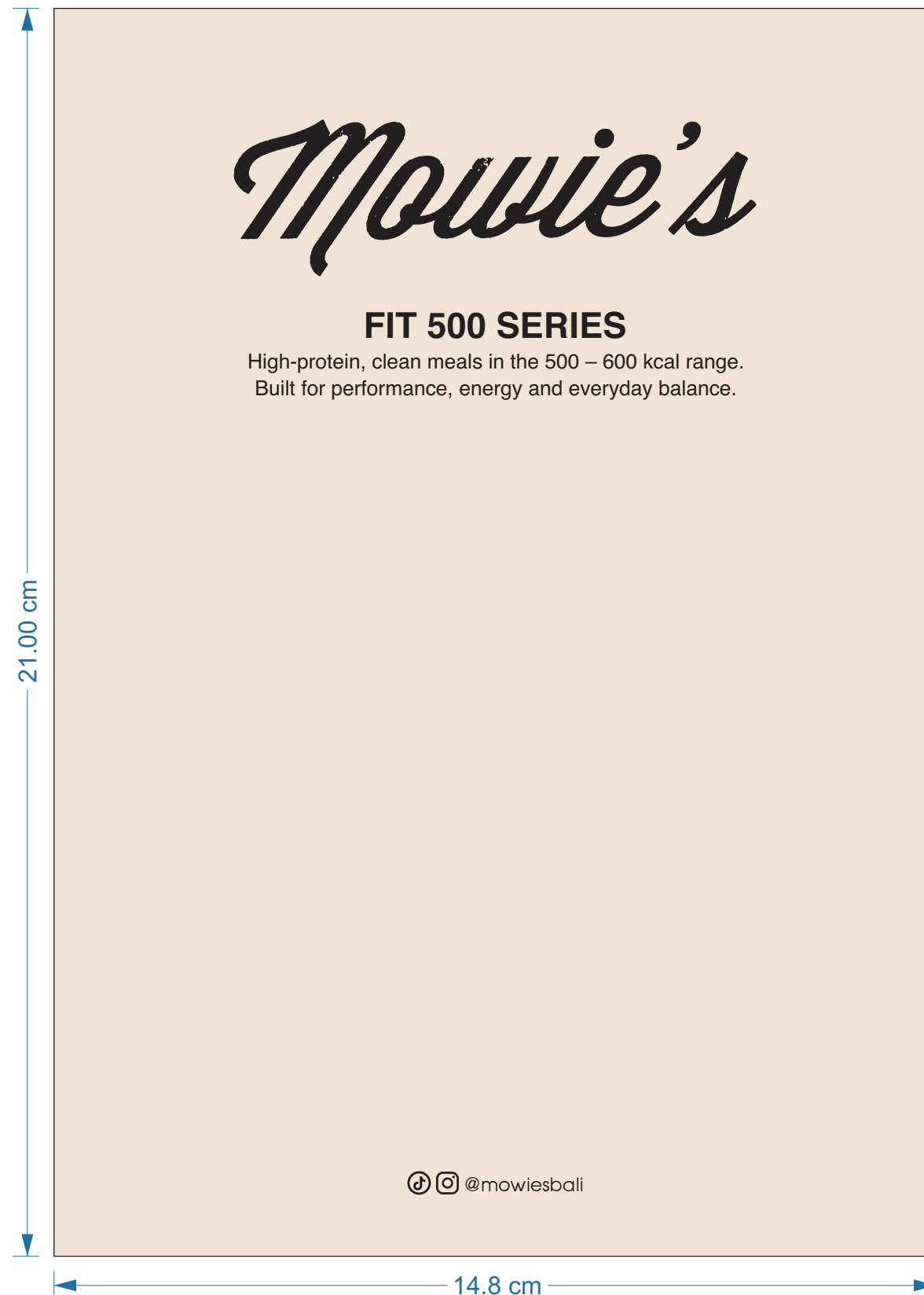


FRONT



BACK

FIT 500 SERIES

89K

TUNA POKE

Fresh tuna with red rice, crisp vegetables, avocado and a light truffle mayo.

Calories: 555 kcal Protein: 46 g Fat: 24 g Carbs: 44 g

GRILLED CHICKEN AND LABNEH

Grilled chicken breast with broccoli, creamy labneh and savoury shiitake jam.

Calories: ~520 kcal Protein: 65 g Fat: 18 g Carbs: 14 g

NASI GORENG

Classic Indonesian fried rice with grilled chicken and a whole egg, finished with fresh pickles and sambal on the side.

Calories: 560 kcal Protein: 48 g Fat: 16 g Carbs: 60 g

RICE, CHICKEN & CHILLI JAM

Grilled chicken breast served over steamed rice with a house chilli jam. Simple, spicy and high in protein.

Calories: 520 kcal Protein: 60 g Fat: 7 g Carbs: 52 g

CHICKEN & SWEET POTATO MASH

Grilled chicken breast with creamy sweet potato mash and a touch of smoked labneh. Comforting, clean and high in protein, built for everyday performance.

Calories: 495 kcal Protein: 55 g Fat: 14 g Carbs: 30 g

TUNA STEAK & RICE WITH BROCCOLI YOGURT

Seared tuna steak served over steamed rice with our house broccoli yogurt sauce. Clean, savoury and balanced, built for performance without heaviness.

Calories: 555 kcal Protein: 45 g Fat: 10 g Carbs: 50 g

SUMAC CHICKEN & BEAN MASH BOWL

Grilled sumac-spiced chicken with creamy cannellini bean mash, zucchini baba ghanoush and a fresh carrot-parsley salad. Savoury, smooth and protein-focused with a light Middle Eastern touch.

Calories: 520 kcal Protein: 55 g Fat: 16 g Carbs: 34 g

These are chef-calculated macros based on our recipes and controlled portions. $\pm 5 - 8\%$

Price are subjected to 5% service and 10% government tax

a5 size