



ESSENTIAL FITNESS

A PERSONAL TRAINING STUDIO

Essential Choices Menu

Starters (Best picks)

New Style Hapa Sashimi– Five assorted pieces sashimi seared in garlic olive oil with cilantro and ponzu 12.00

Miso soup– Served with Tofu, scallions and wakame. 2.75

Edamame– Lightly salted soybeans. 5.00

Seasoned Edamame– Sautéed soybeans with Hapa’s spicy seasonings 5.50

Broiled Green Mussels– New Zealand green lipped mussels broiled in a Japanese aioli. 7.50

Agedashi Tofu– Traditional style tofu in a pool of dashi broth. 5.95

Salads (Best picks)

Hapa House Salad - Mixed greens in a sesame soy vinaigrette served with cucumbers, tomatoes and carrot curls. Ask for vinaigrette on the side. 5.50

Sunomono Salad– Chilled cucumber salad topped with shrimp and octopus in a sweet rice wine vinaigrette 6.00

Sushi Rolls (See main menu for current choices)

Thin slices of fresh fish or seafood rolled in rice along with condiments such as avocado, cucumber, or green onion. Look for fish and vegetable rolls. Higher fat/calorie choices include avocado, cream cheese and tempura.

Sashimi (See main menu for current choices)

Typically a slice of fresh fish or seafood served with condiments such as pickled ginger and wasabi.

Nigiri (See main menu for current choices)

Sliced fresh fish or seafood served on top of a pressed roll of rice.

Hapa Bowls (See main menu for current choices)

Ask for ½ portion of rice and fill up on fresh vegetables and lean protein such as chicken or fish.

Entrees (See main menu for current choices)

Look for fresh fish selections, including the “Catch of the Day”

Dessert (See main menu for current choices)

Choose the fresh fruit sorbets for a refreshing treat at the end of the meal!

Hapa Tips:

Watch the salt. Use only low sodium soy sauce and drink lots of water.

Go slow... It is very easy to fill up quickly. Take your time, drink a lot of water and put your chopsticks down between bites.

Enjoy the Ginger. The pickled ginger is not just for artistic display. Ginger is a natural digestion aid – helping the body digest the raw fish and seafood consumed.

*All selections have been picked by Essential Fitness Dietician Traci Thompson.

To schedule a consultation with Traci please contact Essential Fitness at the number below.

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