

Eat well, eat wise.

Our healthy dining options are created according to the principles of naturopathy to help boost energy and fulfil your nutritional needs.

"Light Delights 🌱" are rich in proteins and fibre, low in carbohydrates and ideal for weight management.

"Vitality ⚡" uses selected carbohydrates that are low on the glycemic index for additional energy.

Both "Light Delights 🌱" and "Vitality ⚡" choices offer a balanced mix of essential nutrients, proteins, carbohydrates, fats and fibres, and are made using whole, natural, non-processed foods as well as organic products when possible.

Our selections are abundant in antioxidants, vitamins and minerals, and are served raw or lightly cooked to preserve their nutritional value. All are prepared using unsaturated fats and carbohydrates that are on the low glycemic index to benefit your health.

🌱 light delights

⚡ vitality

🌿 vegetarian

APPETISERS & SALADS |

alaskan king crab, taboulé >
granny smith apple & lemon dressing 238

🌿🌱🍃 heirloom carrot salad >
orange, goat cheese, walnuts,
honey & mustard dressing 218

vitello tonnato >
roasted milk fed veal with tuna-caper
sauce, arugula, smoked anchovies
& olives 228

asian chicken & prawn salad >
grilled five spice rubbed chicken breast,
grilled prawns, bell pepper, bean sprout,
snow peas, cashew nuts, sesame,
scallions in a hoisin dressing 228

🌱 can be tailored for a vegetarian diet

caesar salad >
romaine lettuce, anchovies,
parsley, boiled quail eggs,
garlic croutons, parmesan reggiano
& classic caesar dressing 204

🌱 can be tailored for a vegetarian diet

enhance your salad with light delights:
add 98 per choice

🌿 corn-fed chicken breast

🌿 blackened prawns

SOUPS | 120

please check our daily selection in the
soup and sandwich menu

🌿 light delights

🍷 vitality

🌱 vegetarian

from 11 am to 11 pm

all prices in hong kong dollars & subject to 10% service charge

BURGERS & SANDWICHES |

traditional beef burger >
wagyu beef burger, romaine lettuce,
claussen dill pickles, tomato
& red onion relish on multi cereal bun 296

enhance your traditional burger with:
add 36 per choice

hickory smoked bacon
cheddar cheese
blue cheese
fried organic egg

teriyaki beef burger >
teriyaki glazed wagyu beef burger,
bacon, avocado, horseradish sauce,
pickled kyuri cucumber & crispy onions
on multi cereal bun 306

classic club sandwich >
vine tomatoes, hard boiled organic egg,
romaine lettuce, dijon mustard mayonnaise,
smoked bacon, black treacle back bacon & turkey 234

🌱 can be tailored for a vegetarian diet

croque-monsieur >
grilled country ham, emmental cheese,
béchamel sauce & white toast sandwich 158

*all of the above burgers & sandwiches
will be served with a choice of french fries or mesclun salad*

🍷🌱 boston lobster rolls >
toasted milk bun with spicy boston
lobster & lobster mayonnaise 420

🌿🍷🌱 aubergine wrap >
aubergine caviar, romaine lettuce,
tomato salsa & avocado 168

crispy & spicy scallop tacos >
grilled scallops with avocado, radish,
jalapeño, coriander & lime dressing 298

🌿 light delights

🍷 vitality

🌱 vegetarian

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CHEESES |

✓ french farmers cheeses > 238
 selection of pasturised french
 cheeses (5 choices)

DESSERTS |

✓ baked LMO cheesecake > 133
 mixed berries

✓ lemon crème brûlée> 133
 raspberry sorbet

✓ bitter chocolate tart > 133
 with salted peanuts
 & bourbon vanilla ice-cream

🌱✓ fruit platter > 133
 selected seasonal fruits

✓ homemade ice-cream > 50 per scoop
 bourbon vanilla
 valrhona chocolate

✓ homemade sorbet > 50 per scoop
 raspberry
 mango

- 🌱 light delights
- ☞ vitality
- ✓ vegetarian

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SOUP & SANDWICH MENU 238



please select one soup, one sandwich & either tea or coffee

**a la carte soup 120, sandwich 152*

cauliflower velouté > light whipped cream > toasted almond

or

pumpkin soup > chives > autumn truffles

or

✓ mushroom tea > shitake > shimeji > enoki > baby spinach

beef pastrami & melted cheese poppy seed bagel
sauerkraut > savory mustard

or

crispy spicy chicken taco
iceberg lettuce > sour cream > guacamole

or

✓ avocado & egg milk bun
toasted milk bun > celery > wasabi mayonnaise

THE DIM SUM BENTO BOX 208

the chef's selection of 9 steamed & fried dim sum
with pork, beef, prawn & vegetables

add one soup & either tea or coffee 298

all prices in hong kong dollars & subject to 10% service charge