

PAUSA

CAFÉ & CO-WORK
at FITQOR Wellness Club, Cascais · Work, gather, restore.

SMOOTHIES	KCAL	PROTEIN	FIBER	ADDED SUGAR	
Make Your Own					€5.00
FRUIT					
Blueberry	29	0.4	1.2	0	
Banana	53	0.7	1.6	0	
Strawberry	19	0.4	1.2	0	
Additional fruit	35	0.5	1.3	0	+€0.60
VEGGIES					
Spinach	7	0.9	0.7	0	
Carrot	20	0.5	1.4	0	
Orange juice	27	0.4	0.1	0	
Additional vegetable	15	0.7	1.0	0	+€0.40
BASE					
Greek yogurt	120	14	0	0	
Low fat yogurt	80	7	0	0	
EXTRAS					
Chia	24	0.9	1.75	0	+€0.50
Linseed	27	0.9	1.4	0	+€0.50
Psyllium husk	15	<0.5	4.55	0	+€0.50
Spirulina	9	1.7	0.1	0	+€0.80
Sunflower seeds	29	1.2	0.5	0	+€0.50
Pumpkin seeds	28	1.6	0.3	0	+€0.50
RECOMMENDED					
Fall Special: Pumpkin Spice Smoothie	260	12	4	10	€5.90
Berry Banana Protein Shake	300	26	4	2	€5.90
Chocolate Espresso Protein Shake	290	25	3	6	€5.90
FITQOR Protein Shake	280	25	3	3	€5.90

COFFEE	KCAL	PROTEIN	FIBER	ADDED SUGAR	
Espresso	2	0	0	0	€0.85
Americano	5	0	0	0	€0.85
Cappuccino	65	4	0	0	€1.65
Latte	100	7	0	0	€1.65
Iced Coffee	95	6	0	0	€1.85

BREAKFAST & GRAB & GO	KCAL	PROTEIN	FIBER	ADDED SUGAR	
Chicken Wrap grilled chicken with lettuce and light mayo, in a protein wrap	400	30	4	2	€7.20
Granola Bowl sugar free granola with greek yogurt, chia seeds, honey and fruit of your choice	340	19	6	6	€4.50
Custom Bowl choose from the variety of seeds to add to a greek yogurt or low fat yogurt base	180	16	3	0	€3.50
Overnight Oats Bowl overnight rested oats with low fat yogurt, banana, and cinnamon	260	11	6	0	€3.50
Chia Pudding chocolate / lemon / cream / banana	220	8	7	8	€2.50
Fresh Bread of the Day daily baked bread, with the option to add avocado	180	6	3	1	€1.80
Add avocado	100	1.3	4.6	0	+€1.50
Veggies and Hummus carrots, cucumber and olives with a hummus dip	175	5	6	0	€3.00
Assorted Nuts our assortment of nuts for daily micronutrient needs	180	6	3	0	€2.50
Boiled Eggs 2 eggs	155	12	0	0	€1.50

TEA & MATCHA	KCAL	PROTEIN	FIBER	ADDED SUGAR	
Assorted Herbal Teas	2	0	0	0	€1.00
Matcha	6	0.6	0.8	0	€2.00
Matcha Latte	105	7	0.8	0	€2.80
Iced Matcha Latte	105	7	0.8	0	€3.20

DRINKS	KCAL	PROTEIN	FIBER	ADDED SUGAR	
Orange Juice	110	1.7	0.5	0	€1.50
Chia + Lemon + Honey Water (hot)	45	0.9	1.75	6	€1.80
Pedras	0	0	0	0	€1.00
Custom Water choose from our variety of fruits and veggies to add to still or sparkling water	10	0	<1	0	€1.80

EXTRAS	KCAL	PROTEIN	FIBER	ADDED SUGAR	
Honey	21	0	0	6	€0.40
Vegan / Whey Protein	120	22	<1	1	€1.50

Per serving, estimated. Protein, fiber and added sugar in grams. Added sugar does not count sugar naturally found in fruit, juice, milk or yogurt. Bold = 10 g+ protein or 5 g+ fiber. Milk drinks use semi-skimmed dairy milk, unsweetened. Values vary with recipe and portion. Our food may contain gluten, milk, eggs, nuts, peanuts and sesame; please ask our team about allergens.