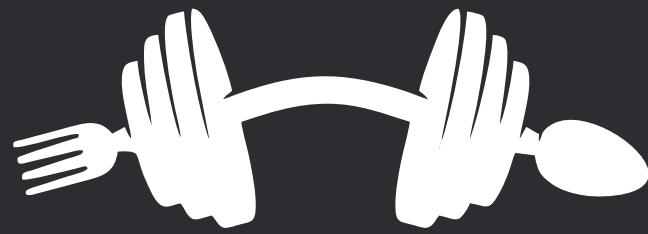




FITROOTS

FITNESS CAFE



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OUR MISSION:

FITROOTS aims at starting a Healthy Revolution in Bhopal. This journey begins with the first step of initiating a healthy eating movement, which will aim at offering unprecedented eating experience doubled up with hygienic, taste & balanced healthy food, at affordable prices.

EGG MEALS 2 EGGS

1. Boiled Egg	25/-
2. Boiled Egg + Salad	35/-
3. Fried Egg	35/-
4. Fried Egg + Salad	45/-
5. Omelette	49/-
6. Bread Omelette	69/-
7. Cheese Omelette	79/-
8. Egg Bhurji	69/-
9. Cheese Bread Omelette	89/-
10. Scrambled Egg	79/-
11. Sunny Side Up	49/-



CHICKEN MEALS

	100 gm	200 gm
1. Power Lift (Grilled Chicken)	199/-	249/-
(Delicious Marinated Chicken Bread Served With Veggies)		
2. Boiled Chicken	149/-	179/-
(Boiled Chicken Breast Sprinkled with white Pepper, Black Pepper Served with Onion, Tomato & Lemon)		
3. Chicken Peri - Peri	209/-	259/-
(Grilled Chicken Breast Mixed with Peri - Peri Sauce, Served with lemon)		



PANEER MEALS

1. Power Bite (Grilled Paneer)	199/-	249/-
2. Roasted Paneer	149/-	189/-
3. Paneer Bhurji	159/-	199/-



SANDWICHES

1. Chicken Sandwich	199/-
2. Paneer Sandwich	199/-
3. Egg Sandwich	169/-
4. Omelette Sandwich	179/-
5. Veg – Cheese Sandwich	169/-
6. Corn Cheese Sandwich	179/-
7. Garden Fresh Sandwich	159/-
8. Peri Peri Masala Sandwich	159/-
9. Peanut Butter Sandwich	159/-
10. Choco Chip Bread	99/-



(Grilled Triple Layer Multigrain Sandwich Made with Marinated Grilled
Chicken Breast/ Paneer / Egg / Corn Loaded with Fresh Veggies.

OAT MEALS

Oats	59/-
Oats (With Fruits)	99/-
Oats (With Dry-Fruits)	119/-
Oats Omelette	79/-



SALADS

1. Chicken Salad

(100 gm of Boiled Chicken Mixed with a Bowl of Fresh Veggies, Served with flex seeds Chiaseeds & Extra Virgin Olive oil.)

249/-



2. Chicken Salad (Sauted)

(100 gm of Boiled Chicken Mixed with Veggies, Sweet Corn, Baby Corn Sauted in Olive Oil Served With Lemon)

299/-

3. Mushroom Salad (Sauted)

(A Bowl of Fresh Veggies Mixed with Mushroom, Sweet Corn, baby Corn Sauted in Olive Oil).

279/-

4. Egg Salad

(3 Egg Whites Mixed With a Bowl of Fresh Veggies, Served With Flexseeds, Chiaseed & Olive Oil).

229/-

5. Fruit Salad

(A Bowl of Fresh Seasonal Fruits served With Flexseeds, Chiseeds).

199/-

6. High – Fibre (Sprouted Salad)

(A Bowl of Sports / Legamus Mixed With Onion, tomato, Served With Flexseed, Chiaseeds, Lemon Sprinkled with Paneer).

199/-

7. Crispy Corn - Cheese Salad

(A Perfect Mixture Sweet Corn Cheese Onion, Capsicum, Sauted in Olive oil).

189/-

8. White & Greens (Paneer Salad)

(100 gm of Paneer Mixed With a bowl of fresh Vegetable Served With Flexseeds, Chiaseeds & Olive oil).

249/-



WRAPS

1. Chicken Wrap	189/-
2. Egg Wrap	159/-
3. Egg Chicken Wrap (Protein Power House)	179/-
4. Paneer Wrap	189/-
5. Veg Wrap	139/-



(Wrapped With Delicious Chicken Breast / Paneer/ Eggs, Stuffed With Fresh Veggies).

DIET DELIGHT

1. Meal Box -I (Chicken)	199/-
2. Meal Box - II (Egg)	179/-
3. Meal Box - III (Paneer)	199/-

(A Complete Balanced Meal Consisting of 100 gms of Brown Rice, 100 gms of Juicy Chicken Breast / Paneer Bhurji / Egg Bhurji, Served with salad).

MEAL BOX PACKING CHARGE 20



FRUIT JUICE 100 REAL

1. Orange	119/-
2. Mosambi	119/-
3. Pineapple	109/-
4. Watermelon	69/-
5. Mix Fruit	129/-



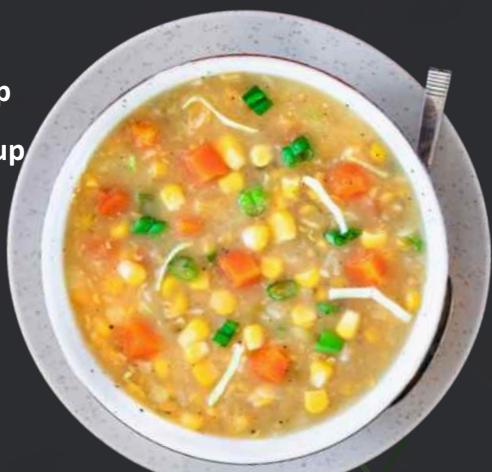
VEGETABLE JUICE 100 REAL

1. Beetroot	79/-
2. Carrot	99/-
3. Spinach	59/-
4. Sweet Lime	59/-
5. Bottle Gourd	59/-
6. Bitter Gourd	69/-
7. Mix Vegetable	99/-



SOUP

1. Chicken Soup	69/-
2. Chicken (Clear) Soup	59/-
3. Chicken (Manchow) Soup	79/-
4. Chicken (Hot & Sour) Soup	79/-
5. Vegetable Soup	59/-
6. Sweet Corn Soup	59/-



SMOOTHIES SHAKES

Banana Smoothies

- ♦ With Oats
- ♦ With Whey

69/-

89/-

169/-



TEA COFFEE

1. Cold Coffee

79/-

2. Hot Coffee

25/-

3. Tea

25/-

4. Ginger Tea

30/-

5. Green Tea

25/-

6. Lemon Tea

30/-

7. Black Coffee

20/-

8. Black Coffee (With Honey)

25/-

EXTRA ADD ONS

♦ Bread

10/-

♦ Chicken(50gm)

30/-

♦ Cheese

20/-

♦ Grilled Chicken (50gm)

50/-

♦ Egg

12/-

♦ Paneer (50gm)

30/-



FITROOTS SPECIAL



1. Beast & Greens (Protein Bowl)

(Protein : 40 Gms)

249/-

(A High Protein Combination of 100 Gm Chicken Breast / Paneer Mixed With Veggies, Mushroom, Sweet Corn, Baby Corn, Sauteed in Olive Oil).

ADD ONS

Egg	12/-
Soya Chunk	10/-
Rajma	15/-
Black Chana	15/-
Peanuts	15/-

2. Drinks For The Soul

Orange, Carrot- Ginger Detox

199/-

Cucumber - Mint detox

79/-





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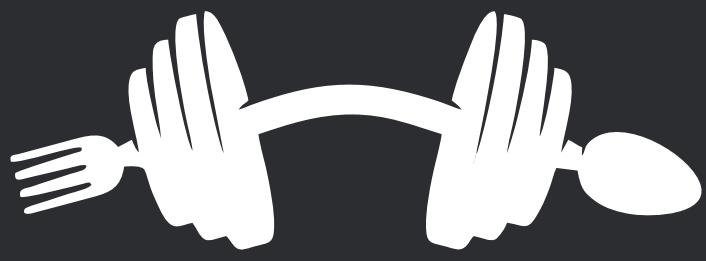
FITNESS CAFE

Mon - Sat
7 am - 1 pm
&
6 Pm - 10 Pm

Thanks You
And Visit Again

Available On

 **swiggy**  **zomato**



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