

# — menu —

## WARM SERVINGS

Bacon Burrito	11.00	Soup of the day	6.90
Chicken Burrito	11.00	Spicy Grilled Chicken	coming soon
Tomato Rice Bowl	coming soon	Spicy Samosa	2.50
Minced Beef Roll	3.50	Ham & Cheese Croissant	2.90
Spinach Cheese Roll	3.50		

*All prices in Euro €*

*\*For additive and allergen information, please ask staff*

**barbell bistro**  
barbellbistro.com

# — menu —

## COOL SERVINGS

Avocado Bagel <i>low-carb bagel / avocado / lettuce tomato / hummus / cucumber</i>	<b>5.90</b>	Egg Bagel <i>boiled egg / veggie cream cream cheese / lettuce / tomato</i>	<b>5.00</b>
Cream Cheese Bagel <i>cream cheese</i>	<b>3.50</b>	Turkey Bagel <i>turkey breast / cream cheese honey mustard / lettuce / tomato</i>	<b>5.90</b>
Double Cheese Bagel <i>gouda cheese / cream cheese lettuce / tomato</i>	<b>5.70</b>	Chicken Bagel <i>chicken breast / cheese cream honey mustard / lettuce / tomato</i>	<b>6.20</b>
Chicken Caesar Wrap <i>tortilla / chicken caesar / lettuce</i>	<b>6.50</b>	Chicken Lettuce <i>chicken caesar or chicken curry wrapped in lettuce</i>	<b>5.90</b>
Chicken Curry Wrap <i>tortilla / chicken curry / lettuce</i>	<b>6.50</b>	Avocado Cucumber Salad	<b>coming soon</b>

*All prices in Euro €*

*\*For additive and allergen information, please ask staff*

# — menu —

## HOT DRINKS

Amerikano	3.00	Espresso	2.30
Cafe Crema	2.30	Ice Coffee	2.30
Cappuchino	4.00	Latte Macchiato	4.50
Double Espresso	3.50	Syrup Shot	0.25

## COLD DRINKS

Energy Drink	2.90	Protein Milk	3.90
Juice	2.50	Soft Drink	2.50
Milk Shake	2.50	Water	2.00

*All prices in Euro €*

*\*For additive and allergen information, please ask staff*

# — menu —

## HIGH PROTEIN

Scrambled Egg

coming soon

- *Fat: 7g*
- *Protein: 6g*
- *Carbs: 1g*
- *Calories: 91*

*values represent 1 scrambled egg*

*All prices in Euro €*

*For additive and allergen information, please ask staff*

**barbell bistro**  
barbellbistro.com

# — menu —

## REWARDS

Chips	1.50
Fruit	1.50
Ice Cream Scoop	1.80
Muffin	2.80

*All prices in Euro €  
For additive and allergen information, please ask staff*