



ULTIMATE PERFORMANCE

Achieve your body composition goals

All prices are subject to 10% service charge



BREAKFAST

ULTIMATE BREAKFAST

46P / 50F / 23C

2 Cage Free Eggs, Peppers, Beef, Mushrooms and Avocado (Eggs fried or scrambled)

- LC

15

3 EGG OMELETTE

18P / 15F / 2C

With spring onion

- LC

6

ADD ON:

AVOCADO 2.5

MUSHROOMS 3

STEAMED ORGANIC GREENS 3

HOT REBEL MEALS

ZOODLE BEEF BOLOGNESE

35P / 10F / 10C

Swap the carbs & gluten for Zucchini Noodles - swap to chickpea for vegan option

LC

18

THE LOW CARB REBEL CHICKEN BURGER

50P / 30F / 25C

Hand-made juicy chicken patty wrapped in lettuce leaf. Optional sweet potato fries or side salad - LC, R

Add on Patty 4

21

SUSTAINABLE BARRAMUNDI W/ ASIAN SESAME GREENS

28P / 7F / 7C

Pan Seared Fillet, excellent source of brain boosting Omega3 - LC (may contain bones)

21

THE REBEL PIE

47P / 30F / 55C

Grass-fed Aussie Beef Bolognese topped with Sweet Potato Mash - R

18

REBEL SALADS

CHICKEN PROTEIN BOWL

18P / 26F / 33C

Hormone-Free Chicken, Hummus, Avocado, Pumpkin & Tahini dressing - R

19

SUPER-FOOD

7P / 17F / 20C

High dose of nutrient-rich ingredients.

Pomegranate & Goji Berries, Sprouts, Mixed

Nuts & Seeds - R

17

LC = LOW CARB

R = RE-FEED

P = PROTEIN

F = FAT

C = CARB

ULTIMATE PERFORMANCE

8 CROSS STREET

GROUND FLOOR

SINGAPORE, 048424

+65 65368649

[HTTP://UPFITNESS.COM.SG](http://upfitness.com.sg)

ADD-ONS

PROTEINS

TURMERIC BAKED CHICKEN 4

CHILLI-PADI CHICKEN 4.5

GRASS-FED BEEF 6.5

BARRAMUNDI FILLET 9

CAGE FREE EGGS 3

Fried/scrambled

MIXED ORGANIC NUTS OR SEEDS 2.5

ORGANIC QUINOA 4

HUMMUS 4

BEETROOT HUMMUS 5

CARROT HUMMUS 5

CARBS

ROAST SWEET POTATO 3

GOOD FATS

AVOCADO 2.5

VEG

ORGANIC LOCAL GREENS 4.5

SAUTEED MUSHROOMS 3

BAKED PUMPKIN 3

SIDE SALAD 4.5

ULTIMATE PERFORMANCE MENU

V = VEGAN, VG = VEGETARIAN, DF = DAIRY FREE, GF = GLUTEN FREE, NF = NUT FREE