



## Signatures

<b>AUSTRALIAN BOWL</b> Pan-fried Tasmanian Salmon, Avocado, Egg, Kale, Mango, Quinoa, Brown Rice 香煎塔斯曼尼亞三文魚、牛油果、烩蛋、羽衣甘藍、芒果、藜麥、糙米	180
<b>JAPANESE BOWL</b> Marinated Salmon, Edamame, Seaweed, Sesame Seeds, Egg, Brown Rice 醃漬三文魚、毛豆、紫菜、芝麻、玉子、糙米	170
<b>INDIAN BOWL</b> Chicken Tikka, Kachumber Salad, Chick Pea, Cauliflower, Mint Yoghurt, Basmati Rice 印式烤雞、印式蔬菜沙律、雞心豆、椰菜花、薄荷乳酪、印度香飯	160
<b>MEXICAN BOWL</b> Cajun Chicken, Kale, Avocado, Jalapeno, Black Beans, Feta Cheese, Three Grain Rice 辣雞肉、羽衣甘藍、牛油果、墨西哥辣椒、黑豆、菲達芝士、三穀米	160
<b>MEDITERRANEAN BOWL</b> Pan-fried Chicken Breast, Roasted Vegetables, Kale, Lettuce, Avocado, Tomato, Quinoa 香煎雞胸、烤蔬菜、羽衣甘藍、生菜、牛油果、番茄、藜麥	160
<b>CHENGDUANESE BOWL</b> Poached Chicken, Cucumber, Mushroom, Peanuts, Brown Rice, Sichuan Chilli Dressing 水煮雞肉、青瓜、香菇、花生、糙米、四川辣椒醬	150
<b>SHANGHAINSE BOWL</b> Poached Chicken, Broccoli, Avocado, Green Bean Noodle, Spicy Peanut Dressing 水煮雞肉、西蘭花、牛油果、涼皮、辣花生醬	150
<b>HONG KONGESE BOWL</b> Omni Pork and Mushroom Ball, Tofu, Sweet Corn, Quinoa, Egg, Avocado, Onion, White Rice, Berry Balsamic Dressing Omni香菇素肉丸、藜麥、豆腐、粟米、雞蛋、牛油果、洋蔥、白飯、梅子醋	150
<b>MIDDLE EASTERN BOWL</b> Brown Lentil and Rice Salad, Quinoa, Chickpea, Spinach, Olives, Hummus, Falafel 蘭度豆沙律、藜麥、雞心豆、菠菜、橄欖、鷹嘴豆泥、香煎鷹嘴豆餅	130
<b>KOREAN BOWL</b> Kimchi, Gochujang, Peppers, Assorted Vegetables, Glass Noodle, Spring Onion, Soy Sesame Dressing 泡菜、辣椒醬、蔬菜、粉絲、青蔥、芝麻醬油	120

## Salad Bar

<b>LARGE / MEDIUM BOWL</b> 大碗 / 中碗	120/60
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## Soup

<b>CHINESE DAILY SOUP</b> 是日中式例湯	60
<b>SWEET CORN AND EGG DROP SOUP</b> 粟米蛋花湯	60
<b>CHICKEN AND VEGETABLE SOUP</b> 蔬菜雞湯	60

The serving time starts from 12:00pm to 3:00pm. A 10% service charge will be added to your bill. Please inform your server of any food related allergies as your well-being and comfort are our greatest concern.

供應時間為中午十二時至下午三時。另加一服務費。為閣下健康著想，如閣下對任何食物有過敏反應，請跟服務員聯絡。

## Iced Tea

<b>TFG ICED TEA</b> 自家製冰凍檸檬茶	30
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## Fruit Tea

<b>PEACH FRUIT TEA</b> Butterfly Pea Flower with Peach Purée 水蜜桃果茶 蝶豆花茶配水蜜桃果蓉	40
<b>GREEN APPLE FRUIT TEA</b> White Peony Tea with Green Apple Purée 青蘋果果茶 壽眉茶配青蘋果蓉	40
<b>PEAR FRUIT TEA</b> Tieguanyin Tea with pear purée 香梨果茶 鐵觀音茶配香梨果蓉	40
<b>MANGO FRUIT TEA</b> Osmanthus Jasmine Green Tea with Mango Purée 芒果果茶 桂花茉莉綠茶配芒果蓉	40

## Power Drinks

<b>PINEAPPLE SUNSET</b> Pineapple, Papaya, Mango 夏日夕陽 菠蘿、木瓜、芒果	50
<b>GREEN REVIVER</b> Banana, Kale, Mango, Lemongrass 醒神青汁 香蕉、羽衣甘藍、芒果、香茅	50
<b>GINGER BEETS</b> Red Beets, Pineapple, Blueberry, Ginger 薑汁甜菜 紅菜頭、菠蘿、藍莓、薑	50
<b>BERRY BURST</b> Blackcurrant, Blueberry, Banana, Blackberry 繽紛雜莓 黑加侖、藍莓、香蕉、黑莓	50
<b>POWER DRINKS FLIGHT</b> Pineapple Sunset, Green Reviver, Ginger Beets, Berry Burst 活力戰士 夏日夕陽、醒神青汁、薑汁甜菜、繽紛雜莓	80

## Detox Water

<b>FRESH RAIN WATER</b> Cucumber, Mint leaves, Lemon 青瓜、薄荷葉、檸檬	40
<b>SUMMER SQUEEZE</b> Strawberry, Blueberry, Lime 士多啤梨、藍莓、青檸	40
<b>JUICY CITRUS HERB</b> Grapefruit, Orange, Rosemary 西柚、橙、迷迭香	40

## Dessert

<b>ALMOND CREAM PANNA COTTA</b> with Mango Salad 意式杏仁奶凍配芒果沙拉	60
<b>CHOCOLATE NICE CREAM</b> with Cocoa Nibs 朱古力素食雪糕配可可豆	60
<b>FRUIT BOWL</b> 時令水果	60