

Healthy fast-food

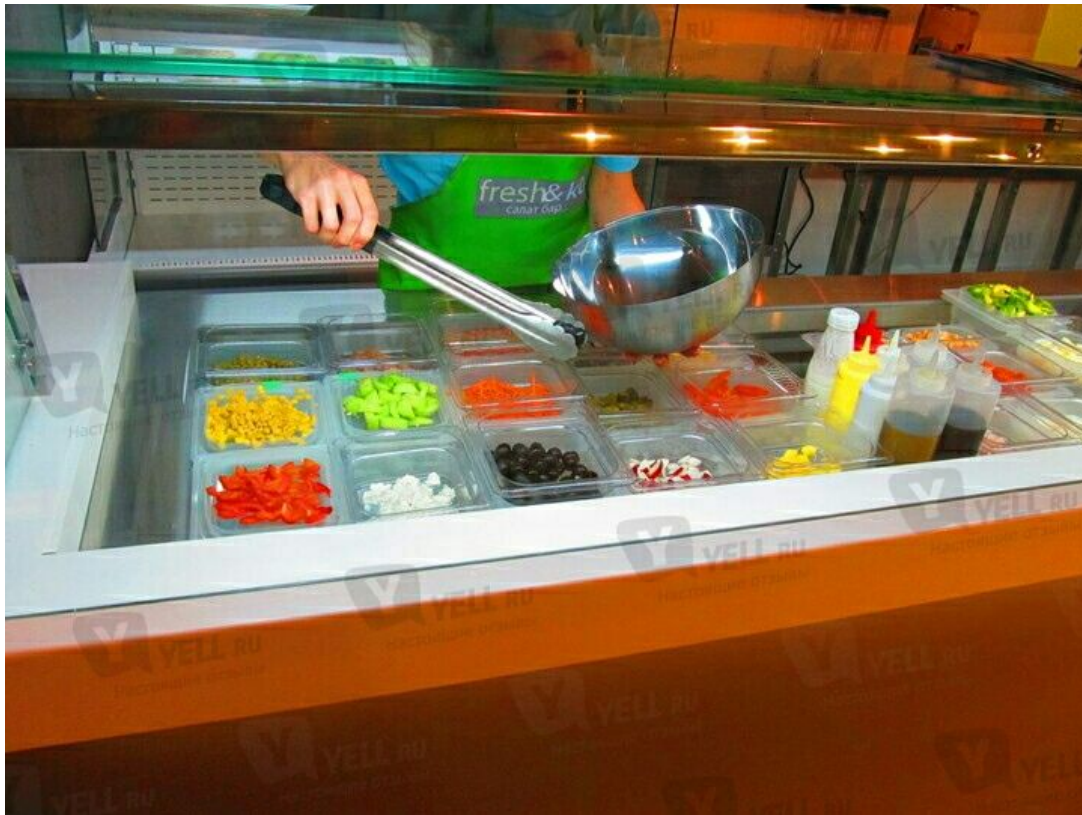


- — Fast food — quick food, not a harmful food, as some people think. For example, in Japan, fast food is sushi, Spanish tapas.

middle of the day



- This is the salad bar fresh&ko in Moscow



- Fast food is limited in time, rather than components. This bar is doing everything to live up to its name. Products remain fresh, not frozen together, corruption or hot oil. The less they are processed, the more natural properties is saved. We therefore store the





- Proper menu consists of fruits, vegetables, milk and dairy products, meat, fish. Everything should be natural, contain the necessary microelements, proteins, carbohydrates, fats — in moderation. Important lack of palatability and chemical additives

Thank you for your attention

