



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

	HK\$	Points
Warm kale salad Kale, mushrooms, roasted sweet potato, quinoa, toasted nuts & seeds, tahini vinaigrette Rich in phytonutrients that helps to lower cholesterol 暖羽衣甘藍沙律 羽衣甘藍、蘑菇、香烤紅薯、藜麥、烤堅果及種子、芝麻醬 羽衣甘藍含豐富植物營養素，有助降低膽固醇	265	510
Seared scallop with quinoa salad & avocado salsa Bell pepper eggplant & quinoa salad, avocado salsa, green apple dressing Rich in minerals and contains heart-healthy omega 3 煎扇貝配藜麥沙律和牛油果沙律 甜椒茄子藜麥沙律、牛油果莎莎醬、青蘋果醬汁 帶子含豐富礦物質及奧米加3，有助強化心臟	365	702
Caesar salad with smoked salmon, grilled chicken fillet or grilled prawn 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	295	567
Burrata and tomato Burrata cheese, vine ripened tomatoes, basil, olive oil, pesto 水牛芝士及番茄配香草醬	275	529
Italian minestone 意大利菜湯	165	317
Mighty mushroom soup 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	165	317

From the Grill 精選烤肉

U.S. rib eye steak (300g) 美國肉眼扒(300克)	530	1,019
Salmon fillet (180g) 三文魚柳 (180克)	365	702
Spring chicken 燒春雞	360	692
Australian lamb chop (350g) 烤澳洲羊扒(350克)	480	923

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

	HK\$	Points
Double decker sandwich, grilled chicken fillet, ham, bacon, egg, cheese, tomato, lettuce, mayonnaise sauce 雙層三文治配烤雞柳、火腿、煙肉、雞蛋、芝士、番茄、生菜	295	567
Australian Wagyu beef burger Wagyu beef patty with cheddar cheese, fried egg, tomato, lettuce, sesame bun 澳洲和牛漢堡 和牛漢堡扒、芝士、煎蛋、番茄、生菜、芝麻包	300	577
Whole grain tuna sandwich 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	245	471
Spaghetti with bolognese, carbonara, tomato, pesto or aglio e olio sauce 炒意粉配肉醬、煙肉芝士汁、番茄醬、羅勒香草醬或辣蒜蓉	265	510
Mushroom barley risotto Mixed mushrooms, barley, poached egg, smoked eggplant & onion puree Rich in fibre, whole grain and calcium for strong bones 蘑菇大麥意大利飯 蘑菇、大麥、荷包蛋、煙燻茄子洋蔥蓉 高纖及全穀物含豐富鈣質，有助強健骨骼	200	385
Kaffir leaf chicken brown rice and vegetable bowl Chicken breast, mixed vegetables, avocado, brown rice, truffle vinaigrette An antioxidant, high fibre and rich protein dish 青檸葉雞胸肉糙米飯 青檸葉、雞胸肉、時令蔬菜、牛油果、糙米、松露油醋汁 含抗氧化、高纖及豐富蛋白質	265	510
Steamed local fish with ginger lime tomato salsa Local fish, ginger, lime, tomato, mint & pea puree, cucumber & olive salsa A high fibre and high protein dish 薑汁青檸蒸本地魚 本地鮮魚、薑汁、青檸、番茄、薄荷豌豆泥、青瓜橄欖莎莎醬汁 含豐富纖維及蛋白質	345	663
Lemongrass-infused salmon in Thai bouillabaisse Salmon, lemongrass, baby spinach, mushroom, tomato, Thai-style bouillabaisse Rich in fibre and heart-healthy omega 3 for strong bones 泰式馬賽魚湯三文魚 三文魚、香茅、小菠菜、蘑菇、番茄、泰式馬賽魚湯 含豐富纖維及奧米加3，有效強健骨骼	335	644
Miso-sesame wild rice bowl 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	200	385
Hainanese chicken rice with chicken broth 海南雞飯配雞湯	340	654
Nasi goreng Indonesian fried rice, chicken, prawns, fried egg, chicken 印尼炒飯 雞肉、蝦、炒蛋、雞肉	330	635
Lobster laksa 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	330	635
Fried flat rice noodles with sliced beef 乾炒牛河	260	500
Yeung Chow style fried rice Fried rice, barbecue pork, shrimps, egg 楊州炒飯 叉燒、蝦、雞蛋	265	510
Braised rice noodles with shredded roasted duck and preserved vegetable 雪菜火鴨絲炆米粉	245	471
Hong Kong wonton noodles in soup Egg noodles, shrimp dumplings, choy sum 雲吞湯麵伴菜心	265	510
Murgh tikka makhani 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	340	654
Coconut spinach dhal and spiced okra 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	250	481

Join Shangri-La Circle for free and redeem your dining experience with Shangri-La Circle Points.
立即免費加入香格里拉會，客人可以香格里拉積分兌換用餐體驗。

Our culinary programme Rooted in Nature highlights locally and ethically-sourced food offerings. It enables all Shangri-La Hotels and Resorts to incorporate sustainable items from our unique markets into our menus. Diners can identify Rooted in Nature menu items by spotting the pea shoot logo beside the dish description. Ask your server for more information.
香格里拉集團的「自然天成」可持續餐飲計劃強調旗下酒店及度假村均選用當地市場生產及符合道德採購來源之可持續食材，在菜單中以豌豆標識 作為辨識，為客人提供更優質的美食。詳情請向服務員查詢。

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

	HK\$	Points
Desserts 甜品		
Hidden veggie brownie surprise 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	175	337
Dark chocolate olive oil cake 黑巧克力橄欖油蛋糕	185	356
Caramel apple strudel with crème anglaise 焦糖蘋果卷配雲呢拿汁	185	356
Crème fraiche baked cheesecake with seasonal berries 芝士餅配時令雜莓	185	356
Ice cream (2 scoops) with fresh berries 各式雪糕(兩球)配雜莓	155	298
Fresh fruit platter 合時水果拼盤	185	356

	HK\$	Points
Wellness Juices 健怡果汁		
Digestive Pineapple, carrot, celery, lime, ginger 促進消化 菠蘿、紅蘿蔔、西芹、青檸、薑	95	183
Rejuvenate Honeydew, green apple, cucumber, kale 煥然一身 蜜瓜、青蘋果、青瓜、羽衣甘藍	95	183
Detox 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	95	183

	HK\$	Points
Wellness Smoothies 健怡沙冰		
Berry antioxidant blast 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 含抗氧化食材及奧米加3, 有助抗炎	120	231
Green powerhouse 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	120	231
Matcha supercharger 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	120	231

	HK\$	Points
Junior Bites 兒童菜單		
Whole grain tuna sandwich 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	115	221
Veggie Power Mac & Cheese Pasta, cauliflower, broccoli, pumpkin & cheddar cheese sauce Rich in fibre and protein that helps detoxification and body development 芝士通心粉 意大利通粉、花椰菜、西蘭花、南瓜及芝士醬汁 含豐富纖維及蛋白質, 有助排毒及身體發展	145	279
Super soba noodle soup Buckwheat soba noodles, miso broth, egg, tofu, Asian greens, corn, seaweed High in protein and vitamin K for bones growth 蕎麥麵味噌湯 雞蛋、豆腐、蔬菜、粟米、海帶 含蛋白質及維他命K, 有助強健骨骼	135	260
Chicken, vegetable and egg brown rice bowl 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	140	269
Salmon teriyaki with quinoa and seasonal vegetables 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	180	346
Two mini burgers with French fries 迷你漢堡包(2個)配炸薯條	125	240
Bread-crumbed fillet of sole, French fries and lemon mayonnaise sauce 炸魚薯條配檸檬蛋黃醬	125	240
Superfood fruit salad 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	90	173
Hidden veggie brownie surprise 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	90	173

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