

Popular outdoor fitness regime Bootcamp now introduces **BOOTCAMP Chef**, a great new way to lose weight and feel healthy. Offering the perfect combination of convenience and nutritious food, **BOOTCAMP Chef** is ideal for busy people who want to achieve their ideal weight without the hassle. Personal consultations with our Bootcamp Nutritionist and our monthly Nutrition and Diet Seminars will ensure that your individualized meal plan is designed to target your body's specific needs and will be delivered straight to your house or office.

By working together with you, we will make sure you will stay on the right track until you reach your goals. To get results fast, CALL our nutritionist now on **63845565** or email to **info@bootcamp.com.hk** to make an appointment for a personal Nutrition Consultation or to find out how to sign up for our next Nutrition and Diet Seminar. To get a taste for our food: simply log on to **www.bootcampchef.fbw.hk** and place your order.

Whatever you order from our mouthwatering menu, know that it will always be good for you!



Soup or salad

(P): Proteins; (F): Fats; (C): Carbs; CAL: Calories

Warming Veggie Tomato Soup 2gr.(P) 0gr.(F) 10gr.(C) 48 CAL

Cabbage, carrot, celery in tomato sauce.

Tossed Fresh Garden Salad 1gr.(P) 0gr.(F) 5gr.(C) 24 CAL

Iceburg, lettuce, cherry tomatoes, red cabbage, cucumber.

Crunchy greek salad 2gr.(P) 1gr.(F) 5gr.(C) 37 CAL

Iceburg, lettuce, sliced tomatoes, green bell pepper, feta cheese.

Salad dressing: 40 CAL

Olive Oil with Balsamic Vinegar (Virgin olive oil with balsamic vinegar and herbs.)

Lemon and mustard dressing (Virgin olive oil with lemon juice.)



Beef / Lamb

Lasagna Lite 18gr.(P) 5gr.(F) 49gr.(C) 320 CAL

Homemade lean minced beef with a touch of light bechamel and tomato sauce.

Spicy Red Beef Curry 21gr.(P) 5gr.(F) 48gr.(C) 320 CAL

Lean beef cubes in low fat red curry sauce.

Tex Mex Chilli Concarne 19gr.(P) 5gr.(F) 47gr.(C) 310 CAL

Lean minced beef, red beans in a flavoursome herb sauce inside a jacket potatoe.

Skinny Shish Kebab 21gr.(P) 5gr.(F) 49gr.(C) 326 CAL

Marinated beef tenderloin served on pita bread and vegetables.

Lean Beef Burger 20gr.(P) 5gr.(F) 48gr.(C) 320 CAL

Grilled lean and tasty beef patty with light cheese on a toasted wholemeal bun with salad.

Beefy Stew 19gr.(P) 5gr.(F) 49gr.(C) 318 CAL

Lean minced beef with onions and potaoe in a tasty, satifying tomato sauce..

Mediterraean Style Lamb Deluxe 20gr.(P) 7gr.(F) 49gr.(C) 339 CAL

Pita, grilled marinated lamb and vegetables.



Chicken

Yellow Chicken Curry 2gr.(P) 2gr.(F) 48gr.(C) 305 CAL

Skinless chicken leg dripped in a low-fat yellow curry sauce.

Skinny Shish Taouk 24gr.(P) 2gr.(F) 49gr.(C) 310 CAL

Marinated skinless chicken breast served on pita and vegetable.

Low-fat Pasta Apollo 20gr.(P) 3gr.(F) 45gr.(C) 287 CAL

Herb grilled skinless chicken vrest on a bed of the right amount of pasta.

Mediteraean Style Chicken: 23gr.(P) r gr.(F) 46gr.(C) 312 CAL

Juicy Skinless Chicken Leg baked and served with herb rice.



Seafood / vegetarian

Tuna and Egg Nicoise Salad 24gr.(P) 2gr.(F) 49gr.(C) 310 CAL

Pasta, tuna, and egg white.

Grilled Fish Kebab with Steamed Rice 20gr.(P) 3gr.(F) 45gr.(C) 287 CAL

Grilled sole fish fillet in lemon juice and spices with steame rice.

Smoked Salmon and Mash 2gr.(P) 2gr.(F) 48gr.(C) 305 CAL

Smoked salmon on fresh vegetables and mash patatoes in light mushroom sauce.



Vegetarian

Tasty Mixed Bean Stew 18gr.(P) 3gr.(F) 55gr.(C) 310 CAL

mixed bean in tomato sauce and herbs.

HK\$150 for 3 course with salad, soup and main plus snack (Seasonal fruit, dried fruit and nuts)