



*Menu created by owner and certified nutritionist



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Salads



701



Calfit Crunch

自家品牌鬆脆沙律 (素食)

HK\$95

Thai style crunch salad with organic vegetables & peanuts served with our special nutty vegan dressing (with Grilled Chicken +\$20)

泰式鬆脆沙律配有機蔬菜和花生配特製堅果素食醬汁 (烤雞肉加20元)

Nutritional Value:
(without chicken)

3.3g
Protein

4.2g
Carbs

2.4g
Fats

58
Kcal

Grilled Chicken/Paneer/Tofu with Avocado & Quinoa Salad

烤雞/芝士/豆腐/配牛油果藜麥沙律

HK\$105

Grilled Chicken/Paneer/Tofu seasoned with herbs & pepper served with quinoa & mixed garden leaves

用香料和胡椒醃製雞肉/芝士/豆腐加以烤焗配藜麥和雜菜沙律

Nutritional Value:

14g
Protein

11g
Carbs

5.2g
Fats

151
Kcal



702



Black Chickpea Salad

黑鷹嘴豆沙律

HK\$95

High protein spiced black chickpea served with fresh vegetables

含有高蛋白質和香料黑鷹嘴豆配新鮮蔬菜

Nutritional Value:

8.1g
Protein

16g
Carbs

4.1g
Fats

143
Kcal



703



Salads



704



Fig Salad

無花果沙律 (素食)

HK\$95

Mixed salad served with fresh figs & feta cheese
(with Grilled Chicken +\$20)

混合沙律配新鮮無花果和羊起司

Nutritional Value:

3.5g
Protein

3.8g
Carbs

8g
Fats

120
Kcal

Paneer/Chicken Tikka Salad

烤雞/芝士/配沙律

HK\$95

Homemade tandoori chicken/paneer served
with fresh lettuce, rocket leaves, peppers,
cucumber, onions, cherry tomatoes & nuts

自家製烤雞/芝士/配新鮮生菜,火箭菜,三色椒,青瓜,
洋蔥,車厘茄和杏仁

Nutritional Value:

10g
Protein

3.5g
Carbs

2.8g
Fats

72
Kcal



705



Fattoush Salad

爽口阿拉伯沙律

HK\$85

Garden green salad served with crispy pita
bread on top

田園新鮮沙律配脆脆彼得包

Nutritional Value:

2g
Protein

16g
Carbs

4.1g
Fats

143
Kcal



706



Sandwiches

707

Chilli Paneer Sandwich

辣椒芝士三文治

Premium Bread HK\$80

Paneer in chilli masala served on our premium chilli bread (with coleslaw +\$15)

辣椒馬沙拉煮芝士配辣椒麵包 (沙律另加15元)

Nutritional Value:

10g
Protein

18g
Carbs

9g
Fats

163
Kcal



708



Beetroot Sandwich

紅菜頭三文治

Premium Bread HK\$80

Freshly made with beetroot & black chickpeas on our premium pesto bread (with coleslaw +\$15)

以新鮮紅菜頭和黑鷹嘴豆配優質香蒜醬麵包 (沙律另加15元)

Nutritional Value:

5.2g
Protein

18g
Carbs

1.9g
Fats

117
Kcal

Chicken Tikka Sandwich

烤雞三文治

Premium Bread HK\$80

Grilled Chicken Breast marinated with aromatic Indian spices served with red pepper bread & fresh green mint chutney (with coleslaw +15)

用印度香料醃製烤雞胸肉配辣椒麵包和新鮮薄荷酸辣醬 (沙律另加15元)

Nutritional Value:

12g
Protein

14g
Carbs

2.1g
Fats

83
Kcal



710

Sandwiches

711



Peri Peri Chicken Sandwich

葡式霹靂醬烤雞三文治

Premium Bread HK\$80

Chicken seasoned with our creamy & spicy peri peri sauce served on red pepper bread

用自製奶油和辛辣霹靂醬醃製雞肉配紅辣椒麵包

Nutritional Value:

10g
Protein

18g
Carbs

8.8g
Fats

201
Kcal

Avocado Egg/ Avocado Paneer Sandwich

牛油果雞蛋/牛油果芝士三文治

Premium Bread HK\$80

Fresh avocado & egg served in our premium pesto bread (with coleslaw\$15)

以新鮮牛油果和雞蛋配優質香蒜醬麵包 (沙律另加15元)

Nutritional Value:

10g
Protein

14g
Carbs

7.5g
Fats

173
Kcal

712



714



Keto Cheese Chilli Toast/ Bruschetta

低碳生酮芝士辣椒多士/意式香烤麵包

HK\$98

Whole wheat bread with cheese, chilli & coriander / Bruschetta with tomatoes, avocado & cheese (3 pieces)

用杏仁粉制成低碳生酮麵包配芝士,辣椒/

意式香烤麵包材料有蕃茄,牛油果和芝士 (3件)

Nutritional Value:

6g
Protein

14g
Carbs

8.8g
Fats

201
Kcal

Main Course



715



Vegetable/Chicken Quinoa Biryani with Cucumber Raita

蔬菜/雞肉藜麥炒飯配青瓜乳酪

HK\$148/\$158

Our signature twist to your traditional biryani with a healthy substitute of quinoa instead of rice

為傳統的蔬菜/雞肉印度香米帶來獨特口味，以健康藜麥代替傳統印度米飯，配青瓜乳酪

Nutritional Value:
(without chicken)

12g
Protein

20g
Carbs

3.5g
Fats

160
Kcal

Chicken/Lamb Keema Paav

雞肉/羊肉麵包

HK\$98/HK\$118

Herbed minced chicken served with mint sauce in multigrain pav (2 pieces)

香料醃製雞肉伴薄荷醬，搭配穀物麵包（2個）。

Nutritional Value:

12g
Protein

20g
Carbs

3.4g
Fats

112
Kcal



716

Vegan Keema Paav

植物肉麵包

HK\$98

Herbed plant-based minced meat with paav

香料醃製植物肉伴薄荷醬，搭配穀物麵包（2個）。

Nutritional Value:

9.8g
Protein

20g
Carbs

2.1g
Fats

83
Kcal



717



Steamed Fish in Black Pepper Sauce

黑胡椒汁蒸魚

HK\$125

Steamed boneless fish served with brown rice

蒸無骨滑魚柳配健康糙米。

Nutritional Value:

8g
Protein

18g
Carbs

7.5g
Fats

173
Kcal



718

Main Course



719



Miso Chicken with Soba Noodles & Broccoli

味噌燒雞配蕎麥麵和西蘭花

HK\$145

Miso-cured chicken served with spicy soba noodles & broccoli on the side

味噌醃製雞肉佐香辣蕎麥麵,西蘭花伴碟

Nutritional Value:

12g
Protein

8g
Carbs

2.1g
Fats

83
Kcal

Beetroot Salmon with Creamy Mashed Peas

蒸魚配上黑胡椒汁

Half HK\$155 / Full HK\$248

Grilled norwegian salmon marinated with beetroot & oregano herbs served with creamy mashed peas
用紅菜頭和有機香料醃製三文魚,加以烤焗配碗豆泥伴碟

Nutritional Value:

8g
Protein

4g
Carbs

4.5g
Fats

117
Kcal



721

Kung Pao Tofu/ Chicken Quinoa Bowl

宮保豆腐/雞丁藜麥碗

HK\$125

Tofu served with quinoa & veggies in Chinese style
豆腐/雞肉配藜麥

Nutritional Value:

12g
Protein

6.1g
Carbs

2g
Fats

84
Kcal



722



Main Course



723



Avocado Quinoa Harvest Bowl

牛油果藜麥碗

HK\$115

Avocado, quinoa, corn, edamame, carrots, cucumber served with lemon vinaigrette

有牛油果, 藜麥, 粟米, 毛豆, 紅蘿蔔, 青瓜配檸檬香醋

Nutritional Value:

4g
Protein

9g
Carbs

7.5g
Fats

141
Kcal

Fajita Chicken Bowl

墨西哥法吉烤雞碗

HK\$125

Chicken & grilled vegetables served with guacamole & sour cream

混合烤蔬菜和雞肉配上牛油果味醬汁和酸奶油

Nutritional Value:

13g
Protein

10g
Carbs

4.2g
Fats

135
Kcal



724



736



Kadai Tofu with Cauliflower Rice

印度豆腐和花椰菜米

HK\$125

Tofu with onions, tomatoes, & capsicum peppers cooked with whole spices with cauliflower rice

洋蔥、西紅柿、紅椒和香料煮豆腐配菜花飯

Nutritional Value:

4g
Protein

8g
Carbs

3g
Fats

83
Kcal