



## 康樂 Kang Le Kitchen Wellness & Nourishment Menu

*Designed for you that enjoy better things in life. Packed with nutrients and fibres, together with the goodness of Chinese herbs, wellness right from the start.*

### Each Of Our Meal Consists Of:

- Slow Cooked TCM Nourishing Soup
- 1 Meat Dish
- 1 Vegetable Dish
- Single Rice/Carb Serving
- 750ml Of Formulated Drink
- Dessert (On Selected Days/Meals)

Dessert (On Selected Days/Meals) Every meal will be prepared fresh with accordance to Singapore Food Agency (SFA) guidelines of consumption within 4 hours. All our meals are packed in Food Grade single use food ware to ensure your convenience and safety. All our dishes are delivered warm in specialised thermal bag. Please do return the thermal bag to our delivery personnel upon the delivery of the next meal.



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Chinese Yam And Shiitake Soup

#### 山藥香菇湯

#### Soup Benefit

Great source of anti-oxidant.  
Help with diabetes, by modulating oxidative stress and lipid profiles. Excellent soup for supporting the lung qi and lung yin. Help immune system.  
Have anti-inflammatory properties.

抗氧化劑的重要來源。通過調節氧化應激和脂質分佈來幫助治療糖尿病。養肺佳湯 氣和肺陰。幫助免疫系統。具有抗炎特性。

### Meat Dish

Steamed Snow Cod With Spinach  
小家碧玉

### Vegetable Dish

Hong Kong Kai Lan With Gingko  
清炒白果香港芥蘭

### Rice

Rice Berry  
紫米飯

### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)

### Dessert

Black Glutinous Rice Dried Longan Dessert  
黑糯米桂圓湯

## DINNER

### Nourishing Soup

#### Barley Tangerine Peel Pork Rib Soup 薏米仁橘皮排骨湯

#### Soup Benefit

Tangerines can improve digestion, regulate blood pressure, protect heart, and reduce risk for cancer, diabetes. Insoluble and soluble fibre content improves digestion. Beta-glucans may help lower cholesterol.

橘子可以改善消化、調節血壓、保護心臟並降低患癌症和糖尿病的風險。不溶性和可溶性纖維含量可改善消化。β-葡聚糖可能有助於降低膽固醇。

### Meat Dish

Steamed Chicken Slices With Yomeishu  
養命酒蒸肉片

### Vegetable Dish

Broccoli With Gluten  
香炒西蘭花麵筋

### Rice

Quinoa Rice  
小米飯

### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)

# 康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 2<sup>ND</sup> Day Of The Month



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## LUNCH

### Nourishing Soup

#### Haw Black Fungus and Bean Soup 山楂黑木耳黑豆湯

##### Soup Benefit

Used to treat both low blood pressure and high blood pressure. Help circulation in swollen legs and feet protecting liver, lowering cholesterol, and boosting gut health. Packed with fiber and antioxidants.

用於治療低血壓和高血壓。幫助腫脹的腿腳循環，保護肝臟，降低膽固醇，促進腸道健康。富含纖維和抗氧化劑。

### Meat Dish

Stir Fried D.O.M Pork Slice  
D.O.M炒肉片

### Vegetable Dish

Seasonal Green With Lion's Mane Mushroom  
猴頭菇炒時菜

### Carb

Traditional Mee Sua  
家乡面线

### Beverage

Tai Zi Shen Tea  
太子參茶  
(太子參 黃芪 黨參 紅棗)

## DINNER

### Nourishing Soup

#### Huai Shan Luffa Gourd Soup 淮山絲瓜湯

##### Soup Benefit

Healing liver problems, blood detoxication, joint-related issues, and to support kidneys function.  
Great for arthritis pain & muscle pain.

治癒肝臟問題、血液解毒、關節相關問題並支持腎臟功能。非常適合關節炎疼痛和肌肉疼痛。

### Meat Dish

Pan Seared Salmon With Corn Cream Sauce  
香煎三文魚玉米醬

### Vegetable Dish

Chinese Cabbage With King Oyster Mushroom  
香炒白菜杏鮑菇

### Rice

Barley Millet Rice  
薏米飯

### Beverage

Tai Zi Shen Tea  
太子參茶  
(太子參 黃芪 黨參 紅棗)

### Dessert

Detox Green Bean Lily Bub Soup  
綠豆百合湯



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## LUNCH

### Nourishing Soup

#### Mustard Green Sweet Potato Sheng Yu Soup 芥菜蕃薯魚湯

##### Soup Benefit

Contain many health-boosting antioxidants like beta carotene, which can protect your skin and lower risk factors of diabetes.

Rich source of fibre as well as containing an array of vitamins and minerals.

含有許多促進健康的抗氧化劑，如β-胡蘿蔔素，可以保護您的皮膚並降低患糖尿病的危險因素。豐富的纖維來源以及多種維生素和礦物質。

##### Meat Dish

Braised Pork Collar With Du Zhong & Sesame Oil  
杜仲麻油燜豬頸肉

##### Vegetable Dish

Chinese Yam With Lotus Root & Black Fungus  
山藥蓮藕炒黑木耳

##### Rice

Tri-Colour Grains  
三色飯

##### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

## DINNER

### Nourishing Soup

#### Ling Zhi Tian Qi Soup 靈芝田七湯

##### Soup Benefit

Benefits of ling zhi include control of blood glucose levels, modulation of the immune system, hepatoprotection, bacteriostasis, abilities to eliminate blood stasis, reduce swellings and pain, and stop bleeding.

靈芝的好處包括控制血糖水平、調節免疫系統、保肝、抑菌。具有消除瘀血、消腫止痛、止血的功效。

##### Meat Dish

Stir Fried Miso Pork With Chestnut  
日式味噌炒馬蹄肉片

##### Vegetable Dish

Baby Kai Lan With Lemongrass Sauce  
芥蘭炒香茅醬

##### Rice

Garlic Butter Rice  
香蒜飯

##### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)



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## LUNCH

### Nourishing Soup

#### American Ginseng Bei Qi Pork Slice Soup 花旗參北芪肉片湯 Soup Benefit

High in antioxidants, including carotenoids and flavonoids, which help fight against disease-causing free radicals. Filled with iron that helps to enhance oxygen distribution throughout our body, keeping us more energetic and maintaining a healthy level of immunity.

富含抗氧化劑，包括類胡蘿蔔素和類黃酮，有助於對抗引起疾病的自由基。富含鐵質，有助於增強整個身體的氧氣分佈，使我們更有活力並保持健康的免疫力水平。

### Meat Dish

Steamed Salmon With  
Snow Fungus and Gingko  
清蒸銀耳三文魚

### Vegetable Dish

Braised Herbal Tofu  
藥膳豆腐

### Rice

Five Grains  
五穀飯

### Beverage

American Ginseng Yi Shen Tea  
泡參益參茶  
(泡參 石斛 枸杞)

## DINNER

### Nourishing Soup

#### Snow Fungus, Lou Han Gou Pork Rib Soup 銀耳羅漢果排骨湯

### Soup Benefit

Improves and enhances the action of a type of white blood cell. efficacy of antibodies which are also used by the immune system.

改善和增強一種白細胞的作用。免疫系統也使用的抗體的功效。

### Meat Dish

Braised Chicken Fillet  
With Truffle Chinese Mushroom  
松露香菇焗雞柳

### Vegetable Dish

XO Edamame With Sweet Potato  
XO 炒毛豆蕃薯

### Carb

Bell Pepper Aglio Olio  
彩椒意粉

### Beverage

American Ginseng Yi Shen Tea  
泡參益參茶  
(泡參 石斛 枸杞)



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## LUNCH

### Nourishing Soup

#### Bok Choy Bean Curd Fish Soup 白菜豆腐魚湯

##### Soup Benefit

Wide variety of vitamins and minerals, as well as antioxidants and fiber that are good for your health. beneficial for heart health, bone health, and thyroid function. Great source of protein.

多種維生素和礦物質，以及對您的健康有益的抗氧化劑和纖維。有益於心臟健康、骨骼健康和甲狀腺功能。蛋白質的重要來源。

### Meat Dish

Steamed Chicken Drumstick With Black Fungus  
清蒸黑木耳雞腿

### Vegetable Dish

Snow Pea & Lily Bub With Macadamia  
雪豆百合炒堅果

### Rice

Quinoa Rice  
小米飯

### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)

### Dessert

Double Boiled Snow Fungus With Red Dates  
銀耳紅棗湯

## DINNER

### Nourishing Soup

#### Corn Silk Huai Shan Soup 玉米絲淮山湯

##### Soup Benefit

Used to treat congestive heart failure, diabetes, high blood pressure, fatigue, and high cholesterol levels. invigorates the spleen and stomach-for deficiency in energy with poor appetite, fatigue, loose stools or chronic diarrhoea.

用於治療充血性心力衰竭、糖尿病、高血壓、疲勞和高膽固醇水平。健脾胃用於氣虛、食慾不振、乏力、便溏或久瀉。

### Meat Dish

Steamed Herbal Grouper  
清蒸藥膳石斑

### Vegetable Dish

Steam Tofu With Enoki  
清蒸金針菇豆腐

### Rice

Brown Rice  
糙米飯

### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)



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## LUNCH

### Nourishing Soup

#### Qi Nourishing Soup 補氣大補湯

##### Soup Benefit

Strengthens Lung and Kidney Qi function and regulates blood. Strongly tonifies both Qi and Blood and nourishes the Yin too.

增強肺腎氣功能，調節血液。強補氣血，滋陰。

### Meat Dish

Pan Seared White Fish With Lemon Cream Sauce  
香煎白魚奶油檸檬醬

### Vegetable Dish

Cauliflower With Shiitake  
花椰燜香菇

### Carb

Straw Mushroom Bee Hoon  
(草菇素米粉)

### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)

## DINNER

### Nourishing Soup

#### He Shou Wu Black Bean Soup 何首烏黑豆湯

##### Soup Benefit

Promote general good health, especially in old age. Used to treat various health conditions, such as diabetes, hair loss, heart disease, constipation, and cancer.

Antioxidants, fiber, protein, and carbohydrates in black beans make them nutritionally powerful.

促進整體健康，尤其是在老年時。用於治療各種健康狀況，如糖尿病、脫髮、心臟病、便秘和癌症。黑豆中的抗氧化劑、纖維、蛋白質和碳水化合物使它們營養豐富。

### Meat Dish

Braised Chicken With Radish Oden Style  
日式白蘿蔔燜雞

### Vegetable Dish

Garlic Sprouts With Lily Bub & Snow Fungus  
蒜苗炒百合銀耳

### Rice

Tri-Colour Grains  
三色飯

### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)

### Dessert

Red Bean Lily Seed Soup  
紅豆蓮子湯



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## LUNCH

### Nourishing Soup

#### Bei Qi Dang Shen Dang Gui Soup 北芪党参当归汤

##### Soup Benefit

Strengthen the spleen, enhance Qi and improve digestion. enrich blood, promote blood circulation and treat blood deficiency pattern. Used to treat the common cold, upper respiratory infections, fibromyalgia, and diabetes.

健脾益氣，健脾益胃。補血活血，治療血虛證。用於治療普通感冒、上呼吸道感染、纖維肌痛和糖尿病。

##### Meat Dish

Kyoto Vinaigrette Pork Ribs  
京都排骨

##### Vegetable Dish

Stewed Potato With Lion's Mane Mushroom  
燜猴頭菇馬鈴薯

##### Rice

Garlic Butter Rice  
香蒜飯

##### Beverage

Tai Zi Shen Tea  
太子參茶  
(太子參 黃芪 党参 紅棗)

## DINNER

### Nourishing Soup

#### Sha Shen Yu Zhu Pork Rib Soup 沙參玉竹排骨湯

##### Soup Benefit

Relieve dry throat or dry heaty coughs with scanty sticky phlegm due to yin deficiency in the lung. Moistern the lungs and nourish the stomach by clearing heat.

用於肺陰虛所致的咽乾燥熱咳嗽，痰少粘稠。清熱潤肺，養胃。

##### Meat Dish

Steamed Sheng Yu With Black Fungus & Cordyceps Blossom  
清蒸虫草花生魚黑木耳

##### Vegetable Dish

Celery With Minced Meat & Black Fungus  
芹菜炒肉碎黑木耳

##### Rice

Five Grains  
五穀飯

##### Beverage

Tai Zi Shen Tea  
太子參茶  
(太子參 黃芪 党参 紅棗)





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## LUNCH

### Nourishing Soup

#### Double Strength Six Combination Soup 雙料六味湯

##### Soup Benefit

Strengthens the spleen and kidneys, improves digestion and helps to get rid of excess 'heat' in the body. Anti-aging ingredient that is beneficial for healthy skin as well.

強化脾腎，促進消化，幫助排除體內多餘的“熱量”。抗衰老成分也有益於健康的皮膚。

### Meat Dish

Seared Pork Steak With Snow Pear Plum Sauce  
香煎肉扒雪梨梅醬

### Vegetable Dish

Hong Kong Kai Lan With Fish Slice  
清炒香港芥蘭魚片

### Rice

Rice Berry  
紫米飯

### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

## DINNER

### Nourishing Soup

#### Superior Herbal Soup 十全大補湯

##### Soup Benefit

Effectively replenishes Qi and promotes vein relaxation. Keeps body warm and revitalises blood and energy. helps eliminate feelings of lethargy and other symptoms.

有效補氣，促進靜脈鬆弛。保持身體溫暖，恢復血液和能量。有助於消除嗜睡和其他症狀的感覺。

### Meat Dish

Double Boiled Pork Collar With Ginger Wine  
雙燉姜酒豬頸肉

### Vegetable Dish

Poached Broccoli And Cauliflower  
With Yuzu Dressing  
花椰柚子醬

### Carb

Classic Tomato Macaroni  
義大利番茄粉

### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)



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## LUNCH

### Nourishing Soup

#### Snow Pear Nan Bei Xing Soup 雪梨南北杏湯

##### Soup Benefit

Help moisten the lungs, relieve dryness in the throat and reduce phlegm. Provides benefit such as micronutrients which are important for cardiovascular health.

幫助潤肺，緩解喉嚨乾燥，化痰。提供益處，例如對心血管健康很重要的微量營養素。

##### Meat Dish

Japanese Sakana No Nitsuke  
日式燜三文魚

##### Vegetable Dish

Baked Vegetable & Pumpkin With Macadamia  
烤金瓜野菜堅果

##### Rice

Brown Rice  
糙米飯

##### Beverage

American Ginseng Yi Shen Tea  
泡參益參茶  
(泡參 石斛 枸杞)

##### Dessert

Barley Millet With Oats Porridge  
薏米燕麥粥

## DINNER

### Nourishing Soup

#### Nourishing Saffron Red Dates Soup 紅棗紅花生魚湯

##### Soup Benefit

Powerful spice high in antioxidants. improved mood and libido. has antioxidants that boosts immunity and has anti-inflammatory and anti-fungal properties.

富含抗氧化劑的強力香料。改善情緒和性慾。具有增強免疫力的抗氧化劑，並具有抗炎和抗真菌特性。

##### Meat Dish

Fu Zhou Sliced Pork  
福州紅糟肉片

##### Vegetable Dish

Snow Pea With Bean Curd  
雪豆炒豆乾

##### Rice

Barley Millet Rice  
薏米飯

##### Beverage

American Ginseng Yi Shen Tea  
泡參益參茶  
(泡參 石斛 枸杞)



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## LUNCH

### Nourishing Soup

#### Chrysanthemum, Pear & Fig Soup 菊花鴨梨無花果湯

##### Soup Benefit

Treat respiratory problems, high blood pressure, and hyperthyroidism. Reduce inflammation and calm your nerves. High in natural sugars, minerals and soluble fibre.

治療呼吸系統問題、高血壓和甲狀腺功能亢進。減少炎症並鎮靜您的神經。富含天然糖分、礦物質和可溶性纖維。

##### Meat Dish

Stir Fried Pork Slice With Capsicum  
彩椒炒肉片

##### Vegetable Dish

Celery With Cashew Nut  
芹菜炒腰果

##### Carb

Stir Fry Hokkien Bee Hoon  
福建白米粉

##### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)

## DINNER

### Nourishing Soup

#### Pork Rib Black Fungus In Glutinous Rice Wine Soup 黑木耳米酒排骨湯

##### Soup Benefit

Promoting appetite, helping digestion, relieving summer heat, refreshing oneself, promoting blood circulation, and moisturizing skin. Black fungus improve blood circulation.

促進食慾、幫助消化、解暑、提神、活血、潤膚。黑木耳改善血液循環。

##### Meat Dish

Seared Chicken Fillet In Cranberry Sauce  
香煎蔓越莓鸡

##### Vegetable Dish

Braised Lotus Root With Gluten & Mushroom  
燜蓮藕片香菇麵筋

##### Rice

Garlic Butter Rice  
香蒜飯

##### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)

##### Dessert

Double Boiled Peach Gum With Honey Dates  
桃膠蜜棗湯



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## LUNCH

### Nourishing Soup

#### Salmon Corn Soup 玉米三文魚湯

##### Soup Benefit

High fiber content, it can aid with digestion. It also contains valuable B vitamins, which are important to your overall health. Salmon is also one of the best sources of vitamin B12.

纖維含量高，可以幫助消化。它還含有寶貴的B族維生素，這對您的整體健康很重要。三文魚也是維生素B12的最佳來源之一。

##### Meat Dish

Seared Chicken Chop With Black Garlic Truffle Sauce  
香煎雞扒松露黑蒜醬

##### Vegetable Dish

Broccoli With Capsicum  
香炒西蘭花彩椒

##### Rice

Five Grains  
五穀飯

##### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)

## DINNER

### Nourishing Soup

#### Black Garlic Ba Kut Teh 黑蒜肉骨茶

##### Soup Benefit

With its antioxidants, black garlic can help reduce inflammation in the body and prevent cognitive conditions such as Alzheimer's disease and Parkinson's disease. It may also help to improve memory and other parts of cognitive function.

黑蒜可以幫助減少體內炎症並預防阿爾茨海默病和帕金森病等認知疾病。它還可能有助於改善記憶力和認知功能的其他部分。

##### Meat Dish

Threadfin In Homemade Sauce  
香煎家鄉午魚

##### Vegetable Dish

Poach Nai Bai With Truffle King Oyster Mushroom  
松露奶白杏鮑菇

##### Rice

Rice Berry  
紫米飯

##### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)



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## LUNCH

### Nourishing Soup

#### Double Strength Shi Sheng Soup 雙料四神湯

##### Soup Benefit

Improving appetite and is commonly given to children with poor appetites. Strengthens the body, improves body weight and improves appetite.

改善食慾，通常用於食慾不佳的兒童。強身健體，改善體重，改善食慾。

##### Meat Dish

Stir Fried Pork Slice With Tangerine Peel  
香橘子皮炒肉片

##### Vegetable Dish

Green Capsicum With Pork Strip  
青椒肉絲

##### Rice

Quinoa Rice  
小米飯

##### Beverage

Tai Zi Shen Tea  
太子參茶  
(太子參 黃芪 黨參 紅棗)

## DINNER

### Nourishing Soup

#### Beetroot And Corn Soup 甜菜根玉米湯

##### Soup Benefit

Beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Improved blood flow, lower blood pressure, and increased exercise performance.

甜菜根是纖維、葉酸（維生素 B9）、錳、鉀、鐵和維生素 C 的重要來源。改善血液流動、降低血壓並提高運動表現。

##### Meat Dish

Stewed Chicken Thigh With Green Pea  
雞尾肉燜青豆

##### Vegetable Dish

Chinese Yam With Carrot And Pork Slice  
山藥蘿蔔炒肉片

##### Carb

Traditional Mee Sua  
家乡面线

##### Beverage

Tai Zi Shen Tea  
太子參茶  
(太子參 黃芪 黨參 紅棗)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Dang Gui Dried Longan Soup 當歸桂圓湯

##### Soup Benefit

Enrich blood, promote blood circulation and treat blood deficiency pattern. Contains a good amount of potassium, which helps control blood pressure.

補血活血，治療血虛證。含有大量鉀，有助於控制血壓。

### Meat Dish

Pan Seared Snow Cod Fillet With Yuzu Sauce  
香煎柚子雪魚

### Vegetable Dish

Stew Chinese Cabbage With Gluten  
白菜燜麵筋

### Rice

Barley Millet Rice  
薏米飯

### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

### Dessert

Detox Green Bean Lily Bub Soup  
綠豆百合湯

## DINNER

### Nourishing Soup

#### Du Zhong Sesame Oil Pork Slice Soup 杜仲麻油肉片湯

##### Soup Benefit

Used to nourish the kidneys and liver, strengthen muscles and bones and lower blood pressure. High in antioxidants. Has strong anti-inflammatory properties.  
Good for your heart.

May help control blood sugar.

用於滋養腎臟和肝臟，增強肌肉和骨骼，降低血壓。抗氧化劑含量高。具有很強的抗炎特性。對你的心臟有好處。可能有助於控制血糖。

### Meat Dish

Bulgogi Pork Slice  
韓式燒醬豬肉片

### Vegetable Dish

Braised Bean Curd With Chayote & Mushroom  
燜佛手瓜香菇豆乾

### Rice

Tri-Colour Grains  
三色飯

### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Cordyceps Blossom Pork Rib Soup 虫草花排骨湯 Soup Benefit

Renowned for its immune-boosting properties as well as its role in promoting healthy cognitive function, cordyceps flower helps strengthen your immune and respiratory system, reduce fatigue and revitalise your body with its anti-ageing properties.

冬蟲夏草花以其增強免疫的特性以及促進健康認知功能的作用而聞名，它的抗衰老特性有助於增強您的免疫和呼吸系統，減少疲勞並讓您的身體恢復活力。

### Meat Dish

Braised Minced Pork With  
Lotus Root & Bitter gourd Slice  
紅燒釀蓮藕苦瓜片

### Vegetable Dish

Steamed Tofu With Fu Ling and Snow Fungus  
清蒸茯苓銀耳豆腐

### Carb

Bell Pepper Aglio Olio  
彩椒意粉

### Beverage

American Ginseng Yi Shen Tea  
泡參益參茶  
(泡參 石斛 枸杞)

## DINNER

### Nourishing Soup

#### Lion's Mane Huang Qi Soup 猴頭菇黃芪湯 Soup Benefit

Protect against dementia, reduce mild symptoms of anxiety and depression and help repair nerve damage.

It also has strong anti-inflammatory, antioxidant and immune-boosting abilities and been shown to lower the risk of heart disease, cancer, ulcers and diabetes.

防癡呆，減輕焦慮和抑鬱的輕微症狀，並有助於修復神經損傷。它還具有很強的抗炎、抗氧化和增強免疫能力，並已被證明可以降低患心臟病、癌症、潰瘍和糖尿病的風險。

### Meat Dish

Pan Seared Salmon With Plum Sauce  
香煎三文魚香梅醬

### Vegetable Dish

XO French Bean With Macadamia  
XO 堅果四季豆

### Rice

Five Grains  
五穀飯

### Beverage

American Ginseng Yi Shen Tea  
泡參益參茶  
(泡參 石斛 枸杞)

### Dessert

Eight Treasure Soup  
八寶湯



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Barley Tangerine Peel Pork Rib Soup

#### 薏米仁橘皮排骨湯 Soup Benefit

Tangerines can improve digestion, regulate blood pressure, protect heart, and reduce risk for cancer, diabetes. Insoluble and soluble fibre content improves digestion. Beta-glucans may help lower cholesterol.

橘子可以改善消化、調節血壓、保護心臟並降低患癌症和糖尿病的風險。不溶性和可溶性纖維含量可改善消化。β-葡聚糖可能有助於降低膽固醇。

### Meat Dish

Steamed Chicken Slices With Yomeishu  
養命酒蒸肉片

### Vegetable Dish

Broccoli With Gluten And King Oyster  
Mushroom  
香炒西蘭花麵筋杏鮑菇

### Rice

Rice Berry  
紫米飯

### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)

## DINNER

### Nourishing Soup

#### Old Cucumber Lotus Root Soup

#### 老黃瓜蓮藕湯 Soup Benefit

Remedy in Cantonese culture to detoxify the digestive tract, help soothe sore throats and coughs, and contribute anti-aging benefits. Decrease swelling, kill cancer cells and bacteria, reduce blood sugar.

廣東文化中的偏方，可排毒消化道，幫助緩解喉嚨痛和咳嗽，並有助於抗衰老。消腫，殺死癌細胞和細菌，降低血糖。

### Meat Dish

Stir Fried Sheng Yu With Onion And Ginger  
姜蔥生魚片

### Vegetable Dish

Shanghai Green With Shiitake  
上海青炒香菇

### Rice

Quinoa Rice  
小米飯

### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)





🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Huai Shan Luffa Gourd Soup 淮山絲瓜湯

##### Soup Benefit

Healing liver problems, blood detoxication, joint-related issues, and to support kidneys function.  
Great for arthritis pain & muscle pain.

治癒肝臟問題、血液解毒、關節相關問題並支持腎臟功能。非常適合關節炎疼痛和肌肉疼痛。

### Meat Dish

Pan Seared Salmon With Corn Cream Sauce  
香煎三文魚玉米醬

### Vegetable Dish

Chinese Cabbage With King Oyster Mushroom  
香炒白菜杏鮑菇

### Rice

Garlic Butter Rice  
香蒜飯

### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)

## DINNER

### Nourishing Soup

#### Revitalising Tonic Soup 康樂湯

##### Soup Benefit

Strongly tonifies both Qi and Blood and nourishes the Yin too. Suitable for: Those with Qi and Blood deficiency.

強補氣血，滋陰。適用人群：氣血不足者。

### Meat Dish

Slow Cooked Teriyaki Pork Rib With Vegetable  
慢煮日式排骨

### Vegetable Dish

Spinach With White Bait  
菠菜炒白飯魚

### Carb

Straw Mushroom Bee Hoon  
(草菇素米粉)

### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Ling Zhi Tian Qi Soup 靈芝田七湯

##### Soup Benefit

Benefits of ling zhi include control of blood glucose levels, modulation of the immune system, hepatoprotection, bacteriostasis, abilities to eliminate blood stasis, reduce swellings and pain, and stop bleeding.

靈芝的好處包括控制血糖水平、調節免疫系統、保肝、抑菌。具有消除瘀血、消腫止痛、止血的功效。

##### Meat Dish

Stir Fried Miso Pork With Chestnut  
日式味噌炒馬蹄肉片

##### Vegetable Dish

Baby Kai Lan With Lemongrass Sauce  
芥蘭炒香茅醬

##### Rice

Tri-Colour Grains  
三色飯

##### Beverage

Tai Zi Shen Tea  
太子參茶  
(太子參 黃芪 黨參 紅棗)

##### Dessert

Red Bean Lily Seed Soup  
紅豆蓮子湯

## DINNER

### Nourishing Soup

#### Chinese Yam And Shiitake Soup 山藥香菇湯 Soup Benefit

Great source of anti-oxidant. Help with diabetes, by modulating oxidative stress and lipid profiles. Excellent soup for supporting the lung qi and lung yin. Help immune system. Have anti-inflammatory properties.

抗氧化劑的重要來源。通過調節氧化應激和脂質分佈來幫助治療糖尿病。養肺佳湯 氣和肺陰。幫助免疫系統。具有抗炎特性。

##### Meat Dish

Steamed Snow Cod With Spinach  
小家碧玉

##### Vegetable Dish

Hong Kong Kai Lan With Gingko  
清炒白果香港芥蘭

##### Rice

Brown Rice  
糙米飯

##### Beverage

Tai Zi Shen Tea  
太子參茶  
(太子參 黃芪 黨參 紅棗)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

Snow Fungus, Lou Han Gou  
Pork Rib Soup  
銀耳羅漢果排骨湯

#### Soup Benefit

Improves and enhances the action of a type of white blood cell. efficacy of antibodies which are also used by the immune system.

改善和增強一種白細胞的作用。免疫系統也使用的抗體的功效。

### Meat Dish

Sweet & Sour Fish  
酸甜魚片

### Vegetable Dish

XO Edamame With Sweet Potato  
XO炒毛豆蕃薯

### Carb

Classic Tomato Macaroni  
義大利番茄粉

### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

## DINNER

### Nourishing Soup

Haw Black Fungus and Bean  
Soup  
山楂黑木耳黑豆湯

#### Soup Benefit

Used to treat both low blood pressure and high blood pressure. Help circulation in swollen legs and feet protecting liver, lowering cholesterol, and boosting gut health. Packed with fiber and antioxidants.

用於治療低血壓和高血壓。幫助腫脹的腿腳循環，保護肝臟，降低膽固醇，促進腸道健康。富含纖維和抗氧化劑。

### Meat Dish

Stir Fried D.O.M Pork Slice  
D.O.M炒肉片

### Vegetable Dish

Seasonal Green With Lion's Mane Mushroom  
猴頭菇炒時菜

### Rice

Rice Berry  
紫米飯

### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

### Dessert

Snow Pear Chuan Bei Soup  
雪梨川貝湯



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Corn Silk Huai Shan Soup 玉米絲淮山湯

##### Soup Benefit

Used to treat congestive heart failure, diabetes, high blood pressure, fatigue, and high cholesterol levels. invigorates the spleen and stomach-for deficiency in energy with poor appetite, fatigue, loose stools or chronic diarrhoea.

用於治療充血性心力衰竭、糖尿病、高血壓、疲勞和高膽固醇水平。健脾胃用於氣虛、食慾不振、乏力、便溏或久瀉。

##### Meat Dish

Steamed Herbal Grouper  
清蒸藥膳石斑

##### Vegetable Dish

Steam Tofu With Enoki  
清蒸金針菇豆腐

##### Rice

Quinoa Rice  
小米飯

##### Beverage

American Ginseng Yi Shen Tea  
泡參益參茶  
(泡參 石斛 枸杞)

## DINNER

### Nourishing Soup

#### Mustard Green Sweet Potato Sheng Yu Soup 芥菜蕃薯魚湯

##### Soup Benefit

Contain many health-boosting antioxidants like beta carotene, which can protect your skin and lower risk factors of diabetes.

Rich source of fibre as well as containing an array of vitamins and minerals.

含有許多促進健康的抗氧化劑，如β-胡蘿蔔素，可以保護您的皮膚並降低患糖尿病的危險因素。豐富的纖維來源以及多種維生素和礦物質。

##### Meat Dish

Braised Pork Collar With Du Zhong & Sesame Oil  
杜仲麻油燜豬頸肉

##### Vegetable Dish

Chinese Yam With Lotus Root & Black Fungus  
山藥蓮藕炒黑木耳

##### Rice

Brown Rice  
糙米飯

##### Beverage

American Ginseng Yi Shen Tea  
泡參益參茶  
(泡參 石斛 枸杞)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### He Shou Wu Black Bean Soup 何首烏黑豆湯

##### Soup Benefit

Promote general good health, especially in old age.  
Used to treat various health conditions, such as diabetes, hair loss, heart disease, constipation, and cancer.

Antioxidants, fiber, protein, and carbohydrates in black beans make them nutritionally powerful.

促進整體健康，尤其是在老年時。用於治療各種健康狀況，如糖尿病、脫髮、心臟病、便秘和癌症。黑豆中的抗氧化劑、纖維、蛋白質和碳水化合物使它們營養豐富。

### Meat Dish

Braised Chicken With Radish Oden Style  
日式白蘿蔔燜雞

### Vegetable Dish

Garlic Sprouts With Lily Bud & Snow Fungus  
蒜苗炒百合銀耳

### Rice

Barley Millet Rice  
薏米飯

### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)

## DINNER

### Nourishing Soup

#### American Ginseng Bei Qi Pork Slice Soup 花旗參北芪肉片湯

##### Soup Benefit

Boost energy, lower blood sugar and cholesterol levels, reduce stress, promote relaxation, treat diabetes.

Protect against heart disease. It's also used to help improve overall weakness.

增強能量，降低血糖和膽固醇水平，減輕壓力，促進放鬆，治療糖尿病。預防心臟病。它還用於幫助改善整體弱點。

### Meat Dish

Steamed Salmon With Snow Fungus and Gingko  
清蒸銀耳三文魚

### Vegetable Dish

Braised Herbal Tofu  
藥膳豆腐

### Carb

Stir Fry Hokkien Bee Hoon  
福建白米粉

### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Sha Shen Yu Zhu Pork Rib Soup 沙參玉竹排骨湯

##### Soup Benefit

Relieve dry throat or dry hearty coughs with scanty sticky phlegm due to yin deficiency in the lung. Moisten the lungs and nourish the stomach by clearing heat.

用於肺陰虛所致的咽乾燥熱咳嗽，痰少粘稠。  
清熱潤肺，養胃。

### Meat Dish

Steamed Sheng Yu With Black Fungus & Cordyceps Blossom  
清蒸虫草花生魚黑木耳

### Vegetable Dish

Celery With Minced Meat & Black Fungus  
芹菜炒肉碎黑木耳

### Rice

Garlic Butter Rice  
香蒜飯

### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)

### Dessert

Double Boiled Peach Gum With Honey Dates  
桃膠蜜棗湯

## DINNER

### Nourishing Soup

#### Bok Choy BeanCurd Fish Soup 白菜豆腐魚湯

##### Soup Benefit

Wide variety of vitamins and minerals, as well antioxidants and fiber that are good for your health. beneficial for heart health, bone health, and thyroid function. Great source of protein.

多種維生素和礦物質，以及對您的健康有益的抗氧化劑和纖維。有益於心臟健康、骨骼健康和甲狀腺功能。蛋白質的重要來源。

### Meat Dish

Steamed Chicken Drumstick With Black Fungus  
清蒸黑木耳雞腿

### Vegetable Dish

Snow Pea & Lily Bub With Macadamia  
雪豆百合炒堅果

### Rice

Five Grains  
五穀飯

### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Lung Tonic Soup 補肺湯

##### Soup Benefit

To nourish and improve appetite. Moisten the lungs and throat. Reduce dryness and make breathing more refreshing.

以滋養和改善食慾。潤肺潤喉。減少干燥，讓呼吸更清爽。

### Meat Dish

Braised Stuffed Gluten With Herbal Sauce  
藥膳釀麵筋

### Vegetable Dish

Luffa Gourd With Minced Meat  
絲瓜炒肉碎

### Carb

Traditional Mee Sua  
家乡面线

### Beverage

Tai Zi Shen Tea  
太子参茶  
(太子参 黄芪 党参 红枣)

## DINNER

### Nourishing Soup

#### Qi Nourishing Soup 補氣大補湯

##### Soup Benefit

Strengthens Lung and Kidney Qi function and regulates blood. Strongly tonifies both Qi and Blood and nourishes the Yin too.

增強肺腎氣功能，調節血液。強補氣血，滋陰。

### Meat Dish

Pan Seared White Fish With Lemon Cream Sauce  
香煎白鱼奶油檸檬醬

### Vegetable Dish

Cauliflower With Shiitake  
花椰燜香菇

### Rice

Quinoa Rice  
小米飯

### Beverage

Tai Zi Shen Tea  
太子参茶  
(太子参 黄芪 党参 红枣)

### Dessert

Black Glutinous Rice Dried Longan Dessert  
黑糯米桂圆湯



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Superior Herbal Soup 十全大補湯

##### Soup Benefit

Effectively replenishes Qi and promotes vein relaxation.

Keeps body warm and revitalises blood and energy. helps eliminate feelings of lethargy and other symptoms.

有效補氣，促進靜脈鬆弛。保持身體溫暖，恢復血液和能量。有助於消除嗜睡和其他症狀的感覺。

##### Meat Dish

Steamed Grouper HK Style With Tofu  
港蒸豆腐石斑魚

##### Vegetable Dish

Snow Pea With Bean Curd  
雪豆炒豆乾

##### Rice

Brown Rice  
糙米飯

##### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

## DINNER

### Nourishing Soup

#### Bei Qi Dang Shen Dang Gui Soup 北芪黨參當歸湯

##### Soup Benefit

Strengthen the spleen, enhance Qi and improve digestion. enrich blood, promote blood circulation and treat blood deficiency pattern. Used to treat the common cold, upper respiratory infections, fibromyalgia, and diabetes.

健脾益氣，健脾益胃。補血活血，治療血虛證。用於治療普通感冒、上呼吸道感染、纖維肌痛和糖尿病。

##### Meat Dish

Stir Fried Black Bean Pork  
黑豆炒豬肉

##### Vegetable Dish

Stewed Potato With Lion's Mane  
Mushroom  
燜猴頭菇馬鈴薯

##### Rice

Barley Millet Rice  
薏米飯

##### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)





🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Nourishing Saffron Red Dates Soup 紅棗紅花生魚湯

##### Soup Benefit

Powerful spice high in antioxidants, improved mood and libido. has antioxidants that boosts immunity and has anti-inflammatory and anti-fungal properties.

富含抗氧化劑的強力香料。改善情緒和性慾。具有增強免疫力的抗氧化劑，並具有抗炎和抗真菌特性。

### Meat Dish

Stir Fried Sesame Pork Slice With Apricot  
杏片芝麻醬炒肉片

### Vegetable Dish

Braised Lotus Root With Gluten & Mushroom  
燜蓮藕片香菇麵筋

### Rice

Tri-Colour Grains  
三色飯

### Beverage

American Ginseng Yi Shen Tea  
泡參益參茶  
(泡參 石斛 枸杞)

## DINNER

### Nourishing Soup

#### Double Strength Six Combination Soup 雙料六味湯

##### Soup Benefit

Strengthens the spleen and kidneys, improves digestion and helps to get rid of excess 'heat' in the body. Anti-aging ingredient that is beneficial for healthy skin as well.

強化脾腎，促進消化，幫助排除體內多餘的“熱量”。抗衰老成分也有益於健康的皮膚。

### Meat Dish

Seared Chicken Steak With Snow Pear Plum Sauce  
香煎雞扒雪梨梅醬

### Vegetable Dish

Hong Kong Kai Lan With Fish Slice  
清炒香港芥蘭魚片

### Carb

Bell Pepper Aglio Olio  
彩椒意粉

### Beverage

American Ginseng Yi Shen Tea  
泡參益參茶  
(泡參 石斛 枸杞)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

**Pork Rib Black Fungus In  
Glutinous Rice Wine Soup**  
黑木耳米酒排骨湯

#### Soup Benefit

Promoting appetite, helping digestion, relieving summer heat, refreshing oneself, promoting blood circulation, and moisturizing skin. Black fungus improve blood circulation.

促進食慾、幫助消化、解暑、提神、活血、潤膚。黑木耳改善血液循環。

### Meat Dish

Stir Fried Chinese Yam With Pork Cube  
山藥炒肉丁

### Vegetable Dish

Poach Nai Bai With Truffle King Oyster Mushroom  
松露奶白杏鮑菇

### Rice

Five Grains  
五穀飯

### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)

### Dessert

Eight Treasure Soup  
八寶湯

## DINNER

### Nourishing Soup

**Snow Pear Nan Bei Xing Soup**  
雪梨南北杏湯

#### Soup Benefit

Help moisten the lungs, relieve dryness in the throat and reduce phlegm. Provides benefit such as micronutrients which are important for cardiovascular health.

幫助潤肺，緩解喉嚨乾燥，化痰。提供益處，例如對心血管健康很重要的微量營養素。

### Meat Dish

Mediterranean Seared White Fish  
With Fresh Tomato Sauce  
地中海白魚番茄醬

### Vegetable Dish

Baked Vegetable & Pumpkin With Macadamia  
烤金瓜野菜堅果

### Rice

Rice Berry  
紫米飯

### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Beetroot And Corn Soup 甜菜根玉米湯

##### Soup Benefit

Beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Improved blood flow, lower blood pressure, and increased exercise performance.

甜菜根是纖維、葉酸（維生素 B9）、錳、鉀、鐵和維生素 C 的重要來源。改善血液流動、降低血壓並提高運動表現。

##### Meat Dish

Stewed Chicken Thigh With Green Pea  
雞尾肉燜青豆

##### Vegetable Dish

Chinese Yam With Carrot And Pork Slice  
山藥蘿蔔炒肉片

##### Carb

Straw Mushroom Bee Hoon  
(草菇素米粉)

##### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)

## DINNER

### Nourishing Soup

#### Chrysanthemum, Pear & Fig Soup 菊花鴨梨無花果湯

##### Soup Benefit

Treat respiratory problems, high blood pressure, and hyperthyroidism. Reduce inflammation and calm your nerves. High in natural sugars, minerals and soluble fibre.

治療呼吸系統問題、高血壓和甲狀腺功能亢進。減少炎症並鎮靜您的神經。富含天然糖分、礦物質和可溶性纖維。

##### Meat Dish

Stir Fried Pork Slice With Capsicum  
彩椒炒肉片

##### Vegetable Dish

Celery With Cashew Nut  
芹菜炒腰果

##### Rice

Brown Rice  
糙米飯

##### Beverage

Mulberry Mistletoe Tea  
桑寄生茶  
(桑寄生 枸杞 紅棗)

##### Dessert

Double Boiled Snow Fungus With Red Dates  
銀耳紅棗湯



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

**Black Garlic Ba Kut Teh**  
黑蒜肉骨茶

#### Soup Benefit

With its antioxidants, black garlic can help reduce inflammation in the body and prevent cognitive conditions such as Alzheimer's disease and Parkinson's disease. It may also help to improve memory and other parts of cognitive function.

黑蒜可以幫助減少體內炎症並預防阿爾茨海默病和帕金森病等認知疾病。它還可能有助於改善記憶力和認知功能的其他部分。

### Meat Dish

Pan Seared Salmon With Plum Sauce  
香煎三文魚香梅醬

### Vegetable Dish

Braised Bean Curd With Chayote & Mushroom  
燜佛手瓜香菇豆乾

### Rice

Barley Millet Rice  
薏米飯

### Beverage

Tai Zi Shen Tea  
太子參茶  
(太子參 黃芪 黨參 紅棗)

## DINNER

### Nourishing Soup

**Salmon Corn Soup**  
玉米三文魚湯

#### Soup Benefit

High fiber content, it can aid with digestion. It also contains valuable B vitamins, which are important to your overall health. Salmon is also one of the best sources of vitamin B12.

纖維含量高，可以幫助消化。它還含有寶貴的B族維生素，這對您的整體健康很重要。三文魚也是維生素 B12 的最佳來源之一。

### Meat Dish

Seared Chicken Chop With Black Garlic Truffle Sauce  
香煎雞扒松露黑蒜醬

### Vegetable Dish

Broccoli With Capsicum  
香炒西蘭花彩椒

### Rice

Tri-Colour Grains  
三色飯

### Beverage

Tai Zi Shen Tea  
太子參茶  
(太子參 黃芪 黨參 紅棗)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Du Zhong Sesame Oil Pork Slice Soup 杜仲麻油肉片湯

##### Soup Benefit

Used to nourish the kidneys and liver, strengthen muscles and bones and lower blood pressure. High in antioxidants. Has strong anti-inflammatory properties.

Good for your heart.

May help control blood sugar.

用於滋養腎臟和肝臟，增強肌肉和骨骼，降低血壓。抗氧化劑含量高。具有很強的抗炎特性。對你的心臟有好處。可能有助於控制血糖。

### Meat Dish

Slow Braised Iberico Pork With Potato  
清燉土豆伊比利亞豬肉

### Vegetable Dish

XO French Bean With Macadamia  
XO 堅果四季豆

### Rice

Quinoa Rice  
小米飯

### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

## DINNER

### Nourishing Soup

#### Dang Gui Dried Longan Soup 當歸桂圓湯

##### Soup Benefit

Enrich blood, promote blood circulation and treat blood deficiency pattern. Contains a good amount of potassium, which helps control blood pressure.

補血活血，治療血虛證。含有大量鉀，有助於控制血壓。

### Meat Dish

Pan Seared Snow Cod Fillet With Yuzu Sauce  
香煎柚子雪魚

### Vegetable Dish

Green Capsicum With Pork Strip  
青椒肉絲

### Carb

Classic Tomato Macaroni  
義大利番茄粉

### Beverage

An Qi Tea  
安琪茶  
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Lion's Mane Huang Qi Soup 猴頭菇黃芪湯

##### Soup Benefit

Protect against dementia, reduce mild symptoms of anxiety and depression and help repair nerve damage. It also has strong anti-inflammatory, antioxidant and immune-boosting abilities and been shown to lower the risk of heart disease, cancer, ulcers and diabetes.

預防癡呆，減輕焦慮和抑鬱的輕微症狀，並有助於修復神經損傷。它還具有很強的抗炎、抗氧化和增強免疫能力，並已被證明可以降低患心臟病、癌症、潰瘍和糖尿病的風險。

##### Meat Dish

Stir Fried Chicken Cube  
In Miso Honey Lemon Sauce  
味增香柠蜜汁鸡丁

##### Vegetable Dish

Shanghai Green With Shiitake  
上海青炒香菇

##### Rice

Tri-Colour Grains  
三色飯

##### Beverage

American Ginseng Yi Shen Tea  
泡参益参茶  
(泡参 石斛 枸杞)

##### Dessert

Snow Pear Chuan Bei Soup  
雪梨川貝湯

## DINNER

### Nourishing Soup

#### Cordyceps Blossom Pork Rib Soup 虫草花排骨湯 Soup Benefit

Renowned for its immune-boosting properties as well as its role in promoting healthy cognitive function, cordyceps flower helps strengthen your immune and respiratory system, reduce fatigue and revitalise your body with its anti-ageing properties.

冬蟲夏草花以其增強免疫的特性以及促進健康認知功能的作用而聞名，它的抗衰老特性有助於增強您的免疫和呼吸系統，減少疲勞並讓您的身體恢復活力。

##### Meat Dish

Stir Fried Pork Slice With Tangerine Peel  
香橘子皮炒肉片

##### Vegetable Dish

Stew Chinese Cabbage With Gluten  
白菜燜麵筋

##### Rice

Garlic Butter Rice  
香蒜飯

##### Beverage

American Ginseng Yi Shen Tea  
泡参益参茶  
(泡参 石斛 枸杞)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Old Cucumber Lotus Root Soup

#### 老黃瓜蓮藕湯

#### Soup Benefit

Remedy in Cantonese culture to detoxify the digestive tract, help soothe sore throats and coughs, and contribute anti-aging benefits. Decrease swelling, kill cancer cells and bacteria, reduce blood sugar.

廣東文化中的偏方，可排毒消化道，幫助緩解喉嚨痛和咳嗽，並有助於抗衰老。消腫，殺死癌細胞和細菌，降低血糖。

### Meat Dish

Double Boiled Pork Collar With Ginger Wine  
雙燉姜酒豬頸肉

### Vegetable Dish

Poached Broccoli And Cauliflower With Yuzu  
Dressing  
花椰柚子醬

### Carb

Stir Fry Hokkien Bee Hoon  
福建白米粉

### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)

## DINNER

### Nourishing Soup

#### Double Strength Shi Sheng Soup

#### 雙料四神湯

#### Soup Benefit

Improving appetite and is commonly given to children with poor appetites. Strengthens the body, improves body weight and improves appetite.

改善食慾，通常用於食慾不佳的兒童。強身健體，改善體重，改善食慾。

### Meat Dish

Braised Minced Pork With  
Lotus Root & Bitter gourd Slice  
紅燒釀蓮藕苦瓜片

### Vegetable Dish

Steamed Tofu With Fu Ling and Snow Fungus  
清蒸茯苓銀耳豆腐

### Rice

Rice Berry  
紫米飯

### Beverage

Noble Dendrobium Chrysanthemum Tea  
石斛菊花茶  
(石斛 菊花 枸杞)

### Dessert

Barley Millet With Oats Porridge  
薏米燕麥粥

# 康樂 Kang Le Kitchen (Post Surgery / Treatment Menu) 31<sup>ST</sup> Day Of The Month



🚫 NO Chicken & Egg. 🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

## LUNCH

### Nourishing Soup

#### Revitalising Tonic Soup 康樂湯

##### Soup Benefit

Strongly tonifies both Qi and Blood and nourishes the Yin too. Suitable for: Those with Qi and Blood deficiency.

強補氣血，滋陰。適用人群：氣血不足者。

### Meat Dish

Threadfin In Homemade Sauce  
香煎家鄉午魚

### Vegetable Dish

Spinach With White Bait  
菠菜炒白飯魚

### Rice

Quinoa Rice  
小米飯

### Beverage

Huang Qi Red Dates Tea  
黃芪紅棗茶  
(黃芪 党参 红枣 龙眼 枸杞)

## DINNER

### Nourishing Soup

#### Lung Tonic Soup 補肺湯

##### Soup Benefit

To nourish and improve appetite. Moisten the lungs and throat. Reduce dryness and make breathing more refreshing.

以滋養和改善食慾。潤肺潤喉。減少干燥，讓呼吸更清爽。

### Meat Dish

Grilled Japanese Sesame Chicken Steak  
日式芝麻烤鸡扒

### Vegetable Dish

Luffa Gourd With Minced Meat  
絲瓜炒肉碎

### Rice

Brown Rice  
糙米飯

### Beverage

Huang Qi Red Dates Tea  
黃芪紅棗茶  
(黃芪 党参 红枣 龙眼 枸杞)