

WE ARE OPEN
EVERYDAY 8:00 AM - 6:00 PM



WATERMELON

MYKONOS

"HEALTHY FOOD THAT LIFTS YOUR MOOD".

MAKE A
RESERVATION 2289 078401

PLATES

WHITE OMELETTE €13

Cherry tomatoes, asparagus,
broccoli
113cal 12g protein

FIT CHORIZO KAGIANAS €12

eggs, tomatoes, feta cheese
chorizo
258cal 18,5g protein

AVOCADO TOAST €10

Whole grain bread, cherry
tomatoes, lime zest, chives
245cal 6g protein

SCRAMBLED EGGS €9

385cal 23g protein

SMASHED EGG TOAST €13

Sourdough, boiled eggs, avocado,
cottage cheese, chili flakes,
cherry tomatoes, chives
452cal 27g protein

THE CHEATER €16

Homemade French croissant,
2 poached eggs, cottage
cheese, bacon, spinach,
truffle hollandaise sauce
893cal 37.4g protein

Add ons:

Egg €2
Feta cheese €2.5
Mastelo cheese €3
Cottage cheese €2.5
Turkey bacon €2
Bacon €2
Mushrooms €2
Avocado €2.5

BURGERS

BREAKFAST BURGER €10.5

Brioche, scrambled eggs, gouda
cheese, bacon, spicy mayo,
avocado
633cal 36g protein

SMASH BURGER €12

Smash beef patty, caramelized
onions, cheddar cheese,
homemade cucumber pickle, our
burger sauce
885cal 70g protein

SMOOTHIE BOWLS

WATERMELON AÇAI BOWL €14

Acai, banana, almond milk, berries,
watermelon, maple syrup, granola,
coconut flakes with seasonal fruits
260cal 2g protein

MANGO BOWL €13

Mango, pineapple, coconut flakes,
banana, almond milk, granola, agave
syrup with seasonal fruits
260cal 2g protein

PORRIDGE €11.5

Oats, chia seeds, flax seed, almond
milk, black raisins, agave syrup
380cal 5g protein

YOGHURT FROM MYKONOS €11

Granola with oats (gf available),
flaxseed, seasonal fruits, coconut
flakes, honey
390cal 14g protein

TIRAMISU OVERNIGHT OATS €11

Oats, almond milk, cream cheese,
coffee, chia seeds
390cal 14g protein

Add ons:

Homemade Hazelnut Spread €2
Homemade Almond Butter €2
Homemade Peanut Butter €2
Cacao nibs €2
Collagen €3
Protein powder €3
Whey /Plant based
Choco /Vanillia

+ SWEET POTATOES STICKS €6

BOWLS

FITNESS BOWL €15

2 eggs 5', mastelo cheese,
cherry tomatoes, portobello,
avocado
550cal 30g protein

SUPERFOOD BOWL €16

Bulgur, chicken, hummus, kale,
green beans, corn, dill cucumber pickles, goji
berries, tahini dressing
555cal 50g protein

WATERMELON SALAD BOWL €13

Cherry tomatoes, feta, carob rusks,
watermelon, caper leaves, mint, basil oil
540cal 20g protein

BURRITO BOWL €13

Avocado, basmati rice, red beans,
tomato confit, corn, red pepper, cilantro,
yogurt sauce
(Scrambled eggs €3 / chicken €3.5 /
ground beef €4)
365cal 17g protein

RAINBOWL €13.5

Quinoa, beetroot hummus, sweet potato,
buckwheat pop, radish, cherry tomatoes,
cucumber, basil vinaigrette
(Chicken €3.5 / marinated salmon €4)
440cal 11g protein

ASIAN BOWL €15

Rice noodles, edamame, broccoli, carrot,
beet pickle, wakame, black sesame
(Egg 5' €2 / Salmon teriyaki €5 /
Marinated shrimps €4.5)
320cal 11.5g protein

RIB-BOWL €24

Rib-eye steak 160g, sweet potato, corn,
grilled cherry tomatoes, spinach,
avocado
631cal 36.7g protein

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COFFEE

- ESPRESSO €3.5**
- DOUBLE ESPRESSO €4.5**
- AMERICANO €4.5**
- ESPRESSO MACCHIATO €4**
- CAPPUCCINO €5**
- DOUBLE CAPPUCCINO €5.5**
- LATTE €4**
- FLAT WHITE €5**
- FREDDO ESPRESSO €5**
- FREDDO CAPPUCCINO €5.5**
- LATTE FREDDO €5**
- FLAT WHITE FREDDO €5**
- BULLETPROOF COFFEE €7**
cinnamon , MCT oil coffee

VITAMIN WATERS

- HYDRATE 4.5€**
rhubarb, strawberry
- ANTIOXIDANT 4.5 €**
peach
- RELOAD €4.5**
lemon, lime

IMMUNITY BOOSTER SHOTS

- GINGER €3.5**
- GINGER TURMERIC €3.5**
- APPLE GINGER €3.5**
CINNAMON

MATCHA EXPERIENCE

- MATCHA LATTE (HOT / ICED) €6**
Organic matcha powder, homemade
almond milk / oatmilk
- ICED MANGO MATCHA LATTE €7**
Organic matcha powder, homemade
almond milk ,mango
- ICED STAWBERRY MATCHA LATTE €7**
Organic matcha powder, homemade
almond milk ,strawberry
- MATCHA LATTE BUBBLE COFFEE €7.5**
Organic matcha powder, milk of your
choice, coffee pearls
- MATCHA WATERMELON SPECIAL €7**
Organic matcha powder, fresh watermelon
juice, mint

DRINKS

- ICED HERBAL TEAS €5.5**
- PREBIOTIC SODAS €6.5**
- KOMBUCHA LONGDRINKS €7**
- KOMBUCHA SHOTS €5**
- COCONUT WATER €5**

FRESH JUICES

- GREEN €7.5**
Spinach, cucumber, celery, green
apple
- BREAKFAST €7.5**
Orange, carrot, apple, ginger
- BLOOD JUICE €7.5**
Beetroot, celery, apple, carrot
- WATERMELON €7.5**
Watermelon, ginger
- ORANGE JUICE €5.5**
Fresh orange juice
- ORANGE TURMERIC €7.5**
Organic orange juice, bio turmeric,
ginger, black pepper
- TANNING ELIXIR €8**
Carrot melon lemon and b 12 for a
natural glow from the inside out

SOMETHING SPECIAL

- GOLDEN LATTE (HOT / ICED) €6**
Turmeric, handmade almond milk,
tajin powder
- ORGANIC LEMON JUICE €5.5**
Organic lemon juice, agave syrup,
mint
- BLUE BUTTERFLY ORGANIC
LEMON JUICE €6.5**
Organic lemon juice, agave syrup, mint,
blue butterfly pea powder

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PROTEIN DELIGHTS

PROTEIN PANCAKE €13

Homemade hazelnut praline and chopped hazelnuts with seasonal fruits

569cal 15g protein

CHOCOLATE BROWNIE €7

with pistachio ice cream

PROTEIN BANANA BREAD €8

Hazelnut butter with cacao and dates

270cal 10g protein

FRENCH TOAST €12

Eggwashed, brioche, patisserie, berries, red fruit culis, hazelnutseHazelnut butter with cacao and date

PROTEIN RICE PUDDING €6

NEW YORK CHEESECAKE €7

with non sugar jam

WRAPS – SANDWICHES

FOCACCIA €7.5

Mortadella, mozzarella, tomato confit, pesto pistachio basil

610cal 38g protein

MEDITERRANEAN € 6

Sourdough bread, feta spread, tomato, olives, cucumber, basil oil, caper leaves, oregano

477cal 21g protein

CHICKEN WRAP € 7

Boiled egg, iceberg, homemade yogurt sauce, parmesan flakes

655cal 45g protein

TUNA MELT € 12.5

Sourdough bread, tuna, onion, homemade mayo, cheddar cheese, pickled cucumber, parsley

550cal 41g protein

OUR SMOOTHIES

CINNAMON ROLL €9

Handmade almond milk, banana, dates, oats, cinnamon, almond butter

LIME WEIGHT LOSS €8

Greek yogurt, banana, honey, lime, vanilla protein

TROPICAL €8

Coconut milk, pineapple, coconut flakes, yogurt / vegan yogurt

POST WORKOUT €8

Handmade almond milk, banana, raspberries, blueberries, peanut butter.

IMMUNE BOOST €9

Handmade almond milk / coconut water, pineapple, kale, ginger, mango, spinach, lemon

BLACK PANTHER €12

Handmade almond milk, banana, peanut butter, coffee spheres, cocoa nibs, chocolate protein

STRAWBERRY - BANANA €8

Handmade almond milk / Greek yogurt, banana, strawberries

Add ons

Protein €3

Whey / Plant based

Chocolate/vanilla flavours

Collagen €3

Creatine €2