

AÇAÍ BOWLS

14.00

GREEN AÇAÍ BOWL

Acai, spinach, kale, blueberries, almond milk, topped with granola, banana, flaxseeds, almond butter

COCONUT AÇAÍ BOWL

Acai, mango, coconut water, topped with granola, banana, shaved coconut, chia seeds

BERRY AÇAÍ BOWL

Acai, blueberries, banana, almond milk topped with granola, blueberries, strawberries, peanut butter

LUNCH

K'S BOWL

13.00

Sprouted lentils, shaved brussels sprouts, roasted beets, pomegranates seeds, pepitas, blueberries, baby heirloom tomatoes, quinoa, feta cheese, citrus vinaigrette

NOT-SO-GREEK

12.00

Romaine lettuce, feta, kalamata olives, red onions, baby heirloom tomato, quinoa, avocado-herb vinaigrette

SUPERFOOD PASTA SALAD

13.00

Soba noodles, red cabbage, brussel sprouts, arugula, walnuts, tahini-basil pesto

SEEDS TO FARM SALAD

12.50

Kale, swiss chard, raw vegetables, garbanzo, granola, crunchy sprouts, pomegranate-citrus vinaigrette

TOFU VEGETABLE PAD THAI

13.00

Sweet potato noodles, spinach, bell peppers, scallions, shittake mushrooms, toasted peanuts, cilantro, chili garlic-tamari sauce

*TUNA TATAKI

17.00

Ponzu Sauce

TURKEY CLUB

13.00

Natural turkey, bibb lettuce, Swiss cheese, bacon, dijonaise, whole wheat tortilla

PESTO CHICKEN WRAP

13.00

Grilled chicken, pesto, tomato, buffalo mozzarella, arugula, whole wheat spinach tortilla

DAILY SOUPS

9.00

MONDAY: CHICKEN & WILD RICE (GF/DF)

TUESDAY: SPANISH BLACK BEAN (V)

WEDNESDAY: VEGETARIAN CHILI (GF/DF)

THURSDAY: CARROT & CORIANDER (GF/DF/VEGAN)

FRIDAY: HUNGARIAN MUSHROOM (GF/V)

SATURDAY: TURKEY CHILI (GF/DF)

SUNDAY: SOUTHERN TOMATO & OKRA (GF/VEGAN)



OCEAN REEF CLUB
A UNIQUE WAY OF LIFE
KEY LARGO, FLORIDA

(GF) Gluten Free • (DF) Dairy Free • (V) Vegetarian

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

Fitness Café



OPEN DAILY
Monday-Sunday



CLASSIC SMOOTHIES (GF/V)

20oz 7.75

STRAWBERRY & BANANA

Strawberries, banana, Greek yogurt, skim milk
Calories 266 – Fat 1.3g – Carbs 53.6g – Sugars 32.1g

TROPICAL POP

Mango, pineapples, raspberries, banana, pineapple juice
Calories 348 – Fat 0.9g – Carbs 85.9g – Sugars 70.4g

BANANA BERRY

Banana, strawberries, blueberries, skim milk
Calories 299 – Fat 0.2g – Carbs 64.8g – Sugars 41g

SUPER FOOD SMOOTHIES (GF/DF/VEGAN)

20oz 11.00

TROPI-GREEN

Coconut water, pineapple, mango, spinach, kale
Calories 276 – Fat 1.2g – Carbs 57.1g – Sugars 48.1g

ALL IN

Blueberries, PB2, kale, spinach, banana, almond milk
Calories 302 – Fat 5.1g – Carbs 56g – Sugars 32.1g

HARD CORE

Avocado, mint, spinach, matcha, coconut milk
Calories 221 – Fat 15.6g – Carbs 17.4g – Sugars 9.6g

GOIN COCONUT

Blueberries, almond butter, kale, mct oil, coconut milk
Calories 464 – Fat 31.6g – Carbs 35g – Sugars 24g

FITNESS CAFE SMOOTHIES (DF/V)

20oz 9.75

MORNIN' JOE

Almond milk, iced coffee, banana, rolled oats, cocoa nibs
Calories 493 – Fat 16.4g – Carbs 111.7g – Sugars 18.4g

CHOCOBANANA

Almond milk, banana, cocoa powder, peanut butter, honey
Calories 466 – Fat 26.4g – Carbs 51.2g – Sugars 29.2g

VERY BERRY

Raspberries, strawberries, blueberries, banana, almond milk
Calories 224 – Fat 2.8g – Carbs 49g – Sugars 31.7g

NUTTY BLUE

Blueberries, banana, peanut butter, almond milk
Calories 399 – Fat 18.7g – Carbs 51.8g – Sugars 31g

SMOOTHIE ADDITIONS

WHEY PROTEIN – CHOCOLATE OR VANILLA	2.00
24g protein, supports muscle recovery after workout. Add lean mass to your frame	
PLANT BASE PROTEIN– CHOCOLATE OR VANILLA	4.00
20g plant protein from peas, sunflower & pumpkin seeds	
CHIA SEEDS	1.25
Rich in Omega 3 & hydration, feel full longer	
FLAXSEEDS	1.25
High in fiber & protein. Anti-inflammatory, great source of plant protein	
SPINACH	1.75
Nutrient rich vegetable, high in vitamin A & C	
KALE	1.75
Dense vegetable, full of antioxidants	
ROLLED OATS	.75
Complex carbohydrates, regulates blood sugar levels, high in fiber, stay full longer	
SPIRULINA	1.75
Blue-green algae superfood, high antioxidants, super source of iron	
TURMERIC	1.50
From the ginger family, anti-inflammatory	
PB2	2.00
Peanut powder that is lower in fat and calories than natural peanut butter	
MCT OIL	2.00
Medium chain triglycerides, full of healthy fat. Cells burn MCTs for energy and boosting metabolism.	
MACA POWDER	1.75
Peruvian ginseng, increases energy & stamina	
MATCHA GREEN TEA POWDER	1.75
45mg caffeine per gram, great antioxidant	
AVOCADO	MKT
Good source of heart-healthy monounsaturated fats loaded with potassium	
COCOA NIBS	1.50
Cacao Nibs are simply chocolate in its purest form that offer a good source of iron and fiber	
PEANUT BUTTER OR ALMOND BUTTER	1.00
Add healthy fat to your smoothie, making it a sustainable meal that will be packed with flavor	

WELLNESS SHOTS (VEGAN)

1oz \$5.75 / 2oz 9.50

WHEATGRASS

GINGER

FRESH JUICES (GF/VEGAN)

12oz 7.75 / 20oz 10.25

PERFECT GREEN JUICE

Celery, apple, kale, cucumber, lemon, ginger

MIGHTY GREEN JUICE

Kale, spinach, celery, cucumber, lemon, ginger

DELIGHTFUL DETOX

Celery, apple, beets, carrots