



Eat
Sleep
Cycle
Repeat



Bike
Friendly



**MENUS
FOR OUR
CYCLIST GUESTS**

MONDAY

BREAKFAST MENU	ENERGY	PROTEIN
Omelet with Cheese and Mushroom	206	13,9
Cow Cheese (Full Fat)	92	4,8
Salami (Beef)	137	10,5
Honey (Extracted)	65	0
Butter	75	0
Walnut	234	9,9
Toasted Whole-Wheat Bread	206	13,9
Apple	90	0,6



LUNCH MENU	ENERGY	PROTEIN
Pide with Spinach	140	0
Grilled Meatballs	274	29,4
Rice Pilaf	228	4,6
Okra with Olive Oil	48	3
Yogurt	103	6,8
Shepherd Salad	69	1
Banana	99	0.75



DINNER MENU	ENERGY	PROTEIN
Tomato Soup	74	0
Lamp Chop	243	14,3
Boiled Carrot	25	0
Potato Wedges	123	0
Artichoke with Olive Oil	148	4
Cheese Cake	257	0
Plain Ice Cream	191	0
Fruit	50	0



Note: The above mentioned data indicate the amount of energy and protein per serving.



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TUESDAY

BREAKFAST MENU	ENERGY	PROTEIN
Fried Eggs in Butter	128	8
Yellow Cheese	71	5,4
Sheep Cheese	67	4,7
Pancake	86	0
Olive	45	0
Almond	60	2,1
Bread	70	2
Honey	65	5,1
Oatmeal	105	5,1



LUNCH MENU	ENERGY	PROTEIN
Chicken Skewer	151	27,2
Sujuk Pizza	330	0
Artichoke with Olive Oil	147	4
Arugula Salad	30	0
Yogurt	103	6,8
Fruit	50	0
Bread	70	0



DINNER MENU	ENERGY	PROTEIN
Lentil Soup	112	8
Duck in Orange Sauce	147	10
Pide with Meat	297	2
Baked Salmon	367	0
Mediterranean Salad	75	2
Yogurt	103	6,8
Fruit	50	0
Bread	70	0



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WEDNESDAY

BREAKFAST MENU	ENERGY	PROTEIN
Boiled Egg	84	7,8
Pisi	103	0
String Cheese	72	5,1
Feta Cheese	89	6
Olive	45	0
Almond	60	2,1
Fruit	50	0
Nutella	82	0
Sourdough Bread	101	0

LUNCH MENU	ENERGY	PROTEIN
Grilled Chicken Wing	77	0
Pizza with Minced Meat	256	0
Baked Potato	80	3
Spaghetti Napolitan	183	3,5
Yogurt	103	6,8
Fruit	50	0
Bread	70	0

DINNER MENU	ENERGY	PROTEIN
Grilled Entrecote	303	0
Rice Pilaf	228	4,6
Green Beans with Olive Oil	73	2,6
White Cabbage Salad	56	0
Yogurt	103	6,8
Fruit	50	0
Bread	70	0
Banana Roll Cake	336	0

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THURSDAY

BREAKFAST MENU	ENERGY	PROTEIN
Menemen with Cheese	230	11,8
Goat Cheese	69	4,44
Aged Cheese	72	5,1
Honey	65	0
Pastrami	81	9,8
Walnut	102	2
Bread	70	2
Jam	55	0
Oat	105	5,1



LUNCH MENU	ENERGY	PROTEIN
Chicken Soup with Egg Yolk and Lemon Sauce	84	6
Grilled Sea Bass	116	27,7
Sautéed Vegetable Rainbow	50	1
Green Beans with Olive Oil	73	2,6
Masculine Salad	35	0
Yogurt	103	6,8
Fruit	50	0
Bread	70	0
Profiterole	337	0



DINNER MENU	ENERGY	PROTEIN
Ezogelin Soup	112	8
Grilled Chicken Rib	212	24
Manti	200	0
Green Salad	35	0
Yogurt	103	6,8
Fruit	50	0
Bread	70	0
Lemon Cake	232	0



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FRIDAY

BREAKFAST MENU	ENERGY	PROTEIN
Omelet with Spinach	147	9,8
Pancake	86	0
Yellow Cheese	94	0
Smoked Cheese	82	0
Clotted Cream	134	0
Nutella	82	0
Butter	75	0
Extracted Honey	65	0
Toasted Rye Bread	150	5,1
Walnut	102	2



LUNCH MENU	ENERGY	PROTEIN
Steamed Whiting Fish	135	0
Sautéed Vegetable (Brussels Sprouts)	50	1
Pizza with Minced Meat	256	0
Artichoke with Olive Oil	147	4
Quinoa Salad	54	3
Yogurt	103	6,8
Fruit	50	0
Apple Cake	252	0



DINNER MENU	ENERGY	PROTEIN
Dugun Soup (Turkish Wedding Soup)	112	8
Grilled Sea Bass	212	24
Fettuccine with Mushroom	200	0
Rice Pilaf	35	0
Okra with Olive Oil	03	6,8
Shepherd Salad	50	0
Yogurt	70	0
Mosaic Cake	232	0



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SATURDAY

BREAKFAST MENU	ENERGY	PROTEIN
Boiled Egg	84	7,8
Grilled Halloumi Cheese	80	6
Baked Potato	120	3
Cheddar Cheese	113	0
String Cheese	72	5,1
Milk	116	5,6
Oat	105	5,1
Tahini	66	2,5
Molasses	114	1
Hazelnut	97	2,2



LUNCH MENU	ENERGY	PROTEIN
Lamb Tandoori	300	0
Potato Gratin	25	3
Sautéed Vegetable	50	1
Celery with Olive Oil	27	1
Tomato Salad	50	0
Yogurt	103	6,8
Fruit	50	0
Bread	70	0



DINNER MENU	ENERGY	PROTEIN
Vermicelli Soup	84	6
Grilled Sea Bass	116	21,7
Baked Cauliflower	110	7,3
Sautéed Mushrooms	120	3,9
Arugula Salad with Tomato	115	0
Yogurt	103	6,8
Fruit	50	0
Syrup-Soaked Pastry	256	2,5



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SUNDAY

BREAKFAST MENU	ENERGY	PROTEIN
Menemen with Cheese	230	7,8
Goat Cheese	69	4,4
Seasonal Salad with Sliced Vegetables	45	0
Olive	45	0
Butter	75	0
Extracted Honey	65	0
Walnut	102	2
Simit (Turkish Bagel)	275	8
Jam	55	0
Hazelnut	97	2

LUNCH MENU	ENERGY	PROTEIN
Grilled Entrecote	300	0
Pasta with Pesto Sauce	422	0
Okra with Olive Oil	48	3
Yogurt	103	6,8
Fruit	50	0
Bread	70	0
Apple Pie	285	0

DINNER MENU	ENERGY	PROTEIN
Tarhana Soup	151	5,8
Grilled Sea Bram	169	0
Broccoli Salad with Olive Oil	78	3,3
Pastry with Feta Cheese Filling	229	0
Baked Cauliflower	110	3,7
Yogurt	103	6,8
Fruit	50	0
Pumpkin Desert	137	23,75

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