



## Nutritionist-approved Recipes

### Wellness at Shangri-La

Our carefully crafted offerings are full of nutrient-dense whole foods, masterfully cooked to maximise nutrition and flavour while limiting salt, sugar and additives. We believe in hospitality from the heart and it allows us to help you eat well in every meal.

Wellness dishes are available from 12 nn to 2:30 pm and 6:30 pm to 9:30 pm daily.

香格里拉健康之選

我們為您呈上精心設計的一系列高營養密度菜式，並以低鹽、低糖和低添加劑的烹調方法保留食材的營養成分及原有風味。我們秉承香格里拉由心出發的待客之道，讓您每天品嚐更健康的滋味。

健康之選菜式於每日下午12時至2時30分及下午6時30分至9時30分供應。

## All Day Dining

### 全日餐點

Available from 10:30 am to 10 pm  
上午10時30分至下午10時供應

## Starters and Soups

### 前菜及湯

- Beet and spinach salad** 230  
Pan-roasted beets, baby spinach, pickled beets, toasted seeds, balsamic dressing  
Beets contain liver-protective antioxidants that aid detoxification  
**紅菜頭菠菜沙律**  
烤紅菜頭、菠菜、醃紅菜頭片、焗脆籽、陳醋  
紅菜頭有助護肝及排毒
- Seared scallop with warm quinoa salad and apple purée** 285  
Scallops, pine nut, raisin, quinoa, green apple, pickled cauliflower, aged balsamic  
Rich in minerals and contains heart-healthy omega 3  
**香烤帶子配藜麥沙律及蘋果蓉**  
帶子、松子仁、提子乾、藜麥、青蘋果、醃椰菜花、陳醋  
帶子含豐富礦物質及奧米加3，有助強化心臟
- Caesar salad with smoked salmon, grilled chicken fillet or grilled prawn** 255  
Romaine lettuce hearts, creamy anchovy dressing, hardboiled egg, crispy bacon  
**凱撒沙律配煙三文魚、烤雞柳或烤大蝦**  
羅馬生菜、銀魚柳醬、焗雞蛋、脆煙肉碎
- Burrata and tomato** 235  
Burrata cheese, vine ripened tomatoes, basil, olive oil, pesto  
**水牛芝士及番茄配香草醬**
- Roasted tomato soup with cream and fresh basil** 138  
**香草番茄湯**
- Mighty mushroom soup** 138  
Button and shiitake mushrooms, milk foam, toasted baguette  
Full of antioxidant to fight bad cells  
**蘑菇湯**  
蘑菇及香菇、奶泡、烤法包  
含豐富抗氧化成分，有助對抗壞細胞

## From the Grill

### 精選烤肉

- U.S. rib eye steak (300g)** 458  
美國肉眼扒(300克)
  - Salmon fillet (180g)** 310  
三文魚柳 (180克)
  - Spring chicken** 310  
燒春雞
  - New Zealand lamb chop (350g)** 458  
紐西蘭羊扒(350克)
- For each grilled dish, please select one sauce, two vegetables or side dish(es) from below:  
點選以上烤肉菜式後，請選配下列一款醬汁、兩款蔬菜或配菜：
- Sauce 醬汁：  
Black pepper, mushroom, red wine, herb butter, teriyaki  
黑椒汁、蘑菇汁、紅酒汁、香草牛油汁、照燒汁
- Vegetables 蔬菜：  
Green beans, green asparagus, mushroom, spinach, roasted vegetables  
青豆、蘆筍、蘑菇、菠菜、烤時蔬
- Side dish 配菜：  
Mashed potatoes, French fries, waffle fries, potato chips, steamed rice  
薯蓉、炸薯條、脆薯格、薯片、白飯

## Main Courses

### 主菜

- Clubhouse sandwich** 248  
Grilled chicken, bacon, egg, tomato, lettuce  
**公司三文治**  
烤雞、煙肉、雞蛋、番茄、生菜
- 100% prime beef burger** 258  
Beef patty, cheese, smoked barbecue sauce, sesame bun  
**100% 特級牛肉漢堡包**  
牛肉漢堡、芝士、煙燻燒烤醬、芝麻包
- Whole grain tuna sandwich** 210  
Tuna, tomato, cucumber, avocado, Greek yogurt, grated carrot and apple, whole grain bread  
Contains omega 3 and calcium for bones growth  
**全麥吞拿魚三文治**  
吞拿魚、番茄、青瓜、牛油果、希臘乳酪、蘿蔔蘋果粒、全麥麵包  
含奧米加3及鈣質，有助強健骨骼
- Spaghetti with bolognese, carbonara, tomato, pesto or aglio e olio sauce** 225  
**炒意粉配肉醬、煙肉芝士汁、番茄醬、羅勒香草醬或辣蒜蓉**
- Asparagus, pea and barley risotto** 185  
Asparagus, peas, barley, fresh herbs, parmesan cheese  
Rich in fibre, whole grain and calcium for strong bones  
**蘆筍青豆燴意式大麥飯**  
蘆筍、青豆、大麥、新鮮香草、巴馬臣芝士  
高纖及全穀物含豐富鈣質，有助強健骨骼
- Spinach and beef cheek tortellini in beef consommé** 268  
Quail egg, baby vegetables, beef consommé  
An antioxidant, high fibre and rich protein dish  
**意式菠菜牛面頰雲吞配法式牛肉清湯**  
鵪鶉蛋、鮮嫩時蔬、牛肉清湯  
一份含抗氧化、高纖及含豐富蛋白質的佳餚
- Smoked snow fish edamame pasta** 315  
Home-smoked snow fish, sugar snap peas, edamame pasta, fresh tomatoes, olives  
A high fibre and high protein tomato-based pasta  
**煙鱈魚枝豆麵**  
自家煙焗鱈魚、蜜糖豆、枝豆麵、鮮番茄、橄欖  
含豐富纖維及蛋白質的番茄意大利粉
- Seared salmon with balsamic lentil stew and baby vegetables** 295  
Asparagus, broccoli, carrot, cauliflower purée mousseline  
Rich in fibre and heart-healthy omega 3 for strong bones  
**低溫烤三文魚佐香醋汁燴扁豆及鮮嫩時蔬**  
蘆筍、西蘭花、紅蘿蔔、椰菜花蓉  
含豐富纖維及奧米加3，有助強健骨骼
- Lobster tail with squid ink gnocchi** 438  
Lobster tail, carrot purée, coriander sauce, squid ink gnocchi, parsley emulsion  
Rich in selenium with a powerful antioxidant agent  
**意式墨汁龍蝦薯仔麵糰**  
龍蝦尾、紅蘿蔔蓉、芫荽醬、墨汁薯仔麵糰、香茜醬  
含豐富礦物質「硒」，有抗氧化之功效
- Miso-sesame wild rice bowl** 175  
Mushrooms, kale, red cabbage, carrots, sweet potato, edamame, soft boiled egg, wild rice, miso sauce  
Boost your immune system with antioxidants  
**味噌芝麻野米飯**  
菇菌、羽衣甘藍、紅椰菜、紅蘿蔔、番薯、枝豆、溏心蛋、野米、味噌  
有效增強免疫力及抗氧化功效
- Hainanese chicken rice with chicken broth** 295  
**海南雞飯配雞湯**
- Nasi goreng** 280  
Indonesian fried rice, chicken, prawns, fried egg, chicken and beef satay  
**印尼炒飯**  
雞肉、蝦、炒蛋、雞肉及牛肉沙嗲
- Lobster laksa** 270  
Peranakan laksa style, egg noodles, lobster, prawn, spicy curry with coconut milk  
**龍蝦喇沙湯麵**  
娘惹風味、蛋麵、龍蝦、大蝦、辛辣椰汁咖喱
- Fried flat rice noodles with sliced beef** 235  
**乾炒牛河**
- Yeung Chow style fried rice** 225  
Fried rice, barbecue pork, shrimps, egg  
**揚州炒飯**  
叉燒、蝦、雞蛋
- Hong Kong wonton noodles in soup** 225  
Egg noodles, shrimp dumplings, choy sum  
**雲吞湯麵伴菜心**
- Murgh tikka makhani** 298  
Tandoori chicken, tomato, cream, cashew nuts, brown basmati rice, naan bread, pickles, raita  
**印式烤雞配番茄**  
烤雞、番茄、忌廉、腰果、印度飯、薄餅、醃菜、青瓜乳酪醬
- Coconut spinach dhal and spiced okra** 210  
Brown basmati rice, naan bread, pickles, mango tamarind chutney, cucumber raita  
**印式椰汁煮菠菜、炒秋葵及蘭度豆**  
印度飯、薄餅、醃菜、芒果及酸果醬、青瓜乳酪醬






HK\$

Due to the complexity of our menu dishes, some ingredients are not mentioned in the description. Please inform our server if you have any dietary preferences or allergies.  
每款菜式均選用多款材料烹調，不能詳述於此菜單。如有任何喜好或食物敏感，請與我們的服務員聯絡。

Wellness 健康 Gluten-Free 不含麩質 Dairy-Free 不含乳製品 Vegetarian 素食 Vegan 純素  
 Contains Pork 含有豬肉 Contains Nuts 含有堅果 Contains Eggs 含有雞蛋 Contains Seafood 含有海鮮 Contains Alcohol 含有酒精

Subject to 10% service charge 另加一服務費

## Desserts 甜品

-    **Hidden veggie brownie surprise** 145  
Carrot and spinach brownie, raspberry compote, ice cream  
田園風味布朗尼蛋糕  
甘筍及菠菜布朗尼蛋糕、糖漬紅桑子、雪糕
-  **Dark chocolate olive oil cake** 160  
黑巧克力橄欖油蛋糕
-   **Caramel apple strudel with crème anglaise** 160  
焦糖蘋果卷配雲呢拿汁
-  **Oreo cheesecake with fresh mango** 160  
巧克力曲奇紐約芝士餅配芒果
-  **Ice cream (2 scoops) with fresh berries** 128  
各式雪糕 (兩球) 配雜莓
-  **Fresh fruit platter** 160  
合時水果拼盤

## Wellness Juices 健怡果汁

-     **Digestive** 85  
Pineapple, carrot, celery, lime, ginger  
促進消化  
菠蘿、紅蘿蔔、西芹、青檸、薑
-     **Rejuvenate** 85  
Honeydew, green apple, cucumber, kale  
煥然一身  
蜜瓜、青蘋果、青瓜、羽衣甘藍
-     **Detox** 85  
Beetroot, celery, cucumber, carrot, green apple, ginger, dino kale  
排毒養顏  
紅菜頭、西芹、青瓜、紅蘿蔔、青蘋果、薑、深綠甘藍

## Wellness Smoothies 健怡沙冰

-   **Berry antioxidant blast** 110  
Mixed berries, banana, chia seed, acai powder, unsweetened non-dairy milk  
An antioxidant and omega 3 powerhouse to help fight inflammation  
雜莓抗氧化特飲  
鮮雜莓、香蕉、奇亞籽、巴西莓粉、無糖非乳製奶品  
含抗氧食材及奧米加3，有助抗炎
-   **Green powerhouse** 110  
Green apple, banana, cucumber, celery, romaine lettuce, kale, chia seed, ginger, fresh herbs, coconut water  
A refreshing blend of super greens to help you detoxify  
健力青汁  
青蘋果、香蕉、青瓜、西芹、羅馬生菜、羽衣甘藍、奇亞籽、薑、鮮香料、椰子水  
集合各種健康蔬果，有抗氧化之功效
-   **Matcha supercharger** 110  
Banana, spinach, cashew nuts, matcha green tea, medjool date, unsweetened non-dairy milk  
An energy-boosting and antioxidant powerhouse  
抹茶健力特飲  
香蕉、菠菜、腰果、抹茶、椰棗、無糖非乳製奶品  
有助抗氧化及增強體力

## Junior Bites 兒童菜單

-     **Whole grain tuna sandwich** 90  
Tuna, tomato, cucumber, avocado, Greek yogurt, grated carrot and apple, whole grain bread  
Contains omega 3 and calcium for bones growth  
全麥吞拿魚三文治  
吞拿魚、番茄、青瓜、牛油果、希臘乳酪、蘿蔔蘋果粒、全麥麵包  
含奧米加3及鈣質，有助強健骨骼
-     **Mixed vegetable sticks** 80  
Homemade ranch dip, vegetable sticks, whole wheat crackers  
High in vitamin A, for super power vision  
雜錦蔬菜條  
自家製美式沙律醬、蔬菜條、全麥餅乾  
含豐富維他命A，有助身體發展
-     **Mighty mushroom soup** 88  
Button and shiitake mushrooms, milk foam, toasted baguette  
Full of antioxidant to fight bad cells  
蘑菇湯  
蘑菇及香菇、奶泡、烤法包  
含豐富抗氧化成分，有助對抗壞細胞
-     **Chicken, vegetable and egg brown rice bowl** 128  
  Diced chicken, fried egg, seasonal vegetables, brown rice, soy sesame sauce  
A nutritionally balanced whole grain bowl to satisfy little tummies  
雞肉雞蛋蔬菜糙米飯  
雞肉粒、炒蛋、時令蔬菜、糙米、醬油  
營養均衡及果腹之選
-     **Salmon teriyaki with quinoa and seasonal vegetables** 150  
  Salmon fillet, quinoa, seasonal vegetables, homemade teriyaki sauce  
Rich in vitamin D for strong bones and immunity  
照燒三文魚配藜麥及時令蔬菜  
三文魚、藜麥、時令蔬菜、自家製照燒汁  
含豐富維他命D，有效強健骨骼及提升免疫力
-   **Two mini burgers with French fries** 100  
迷你漢堡包 (2個) 配炸薯條
-   **Bread-crumbed fillet of sole, French fries and tartare sauce** 100  
炸魚薯條配他他汁
-     **Superfood fruit salad** 75  
  Mixed fruits, avocado, chia seeds, walnuts, goji berries, homemade granola, coconut milk  
Contains omega 3 and anti-inflammatory ingredients to kick start your day  
「超級食物」水果沙律  
鮮雜果、牛油果、奇亞籽、核桃、杞子、自家製果仁燕麥脆片、椰奶  
含奧米加3及抗炎效果，助您以充沛體力展開新一天
-     **Hidden veggie brownie surprise** 75  
Carrot and spinach brownie, raspberry compote, ice cream  
田園風味布朗尼蛋糕  
甘筍及菠菜布朗尼蛋糕、糖漬紅桑子、雪糕

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