



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.
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。

Breakfast

HK\$

早餐

Available from 6:30 am to 10:30 am
上午6時30分至10時30分供應

-  **Fine selection of breakfast bakeries**
(choose 4 pieces: white bread, whole wheat bread, rye bread, five-grain bread, home-made muffin, croissant, chocolate croissant, brioche, soft roll, Danish pastry)
served with butter, margarine, assorted jams, honey
各款鹹甜包點或多士
(任選4件：白麵包、全麥包、黑麥包、五穀麥包、自家製鬆餅、牛角包、巧克力牛角包、法式甜包、餐包、丹麥酥餅)
配牛油、植物牛油、果醬、蜜糖

130
-  **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

175
-  **Congee with chicken, sweet corn or century egg and pork**
with fried dough sticks, condiments
雞肉粥、粟米粥或皮蛋瘦肉粥伴油條及配料

135
-  **Two eggs (fried, scrambled, boiled or poached)**
with hash brown and bacon, ham or sausage
新鮮雞蛋兩隻 (煎、炒、焗或水煮)
配脆薯餅和煙肉、火腿或早餐腸

150
-  **Omelette or egg-white omelette**
with ham, cheese, mushrooms, onions, tomatoes, bell peppers
奄列或蛋白奄列
配火腿、芝士、蘑菇、洋蔥、番茄、燈籠椒

140
-  **Eggs benedict**
Two poached eggs, English muffin, black forest ham, hollandaise sauce
班尼迪克蛋
水煮蛋兩隻、英式鬆餅、煙火腿、蛋黃醬

150
-  **Wellness breakfast set**
Choice of one wellness juice, smoothie or seasonal fruit
Matcha supercharger (banana, spinach, cashew nuts, matcha green tea, medjool date, unsweetened non-dairy milks)
Superfood fruit salad
Shakshuka – poached eggs in smoky tomato sauce
Freshly brewed decaffeinated coffee or decaffeinated tea
健盈早晨套餐
請選擇一杯健怡果汁、沙冰或時令水果
抹茶健力特飲 (香蕉、菠菜、腰果、抹茶、椰棗、無糖非乳製奶品)
「超級食物」水果沙律
水煮蛋配煙番茄醬
即煮無咖啡因咖啡或無咖啡因茶

270

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
 Contains Pork 含有豬肉  Contains Nuts 含有堅果  Contains Eggs 含有雞蛋

Subject to 10% service charge 另加一服務費