

REEF FIT MENU

BREAKFAST

Served Daily from 7 am – 11 am

BEVERAGES

BLACK COFFEE 500ml, 15cal	4
HERBAL TEA 500ml, 5cal	4
BLACK TEA 500ml, 0cal	4
FRUIT-HERB INFUSED WATER	

FRUITS & ASSORTED

FRUITS 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	SELECT THREE 6
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SMOKED SALMON 75g, 40cal	8
CUCUMBER 50g, 10cal	2
CAPERS 15g, 3cal	2
BLACK BEANS 75g, 60cal	3
PINTO BEANS 75g, 110cal	3

EGGS & TOPPINGS

EGG WHITE 30g, 20cal	2
WHOLE EGG 50g, 70cal	2
TOPPINGS 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	SELECT THREE \$5

SNACKS

Created in-house with nut butters, seeds, cereals & grain superfoods.
Served Daily from 4 pm – 10 pm.

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

LUNCH & DINNER

Served Daily from 4 pm – 10 pm

SALADS

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

ENTREES

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

PROTEIN ADD-ONS

CHICKEN BREAST 4oz, 170cal	6
SALMON 4oz, 250cal	15
YELLOWTAIL 4oz, 110cal	17
FILET MIGNON 4oz, 230cal	25
SHRIMP 4oz, 100cal	12
OPTIONAL SEASONINGS Blackened Spice 5g, 15cal • Cajun Spice 5g, 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

CALIFORNIA ROLL snow crab, avocado, cucumber, 207g, 230cal	13
FIRECRACKER ROLL tuna-avocado, asparagus. 204g, 180cal	18
HAMACHI ROLL toasted sesame, 153g, 180cal	14
KANISU ROLL snow crab, tobiko, avocado (no rice), 184g, 170cal	14
NARUTO ROLL carrot, cucumber, asparagus, avocado (no rice), 189g, 110cal	10
RAINBOW ROLL crab, wahoo, salmon, cucumber, 243g, 290cal	22
SPICY TUNA ROLL Japanese mayo, chili, 162g, 230cal	14

NIGIRI SUSHI

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

HAMACHI NIGIRI 77g, 80cal	8
OCTOPUS NIGIRI 83g, 100cal	8
SALMON NIGIRI 77g, 100cal	8
SHRIMP NIGIRI 69g, 70cal	8
TUNA YELLOWFIN NIGIRI 72g, 70cal	8
WAHOO NIGIRI 77g, 90cal	8

SASHIMI

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

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