


# 有機健康菜式

## Organic & Healthy Recipes

- 柚子汁合桃撈時令水耕菜苗  HK\$ 128
- Marinated Vegetable Seedling, Fried Dough Stick, Walnut, Yuzu Vinegar  
合桃油具減除血液靜壓作用，有助身體應對外界壓力
- 涼拌本地有機花生芽  HK\$ 128
- Marinated Peanut Sprouts, Garlic, Vinegar  
花生芽能抑降血脂、防治心血管疾病、延緩衰老，有「長壽果芽」的美名
- 有機菠菜姬松茸野菌羹  HK\$ 228
- Minced Spinach Broth, Blaze and Wild Mushroom (每位/Per Person)  
姬松茸能扶正補虛，增強免疫力
- 雪膠遼參清湯燉水耕菜苗 HK\$ 258
- Double-boiled Consommé, Vegetable Seedling, Sea Cucumber, Snow Gum (每位/Per Person)  
雪膠含植物膠原、菌多糖、類黃酮等營養成分，能抗氧化且滋陰養顏
- 有機南瓜燉黃耳西班牙豚肉 HK\$ 288
- Braised Berkshire Pork, Pumpkin, Dried Shrimp, Yellow Fungus  
黃耳具治肺熱、痰多、感冒咳嗽之效，潤肺生津
- 蟲草花水耕番茄燴本地雞蛋拌香煎東星斑球 HK\$ 328
- Pan-fried Garoupa Fillet, Braised Tomato, Egg, Cordycep Flower (每位/Per Person)  
蟲草花能健脾益肺，補益肝腎
- 有機芋頭鮮椰汁牛肝菌煮本地鬍鬚雞 \*敬請預訂 HK\$ 888
- Braised Chicken, Taro, Porcini Mushroom, Coconut Sauce \*Advance Order Required  
牛肝菌含豐富蛋白質、維生素及礦物質，清熱解煩，增強免疫力
- 松露翠瓜白木耳炒有機雜菌  HK\$ 288
- Wok-fried Zucchini, White Fungus, Wild Mushroom, Black Truffle  
白木耳能滋陰潤肺，益氣和血，味甘性平，且含豐富膠原蛋白

黑蒜炒有機時蔬 

HK\$ 258

Wok-fried Seasonal Vegetable, Black Garlic


獨子黑蒜具抗氧化、增強免疫力、抗菌消炎、抵抗三高、保護肝臟及改善腸胃等功能

有機旺菜無花果煮日本絹豆腐

HK\$ 258

Braised Bean Curd, Chinese Cabbage, Fig, Pumpkin Sauce

無花果可清熱解毒、滋潤健脾，又能抗炎消腫，化痰祛濕

舞茸水耕菜苗蒸餃 

HK\$ 88

Steamed Dumpling, Shrimp, Vegetable Seedling, Maitake Mushroom

舞茸具備防止細菌和病毒感染，降血壓及膽固醇能力

有機西洋菜羊肚菌孜然牛肉餅

HK\$ 98

Pan-fried Minced Beef, Watercress, Morel Mushroom, Cumin


羊肚菌能強身健體、益腸胃、補腎及補腦提神功效

水耕菜苗松茸拌佐賀牛肉石窩飯

HK\$ 358

Steamed Rice, Saga Beef, Vegetable Seedling, Matsutake Mushroom

松茸富含蛋白質，多樣維生素，能強健體魄

本地野菜拌黑松露榆耳燴麵 


HK\$ 188

Braised Noodle, Vegetable, Elm Fungus, Black Truffle

(每位/Per Person)

榆耳屬高蛋白低脂食品，營養豐富

另加一服務費 10% service charge applies

 素菜推介

\*所有食物不添加味精 ● 為閣下健康著想，如閣下對任何食物有過敏反應，請跟餐廳職員聯絡。

No added MSG ● Please inform your server of any food related allergies as your well-being and comfort are our greatest concern.