

SPECIAL LUNCH BOX MENU FOR CYCLISTS↓

BİSİKLETÇİLERE ÖZEL LUNCH BOX MENÜSÜ↓

ATHLETE DRINKS SPORCU İÇECEĞİ

On The Go Progel Coffe Mocha On The Go Progel Kahve Mocha	60ml	\$5
On The Go Progel Orange On The Go Progel Portakal	60ml	\$5
Wup Forest Fruits Caffeine-Mint Wup Orman Meyveleri Kafein-Naneli	30ml	\$5
Wup Podium Caffeine-Apple Flavored Wup Podium Kafein-Elma Aromalı	30ml	\$5
Power Up Energy Drink Power Up Enerji İçeceği	500ml	\$5

VEGETABLE SANDWICH MENU SEBZELİ SANDVIÇ MENÜ

	Protein Protein	Carbohydrate Karbonhidrat	Calories Kaloriler
Whole Wheat Bread Tam Buğday Ekmek	3,86	23,64	128
Lettuce Marul	0,9	2,97	14
Labneh Cheese Labne Peyniri	10,29	4,04	59
Eggplant Patlıcan	0,83	4,67	20
Zucchini Kabak	1,5	4,15	20
Pepper Biber	0,99	6,03	26
Apple Elma	10,36	19,06	72
Banana Muz	1,29	26,95	105
Muffin Muffin	1	16	140
Fruit Juice Meyve Suyu	0	13,2	54

ROAST BEEF SANDWICH MENU ROZBİFLİ SANDVIÇ MENÜ

	Protein Protein	Carbohydrate Karbonhidrat	Calories Kaloriler
Whole Wheat Bread Tam Buğday Ekmek	3,86	23,64	128
Lettuce Marul	0,9	2,97	14
Labneh Cheese Labne Peyniri	10,29	4,04	59
Pickle Turşu	0,4	2,68	12
Mustard Hardal	2	0,39	3
Roast Beef Rozbif	25,91	0	267
Apple Elma	10,36	19,06	72
Banana Muz	1,29	26,95	105
Muffin Muffin	1	16	140
Fruit Juice Meyve Suyu	0	13,2	54

CHICKEN SANDWICH MENU TAVUKLU SANDVIÇ MENÜ

	Protein Protein	Carbohydrate Karbonhidrat	Calories Kaloriler
Whole Wheat Bread Tam Buğday Ekmek	3,86	23,64	128
Lettuce Marul	0,9	2,97	14
Labneh Cheese Labne Peyniri	10,29	4,04	59
Dried Tomato Kuru Domates	4,3	4,4	95
Mustard Hardal	2	0,39	3
Smoked Chicken Tavuk Füme	14	5	103
Apple Elma	10,36	19,06	72
Banana Muz	1,29	26,95	105
Muffin Muffin	1	16	140
Fruit Juice Meyve Suyu	0	13,2	54

TURKEY AND CHEESE SANDWICH MENU HİNDİLİ VE PEYİRLİ SANDVIÇ MENÜ

	Protein Protein	Carbohydrate Karbonhidrat	Calories Kaloriler
Whole Wheat Bread Tam Buğday Ekmek	3,86	23,64	128
White Bread Beyaz Ekmek	1,91	12,65	66
Lettuce Marul	0,9	2,97	14
Labneh Cheese Labne Peyniri	10,29	4,04	59
Kashar Cheese Kaşar Peyniri	24	1	325
Tomato Domates	1,08	4,82	22
Cucumber Salatalık	0,61	3,63	15
Turkey Breast Hindi Göğüs	24,7	0	107
Apple Elma	10,36	19,06	72
Banana Muz	1,29	26,95	105
Muffin Muffin	1	16	140
Fruit Juice Meyve Suyu	0	13,2	54

AVOCADO SANDWICH MENU (VEGETARIAN) AVOKADOLU SANDVIÇ MENÜ (VEJETARYEN)

	Protein Protein	Carbohydrate Karbonhidrat	Calories Kaloriler
Whole Wheat Bread Tam Buğday Ekmek	3,86	23,64	128
Lettuce Marul	0,9	2,97	14
Cherry Tomato Çeri Domates	15	0,67	3
Labneh Cheese Labne Peyniri	10,29	4,04	59
Avocado Avokado	4,02	17,15	322
Apple Elma	10,36	19,06	72
Banana Muz	1,29	26,95	105
Muffin Muffin	1	16	140
Fruit Juice Meyve Suyu	0	13,2	54



SUSTAINABILITY ACTIVITIES

