

# EGOISTA

SPA

## Healthy & fit Menu

### Eat

100% fresh, healthy and tasty

Polletto al vapore di limone, riso, scrumble di albume, verdure e parmigiano con pomodoro  
*Lemon steamed chicken, rice, egg white scrum, vegetables and parmesan with tomato*  
€ 35

Branzino grigliato con insalata cotta, cruda e marinata, avocado e asparagi di mare  
*Grilled sea bass with cooked, raw and marinated salad, avocado and sea asparagus*  
€ 40

Tofu marinato e scottato con verdure di stagione arrostiti alla mediterranea pinoli e uvetta  
*Marinated and seared tofu with Mediterranean roasted seasonal vegetables, pine nuts and raisins*  
€ 35

### Drink

Your post workout treat

#### Egoista Healthy

Mela, sedano, spinaci e zenzero  
*Apple, celery, spinach and ginger*  
€ 16

#### Egoista Energetic

Arancia, carota, limone, earl grey tea, 35 gr albume d'uovo  
*Orange, carrot, lemon, early grey tea, 35 gr egg whites*  
€ 16

#### Egoista Protein

Latte di soya, banana, fiocchi di avena, miele, 20 gr proteine  
*Soy milk, banana, oatmeal, honey, 20 gr proteins*  
€ 18