

# REEF FIT MENU

## BREAKFAST

Served Daily from 7 am - 11 am

### BEVERAGES

<b>BLACK COFFEE</b> 500ml, 15cal	4
<b>HERBAL TEA</b> 500ml, 5cal	4
<b>BLACK TEA</b> 500ml, 0cal	4

### FRUIT-HERB INFUSED WATER

### FRUITS & ASSORTED

<b>FRUITS</b> Banana 75g, 70cal • Grapefruit 250g, 80cal • Orange 200g, 90cal Watermelon 200g, 90cal • Cantaloupe 200g, 70cal • Honeydew 200g, 70cal Red Grapes 100g, 70cal • Mango 150g, 90cal • Pineapple 150g, 60cal Papaya 150g, 60cal • Blueberries 75g, 45cal • Raspberries 75g, 40cal Strawberries 130g, 40cal • Kiwi 150g, 90cal • Cottage Cheese <i>low fat</i> 100g, 80cal	<b>SELECT THREE 6</b>
<b>SMOKED SALMON</b> 75g, 40cal	8
<b>CUCUMBER</b> 50g, 10cal	2
<b>CAPERS</b> 15g, 3cal	2
<b>BLACK BEANS</b> 75g, 60cal	3
<b>PINTO BEANS</b> 75g, 110cal	3

### EGGS & TOPPINGS

<b>EGG WHITE</b> 30g, 20cal	2
<b>WHOLE EGG</b> 50g, 70cal	2
<b>TOPPINGS</b> Spinach 80g, 20cal • White Onions 50g, 20cal • Green Peppers 50g, 10cal Asparagus 75g, 15cal • Broccoli 50g, 15cal • Turkey Roasted 50g, 50cal Canadian Ham (per piece). 30g, 30cal • Red Onion 50g, 15cal • Mushrooms 75g, 15cal Grape Tomatoes 100g, 25cal • Tomatoes Roma 100g, 20cal	<b>SELECT THREE \$5</b>

## SNACKS

Created in-house with nut butters, seeds, cereals & grain superfoods.

Served Daily from 4 pm - 10 pm.

<b>ENERGY BAR</b> 49g, 200cal	3
<b>STEEL OATS BISCOTTI</b> 56g, 200cal	3
<b>CHIA SEED PUDDING</b> 100g, 93cal	3
<b>CHOCOLATE CHIP COOKIE</b> 22g, 90cal	3
<b>TROPICAL COCONUT COOKIE</b> 22g, 100cal	3
<b>PEANUT PROTEIN BALLS</b> 22g, 90cal	3
<b>ALMOND BUTTER PROTEIN BALLS</b> 27g, 120cal	3

## LUNCH & DINNER

Served Daily from 4 pm - 10 pm

### SALADS

<b>OLIVES VARIETY</b> Dehydrated Tomato, Orange Zest, 105g, 230cal	8
<b>ROASTED BEET SALAD</b> Goat Cheese, Pistachios, 272g, 260cal	8
<b>BLT SALAD</b> Turkey, Lemon Vinaigrette, 409g, 310cal	10
<b>KALE SALAD</b> Pumpkin Seeds, Seaweed, Spicy Cashew Dressing, 191g, 490cal	12
<b>ASPARAGUS</b> Crab, Mustard Dressing, 227g, 260cal	14
<b>HEARTS OF PALM</b> Spinach, Almonds, Nectarine-Tamarind Dressing, 220g, 360cal	12

### ENTREES

<b>BLACK COD</b> Cauliflower Couscous, Asian Greens, Miso Dressing, 298g, 400cal	20
<b>ROYAL TRUMPET MUSHROOMS</b> Eggplant, Kale, 204g, 240cal	12
<b>SOBA NOODLES</b> Thai Spices, Peanut Satay Sauce, 234g, 530cal, 360cal without dressing	12

### PROTEIN ADD-ONS

<b>CHICKEN BREAST</b> 4oz, 170cal	6
<b>SALMON</b> 4oz, 250cal	15
<b>YELLOWTAIL</b> 4oz, 110cal	17
<b>FILET MIGNON</b> 4oz, 230cal	25
<b>SHRIMP</b> 4oz, 100cal	12
<b>OPTIONAL SEASONINGS</b> Blackened Spice 5g, 15cal • Cajun Spice 5gal, 10cal • Jamaican Jerk Seasoning 5g, 5cal	

## SUSHI

Served Daily from 4 pm - 10 pm.

### SUSHI ROLLS

soy sauce, pickled ginger & wasabi included into calorie intake

<b>CALIFORNIA ROLL</b> snow crab, avocado, cucumber, 207g, 230cal	13
<b>FIRECRACKER ROLL</b> tuna-avocado, asparagus. 204g, 180cal	18
<b>HAMACHI ROLL</b> toasted sesame, 153g, 180cal	14
<b>KANISU ROLL</b> snow crab, tobiko, avocado (no rice), 184g, 170cal	14
<b>NARUTO ROLL</b> carrot, cucumber, asparagus, avocado (no rice), 189g, 110cal	10
<b>SPICY TUNA ROLL</b> Japanese mayo, chili, 162g, 230cal	14

### NIGIRI SUSHI

two pieces per order. soy sauce, pickled ginger & wasabi included into calorie intake.

<b>HAMACHI NIGIRI</b> 77g, 80cal	8
<b>SALMON NIGIRI</b> 77g, 100cal	8
<b>TUNA YELLOWFIN NIGIRI</b> 72g, 70cal	8
<b>WAHOO NIGIRI</b> 77g, 90cal	8

### SASHIMI

two slices per order. soy sauce, pickled ginger & wasabi included into calorie intake.

<b>HAMACHI SASHIMI</b> 64g, 50cal	8
<b>SALMON SASHIMI</b> 59g, 80cal	8
<b>TUNA YELLOWFIN SASHIMI</b> 60g, 50cal	8
<b>WAHOO SASHIMI</b> 64g, 70cal	8
<b>SALMON ROE SASHIMI</b> 84g, 90cal	8