

ESTD • 2021

RK

THE MENU

NOT JUNK, NOT FROZEN.

TO SHARE

CHOOSE A DISH TO SHARE:

FALAFEL W/ PUMPKIN SEED & HUMMUS

Hummus, Baked Chickpeas, Pumpkin Seeds, Tahini Sauce and Felafel Balls

530€

SOURDOUGH BREAD

Sourdough Bread Fried with Olive Oil

85€



ALLERGENS

Our restaurant has been carefully designed to meet your dietary needs and preferences. This chart clearly lists potential allergens found in each dish. Thus, our guests, especially those with sensitivities caused by gluten, dairy products, hazelnuts or other allergens, can choose their meals safely.

							
Celery	Vegan	Vegetarian	Seafood	Mollusc	Alcohol	Chili	Shellfish
							
Mustard	Dairy	Peanuts	Soya	Nuts	Gluten	Sesame	Egg

REAL PLATES

CHOOSE YOUR PROTEIN:

CHICKEN W/ TERYAKI SAUCE

250 Gr Chicken Breast, Teriyaki Sauce, Sesame, Salad and Sourdough Bread

540€

FALAFEL W/ TAHINI SAUCE

6 Felafel with Lemon and Tahini Sauce, Salad and Sourdough Bread

530€

KITCHEN SALMON

Salmon Marinated with Thyme and Olive Oil, Salad and Sourdough Bread

940€

CHICKEN W/ HONEY & BALSAMIC

250 Gr Chicken Breast Marinated with Honey, Turmeric and Balsamic Sauce and Basmati Rice, Salad and Sourdough Bread

540€

CHICKEN W/ HONEY & MUSTARD

250 Gr Chicken Breast Marinated with Honey, Paprika and Mustard Sauce and Basmati Rice, Salad and Sourdough Bread

540€

SIRRACHA CHICKEN

250 Gr Chicken Breast, Sirracha, Soy Sauce, Lime, Lemon Zest, Fresh Thyme and Olive Oil, Salad and Sourdough Bread

540€

FIT CHICKEN PLATE

200 Gr Chicken Breast, 200 Basmati Rice, Walnut, Broccoli and Salad

670€

*Real Plates are served with pumpkin seed salad and sourdough bread.

*If you wish, you can strengthen your meal by adding extra garnish to Real Plates.

GARNISH

COMPLEMENT YOUR YOUR DISH WITH SIDES:

RK RICE HUMMUS & BAKED

180€

CHICKPEAS SMASHED

180€

POTATOES W/ THYME SWEET

200€

POTATO W/ PARMESAN AND TAHINI SAUCE

240€

SAUTEED MUSHROOM

195€

GUACAMOLE

200€

EXTRA PROTEIN

ADD MORE PROTEIN TO YOUR DISH:

CHICKEN W/ TERYAKI SAUCE

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230€

350€

FALAFEL W/ TAHINI SAUCE

160€

280€

KITCHEN SALMON

670€

SMOKED SALMON

240€

360€

CHICKEN W/ HONEY & BALSAMIC

230€

350€

CHICKEN W/ HONEY & MUSTARD

230€

350€

SIRRACHA CHICKEN

230€

350€

HONEY AND SPICY HALLOUMI

115€

150€



KITCHEN BOWLS

CHOOSE YOUR BOWL: **Not served with Sourdough Bread.**

GINGER & GOAT CHEESE

Goat Cheese, Sweet Potato, Baked Onion Pieces, Caramelized Apple, Walnuts, Spinach, Red Beans, Honey Ginger Vinegar and Pumpkin Seeds

540₺

AKDENİZ BOWL

Avocado, Grilled Mushroom, Rice, Lollo Rosso Lettuce, Cherry Tomato, Guacamole, Pumpkin Seeds

520₺

MANGO HEAVEN

Mango, Sweet Potato, Rice, Lollo Rosso Lettuce, Avocado, Cashews

580₺

HONEY AND SPICY HALLOUMI

Fried Halloumi, Arugula, Red Onion Rings, Baked Chickpeas, Orange Pieces, Honey And Spicy Vinegar, Parmesan

540₺

GOURMET MEALS

CHOOSE YOUR GOURMET MEAL: **Served with the Full Garnish.**

FIT BAKED SALMON BOWL

Baked Salmon, Avocado, Grilled Mushroom, Rice, Lollo Rosso, Pumpkin Seeds, Cherry Tomato, Guacamole

1060₺

FIT HONEY BALSAMIC CHICKEN

Chicken Breast, Rice, Avacado, Greens

660₺

MEXICAN BOWL

200 Gr. Chicken Breast, Basmati Rice, Corn, Mexican Beans, Carrot, Tomatoes, Guacamole, Capia Pepper, Lemon

770₺

FIT CHICKEN PLATE

200 Gr. Chicken Breast, 200 Gr. Basmati Rice, Walnut, Broccoli and salad

670₺

FIT TENDERLOIN WRAP

Whole Wheat Tortilla, Tenderloin, Red Pepper, Green Pepper, Mushroom, Onion, Mozzarella and Light Mayo

580₺

FIT CHICKEN WRAP

Whole Wheat Tortilla, Chicken Breast, Guacamole, Lettuce, Light Mozzarella, Light Mayo

520₺

TENDERLOIN WRAP

Tortilla, Tenderloin, Red & Green Pepper, Mushroom, Onion, Mozzarella, Mayonnaise, Potato Chips, and Beetroot Ketchup on the side

580₺

CHICKEN WRAP

Tortilla, Chicken Breast, Red Pepper, Green Pepper, Mushroom, Onion, Mozzarella, Mayonnaise, Potato Chips and Beetroot Ketchup on the side

520₺

TIKA MASALA W/ CHICKEN

Chicken, Red, Pepper, Onion, Mushroom, Rice Pilaf

660₺

NOODLE W/ CHICKEN/BEEF

Chickenor Tenderloin, Noodles, Peppers, Onions, Carrots, Soy Sauce, Garlic and Sesame Oil

660₺

670₺

CAJUN & SHRIMP PASTA

Shrimp, Cajun, Cream, Parmesan, Tomato, Parsley, Garlic Powder and Black Pepper

680₺

4 CHEESE PASTA

Parmesan, Mozzarella, Cheddar, Cheddar, Cream, Butter

670₺

FETTUCINI ALFREDO

Chicken Breast, Mix Mushrooms, Soy Sauce, Cream and Parmesan

650₺

STUFFED CHICKEN

, Potato Chips, Salad

670₺

CHICKEN SCHNITZEL

Chicken Schnitzel, Breadcrumbs, Butter, Potato Chips, Salad

660₺





PIZZAS

CHOOSE YOUR NEAPOLITAN PIZZA:

MARGARITHA Tomato, Mozzarella, Marinara Sauce, Parmesan	 	560₺
PEPPERONI Pepperoni, Mozzarella, Marinara Sauce, Parmesan	 	600₺
SMOKED CHICKEN AND WHITE PESTO Smoked Chicken, White Pesto, Mozzarella, Marinara Sauce, Walnuts	   	630₺
STEAK PIZZA Beef Steak, Pepper, Mushroom, Onion, Marinara Sauce, Mozzarella, Parmesan	 	790₺

















COLD PRESSED

CHOOSE YOUR COLD PRESSED JUICE:

DETOX Apple, Kiwi, Ginger, Cucumber, Lemon	295₺
RELAXATION Avocado, Pineapple, Apple, Cucumber, Lettuce, Lemon	295₺
ENERGY Red Apple, Red Pepper, Beetroot, Carrot, Ginger, Lemon	295₺
GLOW Carrot, Apple, Ginger, Lemon	295₺
GINGER SHOT	200₺

BURGERS

CHOOSE YOUR BURGER: [You Can Increase the Number of Burger Patty](#)

		SINGLE	DOUBLE
FAM BURGER 125 Gr Burger Patty, Burger Sauce, Melted Mozzarella, Cheddar Cheese, Caramelized Onion, Potato Chips	 	620₺	790₺
CHEDDAR BURGER 125 Gr Burger Patty, Burger Sauce, Cheddar Cheese, Crispy Potatoes, Potato Chips	 	620₺	790₺
SMASHED BURGER 125 Gr Burger Patty, Burger Sauce, Cheddar Cheese, Fresh Red Onion, Gherkins, Potato Chips	 	620₺	790₺
CHICKEN BURGER 125 Gr Breaded Chicken Breast, Burger Sauce, Melted Cheddar, Gherkins, Lettuce, Potato Chips	 	540₺	
GOAT CHEESE BURGER 125 Gr Burger Patty, Goat Cheese, Cheddar Cheese, Lolorosso, Potato Chips	 	620₺	790₺
CHEESE BURGER 125 Gr Burger Patty, Burger Sauce, Cheddar Cheese, Lettuce Tomato, Potato Chips	 	610₺	770₺
TRUFFLE MUSHROOM BURGER 125 Gr Burger Patty, Truffle Oil Mayonnaise, Mozzarella, Sauteed Oyster Mushrooms, Potato Chips	   	640₺	805₺



KITCHEN BREAKFAST

CHOOSE YOUR BREAKFAST: [Enrich Your Breakfast with Extras!](#)

EGGS BENEDICT

English Muffin, Smoked Salmon, Poached Egg, Hollandaise Sauce, Guacamole, Arugula, Salad

600₺

MOZZARELLA & MUSHROOM OMELETTE

Egg, Mozzarella, Butter, Mushroom, Sourdough Bread and Salad

360₺

PARMESAN & HALLOUMI OMELETTE

Egg, Parmesan, Butter, Halloumi, Sourdough Bread and Salad

360₺

MENEMEN

Egg, Tomatoes, Green Pepper, Mozzarella, Parsley, Black Pepper, Sourdough Bread

320₺

SPINACH AND FETA CHEESE TOAST

Sourdough Bread, Spinach, Feta Cheese, Mozzarella, Butter

420₺

HALLOUMI SANDWICH

Sourdough Bread, Halloumi, Butter, Arugula, Tomato and Salad

440₺

SMOKED TURKEY & CHEESE TOAST

Sourdough Bread, Smoked Turkey, Cheddar Cheese, Butter and Salad

440₺

ROASTED TOAST

Sourdough Bread, Roast Beef, Dried Tomatoes, Cheddar Cheese and Chips

550₺

OVERNIGHT FRENCH TOAST

Sourdough Bread Soaked in Coconut Milk, Oats, Creme Fraiche, Banana, Cinnamon, Sugar, Granola, Pumpkin Seeds, Homemade Blueberry Jam.

500₺

FIT CHICKEN TOAST

Sourdough Bread, Chicken Breast, Egg, Light Cheese, Light Mayonnaise and Salad

460₺

FIT PANCAKE

Oat, Milk, Egg, Banana, Cacao, Handmade Blueberry Jam, Almond, Peanut Butter, Protein Powder

520₺



eggs benedict

EXTRAS

FRIED HALLOUMI

100₺

POACHED EGGS

75₺

AVOCADO

90₺

SMOKED SALMON

240₺

SMOKED TURKEY

120₺

FOREST FRUITS

60₺

BOWLS

CHOOSE YOUR BOWL: [Enrich Your Bowl with Extras!](#)

BLUEBERRY SMOOTHIE BOWL

Blueberry, Banana, Milk, Peanut Butter, Honey

470₺

MANGO SMOOTHIE BOWL

Mango, Banana, Milk, Almond, Coconut Oil, Milk and Flakes

470₺

CREAMY OAT BOWL

Overnight Oats, Milk, Pistachios, Almonds, Raspberries, Honey, Chia Seeds

470₺

CHOCOLATE OAT BOWL

Overnight Oats, Milk, Banana, Cocoa, Hazelnuts, Peanut Butter

460₺

CHIA PUDDING

Chia Seeds, Milk, Forest Fruits, Banana, Sugar-Free Biscuits

380₺

EXTRALAR

PROTEIN POWDER

100₺

PLANT BASED MILK

80₺

PEANUT BUTTER

50₺

ALMOND BUTTER

80₺

FOREST FRUITS

80₺

WALNUT

60₺



OPEN TOASTS

CHOOSE YOUR OPEN TOAST: [Enrich Your Open Toast with Extras!](#)

HUMMUS & POACHED EGGS

Sourdough Bread, Olive Oil, Arugula, Hummus, Poached Eggs, Sunflower Seeds

390₺

MUSHROOM & LABNEH

Sourdough Bread, Mushrooms, Labneh Cheese, Vinegar, Soy Sauce, Fresh Thyme, Olive Oil

390₺

MANGO

Sourdough Bread, Mango, Vanilla Cream, Forest Fruit Jam, Almond

420₺

SMOKED SALMON

Sourdough Bread, Smoked Salmon, Labneh, Avocado, Red Onion, Capers

570₺

SMOOTHIES

RED FRUITS SMOOTHIE

Strawberry, Cherry, Mint, Yogurt, Chia Seed, Milk

310€

ORANGE CREAMSECLE

Orange, Orange Peel, Frozen Banana, Milk, Chia Seeds, Date, Vanilla, Turmeric

310€

GREAT GREEN

Celery, Spinach, Frozen Banana, Mango, Chia Seeds, Milk, Honey

310€

MILKSHAKES

LOTUS

340€

CHOCOLATE

330€

BANANA STRAWBERRY

300€

SOFT DRINKS

Cold/Iced Versions of All Coffees and Teas Are Also Served.

ESPRESSO

150€

MACCHIATO

185€

AMERICANO

190€

CAPPUCCINO

195€

CAFE LATTE

195€

COLD BREW

220€

BLACK TEA

100€

HERBAL TEAS

100€

LEMONADE

185€



PROTEIN SHAKES

FAM SIGNATURE

Vanilla Protein Powder, Raspberry, Blueberry, Coconut Milk and Oil, Chia Seeds

380€

PINA COLADA

Vanilla Protein Powder, Pineapple, Coconut Milk and Oil, Chia Seeds

380€

PROTEIN BREAKFAST

Vanilla Protein Powder, Oats, Banana, Almond Butter, Frozen Strawberries, Chia Seeds, Milk

360€

BERRY PROTEIN

Frozen Blueberry, Vanilla Protein Powder, Cinnamon, Honey, Milk, Coconut Oil

380€

COOKIE PROTEIN

Sugar-Free Biscuits, Chocolate Protein Powder, Peanut Butter, Banana, Milk

340€

EXTRAS

PROTEIN POWDER

100€

WALNUT/HAZELNUT/CASHEW/ALMOND

70€

PEANUT BUTTER

40€

ALMOND BUTTER

80€

FOREST FRUITS

80€

PLANT BASED MILK

80€



RealKITCHEN®