



If they can be fit... you can be

FiTToo™

FOOD MENU

ADDRESS

Shop No.1, Second Floor,
GNP Arcedia, Above Burger King,
Opp Pendharkar College, Dombivali (E)

CONTACT

8070166888
8828654088

WE ARE AVAILABE ON

zomato



SWIGGY

Welcome to World of Healthy & Continental Food



STARTERS NON VEG

- Cajun Grill Chicken ₹ 239
- Pesto Grill Chicken ₹ 259
- Bbq Grill Chicken ₹ 259
- Lemon Onion Rotisserie Whole Chicken (Half / Full) ₹ 400/600
- Spicy Rotisserie Whole Chicken (Half / Full) ₹ 400/600
- Harissa Chicken Wings ₹ 259
- Bbq Hot Chicken Wings ₹ 259
- Coriander Spinach Chicken Kebab ₹ 299
- Peri Peri Chicken Kebab ₹ 299
- Afghani Chicken Kebab ₹ 299
- Oregano Scillion Chicken ₹ 349
- Butter Garlic Prawns ₹ 349
- Fish & Chips ₹ 299
- Fish Finger ₹ 299
- Chicken Tender ₹ 249
- Chicken Croquettes ₹ 249



STARTERS VEG

- Corn Cheese Balls ₹ 249
- Veg Falafel ₹ 199
- Roasted Herbs Sweet Potato ₹ 179
- Jalapino Croquettes ₹ 249
- Mexican Nachos With Kidney Beans ₹ 269
- Mexicon Nachos With Cheese Sause ₹ 199
- French Fries (Salted, Peri Peri) ₹ 99
- French Fries With Cheese Sause ₹ 139
- Potato Veggies ₹ 139
- Garlic Bread ₹ 99
- Garlic Bread With Cheese ₹ 149
- Cheese Chilli Toast ₹ 99

SOUP

- Tomato Basil ₹ 220/240
- Pumpkin Soup ₹ 220/240
- Cream Of Mushroom ₹ 260/280
- Cream Of Asparagus ₹ 280/300
- Cream Of Broccoli ₹ 260/280

Veg/NonVeg

- ₹ 220/240
- ₹ 220/240
- ₹ 260/280
- ₹ 280/300
- ₹ 260/280



SPECIAL KETO DIET

- Chicken Pamezana ₹ 299
- Stuff Chicken ₹ 299
- Butter Tangy Cheese Chicken ₹ 299
- Lemon Butter Cheese Chicken ₹ 299

SALAD BOWL

- ■ Mediterranean Bowl ₹ 299
(Spinach, Carrot, Cabbage, Beetroot, Red Cabbage, Pomogramante, White And Black Sesame, Paneer/Chicken Orange Dressing)
- ■ Moraccan Salad Bowl ₹ 299
(Carrot, Mushroom, Roman Lettuce, Beetroot, Pineapple, Paneer/Chicken, Pineapple Mint Dressing)
- ■ Healthy Burrito Bowl ₹ 299
(Kale Lettuce, Red Cabbage, Kidney Beans, Beetroot, Pumpkin, Shredded Cottage Cheese, Mix Seeds And Paneer/Chicken Green Good Ness Dressing)
- ■ Evergreen Nourish Bowl ₹ 299
(Cucumber, Carrot, Red Raddish, Tomato Slice, Mix Sprouts, Iceberg Lettuce/Lolo Roso Lettuce and Paneer/Chicken Greek Yoghurt And Tahini Dressing)
- ■ Buddha Protein Bowl ₹ 299
(Kale Lettuce, Chikpeas, Cherry Tomato, Black Olives, Broccoli, Banana, Dark Chocolate, Pomogranate, Paneer/Chicken With Spicy Brown Dusseldorf Style Dressing)



BREAKFAST MENU

- **Avacado On The Toast** ₹ 220
(Our Thick- Cut Whole Grain Toast Topped With Fresh Smashed Avacado, Onion, Tomato Lemon, Extra Virgin Oil, Salt)
- **Oats Dry Fruit Musli** ₹ 199
(Oats Tossed On Pan And Mix With Milk And Honey With Delighted Dry Fruits)
- **Banana Porridge** ₹ 220
(Cooked Whole Oats Mixed With Milk, Banana, Dry fruits, Butter And Honey)
- **Chocolaate Porridge** ₹ 240
(Cooked Whole Oats Mixed With Milk, Dry fruits, Butter, Honey And Delighted Dark Chocolate)
- **Mushroom Rogo Bruschetta** ₹ 220
(4 Pc Slice Garlic Bread Baked With Mixture Of Basil Pesto Sauce, Mushroom Bell Pepper And Herbs Mozzarella Cheese)
- **Baked Eggs And Cheese Toast** ₹ 179
(A Slice Of Brown Bread Topped With Double Yolk Egg And Cheese Mozzarella)
- **Egg Shakshuka** ₹ 249
(2 Pan Fried Eggs With Home Made Tomato Garlic Romesco Sauce And 2 Slice Of Crispy Toast Brown Bread)
- **Scrambled Eggs** ₹ 159
(3 Eggs Scrambled With Milk, Parsley, Salt, Along With 2 Slice Of Brown Bread)
- **Sunny Sideup** ₹ 199
(3 Eggs Half Fried In 3 Types Of Bell Pepper Along With 2 Slice Of Crunchy Brown Bread)
- **Egg Florentine** ₹ 179
(1 Slice Of Brown Bread Topped With 2 Yolk Poached Eggs, sauted Spinach And Home Made Mayo)
- **Pesto Boiled Egg Sw** ₹ 199
(3 Types Of Ball Pepper Mixed With Herbs Boiled Egg In Brown Bread)
- **English Breakfast** ₹ 299
(the Traditional British Breakfast Is A Combination Of Carrot Beans, Cherry Tomato, 2 Sunny Side up, Chicken Sausage, Baked Beans, Sauted Spinach, Corn Along With 2 Slice Of Brown Bread)



SNACK IT UP

- **Boiled Eggs** ₹ 50
- **Cinnamon Fresh Toast** ₹ 219
- **Fitbox** ₹ 149
(2 Eggs,banana, Dates,roasted Almonds,oats Cookies)
- **Pull Chicken** ₹ 199
(100g Boiled Chicken, Mix Cabbage, Egg Mayo Sauce,salt & Black Pepper)
- **Grill Veggies** ₹ 179
(mix Cabbage, Carrot, Exotic Veggies, Cherry Tomato)
- **Roasted Vegetable** ₹ 199
(carrot, Beetroot, Sweet Potato, Cauliflower, Balsamic Onion)
- **Coconut Water** ₹ 129
- **Chickpeas Hummus With Lavash/cucumber** ₹ 199
- **Peri Peri Hummus With Lavash/cucumber** ₹ 219
- **Beetroot Hummus With Lavash/cucumber** ₹ 219

SIZZLERS

- **Pepper Chicken/ Paneer With Mushroom Sause** ₹ 349
(pepper Chicken/ Paneer, Mexican Rice, Butter Vegetable, Mexican Beans, French Fries, With Mushroom Sause)
- **Grill Chicken/ Paneer With Peri Peri Sause** ₹ 399
(grill Chicken / Paneer, Asian Style Soba Noodles, Stuff Pepper(Creamy Corn With Mozzarella Cheese), Potato Veggies, Sauted Spinach, Grill Chicken/ Panner Peri Peri Sause)
- **Bbq Chicken/ Paneer Sizzlers** ₹ 369
(mexican Rice, Smached Potato, Butter Vegetable, French Fries, Bbq Chicken/paneer Sause)
- **Grill Fish And Honey Mustard Sause** ₹ 449
(asian Style Soba Noodles, Potato Veggies, Butter Vegetables, Fish Dip In Honey Mustard Sause)
- **Chicken/ Paneer Tikka Sizzlers** ₹ 399
(butter Corriender Rice, Butter Vegetable, French Fries, Grill Onion, Chicken/ Paneer Tikka Sause)
- **Mexican Chicken/ Paneer Sizzlers** ₹ 449
(mexican Rice, Mexican Nachos, Mexican Beans, Peri Peri Fries, Butter Garlic Vegetable, With Mexican Sause)



WRAPS AND ROLL BEETROOT

- **Chicken Tikka Roll** ₹ 269
(Chicken Tikka, Egg, ice Berg Lettuce, Tomato, Capsicum Cheese Slice, Whole Wheat Roti)
- **Chicken Afghani Roll** ₹ 269
(Afghani Roasted Chicken, Egg Omlet, ice Berg Lettuce, Cheese Slice, Whole Wheat Roti)
- **Roasted Chicken Roll** ₹ 269
(Roasted Chicken, Roasted Sweet Potato, Garkin, Pickled Cabbage, Egg Omlet, Iceberg Lettuce, Cheese Slice, Whole Wheat Roti)
- **Peri Peri Kabab Roll** ₹ 269
(Peri Peri Chicken Kebab, Peri Peri Mayo, Egg Omlet, Iceberg Lettuce, Cheese Slice, Whole Wheat Roti)
- **Quesadilla Chicken** ₹ 289
(Grill Chicken, Mexican Beans, American Corn Balsamic Onion, Iceberg Lettuce, Cheese Slice, Egg Omlet, Whole Wheat Roti)
- **Paneer Tikka Roll** ₹ 239
(Paneer, onion, Tomato, Corriander, Cheese Slice, Whole Wheat Rice)
- **Mushroom Spinach Roll** ₹ 269
(Spinach, Mushroom, Mixed In Oats Sauce, Cheese Slice, Garkin, iceberg Lettuce)

SUPER SALAD BOWL

- **Egg Salad** ₹ 199
(Boiled egg, chopped bell pepper, parsley, cherry tomato, red mayo dressing)
- **Caesar Salad** ₹ 219
(Roman lettuce, iceberg lettuce, buttered croutons, chicken, home made egg dressing)
- **Kale Mushroom Chicken Salad** ₹ 269
(Curly kale, sauted mushroom, grill herbs, chicken, olive oil and lemon dressing)
- **Quinoa Salad** ₹ 219
(Quinoa, chickpeas, tomato, lettuce, parsley, cajun lime dressing)
- **Cous-cous Chickpeas Salad** ₹ 219
(Cous-cous, chickpeas, parsley, roasted dry, fruits, pomogranate, lime and cumin dressing)
- **Panzanella Salad** ₹ 219
(Tuscan chopped salad of soaked bread, onions, tomatoes, freshly cut roman lettuce and cottage cheese with balsamic vinegar dressing)
- **Greek Salad** ₹ 219
(Mix veggies, olives, cottage cheese, lemon vinegar dressing)
- **Avacado Kale Salad** ₹ 289
(Avacado, fresh kale, crunchy lettuce, black olives, cherry tomato)
- **Broken Wheat Salad** ₹ 299
(Daliya, 3 types of chopped bell pepper, spinach, pomogranate and cubical cheese clocks)
- **Avacado Veg Salad** ₹ 299
(Avacado, fresh kale, crunchy lettuce, black olives, cherry tomato)



PIZZA BY FIT2 WHOLE WHET

- Exotic Veg Pizza** ₹ 349
(Bell Pepper, Mushroom, Jalepeno, Broccoli, Corn, Cottage Cheese, Mozzarella Cheese, Whole Wheat Base)
- Creamy Spinach Pizza** ₹ 349
(Fresh Healthy Spinach Toasted In Home Made Oats Sauce Topped With Healthy Mozzarella And Cheddar Cheese)
- Peri Peri Cottage Cheese Pizza** ₹ 349
(Cottage Cheese Mix In Peri Peri Masala, Mozzarella Cheese, Whole Wheat Base)
- Bbq Cottage Cheese Pizza** ₹ 349
(Cottage Cheese Mix In Home Made BBQ Sauce Mozzarella Cheese, Whole Wheat Base)
- Mexican Pizza** ₹ 349
(Red Yellow & Green Bell Pepper, Balsamic Onion, Tomato, Kidney Beans, Cilantro, Cottage Cheese, Mozzarella Cheese, Whole Wheat Base)
- Margarita Pizza** ₹ 349
(Tomato, Basil, Mozzarella Cheese, Whole Wheat Base)
- Mac N Cheese Pizza** ₹ 349
(Boiled Pasta Tossed In Creamy Oats Sauce With Mozzarella And Cheddar Cheese On The Tip Of Wheat Base)
- Home Made Chicken Sausage Pizza** ₹ 349
(Home Made Chicken Sausage, Green Capsicum, Balsamic Onion, Scallian, Mozzarella Cheese, Whole Wheat Base)
- Bbq Chicken Pizza** ₹ 349
(Grill Chicken Mix In Home Made Bbq Sauce, Mozzarella Cheese, Whole Wheat Base)
- Roasted Chicken Pizza** ₹ 349
(Roasted Chicken, Balsamic Onion, Garlic, Black Olives, Mozzarella cheese, Whole wheat base)
- Chicken Paprika Pizza** ₹ 349

8"

₹ 349

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PROTEIN IN BREAD

- **Exotic Vegetables S/w** ₹ 199
(Broccoli, Mushroom, Bell Pepper, Babycorn American Corn, Zuccuni, Cheese Slice)
- **Pesto Mozzarella Tomato S/w** ₹ 249
(Home Made Pesto, Tomatoes, Mozzarella Cheese)
- **Spinach Corn S/w** ₹ 199
(Sauted Spinach, Pickled Cabbage, American Corn, Jalepeno, Cheese)
- **Avacado Mushroom S/w** ₹ 299
(Freshly Chopped Avacado, Cottage Cheese Mushroom, Jalepeno, Cilantro, Cheese Slice)
- **Chilli Cheese S/w** ₹ 249
(3 Types Of Ball Pepper, Onion, Cheese, Extra Cheese And More Cheese)
- **Paneer BBQ Stuff S/w** ₹ 289
(BBQ Paneer, Tomato, Ice Berg Lettuce, Green Capsicum, Garkin, Slice Cheese)
- **Farmer SPL S/w** ₹ 289
(Blogganise Paneer, 3 Bell Pepper, Cucumber, Onion, Mix Cabbage, Black Olives, Slice Cheese)
- **Mexican S/w** ₹ 249
(Chicken/paneer,kidney Beans, Corn, Mushroom, Jalepeno, Cilantro)
- **Veg Beetroot Burger** ₹ 299
(Cottage Cheese Beetroot Patty, Avocado Guacamole, Iceberg Lettuce, Cheese Slice)
- **Egg Sandwich** ₹ 189
(Egg Omlette, American Corn, Balsamic Onion, Cheese Slice)
- **Grill Chicken Balsamic Onion S/w** ₹ 209
(Grill Herbs Chicken, Lettuce, Balsamic Onion, Bell Pepper And Tomatoes)
- **Fittoo Meal Ball S/w** ₹ 249
(Home Made Chicken Balls Lick, Spicy Tomato Sauce, Cheese Slice Garkin, Jalepeno)
- **Kale Chicken Open S/w** ₹ 219
(Curly Kale, Mix Herbs Chicken, Crunchy Onion, Baked Cheese, Slice Of Brown Bread)
- **Smokey BBQ Chicken S/w** ₹ 249
(Smokey BBQ Chicken, Bell Pepper, Olives, Shredded Carrot Cheese Slice)
- **Fittoo Special 3 Layer S/w** ₹ 349
(Herbs Chicken, Roasted Onion, Confi Tomato, Roasted Wild Mushroom, Mozzarella Cheese, Slice Cheese.)
- **Butter Garlic Chicken S/w** ₹ 249
(Butter Garlic Chicken, Mix Excotic Veggies, Slice Cheese)
- **Mix Pickled Chicken S/w** ₹ 249
(Herbs Grill Chicken, Pickled Cabbage, Carrot, Beetroot, Onion Slice Cheese)
- **Chicken Blogganis Stuff S/w** ₹ 289
(Tangy Tomato Smached Chicken , Black Olives, Garkin, Cheese Slice)
- **Lemon Onion Chicken Stuff S/w** ₹ 289
(Lemon Onion Chicken, Roasted Sweet Potato, Fresh Onion, Iceberg Lettuce, Green Capsicum, Cheese Slice)



- **Cheddar Cheese Chicken Burger** ₹ 299
 (Cheese Chicken Patty, Cheddar Cheese Sause, Lettuce, Tomato)
- **Tangy Chicken Burger** ₹ 299
 (Chicken Cubes Tossed In Smokey Bbq Sause, Toasted Bell Pepper, Slice Cheese, Roasted Onion)
- **High Protein Chicken Burger** ₹ 289
 (Home Made 150g Chicken Patty, Lettuce, Tomato, Garkin, Cheese Slice)

GRILL CHICKEN PASTA (PENNE, FUSILLI, SPAGHETTI)

- **Alfredo Pasta** ₹ 359
 (150g Cajun Chicken, Home Made White Sauce Made From Oats, Exotic Veggies, Parmesan Cheese, Olives, Garlic Bread)
- **Arrabitta Pasta** ₹ 359
 (150g Cajun Chicken, Home Madhe Red Sauce Exotic Veggies, Parmesan Cheese, Olives, Garlic Bread)
- **Pink Sauce Pasta** ₹ 389
 (150g Cajun Chicken, Home Made White And Red Sauce, Exotic Veggies, Parmesan Cheese, Olives, Garlic Bread)
- **Aglio Olive Pasta** ₹ 369
 (150g Cajun Chicken, Garlic, Extra Virgin Olive Oil, Bell Pepper, Parmesan Cheese, Olives, Garlic Bread)
- **Pesto Sauce Pasta** ₹ 389
 (150g Grill Chicken, Home Made Pesto Sauce, Exotic Veggies, Parmesan Cheese, Olives, Garlic Bread)
- **Spaghetti Meatball Pasta** ₹ 339
 (Home Made Chicken Balls, Red Sause, Exotic Veggies, Parmesan Cheese, Olives, Garlic Bread)

MEALS FOR ALL

- **Keto Cauliflower Rice** ₹ 229
 (Cauliflower, Broccoli, Beans, Carrots With Goodness Of Extra Olive Oil)
- **High Fiber Rice** ₹ 239
 (Brown Rice, Roasted Veggies, Crunchy Walnut, Cottage Cheese, Fresh Mint, Lemon Zest With Goodness Of Olive Oil)
- **Veg Protein Meal** ₹ 279
 (150g Cottage Cheese, 100g Mix Herbs Rice, 50g Exotic Veggies)
- **Bbq Cottage Cheese Meal** ₹ 299
 (150g Bbq Cottage Cheese 100g Mix Herbs Rice 50g Exotic Veggies)
- **Pesto Cottage Cheese Meal** ₹ 299
 (150g Pesto Cottage Cheese, 100g Mix Herbs Rice, 50g Exotic Veggies)
- **Cottage Cheese Beetroot Steak** ₹ 299
 (150g Cottage Cheese Beetroot Patty, 100g Brown Rice, 50g Veggies With Some Concouc Sause)
- **Mushroom Broccoli Rice** ₹ 249
 (Brown Rice, Broccoli, Wild Mushroom, Roasted Onion, Green Pepper, Scallion, Paneer With Oregano Chilli Sause)



- **Kidney Beans Cottage Cheese Steak Meal** ₹ 299
 (150g kidney beans paneer patty, 100g brown rice, 50g veggies)
- **Green Thai Curry Veg Rice** ₹ 349
 (Paneer, Bell Pepper, Broccoli, Zuccuni, Mushroom, Corn, Green Thai Curry
 With Separate Brown Rice)
- **Grill Protien Rice** ₹ 239
 (Brown Rice, Roasted Veggies, Crunchy Walnuts, Fresh Mint,
 Grill Chicken, Lemon Zest With Good Ness Of Olive Oil)
- **Egg Meals** ₹ 239
 (Boiled Eggs, 100g Mix Herbs Rice, 50g Exotic Veggies)
- **Chicken Protein Meal** ₹ 279
 (150g Grill Chicken, 100g Mix Herbs Rice, 50g Ecotic Veggies)
- **Bbq Chicken Meal** ₹ 299
 (150g Chicken Tossed In Bbq Sauce, 100g Mix Herbs Rice, 50g Exotic Veggies)
- **Pesto Chicken Meal** ₹ 299
 (150g Chicken Tossed In Pesto Sauce, 100g Mix Herbs Rice, 50g Exotic Veggies)
- **Roasted Chicken Meal** ₹ 299
 (150g Roasted Chicken, 100g Rmix Herbs Rice, 50g Exotic Veggies)
- **Pesto Basil Basa Fish Meal** ₹ 349
 (150g Basa Fish Mixed In Pesto Sauce 100g Mix Herbs Rice, 50g Exotic Veggies)
- **Lemon Honey Mustard Fish Meal** ₹ 399
 (150g Basa Fish Mixed In Lemon Buttered Sauce 100g Mix Herbs Rice, 50g
 Exotic Veggies)
- **Brown Rice Biryani** ₹ 299
- **Green Thai Curry Chicken Rice** ₹ 349
 (Chicken, Bell Pepper, Broccoli, Zuccuni, Mushroom, Corn, Green Thai Curry
 With Separate Brown Rice)
- **Garlic Lemon Chicken Meal** ₹ 319
 (Paneer, Bell Pepper, Broccoli, Zuccuni, Mushroom, Corn, Green Thai Curry
 With Separate Brown Rice)
- **Scallion Chicken Meal** ₹ 319
 (150 G Scallion Chicken, 100 G Rissotto Rice, 50 G Excotic Veggies)
- **Polo Di Parmadio Meal** ₹ 319
 (150 G Chicken Breast, Tangy Parmadio Sause, 100g Pesto Rice, 50g Veggies)
- **Nasi Goreng Rice** ₹ 349
- **Mie Goreng Soba Noodles** ₹ 349
- **Asian Style Buckwheat Korean Soba Noodles** ₹ 349



BEVERAGES & SMOOTHIES

- Cold Coffee ₹ 69
- Lemon Mint Twister ₹ 69
- Lemon Twister ₹ 59
- Green Detox Tea ₹ 99
- Green Coffee ₹ 129
- Muscle Smoothie ₹ 179
- Fruits Delight ₹ 199
- Peanut Butter Smootie ₹ 179
- Nutliya ₹ 199
- Tropical Detox ₹ 199
(Celery Sticks, Cucumber, pineapple, Spinach, Mint, Lime)
- Ruby Riveria ₹ 199
(Apple, Beerroot, Carrot, Ginger, Lemon)
- Kale Apple Twister ₹ 249
(Curly Kale, Apple, Apple Vinegar, Rock Salt, Sugar)
- Avocado ₹ 299
(Fresh Avocado, Banana, Cardamom, Milk, Cane Sugar)
- Pineapple Twister ₹ 159
(Pineapple, Lemon, rock Salt, Cane Sugar, Chilled Water)
- Pre Workout Banoffee ₹ 199
(Banana, Coffee Powder, Milk, Cane Sugar)
- Purplekush Juice ₹ 199
(Beetroot, carrot, Purple Cabbage, Watermelon, Cane Sugar, Rock Salt)
- Digest Juice ₹ 199
(Carrot, Cabbage, Cucumber, Orange Rocksalt, Cane Sugar)
- Avacado Orange ₹ 299
(Pineapple, Lemon, Rock Salt, Cane Sugar, Chilled Water)

DESSERT

- Oats Banana Pan Cake ₹ 199
- Oats Choco-chip Pan Cake ₹ 229
- Caramel Custard ₹ 159
- Oats Chocolate Walnut Brownie ₹ 219



— Thank You —



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— Stay Healthy Stay Safe —