



Small Plates 小碟

<p>Summer Herbal Hummus 68 香草鷹嘴豆醬 mixed bell peppers, eggplant, pomegranate and seeded crisps 燈籠椒、茄子、石榴及脆片</p>	<p>Pan-fried Paprika Calamari 98 香辣煎魷魚 chorizo, Castelvetrano olives and fresh garbanzo beans 西班牙辣肉腸、意大利橄欖及鷹嘴豆</p>	<p>Tomato Tart Tatin 108 蕃茄批 cherry tomatoes, caramelised onion, brie cheese and herbs 迷你蕃茄、焦糖洋蔥、布利芝士及香草</p>
<p>Plant-based Pork Wraps 78 泰式素豬肉生菜包 citrus, chilli, coriander and lettuce wraps 柑橘、辣椒、莧菜及生菜卷</p>	<p>Homemade Beetroot Cured Salmon 98 自家製紅菜頭醃三文魚 corn fritter, calamansi sour cream and salmon roe 粟米餅、柑橘酸忌廉及三文魚籽</p>	<p>Black Shell Mussel Pot 148 冬蔭青口鍋 lemongrass, galangal, kaffir lime in tom yum stock 香茅、南薑、檸檬葉及冬蔭湯</p>
<p>Crab Cakes 98 炸蟹餅 lime fluffy hollandaise and fresh herbs salad 青檸蛋黃醬及香草沙律</p>		

From the Garden 沙律

<p>Barley Salad 88 洋薏米沙律 toasted almonds, crispy seeds, feta cheese, pesto sauce and herbs 烤杏仁、香脆籽仁、芝士、羅勒香草醬及香草</p>	<p>Chicken Burrito Bowl 108 墨西哥式雞肉沙律 quinoa salad, grilled chicken breast, black bean and herb salad with guacamole 藜麥沙律、烤雞胸肉、黑豆及香草沙律配牛油果醬</p>
<p>Beetroot & Quinoa Salad 88 紅菜頭藜麥沙律 roasted baby beetroots, orange wedges, cranberries and baby spinach with walnut vinaigrette 烤迷你紅菜頭、橙片、小紅莓、菠菜配核桃油醋汁</p>	<p>Prawn & Lemon Orzo Salad 118 蝦肉米形意粉沙律 prawns, grilled mixed peppers, asparagus and semi-dried tomatoes with citrus vinaigrette 蝦、烤雜椒、蘆筍、蕃茄乾配柑橘油醋汁</p>
<p>Mushrooms & Goat Cheese Salad 98 蘑菇羊奶芝士沙律 sautéed mushrooms, eggplant, kale, goat cheese and walnuts with bonito dressing 炒蘑菇、茄子、羽衣甘藍、羊奶芝士及核桃配鯷魚汁</p>	<p>Burrata & Figs 138 布拉塔芝士及無花果 roasted glazed figs, parma ham and candied walnuts with honey 烤無花果、巴馬火腿及蜜餞核桃配蜜糖</p>
<p>Caesar Salad with Chicken 98 雞肉凱撒沙律 grilled chicken breast, romaine lettuce, anchovies and rosemary croutons with caesar dressing 烤雞胸肉、羅馬生菜、鯷魚、迷迭香麵包粒配凱撒沙律醬</p>	

Soups & Half 湯及沙律

Pick one of the selected soups and get a half portion of selected salads at half price. Please inquire our staff for details.

點選指定湯類食品，可以半價加選指定沙律半份，詳情請向餐廳職員查詢。

Soups from Scratch

湯

<p>Seafood Bisque 128 海鮮濃湯 fish, shellfish, seafood bouillabaisse in rich saffron broth with crispy croutons 魚、貝殼海鮮、藏紅花魚湯配香脆麵包粒</p>
<p>Mushroom Soup 68 蘑菇湯 roasted mushrooms, cured duck with garlic croutons 烤蘑菇、鴨肉片配香蒜麵包粒</p>
<p>Roasted Carrot & Apple Soup 68 甘筍蘋果湯 VEGAN</p>
<p>Beef Noodle 128 燉牛肉麵 slow-cooked short rib, green vegetables and noodles in double-boiled broth 慢煮牛肋骨、蔬菜配南京麵</p>



Body building
體格鍛鍊



Weight management
體重管理



Plant-based proteins
純素蛋白質




Vegetarian option
素食選擇



Vegan option
全素選擇

Large Plates 主菜

<p>Baby Spinach & Arugula Spätzle Pasta 128 嫩葉菠菜及火箭菜德式麵團 edamame beans, grilled artichokes and pecorino shavings 毛豆、烤亞枝竹及芝士</p> <p>Roasted Chicken Breast 158 烤雞胸肉 seasonal mushrooms, braised kale, shallots and almond cream 野菌、羽衣甘藍、紅蔥頭及杏仁忌廉</p> <p>Homemade Crispy Pork Belly 168 自家製香脆豬腩肉 parsnip mousseline, glazed shallots and green beans 白甘荀蓉、紅蔥頭及青豆</p>	<p>Pan-seared Scallops & Crispy Pork Belly 168 香煎帶子及香脆豬腩肉 sweet corn, fava beans, seasonal mushrooms and mache salad 粟米、蠶豆、野菌及沙律</p> <p>Pan-fried Salmon Fillet 168 香煎三文魚柳  clams, artichokes, baby carrots, leeks and romanesco 蜆、亞枝竹、甘荀、大蔥及羅馬椰菜花</p> <p>Slow-cooked Beef Short Rib 188 慢煮牛肋條 sautéed kale, fingerling potato and mixed herb purée 炒羽衣甘藍、馬鈴薯及香草蓉</p>	<p>Baked Cod Fish 198 烤焗鱈魚 yellow curry broth, mussels and carrot salad 黃咖喱汁、青口及甘荀沙律</p> <p>Seared Beef Tenderloin 248 香燒牛柳  chickpea stew in spiced broth, asparagus and snap peas 香辣雞心豆、蘆筍及荷蘭豆</p> <p>Chef's Weekly Dish 每週廚師精選 <i>While stock lasts, please inquire our staff 選用每週新鮮食材，詳情請向餐廳職員查詢</i></p>
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Sandwiches 三文治

<p>Grilled Vegetable Panini 118 烤雜菜意大利軟包 grilled zucchini, eggplant, tomato confit, mixed bell peppers, basil spread and melted mozzarella 烤意大利青瓜、茄子、油漬蕃茄、燈籠椒、羅勒醬及水牛芝士</p> <p>Beet & Shawarma 128 甜菜烤雞卷  beetroot hummus, vegetable julienne, chicken thigh and green apple 紅菜頭鷹嘴豆醬、雜菜絲、雞肉及青蘋果</p> <p>Tuna Club Sandwich 138 吞拿魚公司三文治 seared tuna loin, glazed soya sauce, egg, lettuce and tomato with lime and ginger sauce 燒吞拿魚柳、醬油、雞蛋、生菜及蕃茄配青檸薑沙律醬</p> <p>Impossible Burger 168 素肉漢堡包   tomato, butter lettuce and burned avocado with caramelised onion jam in homemade pesto bun 蕃茄、牛油生菜、牛油果及焦糖洋蔥醬配自家製香草包</p> <p>Cheeseburger 188 芝士漢堡包 pickles, tomato, butter lettuce, burned avocado and applewood smoked bacon with caramelised shallot jam and garlic aioli in homemade bun 酸瓜、蕃茄、牛油生菜、牛油果及蘋果木燻煙肉伴焦糖紅蔥頭醬配自家製包</p>
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Sweet Treats 甜品

<p>Pandan Creme Brulee 68 班蘭焦糖布甸 lemongrass pineapple compote and coconut sago agar-agar 蜜饯香茅菠蘿及椰汁西米果凍</p> <p>Chocolate Pavlova 68 朱古力蛋白脆餅 dark chocolate cream, raspberry confit and caramelised pistachio 朱古力忌廉、紅桑子醬及焦糖開心果</p> <p>Sugar-free Marinated Strawberry with Honey Balsamic Vinegar 68 蜜糖黑醋士多啤梨杯 vanilla mascarpone cream 雲呢拿芝士忌廉</p> <p>Mango Pudding 68 芒果布甸 mango salsa and passion fruit cream 芒果醬及百香果忌廉</p> <p>Warm Cinnamon Apple, Pear & Oatmeal Crumble 78 蘋果肉桂香梨金寶 caramelised filo and vanilla infusion ice cream 焦糖香草及雲呢拿雪糕</p> <p>Fresh Fruit & Lime Sorbet 80 鮮果配青檸雪葩</p>
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Cold Pressed Juice

<p>冷壓果汁 60</p> <p>Orange C++ carrot, orange, ginger and chia seeds 甘筍、橙、薑及奇亞籽</p> <p>Immunity Shot carrot, pineapple and lemon 甘筍、菠蘿及檸檬</p> <p>Green Energy apple, lime, ginger, spinach, celery and cucumber 蘋果、青檸、薑、菠菜、西芹及青瓜</p> <p>Supreme High kale, spinach, cucumber, lime and pineapple 羽衣甘藍、菠菜、青瓜、青檸及菠蘿</p> <p>Super Beauty beetroot, carrot, apple and lemon 紅菜頭、甘筍、蘋果及檸檬</p> <p>Emotional Detox cucumber, celery, spinach and aloe vera 青瓜、西芹、菠菜及蘆薈</p> <p>Guts Cleanse kale, spinach, parsley, celery, romaine lettuce and cucumber 羽衣甘藍、菠菜、蕃茜、西芹、羅馬生菜及青瓜</p>
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