

## "Eat Well" Menu 「食好 D」餐單

### Meals Arrangement 早午晚餐安排

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**ALL meals include ONE of the following drinks 早午晚餐均配以下一款飲品**

Orange Juice / Milk / Hi-Calcium Low Fat Milk / Coffee / Oolong Tea / Lemon Tea / Coca-Cola

橙汁 / 牛奶 / 高鈣低脂奶 / 咖啡 / 烏龍茶 / 檸檬茶 / 可樂

(All drinks are either bottled, packed or canned / 所有飲品均為支裝、紙包裝或罐裝飲品)

*Should you have any concerns about food allergies, let us know and we will do our best to help.*

*如您有任何食物敏感，請預先告訴我們，我們會盡力為您提供協助。*

*Menu items will be subject to change without prior notice.*

*以下餐單如有調整或變更，恕不另行通知。*

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### Breakfast 早餐

(Please choose **ONE** from A.-D. 請從 A.-D. 選取其中一款)

#### **A. Chinese-style Breakfast 中式早餐**

Plain Congee, Wok-fried Noodles in Soy Sauce,  
Glutinous Rice Wrapped in Lotus Leaf, Fish "Siew Mai"  
白粥、豉油王炒麵、珍珠雞、魚肉燒賣

#### **B. Hong Kong-style Breakfast 港式早餐**

Ham and Macaroni with Soup, Chicken Chipolata, Bacon, Mini Croissant  
火腿通心粉、法式小雞肉腸、煙肉、迷你牛角酥

#### **C. Western-style Breakfast 西式早餐**

Two Eggs of your Choice (Fried Egg / Scrambled Egg / Boiled Egg),  
Chicken Chipolata, Bacon, Ham, Roasted Potato and Cherry Tomato,  
Mini Croissant  
雞蛋兩隻 (煎蛋 / 炒蛋 / 焗蛋)、法式小雞肉腸、煙肉、火腿、薯角、烤車厘茄、  
迷你牛角酥

#### **D. Vegetarian Breakfast 素食早餐**

Plain Congee, Wok-fried Noodles in Soy Sauce, Veggie Spring Roll,  
Roasted Potato and Cherry Tomato, Mini Croissant  
白粥、豉油王炒麵、素春卷、薯角、烤車厘茄、迷你牛角酥

## Lunch & Dinner 午 / 晚餐

### Daily Soup or Salad 是日中西式餐湯或沙律

(Please choose **ONE** main course from 1.-16. 請從 1.-16. 選取其中一款主菜)

### Local and Asian Specials 本地及亞洲推介

1. Fried Rice, Seafood, Fujian Style 海鮮福建炒飯
2. Braised E-fu Noodle with Crab Meat 蟹肉炆伊麵
3. Braised US Beef Ribs with Black Pepper Sauce, Steamed Rice  
黑椒美國牛仔骨配白飯
4. Poached Chicken in Chinese Style, Steamed Rice 貴妃雞配白飯
5. Barbecue Pork, Luncheon Meat, Fried Egg, Rice 叉燒餐肉煎蛋飯
6. Pan-fried Chicken Steak, Laksa Sauce, Coconut Rice 香煎雞扒配喇沙汁伴椰香飯
-  7. Braised Bean Curd with Vegetable, Steamed Rice 紅燒豆腐配白飯
-  8. Vegetarian Egg Fried Rice 素菜雞蛋炒飯

### Western Delights 西式美食

9. Pan-fried Barramundi Fillet, Capers Cream Sauce 香煎盲鱮魚柳伴水瓜柳忌廉汁
10. Roasted Leg of Lamb, Mustard Shallot Sauce 烤羊腩肉伴芥末乾蔥汁
11. Hungarian Beef Goulash, Garlic Mashed Potato 匈牙利燴牛肉伴蒜香薯蓉
12. Grilled Pork Chops, Truffle and Mushroom Ragu 烤豬扒伴松露白菌
13. Braised Chicken Steak, Sicilian Style 西西里式雞扒
14. Spaghetti Bolognese, Garlic Toasted 肉醬意粉伴香蒜多士
-  15. Penne Pomodoro, Seasonal Vegetable 時令素菜蕃茄燴長通粉
-  16. Creamy Vegetarian Risotto 忌廉素菜燴意大利飯

### Dinner period with 晚餐跟配

Seasonal Fruit 時令水果