Organic Wellness Set Lunch
有機養生午市套餐

From Farm to Table
由土地到餐桌

Good food begins with good soil. Our chefs build this menu around organic, seasonal produce, cooked simply with olive oil, fresh herbs and gentle methods, so you can taste the ingredient itself. It is a light, balanced lunch meant to leave you nourished, not heavy.

好食物源於好土壤。廚師團隊以有機時令食材為本，少油少鹽，用橄欖油、新鮮香草及溫和烹調方法，保留食材最原本的味道。一頓輕盈均衡的午餐，吃得滿足，身心亦無負擔。

SOUP 湯

Organic Garden Vegetable Soup
有機田園雜菜湯
Seasonal organic vegetables slow-simmered into a clear, comforting broth, with no cream added.
以多款時令有機蔬菜慢火熬煮，清而不膩，不加忌廉，溫暖腸胃。

SALAD 沙律

Organic Mixed Leaves & Roasted Mushroom Salad
黑醋蘑菇沙律
Pan-roasted mushrooms on crisp organic leaves, finished with aged balsamic and extra virgin olive oil.
香煎蘑菇配爽脆有機沙律菜，淋上陳年意大利黑醋及初榨橄欖油，清新開胃。

MAIN COURSE 主菜

Pan-Seared Salmon Fillet
香煎三文魚柳
Rich in Omega-3, seared until the skin is crisp, served with seasonal organic vegetables and a lemon herb dressing.
富含奧米加3，煎至魚皮香脆，配時令有機蔬菜及檸檬香草汁。

— or 或 —

Herb-Roasted Chicken Breast with Potatoes & Vegetables
香草燒雞胸配薯仔及時蔬
Lean chicken breast marinated in fresh herbs and roasted until juicy, with roasted baby potatoes and garden vegetables.
低脂雞胸以新鮮香草醃製後烤焗，肉質嫩滑，配烤薯仔及田園時蔬。

DESSERT 甜品

Seasonal Fresh Fruit Platter
時令鮮果拼盘
A naturally sweet finish of hand-cut fruits chosen at their seasonal best.
精選當造鮮果，以大自然的清甜為午餐畫上完美句號。

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晚膳素菜套餐

大上海三錦拼
青檸胡麻百葉卷 • 香菇素鵝 • 四喜烤麸
精選豆製品與菌菇入饌，富含植物蛋白及膳食纖維；青檸清香醒胃，胡麻甘潤養身，為晚宴揭開健康美味序幕。

牛肝菌金栗羹
牛肝菌香氣馥郁，配搭甘甜金栗，以慢火細熬而成。口感濃郁溫潤，有助補充天然營養，暖胃舒懷，尤其適合秋冬時節享用。

油雞樅菌醬炒素丁
雞樅菌素有「菌中珍品」美譽，富含多種天然營養成分；配合時令鮮蔬精心炒製，清爽不膩，有助維持身體活力及均衡飲食。

翡翠雙冬珍菌
冬菇、冬筍與珍菌及翠綠時蔬巧妙搭配，鮮甜清雅。富含膳食纖維及天然礦物質，口感層次豐富，展現清養之道。

酸菜花菇炆伊麵
花菇醇厚鮮香，酸菜微酸開胃，層次分明。滋味濃而不膩，有助提振食慾，配以柔韌伊麵，盡顯傳統素食雅韻。

甜品薈萃
有機南瓜露,清香桂花糕
嚴選有機南瓜精製而成，天然香甜，富含膳食纖維及β-胡蘿蔔素，質感細滑溫潤，為宴席添上健康滋味。

桂花幽香怡人，入口軟糯清甜。傳統養生食材與精緻工藝結合，甜而不膩，令人齒頰留香。

the Jade

晚膳素菜套餐



Wellness Afternoon Tea Set

Relax & Calm Tea 無憂安神茶

Wholemeal Avocado Open Sandwich with Chamomile Honey
全麥牛油果開面三文治配洋甘菊蜜糖

Mango & Cucumber Sandwich Roll with Osmanthus Sour Cream
桂花酸忌廉青瓜芒果三文治卷

Fit & Trim Tea 輕盈消脂茶

Hawthorn Teriyaki Scallop Vol-au-Vent, Sesame & Edamame
山楂照燒帶子酥盒配芝麻及枝豆

Quinoa Salad with Cucumber, Goji Berries & Roselle Dressing
藜麥沙律配青瓜、杞子及洛神花汁

Vitalise & Glow Tea 凍齡養顏茶

Red Date Carrot Cake with Monk Fruit Sweetener
紅棗羅漢果糖甘筍蛋糕

Mulberry & Blueberry Pudding in a Crispy Oat Basket
脆燕麥籃桑椹藍莓布甸

Wellness Afternoon Tea Set



HKU Wellness Mean – Add on



HKU Wellness Mean – Add on



HKU Wellness Menu – Add on

