

# THE UNDER 500 CLUB

## EAT BEAUTIFUL

with our newly launched range of  
lower calories meals that come  
under 500 calories.



We serve  
**lower calorie  
meals.**



## PHOTOS

### Display of Fish & Co.'s Under 500 Calories Dishes





**Demonstration of “Under 500 Calories” by nutritionist Jaclyn Reutens**









## **Calling all Healthy Eaters, Get Hooked on Fish & Co.'s New *Under 500 Calories Menu***

*Look forward to enjoying the same tasty favorite menu items but with fewer calories*

Fish & Co. makes watching the waistline easier with the launch of its new *Under 500 Calories Menu*. Eleven of its well-loved dishes have been selected to undergo a 'trim' in this move to provide diners with healthier dining alternatives that are gentle on the waistline. This permanent addition to the menu will be available island wide.

With the increasing demand for healthier eating, Fish & Co. has reworked some of its dishes to include smaller servings and the option to choose from a selection of better alternatives. For instance, dishes are served with the sauce or gravy on the side and diners are given the option to pick whole grain pasta for pasta dishes.

Following stringent guidelines by the Health Promotion Board, Fish & Co. has qualified for the Healthier Dining Programme with its commitment towards serving complimentary plain water, having more than three main courses with less than 500 calories and offering a whole grain option.

"At Fish & Co. we always aim to be a place where families and friends gather over good food and create fond memories. Being a lifestyle brand, we hope to inspire customers to make better lifestyle choices which include healthy eating and being more active. In recent years we have not only strived to provide healthier dining options but have also showed our support for the local sporting scene," says Mr Hoo Hoe Keat, Managing Director, Fish & Co. Restaurants Pte Ltd.

Keeping up with the momentum of its ongoing commitment towards promoting a more holistic lifestyle among its customers, Fish & Co. is also an active supporter of the local sports scene. In collaboration with the Singapore Sailing Federation, 2014 is the second consecutive year that Fish & Co. serves as the title sponsor for the Youth Sailing Championships.

### **Below 500 Calories Menu**

	<p><b>Grilled White Fish with Peri-Peri Sauce, \$8.95</b> <b>483 kcal</b></p> <p>One of Fish &amp; Co.'s best sellers, this dish is a hit with Fish &amp; Co.'s very own unique blend of Peri-peri sauce. It is now paired with fluffy and fragrant paella rice to tide you through the day with energy.</p>
	<p><b>Grilled Peri-Peri Prawns, \$10.95</b> <b>419 kcal</b></p> <p>Grilled to release the natural juices, these juicy prawns, packed with Vitamin E, are quite the treat for any seafood lover. It is served with a side of mashed potatoes.</p>
	<p><b>Grilled Atlantic Cod with Black Pepper Sauce, \$10.95</b> <b>284 kcal</b></p> <p>The protein-rich cod, tender and juicy with a black pepper sauce packs a good punch to wake the senses. The dish is accompanied with a healthy-licious serving of coleslaw.</p>
	<p><b>Grilled Salmon Cajun, \$11.95</b> <b>496.66 kcal</b></p> <p>Get your daily source of Omega-3 fatty acids from this grilled salmon which is given a good rub with Cajun spices, lending both flavour and fragrance to the dish. It is served with lightly sautéed seasonal vegetables.</p>
	<p><b>Baked Cod with Spicy Teriyaki Sauce, \$10.95</b> <b>335 kcal</b></p> <p>For those who like some heat in their food, Fish &amp; Co.'s own extra spicy homemade teriyaki sauce paired with protein-rich baked cod will give a satisfying burst of flavour and nutrients. This Asian inspired dish is served with a side of fibre-rich mashed potatoes.</p>



	<p><b>Baked Salmon with Citrus Crust, \$11.95</b>  <b>437 kcal</b></p> <p>Also known as ‘brain food’, the well-loved salmon is topped with a unique citrus rub before it is popped into the oven to achieve a beautiful golden brown crust. It is accompanied by a side of seasonal vegetables.</p>
	<p><b>Baked Pollock with Mediterranean Sauce, \$9.95</b>  <b>379 kcal</b></p> <p>Inspired by Mediterranean flavours, this dish is small on calorie count but big on taste. It is served with a side of paella rice, the perfect fuel for any grueling day.</p>
	<p><b>Seafood Spaghetti, \$10.95</b>  <b>471 kcal</b></p> <p>It is mineral-rich seafood galore with this pasta dish with a generous serving of muscles, prawns, squid and fish slices all served up in a single dish. Diners have the option to choose whole wheat pasta for a healthier alternative.</p>
	<p><b>Shrimp and Clam Aglio Olio, \$8.95</b>  <b>404 kcal</b></p> <p>This timeless dish of Aglio Olio allows the fragrant aromatics from the garlic, fresh herbs and fresh and nutritious shrimps and clams take center stage. Diners have the option to opt for whole wheat pasta.</p>
	<p><b>Mediterranean Pizza, \$7.95</b>  <b>464 kcal</b></p> <p>A vegetarian pizza option featuring bold Mediterranean flavours served up atop a thin crispy golden brown crusted pizza. This meatless pizza is satisfying but guilt-free!</p>
	<p><b>Garden Salad with Garlic Balsamic, \$8.95</b>  <b>142 kcal</b></p> <p>With lowest calorie count in the category, the garden salad provides a refreshing pop of flavours for the palate. It comes with a garlic balsamic dressing that lends an acidic touch and brings a new dimension to the simple salad.</p>

## **About Fish & Co**

Established in 1998, Fish & Co. is a casual, family restaurant chain serving fresh seafood in a pan. This unique dining experience drew inspiration from the simple practices of the fishermen in the Mediterranean; who caught seafood fresh from the seas, cooked and ate the freshly cooked seafood immediately from the pan. Designed with a casual, nautical ambience, Fish & Co. restaurants, together with her friendly crew, are cheery, inviting and warm. At Fish & Co., all seafood is prepared in a simple and straightforward manner. Using only the freshest fish and seafood, as well as natural ingredients like olive oil, herbs and various spices from around the world, Fish & Co. has been delighting customers with great tasting meals in generous portions and warm, friendly service - true marks of quality and value. For more information on Fish & Co. visit our website at: <http://www.fish-co.com> or alternatively, follow us on Facebook at: <http://www.facebook.com/fishandco.sg> for the latest news



**Locations:**

313@Somerset #B3-37/38, Tel: 6634 0478

AMK Hub #02-03, Tel: 6555 6298

Bugis Junction #01-90, Tel: 6338 2836

Changi Airport Terminal 2 #036-058, Tel: 6546 4485

Clementi Mall #04-33/34, Tel: 6659 0049

Downtown East #01-40B, Tel: 6583 3039

East Coast, 91 East Coast Road, Tel: 6440 5337

Glass House, The Park Mall 01-24, Tel: 6334 1858

Jurong Point #03-34, Tel: 6898 4248

NEX Mall #01-10/11, Tel: 6634 4230

Novena Square #03-11, Tel: 6255 7001

Paragon #B1-35/36, Tel: 6733 0938

Sembawang Shopping Centre #01-01/02, Tel: 6481 9192

Tampines One #04-11, Tel: 6260 0183

VivoCity #02-116, Tel: 6224 3176

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