

Our café has much to offer for healthy alternatives for meals. We serve breakfast, lunch and dinner along with several kinds of shakes for a quick boost. **Members receive 10% Off all Food Orders**

## Breakfast

<b>Oatmeal</b>	3.39
• add musel milk	<b>add 2.25</b>
<b>2 Eggs on a Bagel</b>	4.49
• your choice of plain or multi grain bagel	
<b>Omlette</b>	5.99
• 250 ml of egg whites & 1 whole egg with fresh peppers, cheese and salsa inside	
<b>Breakfast Wrap</b>	6.65
• 250 ml of egg whites & 1 whole egg with fresh peppers, cheese and salsa in a whole wheat tortilla	
• add ham or turkey	<b>add 1.15</b>
<b>French toast</b>	5.59
• Choice of white, multi grain or cinnamon raisin bread	
• Served with fresh fruit	
<b>Bagel</b>	1.69
• Your choice of multi grain or plain bagel	
• With cream cheese, jam or peanut butter	
<b>Toast</b>	1.29
• Choice of white, multi grain or cinnamon raisin bread with cream cheese, jam or peanut butter	
<b>Muffins</b>	1.45
• Baked daily	
<b>Fresh Fruit Bowl</b>	4.49
• 3 pieces of fruit in a bowl, choice of apple, orange, banana or grapefruit	
<b>Fresh Fruit - 1 Piece</b>	1.15
• Choice of apple, orange, banana or grapefruit	
<b>Labrada Breakfast Shake</b>	5.85
• Banana & cream	

## Sandwiches

*Toasted on your choice of white, multi grain or ciabatta bread with mayo, mustard, tomatoes, cheese and lettuce*

<b>Turkey</b>	6.75
<b>Chicken</b>	7.29
<b>Ham</b>	6.15
<b>Tuna</b>	6.75
<b>Denver</b>	6.75
• 2 scrambled eggs with ham, fresh peppers, onion and tomatoes	
<b>Monte Cristo</b>	7.85
• Ham or turkey with swiss cheese, dipped in an egg wash grilled thru and finished in the oven.	
<b>The Oriainal Grilled Ham &amp; Cheese</b>	5.59
<b>Salads</b>	
<b>Tossed Green</b>	5.59
• Fresh iceberg lettuce topped with tomato, cucumbers and fresh peppers	
<b>Caesar</b>	5.59
• Made with our famous homemade dressing	
<b>Greek</b>	6.59
• Cucumber, tomatoes, red onion, fresh peppers and feta cheese in a red wine vinaigrette dressing.	
<b>Chef Salad</b>	9.94
• Iceberg lettuce, 2 kinds of cheese, ham, turkey, peppers and tomatoes with ranch dressing.	
• Add chicken or turkey	<b>add 3.95</b>
• Ham	<b>add 3.39</b>

## Wraps

*Served in a whole wheat tortilla with choice of brown or white rice, honey garlic, teriyaki, salsa, bbq sauce, cucumber pepper and mozzarella.*

**Caesar wrap** - fresh romaine lettuce with homemade dressing and parmesan cheese

<b>Chicken</b>	8.99
Give a brief description of the dish.	
<b>Chicken Caesar</b>	8.99
<b>2 wraps (1 pc)</b>	12.69
<b>2 wraps double chicken</b>	15.99
<b>Tuna</b>	8.29
<b>2 Tuna wraps</b>	12.09
<b>2 wraps double tuna</b>	14.89

## Hot Dishes

<b>Lasagna</b>	7.85
• Hefty portion of ground beef lasagna topped with fresh parmesan cheese	
<b>Soft Chicken, Beef &amp; Bean Burrito</b>	
• Chicken, cheese & ground beef chili wrapped up in a whole wheat tortilla	
<b>1 Piece</b>	8.85
<b>2 Piece</b>	11.65
<b>Chili on Rice</b>	6.59
<b>Chicken on Rice</b>	7.79
<b>Double Chicken on Rice</b>	12.69
• Brown or white rice served with broccoli, a chicken breast and your choice of sauce's, honey garlic, teriyaki, salsa or bbq	
<b>Quesadilla's</b>	
<b>Chicken</b>	9.95
<b>Turkey</b>	8.95
<b>Ham</b>	8.39

Call ahead for pickup orders

604-461-1521

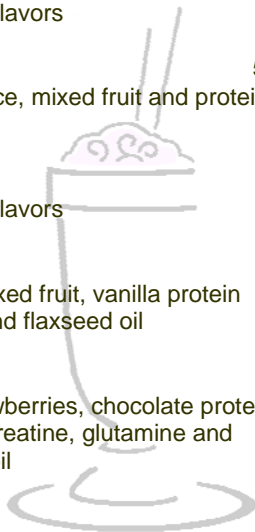
Members receive 10% Off

all Food Orders



### Shakes

- Energy 4.25
  - Fruit juice, pineapple & banana
- Labrada Breakfast 5.85
  - Banana & cream
- Labrada 5.29
  - Assorted flavors
- Fruit Smoothie 5.29
  - Milk or juice, mixed fruit and protein powder
- Muscle Milk 5.29
  - Assorted flavors
- Lean & Mean 5.85
  - Water, mixed fruit, vanilla protein powder and flaxseed oil
- Mass Bomb 6.35
  - Milk, strawberries, chocolate protein powder, creatine, glutamine and flaxseed oil
- Weight Gainer 6.35
  - Milk, chocolate protein powder, banana, ice cream & peanut butter
- Mocha Protein 6.35
  - Milk, chocolate protein powder, banana, ice cream & instant coffee
- Extras (each) 1.25
  - Juice
  - Milk
  - Fruit
  - Creatine
  - Glutamine
  - Flaxseed Oil
  - Ginseng
  - Liquid Vitamin



### Your Place for;

- Sports Training
- Personal Training
- Olympic & Power Lifting
- Kettle Bells
- Come in and Get Fit

### Memberships

For a limited time -----> No Initiation Fees!

#### Pre Paid Memberships

Length	Cost	Price Per Month	SAVINGS
1 month	59.99	59.99	none
3 months	149.99	49.99	29.98
6 months	269.99	44.99	89.95
1 Year	459.99	38.33	259.89
2 Year	719.99	29.99	719.77

#### Pre- Authorized (pap) Memberships

Length	Cost	Price Per Month	SAVINGS
2 month	89.98	44.99	30.00
1 yr contract	539.88	39.99	180.00
2 yr contract	839.76	34.99	600.00

Free Yoga & Pilates Classes with All Memberships

Ask one of our customer service representatives for a tour or call for more information

604-461-1521

info@ultimatefitness-bc.ca

# ULTIMATE FITNESS

## & Café

3082 SPRING STREET  
PORT MOODY, BC V3H 1A7

604-461-1521

### Gym Hours

Monday to Friday - 5 am to 11:00 pm  
Weekends & Holidays - 8 am to 8 pm

### Café Hours

Monday to Friday - 5 am to 10:45 pm  
Weekends & Holidays - 8 am to 7:45 pm



No Initiation Fees!

Prepay a 2 year Membership & "SAVE 50%"

Ginette Taylor  
Detox Wellness Coach  
604-461-4800

www.ultimatefitness-bc.ca