



GYM7ZONE

VADI

MENU

TAVUK IZGARA (250GR) 1000 ₺

GRILLED CHICKEN (250 G)

Kuşkonmaz, Mantar, Domates, Baby Kabak, Basmati Pilav ile
Asparagus, Mushroom, Tomato, Baby Zucchini, Basmati Rice

(620 kcal, 83 gr protein, 34 gr karb., 14 gr yağ)



IZGARA ANTRİKOT (250GR) 1600 ₺

GRILLED BEEF RIBEYE (250 G)

Kuşkonmaz, Mantar, Baby Kabak, Basmati Pilav ile
Asparagus, Mushroom, Baby Zucchini, Basmati Rice

(935 kcal, 71 gr protein, 34 gr karb., 57 gr yağ)



LEVREK FİLETO (300GR) 1250 ₺

SEA BASS FILLET (300 G)

Mısır Püresi, Rezene, Sarımsaklı Domates Salsa
Corn Purée, Fennel, Garlic Tomato Salsa

(554 kcal, 73 gr protein, 30 gr karb., 15 gr yağ)



IZGARA SOMON FİLETO (250GR) 1400 ₺

SALMON FILLET (250 G)

Sote Ispanak, Taze Baharatlı Baby Patates, Roka, Izgara Limon
Sautéed Spinach, Fresh Herb Baby Potatoes, Arugula, Grilled Lemon

(660 kcal, 60 gr protein, 20 gr karb., 37 gr yağ)



MENU

SEZAR SALATA

CAESAR SALAD

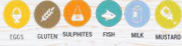
Iceberg Marul, Kroton, Çeri Domates, Parmesan Peyniri

Iceberg Lettuce, Croutons, Cherry Tomatoes, Parmesan Cheese

Tavuk (Chicken) = 565 kcal 71 gr prot 17 gr garb 21 gr yağ 700 ₺

Karides (Shrimp) = 355 kcal 38 gr prot 17 gr karb 15 gr yağ 950 ₺

Bonfile (Beef) = 665 kcal 61 gr prot 38 gr yağ 1100 ₺



TON BALIKLI SALATA (90GR)

TUNA SALAD

Akdeniz Yeşillikleri, Çeri Domates, Mısır, Kornişon Turşu, Kaliforniya Biberi

Mediterranean Greens, Cherry Tomatoes, Corn, Gherkins, California Peppers

(300 kcal, 26 gr protein, 21 gr karb., 25 gr yağ)



EKŞİLİ AVOKADO SALATA (300GR)

TUNA SALAD

Akdeniz Yeşillikleri, Çeri Domates, Parmesan Peyniri (50 gr), Limon Dressing Sos

Mediterranean Greens, Cherry Tomatoes, Parmesan Cheese (50 g), Lemon Dressing Sauce

(321 kcal, 9 gr protein, 21 gr karb., 25 gr yağ)



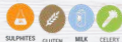
KÖZ PANCAR SALATA

ROASTED BEETROOT SALAD

Rokula, Ezine Peyniri (50 gr), Köz Pancar, Portakal Dilimi, Ceviz, Şeker Turp, Balzamik Sos

Arugula, Ezine Cheese (50 g), Roasted Beetroot, Orange Slice, Walnut, Radish, Balsamic Sauce

(587 kcal, 25 gr protein, 38 gr karb., 43 gr yağ)



440 ₺

VITAMIN

CAFE ZONE

SOFT DRINKS

COCA COLA	175 ₺
COCA COLA ZERO	175 ₺
FANTA	175 ₺
SPRITE	175 ₺
TONIC	225 ₺
SPARKLING WATER 0,25L	125 ₺
WATER 50 CL	80 ₺
WATER 1,5 L	120 ₺
RED BULL	300 ₺
AYRAN	175 ₺
ICE TEA (Lemon or Peach)	175 ₺
FRUIT JUICE (Cherry, Apple, Peach, Pineapple, Cranberry, Mix)	175 ₺

HOT BEVERAGES

AMERICANO	200 ₺
CAPPUCCINO	250 ₺
CAFE LATTE	250 ₺
ESPRESSO	250 ₺
DOUBLE ESPRESSO	400 ₺
TURKISH COFFEE	150 ₺
TURKISH TEA	75 ₺
ENGLISH TEA	100 ₺
INFUSED HERBAL TEA (Mint and Lemon, Jasmin Pearl, Sage, Cinnamon And Hibiscus, Chamomile, Green Tea, Linden)	200 ₺

DETOX

HOMEMADE LEMONADE	250 ₺
Cucumber, Basil, Mint, Strawberry or Classic	
VEGETABLE DETOX	400 ₺
Cucumber, Green Apple, Parsley, Lime, Ginger	
FOREST FRUITS DETOX	400 ₺
Blueberry, Raspberry, Strawberry, Blackberry, Cranberry	
ORANGE DETOX	400 ₺
Fresh Orange, Carrot, Mango, Honey, Melon	
FRESH HERBS AND CHIA	400 ₺
Sage, Linden, Mint, GreenTea, Lime, Chia Seeds	
HIBISCUS, CHIA	400 ₺
POMEGRANATE	
Infused Hibiscus, Pomegranate, Chia Seeds	
PRE - WORKOUT (ENERGYSHAKE)	400 ₺
400 KCAL Whey protein, rolled oats, milk or yoghurt	
AFTER WORKOUT (MUSCLE SHAKE)	400 ₺
450 KCAL Whey protein, Almond, Hazelnut, banana milk or water	
MILK SHAKE	350 ₺
Banana, Chocolate, Strawberry, Caramel, Vanilla	
ICED AMERICANO	400 ₺

ALERJEN GIDA TABLOSU

ALLERGENIC FOOD CHART

GLUTEN İÇEREN TAHILLAR: BUĞDAY (ÖR.KIÇIKSIZ BUĞDAY VE KAMUT), ÇAVDAR, ARPA, YULAF, VEYA BUNLARIN HİBRİT TÜRLERİ VE BUNLARIN ÜRÜNLERİ

CEREALS CONTAINING GLUTEN: WHEAT, RYE, BARLEY, OATS



GLUTEN

KABUKLULAR VE KABUKLULARIN ÜRÜNLERİ

CRUSTACEAN FOODS AND CRUSTACEAN INCLUDED PRODUCTS



CRUSTACEANS

YUMURTA VE YUMURTA ÜRÜNLERİ

EGG AND EGG INCLUDED PRODUCTS



EGGS

BALIK VE BALIK ÜRÜNLERİ

FISH AND FISH INCLUDED PRODUCTS



FISH

YER FISTIĞI VE YER FISTIĞI ÜRÜNLERİ

PEANUT AND PEANUT INCLUDED PRODUCTS



PEANUTS

SOYA FASULYESİ VE SOYA FASULYESİ ÜRÜNLERİ

SOYBEAN AND SOYBEAN INCLUDED PRODUCTS



SOYA

SÜT VE SÜT ÜRÜNLERİ (LAKTOZ DAHİL)

MILK AND MILK INCLUDED PRODUCTS (LACTOSE INCLUDED)



MILK

SERT KABUKLU MEYVELER: BADEM, FINDIK, CEVİZ, KAJU FISTIĞI, PİKAN CEVİZİ, BREZİLYA FINDIĞI, ANTEP FISTIĞI, MACADEMİA FINDIĞI VE QEENSLAND FINDIĞI VE BUNLARIN TÜREVLERİ

HARD CRUSTACEANS FRUITS: ALMOND, WALNUT, NUT, PEANUT



TREE NUTS

KEREVİZ VE KEREVİZ ÜRÜNLERİ

CELERY AND CELERY INCLUDED PRODUCTS



CELERY

HARDAL VE HARDAL ÜRÜNLERİ

MUSTARD AND MUSTARD INCLUDED PRODUCTS



MUSTARD

SUSAM TOHUMU VE SUSAM TOHUMU ÜRÜNLERİ

SESAM SEEDS AND SESAM SEEDS INCLUDED PRODUCTS



SESAME

KÜKÜRTDİOKSİT VE SÜLFİTLER

SULFUR DIOXIDE AND SULPHITES



SULPHITES

YUMUŞAKÇALAR VE ÜRÜNLERİ

MOLLUSCA AND MOLLUSCA INCLUDED PRODUCTS



MOLLUSCS

ACI BAKLA VE BAKLA ÜRÜNLERİ

LUPIN AND LUPIN PRODUCTS (BROAD BEANS)



LUPIN

*Herhangi bir gıda ürününe **ALERJİNİZ** varsa servis personelimiz ile iletişime geçebilirsiniz.

*If you are **ALLERGIC** to any food product you can contact our service personnel.