

Appetisers 頭盤

Thai Glass Noodle Salad 290
Blue Prawns | Coriander | Lemongrass Dressing
泰式涼拌粉絲藍蝦芫荽沙律配香茅汁

Beetroot Cured Salmon Loin 290
Pomelo | Pickled Roots | Sea Grapes | Wasabi-Mayonnaise
紅菜頭醃漬三文魚配柚子、醃根、海葡萄及日本芥末沙律醬

Poke Bowl with Marinated Tuna Cubes 300
(Choice of Brown or White Rice)
Mango | Edamame | Seasonal Vegetables | Sprouts |
Passion Fruit & Avocado Oil Dressing
醃漬吞拿魚生飯 (可選紅米飯或絲苗白飯) 配芒果、枝豆、時蔬、豆芽、熱情果牛油果汁

Ceviche Trio 310
Hokkaido Scallop | Seabass | Tuna | Avocado Slices |
Lime & Mandarin Orange | Coconut | Aji Chilli | Crisp Shallots |
Coriander
青檸柑橘醃北海道帶子、海鱸魚、吞拿魚、牛油果、椰子、秘魯辣椒、乾蔥及芫荽

Salads 沙律

	Small 細	Large 大
Alaskan King Crab Salad 255 Mango Avocado Yuzu-Dill Sour Cream 阿拉斯加皇帝蟹伴香芒牛油果沙律配柚子蒔蘿酸忌廉	255	350


 Organic Three Colors Quinoa 260
Compressed Watermelon | Feta Salad & Herbs
有機三色藜麥沙律伴濃縮西瓜配希臘芝士及香草

 Baby Romaine Caesar Salad 250 300
Blue Prawns | Crispy Pancetta | Olive Crisps |
36 Months Aged Parmigiano Cheese
凱撒沙律伴藍蝦、脆煙肉、橄欖片配 36 個月巴馬臣芝士


Roasted Chicken Salad 200 250
Spinach | Boiled Egg | Mushrooms | Bacon Dressing
香燒雞胸沙律伴菠菜、烩蛋、蘑菇配煙肉汁

 La Caprese 240
Buffalo Mozzarella | Piccadilly and Black Tomatoes | Avocado |
Basil | Aged Balsamic Dressing
意大利水牛芝士伴番茄、牛油果、羅勒配陳年意大利黑醋汁

 Niçoise Salad 290
Seared Tuna | Green Beans | Ratte Potatoes | Taggiasca Olives |
Anchovies | Poached Quail Eggs
尼斯沙律伴輕煎吞拿魚配青豆、馬鈴薯、橄欖、鯷魚及水煮鸚鵡蛋

 Buddha Bowl 245
Edamame | Red Cabbage | Mango | Young Sprouts | Corn |
Cucumber | Heirloom Tomatoes | Lettuce |
Ponzu-Sesame Dressing
羅漢素菜碗配日式橘子芝麻汁

 Vegetarian | 素菜

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以上"心靈修行"菜式已被香港 LIFE 診所認證的營養師和醫學專家 Miles Price 評為健康之選。

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Main Courses 主菜

- Pan Seared Sea Bass** 400
Provençale Vegetables Cassoulet | Butter Potatoes
香煎海鱸魚伴法式燉時蔬、牛油薯仔
- Grilled King Salmon** 400
Spiced Saffron Tagliolini | Melted Tomatoes |
Sea Grapes & Keta Caviar
烤帝皇三文魚伴香辣番紅花扁意粉、燴蕃茄、海葡萄、三文魚籽
-  **Roasted Spring Chicken** 355
Mashed Potatoes | Glazed Root Vegetables | Rosmarin Jus
燒春雞伴薯蓉、慢煮根薯菜配迷迭香汁
- Braised Beef Cheek in Shiraz Sauce** 380
Barley Risotto | Glazed Grandma Carrots
紅酒燉牛面頰肉伴全麥意大利飯、慢煮甘筍
-  **Beyond Cordon Bleu** 300
Raclette Cheese | Red Cabbage Salad |
Fruit Vinegar Dressing
瑞士芝士素肉卷伴紅椰菜沙律配水果醋汁

From The Grill 精選燒烤美食

All items from the Grill are served with your choice of two side dishes and a sauce

任何精選燒烤美食均可自選兩款配菜及一款醬汁

-  **Australian Wagyu Beef Striploin 280g** 澳洲西冷和牛 750
-  **U.S. Prime Beef Sirloin 280g** 美國頂級西冷牛排 590
-  **U.S. Prime Beef Tenderloin 200g** 美國頂級牛柳 520
-  **French Sea Bass** 法國海鱸魚 400
-  **Boston Lobster** 波士頓龍蝦 500
-  **Australian Rack of Lamb** 澳洲羊排 480


Side Dishes 自選配菜

-  **Steamed Choy Sum** 清蒸菜心 | **Roasted Baby Potatoes** 香燒馬鈴薯
-  **Wok-Fried Seasonal Vegetables** 清炒時蔬 | **Sautéed Mushrooms** 清炒蘑菇
-  **Mashed Potatoes with Truffle Oil** 松露香油薯蓉
-  **French Fries or Sweet Potato French Fries** 炸薯條或炸番薯條
-  **Sautéed Young Spinach with Garlic and Olive Oil** 香蒜欖油炒菠菜
-  **Grilled Seasonal Vegetables** 爐烤時令蔬菜
-  **Steamed Broccoli with Crispy Garlic Flakes** 脆蒜片蒸西蘭花
-  **Sautéed Green Asparagus with Parmigiano** 芝士炒青蘆筍

Sauces 醬汁

-  **Béarnaise** 牛油蛋汁
-  **Natural Beef Jus** 牛肉汁
-  **Peppercorn Jus** 胡椒汁
-  **Cepes Mushroom Jus** 牛肝菌汁




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Soups 湯類

	Small 細	Large 大
Pork and Shrimp Wonton Noodle Soup Chinese Greens 鮮蝦豬肉雲吞時菜湯麵	155	200
 Minestrone Orzo Pasta Seasonal Vegetables Borlotti Beans Tomato and Basil Bruschetta 意大利米粒麵雜菜豆湯配番茄羅勒多士		160
 Double-Boiled Chicken Soup Sea Coconut Whelk 海底椰螺頭嫩老雞湯		175
Classic Onion Soup Raclette Cheese "au Gratin" 法式芝士焗洋蔥湯		165
 Lentil Soup Lemon Wedges Sourdough Bread Crisps 蘭度豆湯伴酸酵麵包脆片		160

Sandwiches 三文治

 <i>Sourdough bread can be substituted as Well Feeling option</i> 可選擇酸酵麵包作為"心靈修行"的菜式		
 Triple Decker Sandwich Melted Cheese Gherkin Panini Bell Pepper Salsa 芝士醃青瓜意式三文治配甜椒莎莎醬		250
Grilled Beef or Chicken Kebab Pita Bread Pomegranate Olives Fattoush Salad 土耳其烤牛肉或雞肉中東包伴紅石榴、橄欖、地中海沙律		260
Peking Duck Wrap Flour Tortilla Cucumber Spring Onion Romaine Lettuce Pickled Radish Coriander Hoisin Sauce 北京烤鴨卷配海鮮醬		260
 Beyond Burger Forest Mushrooms Avocado Iceberg Lettuce Homemade Bell Pepper Sour Cream Dip 烤素肉漢堡伴蘑菇、牛油果、西生菜配自家製甜椒酸忌廉		250
Wagyu Beef Burger Cheese Lettuce Onion Gherkin Relish Tomato Homemade Ketchup BBQ Sauce 木香烤和牛肉芝士漢堡伴生菜、洋蔥、醃酸青瓜、番茄配自家製燒烤番茄醬		320
Lobster Bun Dark Brioche Lettuce Citrus Mayonnaise Sweet Potatoes Fritters Jalapeno-Cheese Dip 特級龍蝦軟包伴甜番薯脆餅配香辣芝士醬		320

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Pasta and Risotto 粉麵及意大利飯

- Fettuccine Pasta with Creamy Red Pesto Sauce 290
Glazed Zucchini Squash | Pickled Cherry Tomatoes
意大利青瓜小蕃茄香蒜忌廉醬寬條麵
- Filled Conchiglione Pasta 320
Crab Meat | White Wine Shallots | Burrata Cheese and Chives
蟹肉香蔥水牛芝士釀貝殼粉伴白酒煮乾蔥
- Spaghetti Pasta 290
Choice of Tomato Sauce | Arrabbiata Sauce |
Bolognese Sauce | Carbonara Sauce |
"Fruitti di Mare" Seafood Sauce (+HK60)
意大利粉配自選醬汁：番茄醬、辣番茄醬、牛肉醬、卡邦尼醬或海鮮番茄醬(另加\$60)
- Traditional Lasagna Bolognese 300
Tomato | Béchamel Sauce
芝士白汁番茄牛肉醬千層麵
- Demi Penne "Alfredo" Ham 290
Green Peas | Forest Mushrooms | Cheese Sauce
火腿青豆蘑菇芝士醬短通粉
- Risotto (Choice of Risotto or Barley Risotto) 380
Winter Vegetables | Black Truffle
黑松露意大利飯配冬令時蔬 (可選傳統或全麥意大利飯)

Noodles and Rice 粉麵及飯類

-  Udon in Laksa Soup 345
Alaskan King Crab Leg | Blue Prawns | Scallops
阿拉斯加皇帝蟹腳藍蝦帶子喇沙湯烏冬
-  Wok-Fried Rice Noodles 330
Beef Tenderloin | Bean Sprouts | Soy Sauce
豉油皇銀芽乾炒牛柳河粉
- Char Kway Teow 300
Prawns | Barbecued Pork | Chilli Paste
馬來西亞鮮蝦叉燒炒貴刁
- Crispy Egg Noodles 360
Seafood | Chinese Greens
中式時菜海鮮脆麵
- Pad Thai 360
Blue Prawns | Squid | Bean Curd | Egg | Tamarind
泰式海鮮炒金邊粉
- Egg Fried Rice 240
Choice of:
Barbecued Pork | Minced Beef | Chicken | Seasonal Vegetables
自選雞蛋炒飯配自選配料：(叉燒、牛肉、雞肉或素菜)

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Asian Flavours 亞洲精選

From The Wok 精選炒菜

All wok-fried items come with a choice of brown rice or white rice
任何精選炒菜均配糙米飯或絲苗白飯

- Garoupa** 390
Zucchini | Lily Bulbs | Black Fungus | X.O. Chilli Sauce
X.O. 醬百合意大利青瓜木耳炒斑球
-  **Wok-Fried Boston Lobster** 500
Asparagus | Celtnuce | Black Pepper Sauce
黑椒汁萵筍蘆筍炒波士頓龍蝦
-  **Chicken** 295
Japanese Pumpkin | Bell Peppers | Red Onion | Black Bean Sauce
豉汁日本南瓜甜椒紅洋蔥炒雞球
-  **Wagyu Beef Cubes** 385
White Maitake Mushrooms | Shishito Peppers | Chinese Yam | Teriyaki Sauce
燒汁青尖椒白舞茸淮山炒和牛粒
- Sweet and Sour Pork** 295
Bell Peppers | Onion | Pineapple
菠蘿咕嚕肉
-  **Sweet and Sour Omnipork** 280
Bell Peppers | Chinese Yam | Onion | Pineapple
菠蘿咕嚕素肉

Specialties 特選美食

- Steamed or Deep-Fried Chilean Sea Bass** 370
Yakiniku Sauce or Soy Sauce
清蒸或脆香智利海鱸魚配日式燒汁或豉油
-  **Braised Bean Curd** 280
Black Fungus | Bean Curd Sheets | Mushrooms
冬菇黑木耳鮮腐竹扒豆腐
-  **Braised Beef Ribs** 320
White Turnip | Chinese Celery
香芹蘿蔔清湯牛肋骨
- Hainanese Chicken** 335
Fragrant Rice | Traditional Condiments
Only available from Noon to 11:00 pm
海南雞飯(供應時間由中午十二時正至晚上十一時正)
-  **Classic Indian Butter Chicken** 320
Cumin Rice | Mango Chutney | Raita Sauce
印式雞肉奶油咖喱配孜然飯
-  **Thai Blue Prawn Curry** 380
Eggplant | Chinese Celery | Red Onion
泰式茄子藍蝦咖喱

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