

FITNESS MENU

SALADS *Cellulose to boost metabolism*

Mixed-salad with avocado,
Uzbek tomatoes, pine nuts
and Balsamic dressing 220 g 470
200,5 kcal, pro - 4,2 g, fat - 15,4 g, carbs - 11,2 g

Tuna & laminaria salad
with bell peppers and olive oil 200 g 350
176,3 kcal, protein - 16,3 g, fat - 11,8 g, carbs - 1,5 g

Green salad with chicken fillet,
green beans, cucumbers
and satay sauce 260 g 500
378,0 kcal, pro - 35,6 g, fat - 23,7 g, carbs - 6,0 g

MAINS *Proteins to build muscles*

Grilled tuna 117 g 580
141,5 kcal, pro - 33,1 g, fat - 1,3 g, carbs - 0 g

Grilling calamari 139 g 400
241,6 kcal, pro - 39,6 g, fat - 9,2 g, carbs - 0 g

Boiled beef medallions 124 g 600
257,4 kcal, pro - 45 g, fat - 8,6 g, carbs - 0 g

Boiled chicken breast 93 g 280
140,5 kcal, pro - 29 g, fat - 2,7 g, carbs - 0 g

SIDES *Carbs to get energy*

Fresh spinach 50 g 250
11,2 kcal, pro - 1,5 g, fat - 0,2 g, carbs - 1,0 g

Grilled vegetables:
bell peppers,
tomatoes, zucchini 172 g 300
49,9 kcal, pro - 2,7 g, fat - 0,8 g, carbs - 7,9 g

Buckwheat noodles 120 g 100
167,5 kcal, pro - 7,1 g, fat - 0,4 g, carbs - 33,8 g

Steamed rice 150 g 100
284,4 kcal, pro - 7,4 g, fat - 2,0 g, carbs - 59,2 g

OILS & SAUCES *Good fats to uph activity level*

Olive oil 20 g 70
165,4 kcal, pro - 0 g, fat - 18,2 g, carbs - 0,4 g

Pumpkin seed oil 20 g 70
178,2 kcal, pro - 0 g, fat - 19,8 g, carbs - 0 g

Linseed oil 20 g 70
171,8 kcal, pro - 0,1 g, fat - 19 g, carbs - 0,1 g

Tomato sauce
with sun-dried tomatoes 40 g 70
31,9 kcal, pro - 1,0 g, fat - 1,6 g, carbs - 3,3 g

DESSERTS *Glucose for inspiration*

Curd Raffaello balls
with prunes 1pcs/30 g 60
47,4 kcal, pro - 0,8 g, fat - 3,9 g, carbs - 2,9 g

Banana & curd dessert 203 g 270
153,8 kcal, pro - 3,8 g, fat - 2,9 g, carbs - 28,2 g

MILK-SHAKES *More combinations for extra energy*

Chocolate 315 ml 300
fat free curd, chocolate, honey,
flax seeds, oats, milk
306 kcal, pro - 18,1 g, fat - 10,8 g, carbs - 34,2 g

Banana 333 ml 350
fat free yoghurt, banana, honey,
flax seeds, milk
307 kcal, pro - 9,04 g, fat - 5,6 g, carbs - 55,3 g

Banana with prunes 420 ml 350
fat free curd, banana, prunes,
flax seeds, honey,
oats, milk
418 kcal, pro - 17,3 g, fat - 8,7 g, carbs - 67,8 g

Banana with strawberry 380 ml 450
fat free yoghurt, banana,
fresh strawberries, flax seeds,
honey, oats, milk
341 kcal, pro - 10,1 g, fat - 6,1 g, carbs - 61,6 g

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WTC FITNESS FITNESS-DOCTOR

Pro - proteins, fat - fats, carbs - carbohydrates
All prices are in roubles and include 18% VAT.