

Eat.

All Day Breakfast

Spartan Omelette – 11,50

386 kCal | Protein 31 g | Carbs 10 g | Fat 25 g

Omlet sa špinatom, feta sirom, purećom šunkom, rajčicom i krastavcima

Omelette with spinach, feta cheese, turkey ham, tomato and cucumber

Eggs Gainaddict – 12,50

580 kCal | Protein 35 g | Carbs 65 g | Fat 20 g

Dva poširana jaja, dimljeni losos, niskokalorični hollandaise, mikro zelenje, sourdough tost

Two poached eggs, smoked salmon, low-calorie hollandaise, microgreens, sourdough toast

Morning Seggs – 12

481 kCal | Protein 34 g | Carbs 12 g | Fat 33 g

Jaja s pancetom, skyrom, pečenom paprikom, gljivama, avokadom i svježom salatom

Eggs with pancetta, skyr yogurt, roasted peppers, mushrooms, avocado and fresh salad

Dodatno jaje | Extra egg – 2

72 kCal | Protein 6 g | Carbs 0,6 g | Fat 5 g

 GLUTEN FREE

 VEGAN

All Day Breakfast

Granola Yogurt Bowl – 7

308 kCal | Protein 23 g | Carbs 27 g | Fat 12 g

Skyr, domaća granola, smrznute maline

Skyr, homemade granola, frozen raspberries

Winter Warmup – 6

512 kCal | Protein 38 g | Carbs 63 g | Fat 12 g

Rižin griz s Whey proteinom, jabukama,
cimetom i bademima

Rice porridge with Whey protein, apples,
cinnamon and almonds

Dodatni Whey protein

Vanilija, Čokolada, Unflavoured – 3

140 kCal | Protein 24 g | Carbs 3,5 g | Fat 2,1 g

 GLUTEN FREE

 VEGAN

Bowls & Plates

Cinco de Macro – 15

579 kCal | Protein 43 g | Carbs 50 g | Fat 23 g

Grilana pileća prsa, jasmin riža, avokado, baby kukuruz, rajčica, ljubičasti kupus, ukiseljeni luk, sriracha mayo

Grilled chicken breast, jasmine rice, avocado, baby corn, tomato, red cabbage, pickled onion, sriracha mayo

Dodatna piletina/ Extra chicken – 3

155 kCal | Protein 22 g | Carbs 0 g | Fat 6,9 g

Mango Tango Shrimp – 18

380 kCal | Protein 31,2 g | Carbs 45 g | Fat 8 g

Kozice, kvinoja, edamame, krastavac, mango, dressing od naranče, đumbira i meda

Shrimp, quinoa, edamame, cucumber, mango / orange / ginger / honey dressing

Dodatne kozice | Extra shrimp – 7

71 kCal | Protein 18 g | Carbs 0 g | Fat 0 g

Progressive Beef Overload – 16

586 kCal | Protein 48 g | Carbs 40 g | Fat 26 g

Mljevena junetina, jaje, jasmin riža i korijander, krastavac, luk, umak od soje i đumbira

Ground beef, egg, jasmine rice with cilantro, cucumber, onion, soy-ginger sauce

 GLUTEN FREE

 VEGAN

Bowls & Plates

Lean Tuna Bowl – 16

513 kCal | Protein 41 g | Carbs 58 g | Fat 13 g

Tuna steak, jasmin riža, baby špinat, krastavac, edamame, kimchi dressing

Tuna steak, jasmine rice, baby spinach, cucumber, edamame, kimchi dressing

Vegainz Mushroom Bowl – 13



522 kCal | Protein 30 g | Carbs 62 g | Fat 14 g

Bukovače, kvinoja, ljubičasti kupus, krastavac, radič, špinat, luk, bučine sjemenke, dressing od naranče i đumbira

Oyster mushrooms, quinoa, red cabbage, cucumber, radicchio, spinach, onion, pumpkin seeds, orange-ginger dressing

Steak the Weights – 18

580 kCal | Protein 43 g | Carbs 30 g | Fat 32 g

Ramstek, batat, zelena salata, crveni kupus, pečena paprika, pečene gljive, brokula, lagano pečeni aioli od češnjaka

Rump steak, sweet potato, green salad, red cabbage, roasted peppers, roasted mushrooms, broccoli, light roasted garlic aioli

 GLUTEN FREE

 VEGAN

Pasta

Shrimp Protein Pasta – 18

542 kCal | Protein 58 g | Carbs 60 g | Fat 8 g

Proteinska tjestenina, kozice, luk, češnjak, špinat, rajčica, agano grilana tikvica, parmezan

Protein pasta, shrimp, onion, garlic, spinach, tomato salsa, lightly grilled zucchini, parmesan

Dodatne kozice | Extra shrimp – 7

71 kCal | Protein 18 g | Carbs 0 g | Fat 0 g

Chicken Alfredo Pasta – 17

690 kCal | Protein 58 g | Carbs 47 g | Fat 30 g

Proteinska tjestenina, pileći file, brokula, rajčica, baby špinat, Grana Padano

Protein pasta, chicken fillet, broccoli, tomato, baby spinach, Grana Padano

Dodatna piletina | Extra chicken – 3

155 kCal | Protein 22 g | Carbs 0 g | Fat 6,9 g

Wraps & Sandwiches

Chicken Wrap – 13

448 kCal | Protein 40 g | Carbs 36 g | Fat 16 g

Pileći file, tortilja, špinat, ljubičasti kupus, krastavac, rajčica, ukiseljeni luk, sezam, sriracha mayo

Chicken fillet, tortilla, spinach, red cabbage, cucumber, tomato, pickled onion, sesame, sriracha mayo

Chimichurri Spotter – 17

659 kCal | Protein 39 g | Carbs 47 g | Fat 35 g

Tri tacosa s junećim ramstekom, avokadom, rukolom, krastavcem, ukiseljenim lukom i chimichurrijem

Three tacos with beef steak, avocado, arugula, cucumber, pickled onion, chimichurri

Roast My Ciabatta – 17

740 kCal | Protein 41 g | Carbs 86 g | Fat 22 g

Roast beef, ciabatta, garlic aioli, karamelizirani luk, pečena paprika, rukola

Roast beef, ciabatta, garlic aioli, caramelized onion, roasted peppers, arugula

New Chix on the Bun – 14

714 kCal | Protein 40 g | Carbs 71 g | Fat 30 g

Tri bao buns punjena pilećim fileom, salatam, ukiseljenim lukom, krastavcem, sriracha mayo i posute sezamom

Three bao buns with chicken, lettuce, pickled onion, cucumber, sriracha mayo, sprinkled with sesame seeds

Dodatni kruh | Extra bread – 1,5

370 kCal | Protein 12 g | Carbs 74 g | Fat 4 g

Light Weights Menu

Eau de Bologne / Protein Bolognese – 9

332 kCal | Protein 19 g | Carbs 28 g | Fat 16 g

Proteinska tjestenina s bolonjez umakom od mljevene junetine

Protein pasta with beef Bolognese sauce

Rookie Gainz Toast – 6

179 kCal | Protein 13 g | Carbs 17 g | Fat 6 g

Integralni tost, pureća šunka, sir u listićima

Whole wheat toast, turkey ham, sliced cheese

Cheat Day Supporters

Pistachio Cheesecake – 6,5

329 kCal | Protein 5,8 g | Carbs 18,1 g | Fat 26 g

Bold Tiramisu – 6,5

281 kCal | Protein 3,6 g | Carbs 16,3 g | Fat 22,3 g

Drink.

Drinks

Topli napitci

Espresso		2.10
Machiato mali		2.20
Kava mlijeko		2.40
Bijela kava		2.70
Kava bez kofeina		2.50
Bijela kava bez kofeina		3.00
Kava zobeno mlijeko		2.60
Capuccino		2.40
Capuccino bez kofeina		2.50
Matcha		3.20
Matcha Late		3.60
Čaj		3.60
Mlijeko	0,2 l	1.00
Mlijeko zobeno	0,2 l	1.30
Med		0.50

Bezalkoholna pića/Non alcoholic beverages

Coca Cola	0,25 l	3.50
Coca Cola Zero	0,25 l	3.50
Scweppes Tonic	0,25 l	3.50
Schweppes Bitter Lemon	0,25 l	3.50
Schweppes Tangerine	0,25 l	3.50
Orangina	0,25 l	3.50
Thomas Henry Tonic	0,2 l	5.20
Ledeni čaj	0,25 l	3.50
Romequelle negazirana mineralna voda	0,33 l	2.90
Romequelle gazirana mineralna voda	0,33 l	2.90
Romequelle negazirana mineralna voda	0,75 l	4.20
Romequelle gazirana mineralna voda	0,75 l	4.20
Cedevita (vrećica / naranča, limun)		2.90
Hidra (limun, naranča)	0,5 l	3.80
Cappy prirodni sok	0,2 l	3.50

Cijeđeni sokovi

Carrot boost (mrkva, naranča, đumbir)	0,25 l	3.90
Tropic thunder (naranča, jabuka, ananas)	0,25 l	3.90
Green Figura (jabuka, krastavac, špinat, limeta)	0,25 l	3.90
BeetRot Balance (cikla, crveni grejp, šipak)	0,25 l	3.90
Naranča	0,25 l	3.90
Limun	0,25 l	3.90

Proteinski shake (vanilija, čokolada)

3.00

Sportski i energetske napitci

Powerade	0,25 l	4.20
Monster	0,25 l	4.20

Drinks

Pivo

Birra Moretti	0,33 l	4.00
Heineken	0,33 l	4.00
Corona	0,33 l	5.00

Bijela vina/White wine

Pošip Stina	0,10 l / 0,75 l	6.70 / 48.00
Josić Chardonnay	0,10 l / 0,75 l	6.00 / 42.00
Malvazija Bastijan	0,10 l / 0,75 l	6.00 / 38.00
Malvazija Fakin	0,10 l / 0,75 l	6.00 / 42.00

Crna vina/Red wine

Dingač Matuško	0,10 l / 0,75 l	6.70 / 48.00
Josić Cuvee	0,10 l / 0,75 l	5.80 / 40.00
Stina Bogondon	0,10 l / 0,75 l	5.80 / 40.00

Pjenušava vina

Godiment	0,10 l / 0,75 l	4.80 / 34.00
----------	-----------------	--------------

Domaća alkoholna pića/ Local alcoholic drinks

Viljamovka	0,03 l	4.00
Teranino	0,03 l	3.60
Pelinkovac Antique	0,03 l	3.60
Travarica	0,03 l	3.60
Prugna Poli	0,03 l	4.00

Strana žestoka pića/ Foreign spirits

Jack Daniels	0,03 l	4.50
Jack Daniels Single Barrel	0,03 l	7.20
Gin Mare	0,03 l	6.50
Vodka Greygoose	0,03 l	4.90
Hennessy	0,03 l	4.50

NAPOMENA O NUTRITIVNIM VRIJEDNOSTIMA I ALERGENIMA

Navedene nutritivne vrijednosti (energija i makrohranjivi) informativnog su karaktera. Izračunate su na temelju standardiziranih receptura i sirovih namirnica te mogu varirati ovisno o pripremi i dostupnosti sastojaka.

Oznake bez glutena i vegansko odnose se na sastav jela. Zbog rada u istoj kuhinji moguće je prisustvo tragova alergena. Za detaljne informacije o alergenima obratite se osoblju.

NUTRITION & ALLERGEN NOTICE

Macronutrient values are indicative and based on standard portion sizes.

Displayed nutritional values are calculated using standardized recipes and raw ingredient data and may vary depending on preparation and ingredient availability. Gluten free and vegan labels refer to recipe composition; cross-contamination may occur in a shared kitchen. Please ask our staff for detailed allergen information.

Vrste alergena koji se mogu naći u hrani

Žitarice koje sadrže gluten (pšenica, riža, zob, durum spelt i kamut, varijeteti durum pšenice...)

Rakovi i proizvodi od rakova

Jaja i proizvodi od jaja

Riba i proizvodi od ribe

Kikiriki i proizvodi od kikirikija

Soja i proizvodi od soje

Mlijeko i proizvodi od mlijeka (uključujući i laktozu)

Koštuničavo/orašasto voće (ne odnosi se na kokosov orah ili pine nut pinjoli orašasti

plodovi bora)

Celer i proizvodi od celera

Gorušica i proizvodi od gorušice

Sjeme sezama i proizvodi od sjemena sezama

Sumporni dioksid i sulfiti (u koncentraciji većoj od 10 mg/kg ili 10 mg/l izraženi kao SO₂)

FIGURA KONCEPT d.o.o.

OIB: 37599710625

Figura bistro

Blaža Trogirana 22, 10 000 Zagreb

Ukoliko ne dobijete zatraženi račun, niste dužni platiti.

Ukoliko trebate R1 račun, molimo Vas zatražite ga prije izdavanja računa.

PDV je uključen u cijenu. Sve cijene su izražene u eurima.

