



Love, Tingkat!

Eat Healthy Eat Real Food

LOVE, TINGKAT! BY FATTYDADDYFATMUMMY
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6 May	7 May	8 May	9 May	10 May
Pork slice w Garlic Sauce 鱼香肉片	Stirred Fry Pork w Kim Chee 猪肉片炒韩国泡菜 Stirred fry pork w potatoes 猪肉片炒马铃薯	Sesame Chicken 麻油鸡	Stirred Fried Pork w Black Bean Sauce 豉汁葱爆猪肉片	Salted Egg Chicken (Deep Fried) 咸蛋鸡
Tofu with shimeiji (Deep Fried) 豆腐日本菇	Teriyaki Baked Saba 日式照烧鲭鱼	Fragrance Creamy Sotong 奶油苏东 (Deep Fried) Frangrance Creamy Fish 奶油鱼 (Deep Fried)	Steamed Custard Egg 水蒸蛋	Minced Meat Tofu 豆腐烧肉碎
Spinach with Wolfberry 枸杞苋菜	Garlic Xiao Bai Cai 蒜蓉小白菜	Stirred Fried ikan Bilis w Cai Xin 江鱼仔炒菜心	Wok Fried Cauliflower w Black Fungus 花菜木耳	Hk Kailan sprout w Carrot 蒜蓉炒西兰苗
Black Bean Pork Sliced Soup 黑豆猪肉汤	Liu Wei Tang Herbal Chicken Soup 六味鸡补汤	ABC Soup ABC 汤	Papaya White Fungus Chicken Soup 木瓜云耳鸡汤	Pumpkin Corn Soup 南瓜玉米汤
13 May	14 May	15 May	16 May	17 May
Honey Baked Drumlet 蜜汁小鸡腿	Mala Xiang Guo w Pork Sliced猪肉麻辣香锅 Stirred Fry Pork w mixed Veg 杂菜炒肉片	Stirred Fried Cashew Nuts w Chicken 腰豆炒鸡	Guai Wei Pork Rib (Deep Fried) 怪味排骨	Thai Style Deep Fried Chicken 泰式炸鸡 Fragrance Garlic Deep Fried Fish 蒜香炸鸡
Furong Egg 芙蓉蛋	Snow Tofu (Deep Fried) 雪花豆腐	Baked Sambal Fish 烤参巴鱼 Baked Fish with Tomato Sauce 番茄酱烤鱼	Stirred Fried Prawn w Celery 虾球炒芹菜 Stirred Fried Fish w Celery 鱼片炒芹菜	Home Style Beancurd (Deep Fried) 家乡豆腐
Stirred Fried Xiao Bai Cai w Ikan Bilis 江鱼炒小白菜	Stirred Fried Broccoli White w Shitake 潮州白炒香菇	Stirred Fried Broccoli w Carrot 蒜蓉炒西兰花	Stirred Fried Long Bean w carrot 炒长豆	Luo Han Vegetable 罗汉斋
Red Bean Lotus Soup 红豆莲藕汤	Yu Zhu Longan Chicken Soup 玉竹龙眼鸡汤	Old Cucumber Pork sliced Soup 老黄猪肉汤	Papaya Carrot Chicken Soup 萝卜木瓜汤	White Red Carrot Lean Soup 白红萝卜瘦肉汤
20 May	21 May	22 May	23 May	24 May
Sweet & Sour Pork (Deep Fried) 咕佬肉	Thai Green Curry Chicken 泰式绿咖喱鸡 Stirred Fried Chicken w assorted Veg 杂菜炒鸡	Public Holiday - No Service	Prawn Paste Chicken (Deep Fried) 虾酱鸡 Home Style Fried Chicken 家乡炸鸡	Samsui Chicken 三水鸡
Garlic steamed fish 蒜香蒸鱼	Steamed egg with Ginkgo 银杏蒸蛋		Brinjar w Minced Meat 茄子炒肉碎	Ikan Kicap (Deep Fried) 马来风味甜酱炸鱼
Braised Chinese Cabbage w Mushroom 大白菜焗香菇	Wok Fried Cauliflower w Black Fungus 花菜木耳		Jiu Bai w Shitake Mushroom 香菇九白	Nonya Curry Veg 娘惹咖喱菜 Stirred Fried Mixed Veg 杂锦菜
Winter Melon with Pork Sliced Soup 冬瓜肉片汤	Pumpkin Corn Soup 南瓜玉米汤		Teochew Bak Kut Teh 潮式肉骨茶	Peanuts Lotus Root Soup 花生莲藕汤
27 May	28 May	29 May	30 May	31 May
Spring Onion Ginger Pork 葱姜猪	Potato Carrot Braised Chicken 土豆萝卜焖鸡	Stirred Fried Pork w Basil leave 九层塔炒猪肉	Chinese Style Spicy Chicken 辣子鸡 Stirred Fry Chicken w Shitake 香菇炒鸡	Plum Sauce Pork Rib (Deep Fried) 梅酱排骨
Claypot Tofu (Deep Fried) 沙坡豆腐	Deep Fried Batang Fish w Asam Deep Fried Batang w Soyu	Garlic Honey Prawn 蒜香蜜汁虾 (Deep Fried) Garlic Honey Fish 蒜香蜜汁鱼 (Deep Fried)	Minced Meat w Beancurd (Deep Fried) 肉碎豆腐	Tomato Omelette 番茄蛋
Stirred Fried Long Bean w carrot 炒长豆	Stirred Fried Teochew White w Black Fungus 黑木耳炒潮州白	Spinach with Wolfberry 枸杞苋菜	Stirred Fried Caixin w silver fish 菜心炒银鱼	Stirred Fried Beijing Cabbage 炒北京包菜
Liu Wei Tang Herbal Chicken Soup 六味鸡补汤	ABC Soup ABC 汤	White Fungus Pumpkin Soup 木耳南瓜汤	Shark Fin Melon pork slice Soup 鱼翅瓜肉片汤	Herbal Chicken Soup 药材鸡汤

Zero Processed & Canned Food Healthier Choice Oil Lower Sodium Salt Zero MSG, Less Salt, Less Oil FDA Approved Paper Container



Contain Seafood



Contain Nuts



Spicy

*Brown Rice available as an option * Menu Subject to Changes without Notice