**LONGAN RED** DATE TEA **SERVED WITH EVERY MEAL** 



#### LUNCH

Lemongrass Pork Rib Soup (Wind Dispelling) 祛风香茅排骨汤

Sheng Yu Fillet with Spring Onion and Ginger 葱姜炒生鱼片

Stir Fried Snow Peas with Chinese Yam and Black Fungus 山药黑木耳炒荷兰豆

Mixed Brown Rice 糖米饭

#### **DINNER**

Herbal Si Shen Chicken Soup 四神鸡汤

Stir-Fried Lean Meat with Black Fungus. Dried Lily Flower and D.O.M 黑木耳百合干炒瘦肉

Stir Fried Nai Bai with Hou Tou Gu & Wolfberries 猴头菇炒奶白枸杞

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

# DAY 5

#### LUNCH

Mind Boosting Walnut Black Bean Pork Rib Soup 黑豆核桃排骨汤

HK Style Steamed Golden Snapper in Superior Soya Sauce 港式蒸鱼片

Stir Fried Shanghai Green with Egg Beancurd 炒上海青与豆腐蛋

Egg Fried Rice **蛋炒饭** 

#### **DINNER**

Spinach Pig Liver Tofu Soup 菠菜猪肝豆腐汤

Baked Herbal Foil Wrapped Chicken 药材纸包鸡

Sweet and Sour Fish Top With Capsicum 酸甜鱼柳与红青椒

Fragrant White Rice 白米饭

# DAY 2

#### LUNCH

Milk Boosting Fish and Papaya Soup 木瓜鱼汤

Sesame Kampong Chicken with Omelette and Ginger 麻油甘榜鸡与煎鸡蛋和姜

Stir Fried Kai Lan with Pig's Liver and Wolfberry 猪肝炒本地芥蓝

Fragrant White Rice 白米饭

#### **DINNER**

Immunity Boosting Cordyceps Militaris Chicken Soup 增强免疫力虫草花鸡汤

Braised Pork Rib with Tofu & Shimeji Mushroom 豆腐焖排骨, 日本菇

Stir Fried Hairy Gourd with Tang Hoon & Sliced Mushroom 冬粉蘑菇片炒毛瓜

Stir Fried Pumpkin Noodle with Egg 鸡蛋炒南瓜面

# DAY 6

#### LUNCH

Six Combination Nourishing Herbal Fish Soup 六味润肤鱼汤

Mei Kuei Lu Chicken With Egg 炖玫瑰露鸡与蛋

HK Style Chye Sim with Shredded Ginger and Wolfberry 香港菜心与姜丝枸杞

Spinach Noodle with Garlic & Egg 蒜蓉蛋菠菜面

#### DINNER

White Fungus Red Carrot Chicken Soup 白木耳红罗卜鸡汤

Mirin Sauce Pork Belly Shabu with Shimeiji Mushroom 味醂日本小菇与五花肉

Stir Fried Sweet Peas top with Mock Kidney, Black Fungus and Wolfberries 甜豆炒斋腰枸杞

Fragrant White Rice 白米饭

#### LUNCH

Pork Rib Soup 莲藕花生陈皮炖排骨汤

Steamed Threadfin With Black Fungus and Tomato 番茄黑木耳姜片蒸鱼片

Stir Fried Broccoli with Sea Cucumber 海参炒西兰花

Flavour Turmeric Fried Rice with Long Bean 黄姜长豆炒饭

#### DINNER

Pig Stomach with Ginkgo Nut Peppercorn Soup 白果猪肚汤

Steamed Royal Chicken With Ginger Garlic Sauce 姜蒜酱蒸宫狂鸡腿

Stir Fried Mushroom Deluxe 炒杂菇

Mixed Brown Rice 糙米饭

## DAY 3

Double Boiled Lotus Peanut & Dried Tangerine Peel

#### **DINNER**

Collagen Fishmaw & Hou Tou Gu Pork Rib Soup 胶原蛋白鱼肚猴头菇排骨汤

DAY 4

LUNCH

Lemongrass Chicken Soup (Wind Dispelling)

Pan Seared Salmon with Teriyaki Mirin Sauce

Stir Fried French Bean with Shiitake Mushroom

祛风香茅鸡汤

香菇炒四季豆

香煎三文鱼配照烧味醂酱

Japanese Rice 日本米饭

Pan Fried Minced Meat Chinese Yam Tofu Patty 香煎山药肉茸豆腐饼

Roasted Pumpkin with Capsicum and Olive Oil 烤南瓜与青红椒橄榄油

Fragrant White Rice 白米饭

# DAY 7

#### LUNCH

Red Bean, Burdock Tangerine Peel Pork Rib Soup 养身牛蒡红豆橘皮排骨汤

Steamed Chawanmushi with Ginkgo Nut and Shittake Mushroom 茶碗蒸与白菓香菇片

Nonya Braised Chicken with Potato and Black Mushroom 娘惹豆酱鸡

Fragrant White Rice 白米饭

#### DINNER

Tea Tree Mushroom Chicken Soup 茶树菇鸡汤

Salmon Tofu Patty 煎三文鱼豆腐饼

Stir Fried Garlic Pea Shoot with Wolfberry 清炒豆苗与枸杞

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

Milk Boosting Fish and Papaya Soup



# NOURISH

# DAY 8

#### LUNCH

Pig's Trotter with Ginger, Vinegar and Egg 猪脚醋

Sheng Yu Fillet with Red and Green Capscium 生鱼片炒青红椒

Stir Fried Nai Pa with Abalone Mushroom 奶白与鲍鱼菇

Fragrant White Rice 白米饭

#### DINNER

Nutritious Carrot and Corn Pork Rib Soup 罗宋排骨汤

Braised Yellow Wine Chicken with Black Fungus and Wolfberry 黄酒鸡与黑木耳枸杞

Stir Fried Lotus With Sweet Peas and Ginkgo Nut **莲藕炒甜豆与白果** 

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

Wok Fried Huai Shan Noodle with Egg 锅炒淮三面与蛋



# DAY 9

#### LUNCH

Herbal Bak Kut Teh Pork Rib Soup with Beancurd Skin 药材肉骨茶与豆腐皮

Stir Fried Lean Meat with Pig's Kidney with Ginger and D.O.M 炒瘦肉猪腰

Stir Fried HK Kai Lan with Shimeji Mushroom 香港芥兰与鸿喜菇

Fragrant White Rice 白米饭

#### DINNER

Milk Boosting Fish and Papaya Soup 木瓜鱼汤

Three Cup Chicken with Glutinous Rice Wine 三杯鸡

Stir Fried Lady Finger with Tumeric and Egg 秋葵炒肉碎蛋,黄姜

Wok Fried Huai Shan Noodle with Egg 锅炒准山面与蛋

# **DAY 12**

#### LUNCH

Pork Rib, Pig's Stomach with Lotus Seed Ginkgo Peppercorn Soup 白果莲子猪肚排骨汤

Pan Fried Barramundi Fillet with Shredded Ginger 煎鱼片姜丝

Stir Fried Shanghai Green with Scallop 炒上海青与干贝

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

#### DINNER

Tonify Bei Sha Shen, Yu Zhu Pork Rib Soup 北沙参玉竹排骨汤

Braised Fu Zhou Rice Wine Chicken 福州红糟鸡

Stir Fried Spinach with Black Fugus and Wolfberry 菠菜炒黑木耳,枸杞

Stir Fried Pumpkin Noodle with Egg 炒金瓜面与蛋

DATE TEA
SERVED WITH
EVERY MEAL



# **DAY 10**

#### LUNCH

Baked Herbal Chicken 烤药材鸡

Home Made Beancurd with Minced Pork Sauce 自制豆腐与肉碎酱汁

Stir Fried Rice Vermicelli with Egg and Ginger 炒米粉与蛋,姜丝

#### **DINNER**

Nourishing and Beautifying Black Chicken Soup 人参黑鸡汤

Lean Meat with Sesame Sauce and Egg Omelette 麻油瘦肉,煎蛋

Stir Fried Broccoli with Fishmaw 鱼鳔炒青菜花与红萝卜

Mixed Brown Rice 糙米饭

# **DAY 13**

#### LUNCH

Si Shen Pork Rib Soup 四神排骨汤

Mei Kuei Lu Chicken with Tofu 玫瑰露鸡与豆腐

Stir Fried King Oyster Mushroom with Basil Leaves 杏鲍菇炒九层搭叶

Ginger Egg Fried Rice 姜丝蛋炒饭

### **DINNER**

Pig's Trotter with Ginger, Vinegar and Egg 猪脚醋

Steamed Thread Fin with Black Fungus and Tomato 蒸午鱼与黑木耳

HK Chye Sim with Shredded Ginger and Wolfberries 香港菜心与姜丝枸杞

Stir Fried Mee Sua with Egg 炒面线与蛋

## **DAY 11**

#### LUNCH

Snow Fungus, Mushroom Chicken Soup 银耳香菇鸡汤

Grilled Salmon with Apple Mirin Sauce 烤三文鱼与苹果味醂

Lou Han Vegetables 罗汉菜

Japanese Rice 日本米饭

#### **DINNER**

Collagen Fishmaw, Hou Tou Gu Pork Rib Soup 胶原蛋白鱼肚猴头排骨汤

Pan Fried Minced Meat Chinese Yam Tofu Patty 香煎山药肉茸豆腐饼

Roasted Pumpkin with Capsicum and Olive Oil 烤南瓜与青红椒椒榄油

Fragrant White Rice 白米饭

# **DAY 14**

#### LUNCH

Fenugreek Papaya Fish Soup 芦巴青木瓜鱼

Stewed Cordyceps Militaris Chicken 冬中草花炖鸡

Stir Fried HK Kai Lan Miao 清炒芥兰苗

Fragrant White Rice 白米饭

#### DINNER

Double Strength Ba Zhen Black Chicken Soup 上品/珍黑鸡汤

Pan-Fried Ikan Chuan Chuan 娘惹煎鱼

Long Bean Egg Omelette 长豆煎蛋

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

# NOURISH

## **DAY 15**

#### LUNCH

Herbal Bak Kut Teh Pork Rib Soup with Beancurd Skin 药材肉骨茶与豆腐皮

Sweet & Sour Fish Top with Capsicum 酸甜鱼与青红椒

Stir Fried Snow Peas with Chinese Yam and Black Fungus 荷兰豆炒山药黑木耳

Mixed Brown Rice **糙米饭** 

#### DINNER

Immunity Boosting Cordyceps Militaris Chicken Soup 增强免疫力中草花鸡汤

Braised Beancurd with Tomato Minced Meat 番茄炒肉碎豆腐

Stir Fried Nai Bai with Scallop 干贝炒奶白

Turmeric Fried Rice with Long Bean 黄姜长豆炒饭

# **DAY 19**

#### LUNCH

Mind Boosting Walnut Black Bean Pork Rib Soup 黑豆核桃排骨汤

Baked Herbal Foil Wrapped Chicken 药材纸包鸡

Stir Fried Long Bean with Lean Meat 长豆炒瘪肉

Egg Fried Rice **蛋炒饭** 

#### **DINNER**

Four Herbs Snow Fungus Chicken Soup 四物银耳鸡汤

Braised Fu Zhou Rice Wine Fish Fillet 福州红糟鱼片

Stir-Fried Cauliflower with Shimeiji Mushroom, Black Fungus 白菜花炒鸡喜菇,黑木耳

Fragrant White Rice 白米饭

# **DAY 16**

#### LUNCH

Milk Boosting Fish and Papaya Soup 木瓜色汤

Sesame Kampong Chicken with Egg Omelette and Ginger 麻油甘榜鸡与煎鸡蛋

Stir Fried Kai Lan with Pig's Liver 猪肝炒本地芥兰

Mixed Five Grain Rice 五谷饭

#### DINNER

Double Boiled Black Chicken D.O.M Soup 法国廊酒炖黑鸡汤

Stir Fried Lean Meat with Red and Green Capsicum 青红椒炒痔肉

Stir Fried Chayote with Fishmaw and Black Mushroom 佛手瓜炒鱼鳔

Mixed Brown Rice 糙米饭

# **DAY 20**

#### LUNCH

Eucommia Bark Pork Rib Soup 杜仲补腰排骨汤

Stir Fried Sheng Yu Fish Fillet with Spring Onion and Ginger 青葱姜丝炒生鱼片

Stir Fried Sweet Peas with Sea Cucumber 甜豆炒海参

Fragrant White Rice 白米饭

#### **DINNER**

X.O Fishsoup with Shanghai Green X.O 上海青鱼片汤

Steamed Royal Chicken with Ginger Garlic Sauce 養葱鸡

HK Chye Sim With Superior Soya Sauce 酱油香港菜心

Wok Fried Carrot Noodle with Egg 锅炒萝卜面与蛋

LONGAN RED DATE TEA SERVED WITH EVERY MEAL



# **DAY 17**

#### LUNCH

Pig's Trotter with Ginger, Vinegar and Egg 猪脚醋

HK Style Steamed Golden Snapper in Superior Soya Sauce 港式蒸鱼片

Stir Fried Amaranth Green with Crispy Silverfish 苋菜与银鱼

Fragrant White Rice 白米饭

#### DINNER

Double Boiled Lotus Root, Peanut & Dried Tangerine Peel Pork Rib Soup **莲藕花生排骨汤** 

Steamed Herbal Chicken with Black Fungus 蒸药材鸡与黑木耳

Stir Fried Garlic Pea Shoot with Wolfberry 清炒豆苗与枸杞子

Egg Fried Rice **蛋炒饭** 

# **DAY 21**

#### LUNCH

Red Bean Burdock Tangerine Peel Pork Rib Soup 养身牛蒡红豆橘皮排骨汤

Chicken Stew with Black Mushroom and Chestnut 鸡肉炒板栗黑香菇

Stir Fried HK Kai Lan with Superior Soya Sauce 酱油汁炒香港芥兰

Mixed Brown Rice **糙米饭** 

### **DINNER**

Nourishing & Beautifying Black Chicken Soup 人参黑鸡汤

Salmon Tofu Patty 煎三文鱼豆腐饼

Stir-Fried Broccoli with Hou Tou Gu and Carrot 西兰花与猴头菇与红萝卜

Fragrant White Rice 白米饭

## **DAY 18**

#### LUNCH

Chinese Yam Carrot Chicken Soup 山药红萝卜鸡汤

Grilled Teriyaki Salmon With Shiitake Mushroom 日式烤三文鱼与鲜香菇

Stir Fried French Bean with Garlic and Minced Meat 肉碎炒四季豆

Japanese Rice 日本米饭

#### **DINNER**

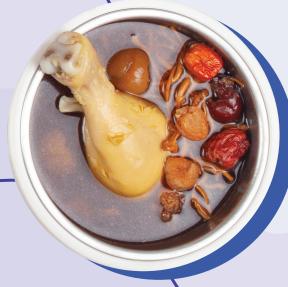
He Shou Wu Pork Rib Soup 何首乌排骨汤

Red Wine Stewed Chicken 法式红酒焗鸡

Braised Egg Beancurd with Fishmaw and Sweet Pea 蛋豆腐与鱼鳔甜豆

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

Immunity Boosting Cordyceps Militaris Chicken Soup 增强免疫力比虫草鸡汤



# NOURISH

**DAY 22** 

#### LUNCH

Collagen Fish Maw, Hou Tou Gu Pork Rib Soup 胶原蛋白鱼肚猴头菇排骨汤

Sheng Yu Fillet with Herbal Chuan Xiong Sauce 川穹药材炒生鱼片

Stir Fried Snow Peas with Lotus and Ginkgo Nut 荷兰豆炒莲藕白果

Mixed Brown Rice 糖米饭

#### DINNER

Nutritious Carrot and Corn Pork Rib Soup 罗宋排骨汤

Braised Yellow Wine Kampong Chicken with Black Fungus **黄酒鸡与黑木耳** 

HK Chye Sim with Superior Soya Sauce 酱汁香港菜心

Wok Fried Huai Shan Noodle with Egg 锅炒准山鸡蛋面

# **DAY 26**

#### LUNCH

Pig's Stomach with Chicken Peppercorn Soup 猪肚鸡肉胡椒汤

Baked Salmon Top with Ginger & Soya Sauce 三文鱼配搭姜丝与酱清

Stir Fried Shanghai Green with Egg Beancurd 蛋豆腐炒上海青

Spinach Noodle with Egg 菠菜面与蛋

#### **DINNER**

Cordyceps Militaris Chinese Yam Lean Meat Soup 中草川药療肉汤

Braised Chicken with Fu Zhou Rice Wine 福州红糟鸡

Stir Fried Spinach with Black Fungus and Wolfberry 黑木耳枸杞炒菠菜

Mixed Brown Rice 糙米饭

# **DAY 23**

#### LUNCH

Milk Boosting Fish and Papaya Soup 木瓜鱼汤

Sesame Kampong Chicken with Egg Omelette and Ginger 麻油甘榜鸡与煎鸡蛋

Stir Fried Chayote with Black Mushroom 香菇炒佛手瓜

Stir Fried Rice Vermicelli with Kai Lan and Pig's Liver 芥兰猪肝炒米粉

#### DINNER

Double Strength Ba Zhen Black Chicken Soup 上品/珍黑鸡汤

Baked Barramundi Fillet with Potato and Shimeji Mushroom 烤肺鱼片,日本小菇与土豆

Stir Fried Lady Finger with Tumeric and Egg 黄姜炒秋葵与蛋

Fragrant White Rice 白米饭

# **DAY 27**

#### LUNCH

Ginseng Barramundi Fillet Soup 人参鱼片汤

Mei Kuei Lu Chicken with Tau Kwa and Egg 玫瑰露小鸡翅豆干蛋

Luo Han Vegetables 罗汉斋

Fragrant White Rice 白米饭

#### **DINNER**

Huang Qi Dang Shen Chicken Soup 黄芪党参鸡汤

HK Style Steamed Snapper in Superior Soya Sauce 港式蒸鱼片

Braised Tofu with Enoki Mushroom, Snow Pea and Fish Maw 烟豆腐,金针菇,甜豆与鱼鳔

Egg Fried Rice with Ginger 姜炒蛋饭

# DATE TEA SERVED WITH EVERY MEAL



# **DAY 24**

#### LUNCH

Pig's Trotter with Ginger, Vinegar and Egg 猪脚醋

Steamed Threadfin with Black Fungus and Tomato 番茄黑木耳蒸午鱼

Sitr Fried Amarath Green with Sliver Fish 炒苋菜与脆银鱼

Japanese Rice 日本米饭

#### DINNER

Tea Tree Mushroom Chicken Soup 茶树菇鸡汤

Stir Fried Lean Meat with Pig's Kidney 痩肉炒猪腰

Stir Fried French Bean with Fungus and Ginkgo Nut 四季豆炒木耳与白果

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

# **DAY 25**

#### LUNCH

Pumpkin, Red Bean Lean Meat Soup 金瓜红豆瘦肉汤

Three Cup Chicken with Glutinous Rice Wine 九层叶三杯鸡

Home Made Beancurd with Minced Meat Sauce 自制豆腐与肉碎

Fragrant White Rice 白米饭

#### DINNER

Six Combination Nourishing Herbal Fish Soup 六味焖鱼汤

Mirin Sauce Pork Belly Shabu with Shimeji Mushroom 味醂日本小菇五花肉

Stir Fried Broccoli with Scallop 西兰花炒干贝

Egg Fried Rice with Ginger 姜,蛋炒饭

# **DAY 28**

#### LUNCH

Amaranth Green with X.O Fish Fillet Soup 苋菜X.O鱼片汤

Nonya Braised Chicken with Potato and Black Mushroom **娘惹豆酱鸡** 

Spinach Mushroom Tomato Omelette 菠菜香菇番茄煎蛋

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

### **DINNER**

Lotus Root, Peanut Dried Tangerine Peel Pork Rib Soup **莲偶花生陈皮排骨汤** 

Sweet & Sour Fish Fillet with Capsicum 青红椒酸甜鱼

Stir Fried Garlic Peas Shoot with Garlic and Wolfberry 清炒豆苗与枸杞

Fragrant White Rice 白米饭

Sesame Kampong Chicken with Egg Omelette & Ginger 麻油甘榜鸡与煎鸡蛋



# ADD-ONS

# 3 Chilli Padi

# PIG'S TROTTER WITH GINGER, VINEGAR AND EGG

(AVAILABLE IN 1, 3, 5 SERVINGS)

1 Serving – \$12

3 Servings – \$35

5 Servings – \$55



# MILK BOOSTING FISH AND PAPAYA SOUP

(AVAILABLE IN 1, 3, 5 SERVINGS)

1 Serving – \$7

3 Servings – \$20

5 Servings – \$32



# **HOMEMADE BIRD'S NEST**

(AVAILABLE IN 1, 3, 5 SERVINGS

1 Serving – \$15

3 Servings – \$42

5 Servings – \$66



# **COMFORTING SET**

(1 SERVING EACH)

# Set consists of:

- Pig's Trotter with Ginger, Vinegar and Egg
- Milk Boosting Fish and Papaya Soup
- Homemade Bird's Nest

\$32