

BREAKFAST

Served daily until 11.30am (Sunday until 12pm)

Porridge with raisins, cinnamon, chopped banana and natural yogurt	£2.50
Muesli served with natural yogurt, chopped banana and milk	£2.00
Scrambled free-range eggs on toast (rye, wholemeal, white or gluten-free)	£2.50
Breakfast roll with one breakfast filling (Bacon, sausages or free-range scrambled egg)	£1.85
Add extra bacon rasher or sausage: 30p	
Breakfast roll with two breakfast fillings (Bacon, sausages or free-range scrambled egg)	£2.65
Warm croissant with butter and jam	£1.65
Toast (rye, wholemeal, white or gluten-free) with butter and jam	£1.50
Smoothies (Berry Blizter, Tropical Treat, Pro-Biotic, Breakfast Booster)	£2.85
(See drinks menu for smoothie ingredients)	

HOMEMADE CAKES AND PÂTISSERIES

Served daily all day

Unforgettable carrot cake or chocolate heaven cake	£2.25
Luscious lemon cake	£2.10
Broken-biscuit-rich-choc-slice	£1.20
Chocolate brownie	£1.60
Flapjack (DF)	£1.20
Infamous Florentines (GF) (secret recipe, deliciously addictive)	£1.25
Traditional empire biscuit	£1.00
Scone (fruit or plain), warm with butter and jam	£1.65
Croissant with butter and jam	£1.65

Also check out the cakes counter for any new arrivals!

LUNCHES

Served daily 11am - 4:30pm (Sundays 11am - 3.30pm)

Homemade nutritious, delicious soup of the day, served with crusty bread (GF) (V)	£3.25
Fit Food nourishing lunch special – check the board	from £4.95
Fit Food world platter – from Mexican to Norwegian, changes weekly – see the board	from £4.95

SANDWICHES, BAKED POTATOES AND SALADS

Choose any of Fit Food's amazingly delicious combinations in either a sandwich, a baked potato or a salad.

For **sandwiches**, please choose between:

baguettes (white or brown)
- morning rolls - brown sunflower rolls - ciabatta - panini - toasted gluten-free bread - toasted rye bread - wholemeal bloomer - white bloomer

For **baked potatoes**, choose buttered or un-buttered.

Salads are big and boisterous!

THE ACTION PACKED SELECTION

Sandwich: £4.95 **Baked Potato:** £4.95 **Salad:** £5.25

Each extra filling: 50p

Add healthy bits to your salad or potato... Mixed seeds (e.g. pumpkin, sunflower, flax, poppy): 50p

Tub of coleslaw: 50p

The Daily Veg (V) (GF)

Roast Mediterranean vegetables, mozzarella, homemade pesto* and fresh spinach

Starsky and Hutch

Chicken OR PRAWNS, rocket, mango and tomato salsa, with a sweet chilli mayonnaise** (the salad option has a lemon and olive oil dressing)

Coronation Chicken (GF)

Sliced chicken in a sweet and spicy curry sauce

Italian Stallion (GF)

Italian salami, Jarlsburg cheese, sun-blushed tomatoes and basil pesto*

If you want to swap salami for chicken, that's no problem. A delicious option!

Big and Beefy (GF)

Roast beef, caramelized onions, creamed horseradish and fresh spinach

Fish Food (GF)

Tuna mixed with a little mayonnaise, olives, sliced eggs and peppers (The salad option is dressed with a grainy mustard dressing that contains gluten)

BLT (Built Like a Tank) (GF)

Grilled bacon, tomato, lettuce and mayonnaise

wholemeal bloomer, white bloomer, toasted rye bread, sunflower rolls, ciabatta, panini, morning rolls, baguettes, brown sunflower rolls, toasted gluten free bread

Add mixed seeds for your health boost

THE SIMPLE CLASSICS

Sandwich: £3.95 **Baked Potato:** £3.95 **Salad:** £4.95

Each extra topping: 50p

Hammer & Tongs

Roast ham, mustard, mayonnaise, sliced tomatoes and fresh mixed salad leaves

Cheddar Gorge (V) (GF)

Cheddar cheese, chutney and tomatoes

Eggsplore (V) (GF)

Sliced hard boiled egg, mayonnaise and rocket

Tunarup (GF)

Tuna Mayonnaise with mixed salad

OR

Tuna and Cheese (great in a panini) (GF)

Cottage Cheese Deluxe (GF) (V)

Cottage cheese, topped with one of the following delicious fillings: raisins and walnuts - pesto* - sun blushed tomatoes - pineapple - onions - roast vegetables - spicy chutney

Cheese & Ham

Cheddar cheese, ham and fresh onion (GF)

TOASTIES

One filling: £3.25 **Two fillings:** £3.50 **Three fillings:** £3.75

All served with a side salad dressed with a balsamic dressing


With a choice of white or brown bread, create your own masterpiece toasty combination (served with small side salad), choosing from: cheese - coleslaw - chutney - ham - pineapple - peppers - pesto* - mushrooms - tomatoes - salami - tuna - sun-blushed tomatoes - chicken


MUNCHKIN LUNCHKINS

Food for smaller people served daily until 4:30pm

For under-12-year-olds, our simple, yummy Munchkin foods are made to fill your tummy in all the right places!

Every Munchkin meal has fruit nibbles served on the side.

 **Souper-Hero** small soup of the day with crusty bread (V) (GF) £1.95

 **Spud Special** ½ baked potato, buttered, with choice of: cheese, tuna or coleslaw £2.50

 **Munchkin toasty or sandwich**, with choice of: cheese - ham - chicken mayo - tuna mayo (extra fillings: 40p each) £2.00

GF = Gluten Free DF = Dairy Free WF = Wheat Free V = Vegetarian

* Fit Food's homemade pesto contains mixed nuts

** Our sweet chilli mayo contains gluten



FIT FOOD BISTRO : DRINKS

TASTY - FRESH – ENERGISING

All drinks are available daily all day. Ask your waitress for decaff or soya alternatives.



TEAS AND COFFEES

Fit Food is proud to serve excellent coffees with amazing tastes from the prestigious Green Mountain Coffee range.



Green Mountain Coffee works side-by-side with

coffee farmers, from helping choose the best coffee to grow to ensuring the health of the coffee trees and the overall ecosystem, always investing directly into the community and paying the coffee farmers themselves the higher prices for better quality coffees. Fit Food uses Green Mountain Colombian Supremo Blend for all filter coffees and Dark Mountain Blend for all special coffees.

Fit Food's teas are sourced from all over to hit the spot for you, whether you want a traditional cuppa, a fair-trade green tea or one of our fruity numbers.

Filter Coffee	£1.50
Cappuccino	
Regular	£1.75
Large	£1.95
Café Latte	£1.75
Mochaccino	£1.95
Espresso	single £1.50 / double £1.90
Americano	£1.90
Breakfast tea	£1.30
Earl Grey tea	£1.30
Green tea	£1.50
Herbal infusions (Camomile, Mint, Detox, Cranberry & Rosehip, Pineapple & Passionfruit, plus more...)	£1.50
Hot chocolate (milky or dairy free)	£1.95
Luxury hot chocolate (marshmallow and cream)	£2.50

FRESH FRUITY SMOOTHIES

£2.85 each

No sugar is added to any of our smoothies

Berry Blitzter – Loads of mixed berries jammed into one smoothie with milk and cranberry juice

Tropical Treat – mango, pineapple, peach, strawberries and pineapple juice blitzed together for a real sunshine drink

The Probiotic – natural yogurt, cranberry juice, banana and mixed berries

Breakfast Booster – mixed berries, banana, soya milk, orange juice, porridge oats and cinnamon: brekky in a glass!

COLD DRINKS

Freshly squeezed orange juice or pressed apple juice plus other mixed juices £2.00

Bouvrage - Scottish raspberry juice £1.85

Fair Trade little juice cartons – Orange, Tropical, Apple £0.90

Little cartons of Ribena £0.90

Can of Organic Sparkling: Elderflower, Ginger, Cranberry or Lemonade £1.75

Can of Coke, Diet Coke or Irn Bru £1.25

Sparkling or still Scottish water £1.25

Also keep an eye on the drinks chiller for any new arrivals!



ADVANCE TAKEAWAY ORDERS

If you want your sandwich, lunch or snack to be ready when you arrive, why not phone in your order in the morning and arrange a time for collection?

Group or business-lunch orders welcome.

Call us at Fit Food on 0141 552 9449.

Fit Food Bistro Ltd, Tiso Glasgow Outdoor Experience,
50 Couper Street, Townhead, Glasgow, G4 ODL.

Tel: 0141 552 9449

Registered in Scotland: 294156 VAT Registration Number: 875 0908 96



TASTY - FRESH - ENERGISING

www.fitfoodbistro.co.uk

Fit Food is your haven, serving tasty, uncomplicated and healthy food all made freshly on the premises.

Fit Food's big bowls of hot soup are crammed with fresh vegetables, while the sandwiches and salads are made fresh to order. The smoothies are health-kicks packed into a glass and the cakes are heaven on a plate.

Fit Food Bistro is OPEN

Mondays to Saturdays 9am – 5pm
and Sundays 11am – 4pm