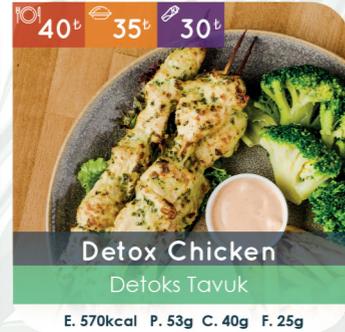


Wrap / Dürüm
On the go



Meatballs
Et Köfte

E. 503kcal P. 38g C. 29g F. 26g



Detox Chicken
Detoks Tavuk

E. 570kcal P. 53g C. 40g F. 25g



Honey Mustard Chicken
Ballı Hardallı Tavuk

E. 420kcal P. 46g C. 21g F. 16g



Ribeye Steak
Dana Antrikot

E. 480kcal P. 41g C. 29g F. 21g



Naked Chicken
Sade Tavuk Göğsü

E. 420kcal P. 46g C. 21g F. 16g



YangYaw Chicken
Acılı Tavuk Göğsü

E. 407kcal P. 46g C. 21g F. 15g



Chicken Cheese Roll
Peynirli Tavuk Sarma

E. 473kcal P. 60g C. 29g F. 12g



Veggie Chicken Roll
Sebze Tavuk Sarma

E. 424kcal P. 53g C. 29g F. 9g



Moroccan Chicken
Fasli Tavuk

E. 477kcal P. 56g C. 31g F. 14g



Gym Menu
Salon Menü

E. 502kcal P. 33g C. 76g F. 7g



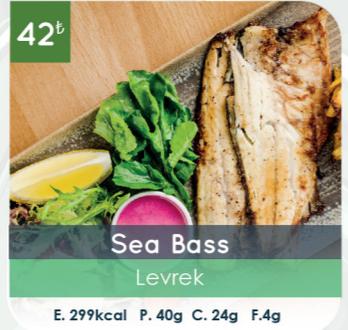
Hands of Stone
Hands of Stone

E. 609kcal P. 38g C. 41g F. 33g



Healthy Burger
Sağlıklı Burger

E. 491kcal P. 27g C. 55g F. 17g



Sea Bass
Levrek

E. 299kcal P. 40g C. 24g F. 4g



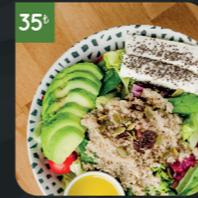
Grilled Salmon
Izgara Somon

E. 345kcal P. 33g C. 26g F. 12g

1.5 portions extra
+7¢ +10¢

Salads

1.5 portions extra
+7¢ +10¢



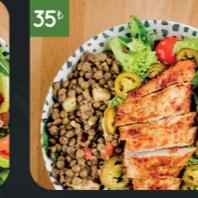
Quinoa Salad
Kinoa Salata



Smoked Salmon Salad
Somon Fümeli Salata



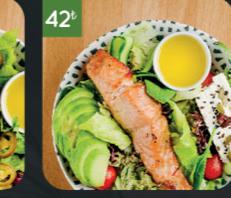
Vegan Salad
Vegan Salata



Yangyaw Chicken Salad
Acılı Tavuklu Salata



Chicken & Avocado Salad
Tavuklu Avokadolu Salata



Grilled Salmon Salad
Izgara Somon Salata

Vegan Dishes



Veganese
Veganese

E. 637kcal P. 45g C. 71g F. 18g



Vegan Protein
Vegan Protein

E. 300kcal P. 5g C. 40g F. 5g

3rd Generation
Cold Pressed Juices
Soğuk Sıkım Meyve Suları

20¢
300ml



Sandwiches

Chicken Sandwich / Tavuk 20¢
E. 285kcal P. 22g C. 39g F. 4g

Smoked Salmon / Somon Füme 23¢
E. 289kcal P. 15g C. 35g F. 10g

Veggie / Vejetaryen 20¢
E. 331kcal P. 14g C. 36g F. 15g



Wraps

Chicken / Tavuklu Dürüm 30¢
E. 454kcal P. 36g C. 58g F. 8g

Steak / Etli Dürüm 35¢
E. 511kcal P. 38g C. 58g F. 14g

Vegan / Vegan Dürüm 30¢
E. 373kcal P. 17g C. 59g F. 8g