

Healthy Lunch

PROMPT

SALAD 沙律

Vegan 全素

Boost your Hair and Skin – Vitamin K, C and Folic Acid
修護肌膚及頭髮 – 富含維他命K、C和葉酸

Roasted Pumpkin, Micro-greens, Organic Kale, Sweet Corn, Pickled Organic Beetroot, Vine-ripened Tomatoes, Bell Peppers, Organic Cucumber, Tossed Salad Greens with a Lemon Chia Seed Dressing

烤南瓜、微型菜苗、有機羽衣甘藍、甜粟米、醃有機紅菜頭、藤蔓小番茄、甜椒及有機青瓜，伴沙律菜配奇亞籽檸檬醬汁

Vegetarian 素食

Take care of your Heart (Energy Booster) – Iron, Magnesium, Protein, Carbs and Antioxidant
強健心臟、補充體力 – 富含鐵、鎂、蛋白質、碳水化合物及抗氧化物

Quinoa, Avocado, Organic Senposai, Chickpeas, Carrots, Red Cabbage, Toasted Almonds, Blueberries and Tomato with a Flaxseed Dressing

藜麥、牛油果、有機小松菜、鷹嘴豆、甘筍、紫椰菜、烤杏仁、藍莓及番茄配亞麻籽醬汁

Ricotta Cheese 意大利乳清芝士

Reinforce your Bones and Teeth – Calcium, Protein, Vitamin B6 and C
鞏固骨骼及牙齒 – 富含鈣、蛋白質、維他命B6及C

Fresh Italian Ricotta Cheese, Strawberries, Organic Mixed Lettuce, Green Apple, Cherry Tomato, Broccoli Florets and Toasted Almonds with a light Herb Dressing

新鮮意大利乳清芝士、士多啤梨、有機混合生菜、青蘋果、車厘茄、西蘭花及烤杏仁配香草醬汁

Salmon 三文魚

Feed your Brain - Omega 3, Vitamin A & C, Magnesium and Potassium
補腦良品 - 富含奧米加3、維他命A和C、鎂及鉀

Home Smoked Salmon, Dried Salmon Crumb, Tossed Salad Greens, Organic Water Spinach, Spanish Red Onion, Dill Cucumber, Roasted Capers, Avocado, Red Kidney Beans with a Honey Mustard Dressing

自家煙燻三文魚、三文魚鬆、有機蕪菜、西班牙紅洋蔥、醃青瓜、烤酸豆、牛油果及紅腰豆，伴沙律菜配蜜糖芥末醬汁





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Cod Fish 鱈魚

Help to Immunize and Prevent Sickness – Omega 3 and 6, Vitamin D & Potassium
提升免疫力 – 富含奧米加3和6、維他命D及鉀

Warm Quinoa Crusted Codfish, Brown Rice, Mixed Salad Greens, Organic Red Spinach, Cannellini Beans, Pickled Beetroot and Sundried Tomato with a Lemon Chia Seed Dressing

香脆藜麥鱈魚、糙米、混合沙律菜、有機紅菠菜、白腰豆、醃紅菜頭及番茄乾配檸檬奇亞籽醬汁

Thai Beef 泰式牛肉

Strengthen your Muscles - Iron, Vitamin B12 & C
強健肌肉 - 鐵、維他命B12和C

Grass-fed Beef Tenderloin, Organic Red Okra, Red Chili Sambal, Roasted Peanuts, Bean Sprouts, Organic Taiwan White Cabbage, Ginger, Fresh Mint, Cilantro, Lime Basil with a Fish and Sesame Sauce

草飼牛柳、有機紅秋葵、紅辣椒叁巴、烤花生、嫩豆芽、有機台灣白椰菜、薑、新鮮薄荷、芫荽、青檸及羅勒，配芝麻魚醬汁

HEALTHY DRINKS 健康特飲

Pink Lady - Cranberries, Lime and Sparkling Water 小紅莓、青檸及有汽礦泉水

Sunset - Fresh Orange, Grapefruit and Pineapple 鮮橙、西柚、菠蘿

Spicy Juice - Green Apple, Carrot, Ginger 青蘋果、甘筍、生薑

Salad bowl served with a healthy drink

沙律配健康特飲

HK\$138

Salad bowl served with a healthy drink + daily soup

沙律配健康特飲 + 每日餐湯

HK\$168

with one set of complimentary gifts pack from Melvita*

附送一份Melvita精裝護膚禮品套裝*

All prices are in Hong Kong dollars and are subject to a 10% service charge

全部價錢均以港幣計算並收取加一服務費

No discount applicable 不適用於任何優惠

Available from MON to FRI 12pm-2:30pm 星期一至五下午12時至2時半供應

We welcome enquiries from customers who wish to know whether any dishes contain particular ingredients. Please inform your order-taker of any allergy or special dietary requirements that we should be make aware of, when preparing your menu request.

我們歡迎客戶查詢和了解菜式是否含有特別成份。

當您點餐時，請向我們的客戶服務員提出任何過敏或特殊的飲食要求。

*Gifts are available on a first-come, first-served basis while stock lasts
禮物數量有限，先到先得，送完即止