

Starters 开胃菜

MIXED-UP VEGETABLE STICKS 8

混合蔬菜条 🍷🌱
Homemade ranch dip, vegetable sticks, whole wheat crackers
自制田园式蘸酱、蔬菜条、全麦薄饼干

CRAZY FOR MUSHROOM SOUP 10

美味蘑菇汤 🍷🌱
Button and shiitake mushrooms, milk foam, toasted baguette
草菇和香菇、奶泡、烤法式长棍面包

Sandwiches / Burgers 三明治 / 汉堡

TUNA SANDWICH 🍷🥚 10

金枪鱼三明治
Tuna mixed with Greek yoghurt, grated carrot, apple
金枪鱼搭配希腊酸奶、胡萝卜丝、苹果

GRILLED CHICKEN HAM AND CHEESE SANDWICH 14

烤鸡肉火腿和奶酪三明治
Whole wheat bread, cucumber and tomato on the side
全麦面包，搭配黄瓜和西红柿

GRASS-FED BEEF BURGER 🥚 14

草饲牛肉汉堡
Whole wheat bun, 150g beef patty, lettuce, tomato, fries
全麦小圆面包、150克牛肉饼、生菜、番茄、炸薯条

Mains 主菜

SUPER SOBA NOODLE SOUP 超级荞麦汤面 🍷🌱🥚 10

Buckwheat soba noodles, miso broth, egg, seasonal greens, corn, seaweed
荞麦面条、味噌汤、鸡蛋、时令蔬菜、玉米、海带

CHICKEN AND VEGETABLE RICE BOWL 🍷🌱 12

一碗鸡肉和蔬菜米饭
Diced chicken, seasonal vegetables, brown rice, soy sesame sauce
鸡丁、时令蔬菜、糙米饭、大豆芝麻酱

BEEF MEATBALLS AND DUO MASHED POTATO 12

牛肉丸子和两种土豆泥 🍷🌱
Potato and butternut squash mash, broccoli
土豆泥和南瓜泥、西兰花

SALMON TERIYAKI 照烧三文鱼 🍷🌱 12

Oven-baked 100g salmon fillet, quinoa, seasonal vegetables, teriyaki sauce
烘烤 100克三文鱼片、藜麦、时令蔬菜、照烧酱

FRIED RICE 炒米饭 🍷🌱 12

With choice of beef, chicken, or egg
可选择牛肉、鸡肉或鸡蛋

Bento Box 便当盒

Create your own Bento Box by choosing one main, one side dish, one vegetable and one dessert
选择一种主菜、一种配菜、一种蔬菜和一种甜点，打造您自己的便当盒

Main 主菜 | \$20

Fish 鱼: fish fingers 炸鱼条 🍷🥚	Grass-fed Beef 草饲牛肉: burger 汉堡 🍷🥚	Chicken 鸡肉: burger 汉堡 🍷🌱🥚	Vegetarian 素食: egg 鸡蛋 🍷🥚
OR 或 grilled salmon 烤三文鱼 🍷🌱🌱	OR 或 grilled mini steak 烤小牛排 🍷🌱🌱	OR 或 grilled chicken 烤鸡 🍷🌱🌱	OR 或 tofu 豆腐 🍷🌱🌱

Side Dish 配菜 French fries 炸薯条 🍷🌱	Vegetable 蔬菜 Blanched seasonal vegetables 漂烫的时令蔬菜 🍷🌱🌱🌱	Dessert 甜点 Chocolate brownie 巧克力布朗尼 🍷🥚🌱
OR 或 Mixed mashed potatoes 混合土豆泥 🍷🌱🌱	OR 或 Sweet corn and green peas 甜玉米和青豌豆 🍷🌱🌱🌱	OR 或 Fresh fruit salad 新鲜水果沙拉 🍷🌱🌱🌱
OR 或 Steamed white or brown rice 蒸白米饭或糙米饭 🍷🌱🌱🌱		OR 或 Scoop of ice cream 一勺冰淇淋 🍷🥚
		OR 或 Sorbet 雪葩 🍷🥚

Sides 配菜

FRESHLY BLANCHED SEASONAL VEGETABLES 8

新鲜漂烫的时令蔬菜 🍷🌱🌱🌱

MIXED MASHED POTATOES 混合土豆泥 🍷🌱 8

Mix of potato and butternut squash
土豆泥和冬南瓜泥混合

FRIED SWEET POTATO WEDGES 🌱🌱 8

炸甘薯角

Pasta 意式面食

POWER MAC & CHEESE 🍷🌱 10

能量通心粉和奶酪
Cauliflower, butternut squash, cheddar cheese, broccoli
菜花、冬南瓜、切达奶酪、西兰花

CHOOSE-YOUR-OWN PASTA 10

自选意式面食
Choice of: penne, macaroni, spaghetti
选择：直通粉、通心粉、意大利式细面条
Sauce: tomato and basil 🌱 | Bolognese, meatball
酱汁：番茄和罗勒 🌱 | 意大利肉酱、肉丸

Dessert 甜品

HOMEMADE FRUIT JELLO 🍷🌱🌱 10

自制水果果冻
Choice of pear or peach
可选择梨或桃

BROWNIE SURPRISE 布朗尼惊喜 🍷🥚🌱 14

Served with one scoop of vanilla, strawberry or chocolate ice cream
搭配一勺香草、草莓或巧克力冰淇淋

ICE CREAM 冰淇淋 🍷🌱 10

One scoop: choice of vanilla, strawberry, chocolate
一勺：可选择香草、草莓、巧克力

Drinks 饮品

CHOCOLATE MONKEY BANANA SMOOTHIE 5

巧克力猴子香蕉思暮雪 🍷🌱🌱🌱
Cocoa, banana, chia seeds, dates, coconut brown rice milk
可可、香蕉、奇异子、红枣、椰子糙米奶

BERRY BLAST SMOOTHIE 🍷🌱🌱 5

浆果爆炸思慕雪
Berries, banana, chia seeds, non-dairy milk
浆果、香蕉、奇异子、非乳制品奶品



All prices are subject to 10% service charge and prevailing government taxes 所有标价需另加10% 服务费及政府消费税。

