

Breakfast

/available all day/

BREAKFAST OF CHAMPIONS 28zł	OATMEAL 28zł
fried eggs or scrambled eggs 180g (3pcs), bacon 30g, white thin sausage 2pcs + salad with vinaigrette sauce /609kcal, P:40g, F:49g, C:2g + 93kcal, P:1g, F:7g, C:2g/  	oat flakes 50g, lactose free milk 200ml, whey protein 30g, cashew nuts 6g, almond flakes 4g, banana 50g, seasonal fruits 80g /574kcal, P:38g, F:16g, C:68g/ 
SCRAMBLED EGGS / FRIED EGGS 17zł	MILLETMEAL 28zł
egg 180g (3pcs) + salad with vinaigrette sauce /288kcal, P:25g, F:21g, C:0g + 93kcal, P:1g, F:7g, C:2g/  	millet gruel 50g, lactose free milk 200ml, whey protein 30g, fit nutella (dates, cocoa) 20g, peanut butter 20g, walnuts 10g, banana 50g, seasonal fruits 80g /738kcal, P:42g, F:26g, C:84g/  
TOAST WITH BACON 28zł	RICEMEAL 28zł
whole wheat toast bread 60g, egg 60g, bacon 30g, champignon 30g, tomato 30g, pickled cucumber 30g, leek 15g, cheddar 20g, fit mayo 40g, clarified butter 5g + salad with vinaigrette sauce /525kcal, P:28g, F:31g, C:34g + 93kcal, P:1g, F:7g, C:2g/	rice flakes 50g, lactose free milk 200ml, whey protein 30g, fit jam 40g, almond flakes 7g, banana 50g, seasonal fruits 80g /564kcal, P:35g, F:12g, C:80g/  
GRILLED OMELETTE WITH SALMON 28zł	REPLACE LACTOSE-FREE MILK FOR COCONUT MILK 5zł
egg 180g (3pcs), fresh salmon 50g, spinach 7g + salad with vinaigrette sauce 396kcal, P:26g, F:31g, C:1g + 93kcal, P:1g, F:7g, C:2g/  	add 250kcal, P:3g, F:32g, C:5g
VEGETABLE GRILLED OMELETTE 25zł	OMELETTE WITH FIT NUTELLA 26zł
egg 180g (3pcs), zucchini 40g, champignon 30g, tomato 30g + salad with vinaigrette sauce /280kcal, P:27g, F:18g, C:3g + 93kcal, P:1g, F:7g, C:2g/  	egg 180g (3pcs), fit nutella (dates, cocoa) 20g, peanut butter 20g, banana 50g, seasonal fruits 80g /482kcal, P:31g, F:28g, C:29g/  
ENLARGE BY / ADD	OMELETTE WITH FIT JAM 26zł
EGG 60g 4zł	egg 180g (3pcs), fit jam 40g, almond flakes 7g, banana 50g, seasonal fruits 80g /373kcal, P:26g, F:18g, C:27g/  
SAUSAGE 40g 4zł	PROTEIN PANCAKES WITH FIT NUTELLA 27zł
BACON 30g 4zł	natural yoghurt, wholegrain flour, whey protein, egg, fit nutella (dates, cocoa), fruits, sugar-free sauce /466kcal, P:23g, F:7g, C:77g/
AVOCADO 70g 8zł	PROTEIN PANCAKES WITH FIT JAM 27zł
ONION 30g 3zł	natural yoghurt, wholegrain flour, whey protein, egg, fit jam, fruits, sugar-free sauce /380kcal, P:20g, F:7g, C:61g/
CHAMPIGNON 30g 3zł	BLACK COFFEE, COFFEE WITH MILK OR TEA FOR EACH BREAKFAST - 5zł
CHIVES 10g 3zł	
BUTTER 10g 2zł	
SUGAR FREE KETCHUP 20g 3zł	

Cakes / desserts

CAKE 16zł	DESSERT 16zł
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AVAILABLE ON THE SITE AT THE BAR. ON FB AND IG



We are prepare meals from fresh products. We do not use white flour, cream, fries, sugar or processed semi-finished products. We are trying to make everything balanced and light on the stomach.

All weights are given before processing.



Squeezed juices

HULK 16zł	PICCOLO 16zł
orange, apple, kiwi, parsley, mint /234kcal, P:3g, F:1g, C:61g/  	orange, pear, kiwi, pineapple, cucumber, spinach /236kcal, P:4g, F:1g, C:63g/  
IRON MAN 16zł	WOLVERINE 16zł
beetroot, apple, lemon, celery /210kcal, P:3g, F:1g, C:50g/  	orange, grapefruit, lemon /172kcal, P:4g, F:1g, C:48g/  
ORANGE JUICE 15zł	
orange /188kcal, P:4g, F:0g, C:47g/  	

Coffee

ESPRESSO 10zł	BLACK 10zł
CAPPUCCINO 12zł	LATTE 14zł
BULLETPROOF 15zł	COCONUT MILK. 2zł
black coffee, coconut oil, clarified butter	

Shake

PROTEIN 12zł	RASPBERRY 15zł
vanilla/chocolate whey protein 50g, water 150ml /194kcal, P:35g, F:3g, C:6g/ 	vanilla whey protein 20g, raspberry 20g, banana 50g, water 150ml /132kcal, P:15g, F:1g, C:15g/ 
PENAUT 16zł	AVOCADO 19zł
vanilla whey protein 20g, peanut butter 20g, banana 100g, water 150ml /292kcal, P:21g, F:11g, C:26g/ 	vanilla whey protein 20g, avocado 70g, banana 50g, spinach 5g, water 100ml /235kcal, P:16g, F:12g, C:19g/ 
RICE 19zł	
vanilla whey protein 30g, basmati rice 50g, peanut butter 20g, banana 50g, lactose free milk 100g /521kcal, B:34g, T:15g, W:59g/ 	

Tea

FOR A GOOD START TO THE DAY 12zł	HAPPY KIDS 12zł
green tea, pear, apple, orange peel, black currant, rose peel, elderberry, jasmine, birch leaf, strawberry freeze-dried	hibiscus, candied mango, papaya, pineapple, cranberry, calendula, candied lemon, candied melon, freeze-dried strawberry, cornflower
SLIMMING 12zł	DIGESTION 12zł
pu-erh tea, yerba mate, pineapple, nettle, hibiscus, lemongrass	coriander, mint, fennel, cumin, pineapple, ginger, hop cones, calendula, strawberry
BLACK 10zł	GREEN 10zł
assam India, Darjeeling Himalayan, Ceylon	Sencha China

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protein_point_szczecin

Malopolska 4, Szczecin
Protein Point Healthy Food & Grill

Do it yourself

/choose protein, connect with carbohydrates, add vegetables, supplement with fats/

Protein

GRILLED CHICKEN BREAST 100g	8zł
/99kcal, P:22g, F:1g, C:0g/	
GRILLED RIB-EYE STEAK 220g	36zł
/330kcal, P:48g, F:16g, C:0g/	
HAUNCH OF BEEF 100g	15zł
/choose in the form of a outlet or add to the mix/ /102kcal, P:21g, F:2g, C:0g/	
SALMON FILLET 100g	24zł
/201kcal, P:20g, F:14g, C:0g/	
SHRIMP 100g	24zł
/92kcal, P:22g, F:0g, C:1g/	
FRIED EGG 60g	4zł
/96kcal, P:8g, F:7g, C:0g/	
GRILLED TOFU 100g	12zł
/140kcal, P:14g, F:8g, C:3g/	

Carbs

BASMATI RICE 50g	5zł
/175kcal, P:4g, F:0g, C:38g/	
MILLET 50g	5zł
/178kcal, P:4g, F:1g, C:37g/	
RICE NOODLES 50g	7zł
/184kcal, P:1g, F:0g, C:44g/	
WHOLEMEAL PASTA 50g	5zł
/ponne/ /173kcal, P:7g, F:1g, C:32g/	
BAKED SWEET POTATOES 150g	7zł
/129kcal, P:2g, F:0g, C:30g/	
BAKED POTATOES 150g	5zł
/140kcal, P:3g, F:0g, C:32g/	

Vegetables

GRILLED VEGETABLES 150g	8zł
/paprika, zucchini, champignon, onion/ /41kcal, P:2g, F:0g, C:7g/	
FRESH VEGETABLES WITH VINAIGRETTE SAUCE 150g	8zł
/84kcal, P:2g, F:8g, C:6g/	
GRILLED BROCCOLI 100g	6zł
/34kcal, P:3g, F:0g, C:4g/	
PICKLED CUCUMBER 100g	5zł
/11kcal, P:1g, F:0g, C:2g/	

Fat

AVOCADO 70g	8zł
/112kcal, P:1g, F:11g, C:6g/	
GREEN PESTO 30g	5zł
/109kcal, P:2g, F:11g, C:1g/	
OLIVE OIL 15ml	4zł
/132kcal, P:0g, F:15g, C:0g/	
COCONUT MILK 50ml	5zł
/93kcal, P:1g, F:9g, C:2g/	
TOMATO SAUCE 50ml	4zł
/15kcal, P:0g, F:0g, C:2g/	
GARLIC SAUCE 50ml	4zł
/32kcal, P:2g, F:2g, C:3g/	
PARMESAN 10g /lactose free/	4zł
/37kcal, P:3g, F:3g, C:0g/	
CASHEW NUTS 15g	6zł
/83kcal, P:3g, F:7g, C:5g/	
PUMPKIN SEEDS 15g	4zł
/86kcal, P:4g, F:7g, C:2g/	

Our propositions

CHICKEN BREAST 150g, RICE 50g, FRESH VEGETABLES 150g.	25zł
/408kcal, P:39g, F:10g, C:44g/	
CHICKEN BREAST 150g, PASTA 50g, GRILLED VEGETABLES 150g, PESTO 30g /mix/	30zł
/472kcal, P:44g, F:14g, C:40g/	
HAUNCH OF BEEF 100g, RICE 50g, GRILLED VEGETABLES 150g, OLIVE OIL 15ml /mix/	32zł
/450kcal, P:27g, F:17g, C:45g/	
SALMON 100g, POTATOES 150g, FRESH VEGETABLES 150g	37zł
/425kcal, P:25g, F:22g, C:38g/	
SHRIMP 100g, RICE NOODLES 50g, GRILLED VEGETABLES 150g, COCONUT MILK 50ml /mix/	44zł
/410kcal, P:26g, F:9g, C:54g/	

Salads

WITH TERIYAKI CHICKEN	29zł
chicken breast 100g, paprika 40g, champignon 40g, green beans 40g, orange 40g, red onion 20g, arugula 7g, teriyaki sauce 7g, olive oil 7g, peanuts 5g, sesame 5g	
/288kcal, P:27g, F:13g, C:18g/ 	
WITH GRILLED CHICKEN	29zł
chicken breast 100g, avocado 50g, pineapple 60g, cocktail tomatoes 40g, pumpkin seeds 5g, mix salad 80g, vinaigrette sauce 30g	
/360kcal, P:20g, F:19g, C:20g/  	
WITH CHICKEN AND BROCCOLI	26zł
chicken breast 100g, broccoli 180g, almond flakes 7g, garlic-yoghurt sauce 50g	
/236kcal, P:30g, F:7g, C:11g/ 	
WITH BEEF	35zł
rib-eye steak 100g, bacon 15g, pickled cucumber 35g, leek 35g, cocktail tomatoes 40g, walnuts 7g, mix salad 80g, sos vinaigrette 30g	
/378kcal, P:26g, F:27g, C:11g/  	
WITH SALMON	37zł
salmon fillet 100g, pomegranate 15g, orange 50g, cocktail tomatoes 40g, almond flakes 7g, mix salad 80g, garlic-yoghurt sauce 30g	
/318kcal, P:24g, F:18g, C:15g/ 	
WITH SHRIMP	37zł
shrimp 100g, grape 35g, avocado 50g, cucumber 40g, red onion 30g, pomegranate 10g, sesame 5g, mix salad 80g, vinaigrette sauce 30g	
/363kcal, P:25g, F:20g, C:22g/  	
WITH TERIYAKI TOFU	29zł
tofu 80g, paprika 40g, champignon 40g, green bean 40g, orange 40g, red onion 20g, arugula 7g, teriyaki sauce 7g, olive oil 7g, peanuts 5g, sesame 5g	
/301kcal, P:16g, F:18g, C:20g/ 	
WITH GRILLED TOFU	29zł
tofu 80g, avocado 50g, pineapple 60g, cocktail tomatoes 40g, pumpkin seeds 5g, mix salad 80g, vinaigrette 30g	
/373kcal, P:14g, F:24g, C:22g/  	
FOR EACH SALAD	
multigrain gluten free bread 40g	
/104kcal, P:4g, F:19g, C:8g/	



HEALTHY FOOD & GRILL
PROTEIN POINT
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Burgers

KAFAR (beef)	34zł
beef 150g, butter roll 100g, egg 60g, bacon 30g, pickled cucumber 20g, tomato 40g, red onion 25g, salad mix 25g, fit mayo 30g, tomato sauce 30g	
/1020kcal, P:50g, F:51g, C:80g/	
HERKULES (beef)	34zł
beef 150g, butter roll 100g, cheddar 40g, bacon 30g, pickled cucumber 50g, tomato 40g, red onion 25g, fit mayo 30g, tomato sauce 30g	
/1076kcal, P:52g, F:57g, C:81g/	
HEROS (chicken)	30zł
chicken breast 100g, buttered bread roll 100g, cheddar cheese 30g, bacon 30g, tomato 30g, egg 60g, corn salad 25g, green pesto 50g	
/961kcal, P:56g, F:46g, C:76g/	
NEPTUN (shrimp)	38zł
shrimp 100g, butter roll 100g, avocado 40g, tomato 20g, red onion 20g, jalapeno 5g, salad mix 25g, fit mayo 30g, vinaigrette sauce 15g	
/625kcal, P:35g, F:15g, C:81g/	
ATLETA (tofu)	30zł
tofu 100g, butter roll 100g, pickled cucumber 30g, tomato 40g, red onion 20g, mix salad 25g, fit mayo 45g	
/615kcal, P:32g, F:13g, C:87g/	
Tortillas	
WITH CHICKEN	32zł
chicken breast 100g, avocado 50g, pineapple 60g, cocktail tomatoes 40g, pumpkin seeds 5g, salad mix 20g, vinaigrette sauce 30g, whole grain tortilla 60g	
/657kcal, P:33g, F:23g, C:69g/	
WITH BEEF	38zł
rib-eye steak 100g, bacon 15g, pickled cucumber 35g, leek 35g, cocktail tomatoes 40g, walnuts 7g, salad mix 20g, vinaigrette sauce 30g, whole grain tortilla 60g	
/673kcal, P:34g, F:34g, C:60g/	
WITH SALMON	39zł
salmon fillet 100g, pomegranate 15g, orange 50g, cocktail tomatoes 40g, almond flakes 7g, salad mix 20g, garlic-yoghurt sauce 30g, whole grain tortilla 60g	
/615kcal, P:32g, F:25g, C:64g/	
WITH SHRIMP	39zł
shrimp 100g, grape 35g, avocado 50g, cucumber 40g, red onion 30g, pomegranate 10g, sesame 5g, salad mix 20g, vinaigrette sauce 30g, whole grain tortilla 60g	
/660kcal, P:33g, F:27g, C:71g/	
WITH TOFU	32zł
tofu 80g, avocado 50g, pineapple 60g, cocktail tomatoes 40g, pumpkin seed 5g, salad mix 20g, sos vinaigrette 30g, whole grain tortilla 60g	
/670kcal, P:22g, F:31g, C:86g/	