



Healthy food
and fresh juices

HEALTHY BODY, MIND AND SPIRIT!

MISSION

To help people live a healthier and happier life, by eating healthy food in today's busy life.

Types of foods/diets:



VEGETARIAN



VEGAN



OMNIVORE (chicken, tuna)

NOTICE

Egg products are categorized as 'vegetarian' foods.



Green & Protein
Serbia



@greenandprotein.rs

review us on:



Green & Protein Serbia

NOTE:

Our products may contain different allergens, such as:



MILK



EGGS



SEAFOOD



MUSTARD



WHEAT/GLUTEN



SOYBEANS



SEEDS



CELERY



PEANUTS



TREE NUTS:
almonds, walnuts,
cashew nuts,
hazelnuts.

Our goal is to provide you with fresh, safe and nutritious meals. We urge you to review the information in every section if you have food allergies, sensitivities or different preferences. Please communicate with our bartenders or supervisors in order to assist you with detailed allergen information.

***Note:** No menu is designed to, and cannot be constructed to provide actual medical advice or treatment to you or anyone. Green & Protein is not intended as a substitute for medical or professional advice, care or treatment.

Heart Healthy Soups

At 'green&protein'
every day we serve
various soups for
vegans, vegetarians,
and omnivores
(chicken-eaters).

Please ask our
bartenders for our
daily soup choices.

Price for
all soups:
320



Sides & Add-ons

Main Ingredient add-ons:

Weight

Price

Avocado	40 gr	220
Edamame	40 gr	250
Chicken Breast	50 gr	220
Boiled egg	1 pc	100
Tuna-mix	70 gr	300
Lentils	50 gr	200
Sweet potato	40 gr	200
White cheese	20 gr	90
Bun bread	1 pc	200
Croutons (baked)	20 g	100
Extra Dressing	50 ml	150

Healthy House-made Dressings:



Sharp Vinaigrette



Smokey Soul



Japanese Soya



Spicy Tomato



Lemon & Parsley



Strong Mustard

Salads

*All salads have a green mix base containing: lollo bionda, lollo rosso, iceberg, arugula, spinach and radicchio.



Full-Veg-Protein



1,020

vegan lentil patties, tricolor quinoa, hummus, boiled egg, peas, pickled radishes, sesame seeds, "Lemon & Parsley" sauce

Contains: soy milk



Healing Power



990

brown rice, avocado, edamame, lentils, hummus, carrots, pickled radishes, sesame seeds, sunflower seeds, "Strong Mustard" sauce



Positive Calorie



990

brown rice, chicken breast, boiled eggs, pickled red onion, corn, peas, beetroot, sesame seeds, "Strong Mustard" sauce



Heart & Soul



990

Tuna mix (tuna, carrots, pickles, corn and red beans), brown rice, whole-wheat pasta with beetroot and peanut flavor, pickled red onion, paprika, sesame seeds, "Spicy Tomato" sauce and "Sharp Vinaigrette" sauce
Contains: soy sauce, peanuts



Ketogenic Boost



1,090

chicken breast, mushrooms, cucumbers, cauliflower keto rice, boiled eggs, red pepper, pickled red onion, cow's cheese, sesame seeds, "Lemon & Parsley" sauce
Contains: soy milk



Tunalicious



890

Tuna mix (tuna, carrots, pickles, corn and red beans), Coleslaw salad (red cabbage, carrots, homemade vegan mayonnaise, Himalayan salt), cherry tomatoes, whole-wheat bread croutons, "Sharp Vinaigrette" sauce
Contains: soy sauce

Wabi-Sabi



990

vegan lentil patties, broccoli and spinach puree, coleslaw salad (red cabbage, carrots, homemade vegan mayonnaise, Himalayan salt), red beans, peas, carrots, corn, raisins, sesame seeds, "Strong Mustard" sauce



Add-ons (in all bowls and/or salads)

Chicken breast	50g	220
Chicken patties S.	1 piece	180
Vegan patties S.	1 piece	180
Tofu	50g	250

Bowls

*All bowls but "Greenies Grains" have brown rice as a base.



Greenies Grains

VG 1,020

lentils, chickpeas, quinoa, red beans, corn, carrots, spinach, pumpkin seeds, white sesame seeds, pomegranate, parsley, "Strong Mustard" sauce

Note: the sauce is mixed into the salad, it is not available separately



Sweet & Tasty

O 950

marinated chicken breast, sweet potato, boiled egg salad, peas, pickled red onion, pomegranate, black and white sesame seeds, "Strong Mustard" sauce



Tofu & Mushroom Fix

VG 990

marinated tofu, mushrooms, sweet potato, chickpeas, broccoli and spinach puree, sesame seeds, "Smokey Soul" sauce



Bodybuilder +

O 1,090

chicken breast, avocado, broccoli, carrot, corn, sesame seeds, "Lemon & Parsley" sauce

Contains: soy milk



Protein Beast

O 1,120

chicken breast in "Smokey Soul" sauce, avocado, corn, pickled radishes, boiled egg salad, "Lemon & Parsley" sauce

Contains: soy milk



Chicken's Joy

O 1,090

chicken meatballs, boiled egg salad, Coleslaw salad (red cabbage, carrots, homemade vegan mayonnaise, Himalayan salt), cherry tomatoes, peas, corn, black and white sesame seeds, "Sharp Vinaigrette" sauce

Contains: egg, soy milk

Burgers

*All burgers are in a homemade bun with chokeberry and chia seeds



Queen Premium



920

chicken burger, egg, cheddar cheese, tomato, pickles, green salad, "Baja" sauce, "Ranch" sauce
Contains: soy milk, egg, Greek yogurt



Duplex Day



820

avocado, egg, cucumbers, tomato, lettuce, "Baja" sauce, "Ranch" sauce
Contains: soy milk, Greek yogurt



Salmon Taste



920

green salad, marinated salmon, tomato, cucumber, red onion, cream cheese



Queen Deluxe XL



850

chicken burger, tomato, pickles, green salad, "Baja" sauce, "Ranch" sauce
Contains: egg, soy milk, Greek yogurt



Leading Light



820

chicken breast, cheddar cheese, egg, tomato, lettuce, "Baja" sauce, "Ranch" sauce
Contains: soy milk, Greek yogurt



Gorgeous Gang



750

vegan lentil patty, tomatoes, cucumbers, red onion, lettuce, beet pesto, "Ranch" sauce
Contains: peanuts, soy milk

Wraps

*House made pita bread is made from fresh spinach and flex seeds.



Chicken Delight



790

chicken breast, cheddar cheese, corn, tomato, green salad, "Smokey Soul" sauce



Cool Egg



690

boiled egg salad, cheddar cheese, tomato, lettuce



Chicken Charm



750

brown rice, chicken breast, carrot, corn, green salad, "Baja" sauce
Contains: Greek yogurt



Avocado & Egg



790

avocado, eggs, tomato, green salad, cream cheese



Gut Power



690

vegan lentil patty, carrots, broccoli, red onion, cucumbers, lettuce, "Ranch" sauce



Tuna Turner



750

Tuna mix (tuna, carrots, pickles, corn and red beans), bell pepper, red onion, green salad, "Smokey Soul" sauce

Raw & Light Foods

*Made with natural fruits, nuts and cashew milk; topped with fresh fruits and superfoods.

Parfaits: Smoothie cups & granolla



Pink Vibes

590

strawberries, banana, homemade granola with agave syrup, coconut oil, oatmeal, mixed dried fruit and seeds, almond chips, almond



Choco Lover

590

banana, cocoa powder, homemade granola with agave syrup, coconut oil, oatmeal, mixed nuts and seeds, almond chips, strawberries, peanut butter, peanuts, dark chocolate

Chia seed puddings



Berry Good

590

house made cashew milk blend and date sweetener, chia seeds, banana, strawberries, almond chips



PBJ Power

590

house made cashew milk blend and date sweetener, chia seeds, bananas, peanut butter, vegan dark chocolate, peanuts

Vegan oatmeals



Simple Sunshine

490

oatmeal with soy milk and homemade sweetener made from dates, bananas, goji berries, sultanas



Chocolate Beauty

490

oatmeal with soy milk and homemade date sweetener, banana, vegan dark chocolate chips with coconut oil, almond chips

Fresh Beverages



Antioxidant Hero

490

spinach, pineapple, green apple.



Balanced Chakras

490

pineapple, beetroot, carrot, green apple, orange, lemon, ginger.



Ginger Lover

490

green apple, ginger, carrot, lemon.



Happy Oranges

490

oranges.



Feel Good

490

beetroot, carrots, lemon, green apple.



O & C

520

oranges, carrots.

Smoothies



"Pink Panther"

470

fresh orange juice, bananas, strawberries, chia seeds.



Fiber Attack

520

fresh orange juice, avocado, bananas, strawberries, spinach, dates.



Tasty Peanut Butter

470

milk, banana, house-made peanut butter, dates.



Chocolate Cravings

470

milk, banana, cacao, dates.



Vitamin Splash

470

fresh orange juice, carrot, bananas, pineapple.



Whey Protein & PB

570

milk, water, bananas, whey protein, house-made peanut butter, dates.

Salads		Gr Neto	Calories	Fats	Carbs	Protein	Fiber
	○ Full-Veg-Protein	450	510	37	40	11	10
	○ Healing Power	450	530	49	61	21	19
	○ Positive Calorie	380	485	27	42	20	7
	● Heart & Soul	350	425	26	40	14	7
	○ Ketogenic Boost	380	440	34	15	23	5
	● Tunalicious	420	600	38	56	23	54
Bowls		Gr Neto	Calories	Fats	Carbs	Protein	Fiber
	○ Protein Beast	600	980	65	79	28	11
	○ Greenies Grains	450	710	31	84	29	25
	○ Sweet & Tasty	620	970	57	79	31	10
	○ Tofu & Mushroom Fix	550	600	21	88	21	10
	○ Body Builder +	550	700	36	80	22	12
	○ "wabi-sabi"	690	1,000	155	120	21	18
	● Chicken's Joy	550	960	60	81	31	40
Burgers		Gr Neto	Calories	Fats	Carbs	Protein	Fiber
	Queen Premium	380	670	35	87	52	6
	Duplex Day	280	550	32	63	14	6
	Salmon Taste	130	232	27	50	13	8
	Queen Burger XL	300	560	24	71	26	6
	Leading Light	330	600	30	59	30	4
	Gorgeous Gang	310	580	20	96	18	10
Wraps		Gr Neto	Calories	Fats	Carbs	Protein	Fiber
	Chicken Delight	300	405	10	67	26	6
	Cool Egg	300	640	39	60	23	4
	Chicken Charm	350	580	20	88	24	7
	Avocado & Egg	230	540	29	63	19	7
	Gut Power	250	500	28	66	10	6
	Tuna Turner	300	355	7	68	16	7

○ Gluten FREE ● Contains Gluten

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
Pink Vibes	285	360	15	60	7	8
Chocolate Lover	275	440	21	62	11	10
Berry Good	335	345	18	45	9	13
PBJ Power	325	575	40	45	18	15
Simple Sunshine	305	370	6	67	14	9
Chocolate Beauty	300	390	12	65	16	12

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
Antioxidant Hero	300	153	1	41	1	7
Balanced Chakras	300	139	1	35	2	8
Ginger Lover	300	137	1	35	2	8
Happy Oranges	300	129	0	25	3	7
Feel Good	300	128	1	32	3	8
O & C	300	125	1	29	3	8

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
Pink Panther	300	180	1	40	4	8
Fiber Attack	300	245	4	52	4	9
Tasty Peanut Butter	300	509	32	47	16	7
Chocolae Cravings	300	295	7	58	9	8
Vitamin Splash	300	170	1	39	3	7
Whey Protein	300	315	9	42	21	5



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