# BREAKFAST SETS 缤纷早餐套餐精选

## ALL BREAKFAST SETS ARE SERVED WITH

Freshly brewed Arabica coffee (regular, decaffeinated)
Choice of Chinese **or** English teas: black, green, semi-oxidized **or** herbal
Seasonal fresh cut fruits, berries
Freshly squeezed juice

所有早餐套餐都可搭配以下饮品
现磨阿拉比卡咖啡（传统/低咖啡因）
中西式茶类精选（红茶，绿茶，半发酵茶或草本茶）
时令鲜果拼盘和梅果
鲜榨果汁

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## CONTINENTAL 208

Choice of cereal: corn flakes, special k, all bran, homemade granola
House bakery **or** toast of your choice, homemade preserves, French butter, nutella
Natural yogurt, wild honey, fresh fruit & berries, homemade strawberry compote

欧陆式早餐
可选择谷物麦片包含：玉米片，低维麦片，全麦维，自制格兰诺拉燕麦片
精选面包吐司和蜜饯，法式黄油配能多益巧克力酱
天然酸奶，野花蜂蜜，各式水果和梅果，草莓蜜酪

## AMERICAN 238

Choice of cereal: corn flakes, special k, all bran, homemade granola
House bakery **or** toast of your choice, homemade preserves, French butter, nutella
Natural yogurt, wild honey, fresh fruit & berries, homemade strawberry compote
Freshly cooked eggs *(select any egg dish from the menu)*

美式早餐
可选择谷物麦片包含：玉米片，低维麦片，全麦维，自制格兰诺拉燕麦片
精选面包吐司和蜜饯，法式黄油配能多益巧克力酱
天然酸奶，野花蜂蜜，各式水果和梅果，草莓蜜酪
新鲜烹制各式鸡蛋(可根据菜单选择您喜爱的烹饪方式)

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鲜榨果汁

## SHANGHAINESE 上海早餐 218

| | |
|---|---|
| Congee: fish, pork, chicken **or** plain | 各式粥类：鱼粥，猪肉粥，鸡粥或白粥配酱菜和佐料 |
| "You tiao" crispy Chinese bread | 中式油条 |
| Fried egg noodles, XO sauce, pork char siu | XO 酱鸡蛋炒面配叉烧 |
| Steamed assorted dim sum and buns | 蒸各式点心和汤包 |

## JAPANESE 日式早餐 238

| | |
|---|---|
| Pan seared salmon, green vegetables, shiitake, teriyaki sauce | 脆皮焙烤三文鱼配翠绿时蔬，香菇和照烧酱 |
| Miso soup, tamagoyaki (rolled omelette) | 味增汤，日式黄金蛋卷 |
| Steamed Japanese rice, pickled vegetable & condiments | 日式蒸饭配酱菜和佐料 |

## SPA 水疗中心早餐 218

| | |
|---|---|
| Gluten free muffin, wheat toast, low fat spread, preserves | 无谷松饼，全麦吐司，低脂面包，蜜饯 |
| Low fat natural yogurt, organic berries, light granola | 低脂天然酸乳，新鲜有机梅果，低脂格兰诺拉麦片 |
| Egg white omelette, spinach, mushrooms, tomatoes | 蛋白蛋卷，菠菜，蘑菇，圣女果 |

# A La Carte 零点菜单

## Cold Breakfast Plate 冷食

Seasonal fresh cut fruit, seasonal berries 时令鲜果拼盘，时令梅果
small **or** large | 小份或者大份 — 80/98

Cheese plate, celery, grapes — 158
Emmenthal, English matured cheddar, farmhouse goat, soft brie
芝士拼盘配西芹，葡萄, 可选爱芒特奶酪，英式切达干酪，农舍山羊奶酪，布里干酪

Plate of ham: Spanish cured, French, turkey ham — 185
Caper berries, brown countryside toasted bread
火腿拼盘：西班牙火腿，法式火腿，火鸡火腿, 水瓜柳，田园吐司

Smoked fish: salmon, mackerel, eel — 158
Fresh ricotta cheese, brown countryside toast bread
烟熏鱼肉拼盘：三文鱼，青花鱼，鳗鱼, 配以新鲜意式乳清干酪和田园吐司

## Grains & Yogurt 谷物麦片和酸乳 — 60

Corn flakes, all bran, raisin bran, rice crispy, coco pops
Special K, mini wheat, homemade granola
玉米片，全麦维，葡萄干麦维，香脆米，巧克力脆米
低麦维，迷你小麦片，自制格兰诺拉麦片

*Served with* 搭配
*Milk: whole, skimmed* ***or*** *soy* 搭配全脂牛奶，低脂牛奶或豆奶
*Plain yogurt* 原味酸奶

Oatmeal porridge, fresh banana, brown sugar — 70
燕麦粥配新鲜香蕉和黄糖

Bircher muesli, roasted hazelnuts, berries — 70
经典瑞士燕麦配烤榛果和浆果

Natural yogurt: served with fresh fruit & berries, honey, strawberry compote **or** plain — 60
原味酸奶: 搭配新鲜水果和梅果，蜂蜜，草莓乳酪或者原味经典

## EGGS 鸡蛋

Two **or** three cooked to your liking | 根据个人喜好选择烹式鸡蛋（2 个或 3 个） 110/128

Fried: Sunny side up, over easy **or** over hard | 煎鸡蛋：单面煎，双面半熟/全熟煎蛋

Poached **or** boiled | 水波蛋或者水煮蛋

Scrambled | 炒蛋

Omelette **or** frittata (whole eggs **or** egg white) | 西式蛋卷或者意式蛋饼（全蛋或蛋白）

*Cheese, tomatoes, bell pepper, ham, onions, fresh chili* | 配芝士，番茄，灯笼椒，火腿，洋葱，新鲜辣椒

Your choice of sides | 可选配餐

**Baked:** Cherry tomatoes, mushrooms, beans, hash brown potatoes | 烤圣女果，蘑菇，烘豆，香煎薯饼

**Grilled:** pork sausage, chicken sausage | 烤猪肉香肠，肌肉香肠

**Seared:** crispy bacon, French ham | 脆焙培根，法式火腿

**Steamed:** Chinese green vegetables, rice | 蒸制鲜蔬，米饭

Fried rice | 炒饭

French egg cocotte with spinach & morel mushrooms, brioche butter toasted “mouillette” soldiers 118
法式蛋羹配菠菜和羊肚菌, 配法式奶香黄油面包棍

Poached eggs Benedict: English muffin, spinach, Canadian bacon, hollandaise sauce, hash browns 118
班尼迪克蛋, 配英式松饼，菠菜，加拿大培根，荷兰酱汁，香脆薯饼

Steak & eggs: Prime 160g sirloin grilled, fried eggs, Cherry tomato & mushroom casserole, hollandaise 235
早餐牛排鸡蛋料理: 精选 160 克西冷牛排，煎鸡蛋, 配圣女果，法式蘑菇堡及荷兰酱汁

Smoked salmon scrambled eggs on English muffin, fresh ricotta, green asparagus 138
烟熏三文鱼炒蛋配英式松饼, 配新鲜意式乳清干酪，鱼子酱，芦笋

## PANCAKE & CO... 香脆薄饼和甜点

American buttermilk pancake, organic strawberry compote, maple syrup, fresh blueberries 85
美式黄油薄饼, 自制有机草莓蜜酪，枫叶糖浆，新鲜蓝莓

Butter Belgian waffle, original Canadian maple syrup 85
比利时黄油华夫饼配加拿大枫叶糖浆

Brioche French toast, roasted nuts, berries, nutella 85
法式吐司, 香草肉桂风味法式鸡蛋面包配以坚果，梅果和能多益巧克力酱

## CHINESE SELECTION 中式精选

Wok fried egg noodles, XO sauce, barbecued pork 90
XO 酱鸡蛋炒面配叉烧

Congee: fish, pork, chicken **or** plain, pickles & condiment, "you tiao" crispy Chinese bread 80
各式粥类：鱼肉粥，猪肉粥，鸡肉粥或白粥, 配酱菜和佐料，中式油条

Wonton noodle soup, pork char siu, steamed buns 90
云吞面配叉烧，蒸包

Assorted dim sum, vinegar & soy sauce 75
*Crab meat siu mai, Barbecued pork bun, Shrimp dumpling, Pan-fried pork dumpling*
各式蒸点心配以酱油和醋 | 蟹肉烧卖, 叉烧包, 虾饺, 猪肉锅贴

## FRESHLY BAKED BAKERY BASKET 新鲜烘焙面包篮 98

*Served with house preserves and French butter* | 配秘制蜜饯和法式黄油
*3 pieces per order* | 每份 3 片

**Rolls:** multi-grain, white **or** soft rolls | 面包卷：全麦，白吐司，软餐包
**Croissant:** butter classic, chocolate, cheese | 法式羊角包：经典黄油，巧克力，芝士风味
**Danish:** fresh fruit, cinnamon & raisin, mixed nuts | 丹麦包：新鲜水果，肉桂&葡萄干，什锦坚果
**Muffin:** blueberry, chocolate, all bran | 松饼：蓝莓，巧克力，全麦
**Breakfast cake:** Candied fruit or ricotta | 香甜水果蛋糕，意风乳酪蛋糕
French village bread | 法式乡村面包
French brioche | 法式鸡蛋面包
Apple puff | 苹果泡芙

Toast: white, wheat, brown (3 slices per order) 80
吐司：白吐司，全麦吐司，黑麦吐司 (每份 3 片)

# BREAKFAST BEVERAGES 早餐饮品

## LOOSE LEAF TEA SELECTION 精选茗茶

### Chinese 中式茶饮

| | | |
|---|---|---|
| Green: Organic Dragon Well | 绿茶-玉皇剑 | 65 |
| Oolong (Semi Fermented): Yellow Gold | 乌龙茶（半发酵）黄金桂 | 75 |
| Black: Yunnan gold | 红茶：滇红功夫茶 | 70 |
| Post Fermented Black: 5 year old Pu er | 后发酵红茶：5年沉香普洱 | 60 |

### English Black 英式红茶

| | | |
|---|---|---|
| English breakfast | 英式早餐茶 | 60 |
| Earl Grey | 英式早餐茶，伯爵茶 | 65 |
| Darjeeling first flush | 春摘大吉岭 | 65 |

### Infusions 花茶

| | | |
|---|---|---|
| Whole chamomile flowers | 洋甘菊茶 | 65 |
| Whole peppermint leaves | 薄荷茶 | 60 |
| Chrysanthemum | 菊花茶 | 65 |
| Lemongrass & ginger | 柠檬草姜茶 | 60 |

## ARABICA COFFEE 现磨阿拉比卡咖啡

| | | |
|---|---|---|
| Freshly brewed coffee | 整壶 | 60 |
| Espresso | 意式浓缩咖啡 | 60 |
| Double espresso | 双倍意式特浓咖啡 | 80 |
| Cappuccino, cafe latte | 卡布奇诺，拿铁 | 65 |

## JUICES 70

Freshly squeezed 鲜榨果汁
Orange | 橙汁
Watermelon | 西瓜汁
Guava | 番石榴汁

Chilled 冰镇果汁 60
Tomato | 番茄汁
Cranberry | 蔓越莓汁
Apple | 苹果汁

## SMOOTHIE 奶昔 75

Pineapple | 菠萝
Banana & mint | 香蕉薄荷

## QUENCHERS 清凉冰饮 75

Iced Earl Grey | 冰伯爵茶
Lemonade | 柠檬水
Iced ginger & lemon | 冰柠檬姜茶

## MILK (served hot **or** cold)

乳脂饮品（热或冷）

| | |
|---|---|
| Whole | 全脂 | 55 |
| Skimmed | 低脂牛奶 | 55 |
| Soy milk | 豆奶 | 55 |
| Chocolate | 巧克力 | 75 |