



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 Pan-roasted beets, baby spinach, pickled beets, toasted nuts & seeds, balsamic vinaigrette <i>Rich in phytonutrients that helps to lower cholesterol</i> 紅菜頭菠菜沙律 烤紅菜頭、菠菜、醃製紅菜頭、烤堅果、種子、油醋汁 菠菜含豐富植物營養素，有助降低膽固醇	280	538
  	Herbed salmon rice paper rolls Seared salmon, seasonal vegetables, fresh herbs, rice paper roll, sesame chili sauce <i>Rich in minerals and contains heart-healthy omega 3</i> 香草三文魚米紙卷 香煎三文魚、時令蔬菜、新鮮香草、米紙卷、芝麻辣醬 三文魚含豐富礦物質及奧米加3，有助強化心臟	280	538
   	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、烱雞蛋、脆煙肉碎	320	615
  	Burrata and tomato Burrata cheese, vine ripened tomatoes, basil, olive oil, pesto 水牛芝士及番茄配香草醬	280	538
 	Italian minestone 意大利菜湯	170	327
  	Mighty mushroom soup Button and shitake mushrooms, milk foam, toasted baguette <i>Full of antioxidant to fight bad cells</i> 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	170	327
	Chinese Daily Chinese Soup 是日例湯	170	327

From the Grill
精選烤肉

U.S. rib eye steak (300g) 美國肉眼扒(300克)	560	1,077
 Salmon fillet (180g) 三文魚柳 (180克)	370	712
Free range spring chicken 走地黃油春雞	380	731
Australian lamb chop (350g) 烤澳洲羊扒(350克)	490	942

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

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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附合道德採購來源之可持續食材，在菜單中以豌豆標籤  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

Main Courses
主菜

 	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	310	596
 	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	320	615
   	Whole grain tuna sandwich Tuna, tomato, cucumber, avocado, Greek yogurt, grated carrot and apple, whole grain bread <i>Contains omega 3 and calcium for bones growth</i> 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	250	481
   	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	270	519
   	Mushroom barley risotto Mixed mushrooms, barley, poached egg, smoked eggplant & onion puree <i>Rich in fibre, whole grain and calcium for strong bones</i> 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	225	433
  	Toasted cashew kale salad with seared chicken fillet Cashew nut, kale, chicken fillet, beetroot, blackberry, crunchy whole grains, flaxseed, vinaigrette <i>An antioxidant, high fibre and rich protein dish</i> 烤腰果羽衣甘藍沙律配香煎雞柳 腰果、羽衣甘藍、雞柳、紅菜頭、黑莓、全穀物、亞麻籽、油醋汁 含抗氧化、高纖及豐富蛋白質	275	529
   	Steamed local fish with ginger lime tomato salsa Local fish, ginger, lime, tomato, mint & pea puree, cucumber & olive salsa <i>A high fibre and high protein dish</i> 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	375	721
   	Steamed wild sea bream fillet Wild sea bream fillet, spelt stewed in carrot juice and root vegetables <i>Boost your immune system with antioxidants</i> 蒸野生海鯛魚 野生海鯛魚、斯佩爾特小麥燉紅蘿蔔汁和菜頭 有效增強免疫力及抗氧化功效	365	702
   	Asparagus and pea risotto Green asparagus, barleys, green peas puree, parmesan cheese <i>Rich in fibre, calcium for strong bones</i> 蘆筍豌豆意大利飯 青蘆筍、大麥、青豆泥、巴馬臣芝士 高纖及含豐富鈣質，有助強健骨骼	275	529
  	Hainanese chicken rice with chicken broth 海南雞飯配雞湯	350	673
  	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	270	519
     	Yeung Chow style fried rice Fried rice, barbecue pork, shrimps, egg 楊州炒飯 叉燒、蝦、雞蛋	270	519
     	Hong Kong wonton noodles in soup Egg noodles, shrimp dumplings, choy sum 雲吞湯麵伴菜心	270	519

Desserts 甜品			HK\$	 Points	Junior Bites 兒童菜單			HK\$	 Points
 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	180	346			 Whole grain tuna sandwich Tuna, tomato, cucumber, avocado, Greek yogurt, grated carrot and apple, whole grain bread <i>Contains omega 3 and calcium for bones growth</i> 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 <i>含奧米加3及鈣質，有助強健骨骼</i>	115	221		
 Dark chocolate olive oil cake 黑巧克力橄欖油蛋糕	190	365							
 Traditional tiramisu 傳統意大利芝士餅	190	365							
 Crème fraiche baked cheesecake with seasonal berries 芝士餅配時令雜莓	190	365			 Veggie Power Mac & Cheese Pasta, cauliflower, broccoli, pumpkin & cheddar cheese sauce <i>Rich in fibre and protein that helps detoxification and body development</i> 芝士通心粉 意大利通粉、花椰菜、西蘭花、南瓜及芝士醬汁 <i>含豐富纖維及蛋白質，有助排毒及身體發展</i>	160	308		
 Ice cream (2 scoops) with fresh berries 各式雪糕 (兩球) 配雜莓	160	308							
 Fresh fruit platter 合時水果拼盤	190	365			 Salmon teriyaki with quinoa and seasonal vegetables Salmon fillet, quinoa, seasonal vegetables, homemade teriyaki sauce <i>Rich in vitamin D for strong bones and immunity</i> 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 <i>含豐富維他命D，有效強健骨骼及提升免疫力</i>	185	356		
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	100	192			 Mighty mushroom soup 蘑菇湯	110	212		
 Rejuvenate Honeydew, green apple, cucumber, kale 煥然一身 蜜瓜、青蘋果、青瓜、羽衣甘藍	100	192			 Two mini burgers with French fries 迷你漢堡包 (2個) 配炸薯條	130	250		
 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	100	192			 Bread-crumbed fillet of sole, French fries and lemon mayonnaise sauce 炸魚薯條配檸檬蛋黃醬	130	250		
Wellness Smoothies 健怡沙冰									
 Berry antioxidant blast Mixed berries, banana, chia seed, acai powder, unsweetened non-dairy milk <i>An antioxidant and omega 3 powerhouse to help fight inflammation</i> 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 <i>含抗氧食材及奧米加3，有助抗炎</i>	120	231			 Superfood fruit salad Mixed fruits, avocado, chia seeds, walnuts, goji berries, homemade granola, coconut milk <i>Contains omega 3 and anti-inflammatory ingredients to kick start your day</i> 「超級食物」水果沙律 鮮雜果、牛油果、奇亞籽、合桃、杞子、自家製果仁燕麥脆片、椰奶 <i>含奧米加3及抗炎效果，助您以充沛體力展開新一天</i>	90	173		
 Green powerhouse Green apple, banana, cucumber, celery, romaine lettuce, kale, chia seed, ginger, fresh herbs, coconut water <i>A refreshing blend of super greens to help you detoxify</i> 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 <i>集合各種健康蔬果，有抗氧化之功效</i>	120	231			 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		
 Matcha supercharger Banana, spinach, cashew nuts, matcha green tea, medjool date, unsweetened non-dairy milk <i>An energy-boosting and antioxidant powerhouse</i> 抹茶健力特飲 香蕉、菠菜、腰果、抹茶、椰棗、無糖非乳製奶品 <i>有助抗氧化及增強體力</i>	120	231							

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 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