



MENU · 2026

HEALTHY CAFÉ · BOWLS · PLATES · SMOOTHIES

Food that fuels *your best self.*



Fit Bites Manjeri

Open every day

7:30 AM - 10:30 PM

Fit Bites Wandoor

Mon - Sat · Closed Sunday

7:30 AM - 10:30 PM

Fit Bites Perinthalmanna

Open every day

7:30 AM - 10:30 PM

Order online

www.fitbitescafe.com

Smoothie Bowls

Thick, spoonable smoothie bases piled high with fruit, granola, nuts and seeds.

7 DISHES



Avocado Bliss Bowl ₹280

Avocado & spinach smoothie base, chia pudding, avocado, raspberries, chocolate granola, chia

480 kcal · 11 g protein



Berry Smoothie Bowl ₹280

Mixed berry smoothie base, strawberries, banana, granola

380 kcal · 9 g protein



Blueberry Almond Bowl ₹320

Blueberry smoothie base, almond butter, almond flakes, banana, blueberries, granola, chia, rose petals

520 kcal · 14 g protein



Blueberry Smoothie Bowl ₹320

Blueberry smoothie base, blueberries, banana, strawberries, granola

390 kcal · 9 g protein



Coco Choco Bowl ₹240

Cocoa & banana smoothie base, banana, coconut, chocolate granola, almonds, chia

470 kcal · 12 g protein



Mango Protein Smoothie Bowl ₹289

Mango & whey protein smoothie base, mango, banana, strawberries, granola

430 kcal · 28 g protein



Tropical Sunshine Bowl ₹240

Mango & pineapple smoothie base, pineapple, strawberries, kiwi, pumpkin seeds, chia

380 kcal · 10 g protein

Greek Yogurt Power Bowls

Thick Greek yogurt: 20 g+ protein in every bowl.

4 DISHES



Power Bowl Vol. 1 ₹240

Greek yogurt, banana, granola, passion fruit, blueberries, coconut, chia

435 kcal · 23 g protein



Power Bowl Vol. 2 ₹140

Greek yogurt, peanut butter, banana

420 kcal · 22 g protein



Power Bowl Vol. 3 ₹220

Greek yogurt, chocolate, hazelnuts, granola

440 kcal · 22 g protein



Power Bowl Vol. 4 ₹260

Greek yogurt, banana, strawberries, raspberries, blueberries, coconut, granola

450 kcal · 24 g protein

Breakfast

Oats, eggs and South Indian favourites to start the day right.

7 DISHES



The Oats Affair Vol. 1 ₹140

Without whey

380 kcal · 14 g protein



The Oats Affair Vol. 2 ₹220

With whey protein

430 kcal · 30 g protein

HIGH PROTEIN



Oatmeal Special ₹199

330 kcal · 11 g protein



Chia Fruit Bowl ₹160

400 kcal · 15 g protein



Egg Canvas Vol. 1 ₹99

3 boiled eggs, 1 boiled banana

280 kcal · 18 g protein



Egg Canvas Vol. 2 ₹110

3 boiled eggs, 100 g smashed sweet potato

300 kcal · 20 g protein

MORE BREAKFAST

Boiled Banana ₹20

130 kcal · 2 g protein

Fit Bites Originals

House favourites: puddings, toasts, wraps, momos and our date laddus.

13 DISHES



Tiramisu French Toast ₹160

Coffee-soaked French toast, light mascarpone cream, cocoa, dark chocolate shavings, blueberries

420 kcal · 15 g protein



Blueberry Chia Parfait ₹190

Chia pudding, Greek yogurt, blueberry compote, blueberries, toasted almonds, sesame seeds

320 kcal · 14 g protein



Mango Chia Pudding ₹189

Chia pudding, mango purée, granola, pomegranate

330 kcal · 9 g protein



Strawberry Chia Pudding ₹180

Strawberry chia pudding, strawberries, banana, granola

320 kcal · 9 g protein



Caramel Toast ₹120

Toast, peanut butter, caramelised banana, caramel drizzle, sesame seeds
300 kcal · 6 g protein



Pancake ₹149

360 kcal · 9 g protein



Chicken Quesadilla · Jumbo ₹190

100 g chicken, 80 g vegetables, tortilla

380 kcal · 38 g protein

HIGH PROTEIN



Beetroot Chicken Momos ₹140

Set of 3 momos

300 kcal · 24 g protein



Veg Wrap · Mini ₹110

240 kcal · 7 g protein



Chicken Sandwich ₹120

340 kcal · 25 g protein



Egg Sandwich ₹99

290 kcal · 14 g protein



Golden Bite ₹60

Mixed nut & date laddu

150 kcal · 4 g protein



The Seed Sphere ₹50

Mixed seed & date laddu

130 kcal · 4 g protein

Platter Menu

Balanced, portion-controlled plates, the same dishes we serve on our meal plans.

23 DISHES



Avocado Toast with Egg ₹180

Avocado toast with egg, cherry tomato salad, nuts & seeds

400 kcal · 16 g protein



Avocado Toast with Mushroom & Egg ₹200

Avocado toast, sautéed mushrooms, boiled egg, cherry tomato salad, nuts & seeds

430 kcal · 18 g protein



Breakfast Bowl with Sunny Side Up ₹180

Sunny side up egg, avocado, mixed veggies, cherry tomatoes, nuts & seeds

340 kcal · 13 g protein



Energy Boost Bowl ₹189

Overnight oats with fruits, flax seeds, almonds

360 kcal · 12 g protein



Peanut Butter & Banana Overnight Oats

Rolled oats, peanut butter, banana, chia seeds, flax seeds

480 kcal · 17 g protein



Muesli Bowl

Muesli with yogurt & fruits, chia seeds, mixed nuts

400 kcal · 14 g protein



Chia Fruit Pudding

Chia seed pudding, mixed fruits, pomegranate, almonds, honey / maple syrup

330 kcal · 9 g protein



Weekend Refresh

2 boiled eggs, fresh fruits, roasted makhana & nuts

360 kcal · 18 g protein



Chicken Burrito Bowl

Grilled chicken, brown rice, black beans, corn, salsa, lettuce, guacamole

600 kcal · 38 g protein

HIGH PROTEIN



Chicken Power Bowl

Grilled chicken, roasted sweet potato, chickpeas, crunchy veggies

520 kcal · 40 g protein

HIGH PROTEIN



Grilled Chicken with Veggies

Grilled chicken, steamed vegetables, multigrain toast

400 kcal · 40 g protein

HIGH PROTEIN



Pasta Bowl

Whole wheat pasta, grilled chicken, broccoli, zucchini, cherry tomatoes, olive oil & herbs

520 kcal · 35 g protein

HIGH PROTEIN



Noodles Bowl

Whole wheat noodles, stir-fry veggies, sautéed chicken, sesame seeds, soy garlic sauce

480 kcal · 32 g protein

HIGH PROTEIN



Paneer / Chicken Stir Fry with Veggies

Paneer or chicken, broccoli, capsicum, zucchini, carrot, soy sauce, garlic & herbs

375 kcal · 30 g protein

HIGH PROTEIN



Grilled Paneer with Veggies

Grilled paneer, steamed vegetables, cherry tomatoes, herb seasoning, pumpkin seeds

420 kcal · 23 g protein



Chicken Tacos

Spiced chicken, lettuce, tomato salsa, onion, cabbage, yogurt sauce

450 kcal · 32 g protein

HIGH PROTEIN



Quesadilla · Mini

Grilled chicken (50 g), bell peppers, onions, low fat cheese, salsa

470 kcal · 19 g protein



Honey Chicken Wrap · Jumbo

Honey-glazed chicken (100 g), lettuce, bell peppers, whole wheat wrap, yogurt sauce

440 kcal · 32 g protein

HIGH PROTEIN



Chicken Sandwich Platter

Grilled chicken sandwich, fresh fruit cup, nuts & seeds

460 kcal · 32 g protein

HIGH PROTEIN



Grilled Chicken Salad

Grilled chicken, mixed greens, cherry tomatoes, cucumber, nuts & seeds

350 kcal · 35 g protein

HIGH PROTEIN



Grilled Chicken Avocado Corn Salad

₹269

Grilled chicken, avocado, corn, cherry tomatoes, mixed greens, lemon dressing

480 kcal · 36 g protein

HIGH PROTEIN



Quinoa Chicken Salad

₹200

Quinoa, grilled chicken, cucumber, tomato, bell peppers, lemon dressing

430 kcal · 36 g protein

HIGH PROTEIN



ABC Salad (Veg)

₹160

Apple, beetroot, carrot, lemon dressing, pumpkin seeds

210 kcal · 5 g protein

Lunch Bowls

Hearty, high-protein bowls for the middle of the day.

8 DISHES



Grill 'N' Garden

₹220

Butter-grilled chicken, cut fruit, veggies, nuts, seeds, dates

490 kcal · 44 g protein

HIGH PROTEIN



Grain 'N' Grill

₹260

Fried rice, pan-fried chicken, yogurt, green salad

590 kcal · 40 g protein

HIGH PROTEIN



Millet 'N' Muse

₹240

Millet pasta with grilled chicken, served with nuts

500 kcal · 40 g protein

HIGH PROTEIN



Makhani Bowl

₹260

Butter chicken (100 g) with rice (100 g) served with vegetable salad

620 kcal · 38 g protein

HIGH PROTEIN



Mini Combo Platter

₹180

50 g grilled chicken / steamed chicken, assorted vegetables, pulses, cut fruits, vegetable salad

450 kcal · 28 g protein

MORE LUNCH BOWLS

Balanced Power Bowl

₹240

Mixed millet, legumes, brown rice pasta, grilled chicken, veggies, avocado, dressing

560 kcal · 38 g protein

HIGH PROTEIN

Thai Paneer Bowl

₹220

560 kcal · 24 g protein

Egg Platter

₹180

380 kcal · 24 g protein

Dinner

Salads, steak and wraps: light on the evening, big on protein.

21 DISHES



Chicken Steak à la Mushroom ₹320

420 kcal · 39 g protein

HIGH PROTEIN



Golden Mustard ₹220

Golden mustard chicken, red & white cabbage, pomegranate, pumpkin seeds, almonds, sesame, mustard dressing

520 kcal · 39 g protein

HIGH PROTEIN



Peanut Bliss Chicken Salad ₹240

Grilled chicken, lettuce, cucumber, sweet corn, bell peppers, roasted peanuts, peanut dressing

480 kcal · 35 g protein

HIGH PROTEIN



Avocado Chicken ₹260 Salad

Grilled chicken, lettuce, avocado, pineapple, grapes, pomegranate, sesame seeds

430 kcal · 34 g protein

HIGH PROTEIN



ABC Salad (Chicken) ₹240

Honey-glazed chicken (100 g), apple, beetroot, carrot

36 g protein HIGH PROTEIN



Mexican Chicken ₹269 Salad

440 kcal · 35 g protein

HIGH PROTEIN



Buffalo Chicken ₹250 Salad

400 kcal · 35 g protein

HIGH PROTEIN



Chicken Caesar ₹220 Salad

420 kcal · 35 g protein

HIGH PROTEIN



Chicken Salad with Salsa ₹220

100 g chicken, 100 g assorted vegetables, special dressing

300 kcal · 32 g protein

HIGH PROTEIN



Grilled Chicken ₹199 Salad - Regular

100 g chicken, 100 g vegetables, nuts & seeds

320 kcal · 34 g protein

HIGH PROTEIN



Garden Mosaic ₹189

A playful mix of fresh seasonal flavours and toppings

225 kcal · 9 g protein



Crunchy Garden ₹220 Bowl

340 kcal · 12 g protein



Paneer Salad ₹169

320 kcal · 17 g protein



Egg Salad ₹110

230 kcal · 14 g protein



Green Salad ₹80

90 kcal · 3 g protein



Avocado Grilled Chicken Wrap · Mini ₹220

Avocado, grilled chicken (50 g), lettuce, Greek yogurt

320 kcal · 18 g protein



Avocado Grilled Chicken Wrap · Jumbo ₹260

Avocado, grilled chicken (100 g), lettuce, Greek yogurt

380 kcal · 35 g protein

HIGH PROTEIN



Grilled Chicken Wrap · Jumbo ₹180

100 g chicken, steamed broccoli, carrot & beans (100 g)

420 kcal · 32 g protein

HIGH PROTEIN



Honey Chicken Wrap · Mini ₹160

100 g honey-glazed chicken & vegetables

360 kcal · 38 g protein

HIGH PROTEIN



Veg Wrap · Jumbo ₹140

340 kcal · 10 g protein



Grilled Chicken Wrap · Mini ₹140

Grilled chicken (50 g), assorted vegetables

280 kcal · 19 g protein

Smoothies

7 DISHES



Green Glow ₹199

Avocado, banana, milk, chia seeds, honey (optional)

400 kcal · 11 g protein



Red Glow ₹189

Apple, banana, milk, chia seeds, honey (optional)

380 kcal · 10 g protein



Strawberry Bliss ₹199

Strawberries, banana, milk, coconut, honey

260 kcal · 8 g protein



Blueberry Oat ₹240

Blueberries, oats, banana, milk

330 kcal · 11 g protein



Oat Fusion ₹169

Oats, dates, milk, banana, chia seeds

450 kcal · 13 g protein



Nuts Delight ₹220

Cashews, pistachios, almonds, raisins, dates, banana, milk

550 kcal · 15 g protein



Desert Delight ₹120

Dates, milk, banana

390 kcal · 9 g protein

Protein Power Drinks

Made with whey protein: 30 g+ per glass.

6 DISHES



Green Protein Smoothie ₹289

Avocado, banana, whey protein, milk

500 kcal · 35 g protein

HIGH PROTEIN



Red Protein Smoothie ₹249

Apple, banana, whey protein, milk

460 kcal · 33 g protein

HIGH PROTEIN



Peanut Butter Punch ₹220

Peanut butter, banana, whey protein

435 kcal · 33 g protein

HIGH PROTEIN



Whey Protein Milk, Nuts & Banana ₹269

Whey protein, milk, nuts, banana

540 kcal · 37 g protein

HIGH PROTEIN



Banana Whey Protein Shake ₹160

Banana, whey protein, milk

400 kcal · 33 g protein

HIGH PROTEIN



Whey Protein Milk ₹140

Whey protein & milk

280 kcal · 32 g protein

HIGH PROTEIN

Fresh Juices

Pressed to order. Sweetened with honey, except Cucumber Lemonade and Honey Lemon Water.

13 DISHES



Blueberry Juice ₹190

150 kcal



Avocado Juice ₹180

320 kcal



Strawberry Juice ₹160

140 kcal



Apple Juice ₹149

140 kcal



Pomegranate Juice ₹139

160 kcal



Carrot Juice ₹120

100 kcal



Guava Juice ₹120

150 kcal



Mango Juice ₹120

180 kcal



Orange Juice ₹120

135 kcal



Mint Watermelon Juice ₹99

90 kcal



Watermelon Juice ₹90

90 kcal



Cucumber Lemonade ₹50

60 kcal



Honey Lemon Water ₹50

70 kcal

Tea & Coffee

6 DISHES



Tea ₹20

70 kcal · 2 g protein



Special Tea ₹40

With zero-calorie sweetener
110 kcal · 3 g protein



Coffee ₹35

80 kcal · 3 g protein



Coffee Special ₹59

With Splenda (zero-calorie sweetener)
130 kcal · 4 g protein



Cold Coffee ₹79

220 kcal · 8 g protein



Green Tea ₹50

2 kcal · 0 g protein

Add-ons & Sides

Boost any bowl, plate or wrap.

13 DISHES



Grilled Chicken ₹60

50 g
95 kcal · 15 g protein



Honey Grilled Chicken ₹70

50 g
115 kcal · 14 g protein



Steamed Chicken ₹50

50 g
85 kcal · 15 g protein



Boiled Egg ₹12

78 kcal · 6 g protein



Sunny Side Up ₹20

95 kcal · 6 g protein



Omelette ₹20

110 kcal · 7 g protein



Steamed Vegetables ₹40

50 g
25 kcal · 1 g protein



Raw Vegetable Salad ₹40

50 g
13 kcal · 1 g protein



Cut Fruits ₹40
Seasonal · 50 g
30 kcal · 0 g protein



Cut Fruits · Berries ₹89
Mixed berries · 50 g
25 kcal · 0 g protein



Tortilla ₹20
1 piece
120 kcal · 4 g protein



Granola Cookies ₹60
190 kcal · 4 g protein



Tea Cake ₹50
230 kcal · 3 g protein

All prices in Indian Rupees (₹). Calories and protein are estimates per serving and may vary slightly. **HIGH PROTEIN** marks dishes with 30 g or more protein. Please tell us about any allergies before you order; some dishes contain nuts, dairy, gluten or eggs.