

## **BREAKFAST**

### **早餐**

**served from 06:30 am to 10:30 pm**

**供应时间为 早 06:30 到 早 10:30**

#### **Continental Breakfast**

##### **欧陆式早餐**

choice of our wellness juices: orange, apple, mango, honey melon, carrot, watermelon or pear

精选健康果汁：橙子，苹果，芒果，哈密瓜，胡萝卜，西瓜或梨

choice of cereal, cornflakes, all bran, rice krispiest, fruit muesli or oatmeal

choice of milk, whole milk, skimmed milk, soya bean milk - hot or cold

玉米片、全麦片、卜卜米、水果穆斯里或燕麦粥

可选全脂牛奶，脱脂牛奶，豆奶 - 冷的或热的

bakers' favorites (3 pcs) croissant, fresh fruit Danish, muffin or toast

with seasonal fruit jam, honey and butter

早餐面包（三片）牛角包、水果丹麦包、美式松饼或土司

配时令果酱，蜂蜜和黄油

freshly brewed coffee or tea

现磨咖啡或茶

205RMB

## **Island Wellness Retreat I**

### **岛屿静修早餐 I**

choice of our wellness juices: orange, apple, mango, honey melon, carrot, watermelon or pear

精选健康果汁：橙子，苹果，芒果，哈密瓜，胡萝卜，西瓜或梨

choice of cereal, cornflakes, all bran, rice krispiest, fruit muesli or oatmeal

choice of milk, whole milk, skimmed milk, soya bean milk - hot or cold

玉米片、全麦维、卜卜米、水果穆斯里或燕麦粥

可选全脂牛奶，脱脂牛奶，豆奶 - 冷的或热的

2 eggs

scrambled, fried, poached or boiled

with hash browns, bacon, sausage and grilled tomato

两个鸡蛋

选择自己喜欢的制作方法：炒蛋，煎蛋，水波蛋或煮蛋

配薯饼、烟肉、香肠和扒番茄

bakers' favorites (3 pcs) croissant, fresh fruit Danish, muffin or toast

with seasonal fruit jam, honey and butter

早餐面包（三片）牛角包、水果丹麦包、美式松饼或土司

配时令果酱，蜂蜜和黄油

freshly brewed coffee or tea

现磨咖啡或茶

230RMB

## Island Wellness Retreat II

### 岛屿静修早餐 II

hot soya bean milk

with deep fried bread stick

热豆浆

配炸油条

cantonese congee with ginger & spring onion

chicken, pork, or fish

粤式粥配生姜和小葱

鸡肉、猪肉或鱼肉

assorted Dim Sum basket (3 kinds)

什锦中式点心篮 (3 种)

Wenchang chicken noodle soup

with vegetables and double boiled chicken soup

文昌鸡丝汤面

配绿色蔬菜和慢火鸡汤

Chinese Tea

中式茶

230RMB

## A LA CARTE

### 零点

served from 11:30 am to 23:30 pm

供应时间为 早 11:30 到 晚 23:30

#### Starter

RMB

#### 开胃菜

romaine lettuce heart Caesar Salad

113

romaine lettuce, grilled chicken breast, parmesan cheese, garlic croutons, crispy bacon

凯撒沙拉

罗马生菜, 扒鸡胸, 帕马臣芝士, 蒜香面包粒, 脆烟肉

buffalo mozzarella

126

marinated tomatoes, arugula, basil pesto

番茄水牛芝士沙拉

腌制番茄, 芝麻菜, 罗勒酱

#### Soup

#### 汤

smoked tomato soup

78

basil goat's cheese

烟熏番茄浓汤

罗勒山羊芝士

All prices are in RMB and subject to 15% service charge

所有价格以人民币计算并加收 15%服务费

## **Snacks platter**

147

小吃拼盘

Thai roasted chicken wings

烤泰式鸡翅

deep-fried calamari rings

炸鱿鱼圈

BBQ corn tortilla

烧烤味墨西哥玉米片

fried onion rings

炸洋葱圈

fried shrimp nuggets

炸虾球

spicy popcorn chicken

辣味鸡米花

choose 4 kinds for your own snack combo platter

请选择四种组成您的小吃拼盘

served with tartar sauce, sweet chili sauce and guacamole

配塔塔酱，甜辣酱和牛油果酱

## **Burger and sandwich**

汉堡及三明治

the mandarin club sandwich

156

bacon, smoked chicken, fried egg, tomato, Iceberg lettuce, French fries, side salad

文华公司三明治

烟肉，烟鸡胸，煎蛋，番茄，西生菜，薯条，沙拉

classic wagyu beef burger - well done

165

cheddar cheese, smoked bacon, lettuce, tomato, French fries, side salad

传统和牛芝士汉堡 - 全熟

车达芝士，烟肉，生菜，番茄，薯条，沙拉

## **Pasta**

### **意大利面**

spaghetti napoli with vegetable broccoli, mushroom, tomato, onion, asparagus 蔬菜番茄汁意大利细面 西兰花, 蘑菇, 小番茄, 洋葱, 芦笋	146
spaghetti bolognese parmesan cheese, onion, carrot, garlic 自制牛肉酱意大利面 帕马臣芝士, 洋葱, 胡萝卜, 蒜	146
fettuccini seafood marinara prawn, squid, mushroom, Italian parsley 意式海鲜宽面 大虾, 鲜鱿, 蛤蜊, 蘑菇, 意大利欧芹	165

## **Pizza**

### **披萨**

pizza margherita tomato, oregano, mozzarella, buffalo mozzarella cheese 玛格丽塔披萨 番茄, 萨草皮, 马苏里拉芝士, 水牛芝士	120
pizza pepperoni olive, mushroom, garlic 意式香肠披萨 黑橄榄, 蘑菇, 大蒜	138
durian cheese pizza fresh homemade durian sauce, mozzarella 榴莲芝士披萨 新鲜自制榴莲酱, 马苏里拉	156

## East

### 亚洲美食

Hainanese Wenchang chicken rice simmered chicken, aromatic rice, double boiled chicken soup 海南文昌鸡饭 慢煮农家鸡, 香米饭, 炖鸡汤	173
wonton noodle soup shrimp, choy sum , shrimp wonton 云吞汤面 鲜虾, 菜心, 虾仁云吞	103
grilled satay (6) Asian spiced chicken, beef, chili peanut sauce 烤沙爹串(6 串) 亚洲香料腌制鸡肉, 牛肉, 辣花生酱	138

## West

### 西式美食

Australian ribeye steak 280g 澳洲肉眼扒 (280 克)	483
grilled grouper fillet 180g 扒石斑鱼柳 (180 克)	338
served with baby potato and asparagus choose your preferred sauce: red wine sauce, black pepper sauce, mushroom sauce, lemon butter sauce 配小土豆和芦笋 任意选择您喜欢的配汁: 红酒汁, 黑胡椒汁, 蘑菇汁, 柠檬黄油汁	
french fries 炸薯条	69

## Dessert

### 甜品

marble mango cheesecake fresh mango, mango jelly 自制芒果芝士蛋糕 新鲜芒果, 芒果啫喱	95
chilled mango pudding with mango 椰子芒果冻	78
sliced seasonal tropical fruit 时令水果盘	103

## SELECTION DISHES

### 精选菜式

served from 12:00 pm to 2:30 pm 18:00pm to 21:30  
供应时间为: 午间 12:00 到 下午 14:30, 晚 18: 00 到 晚 21: 30

<b>Chinese Appetizer</b>	RMB
开胃凉菜	
marinated beef with chili sauce 山城拌牛肉	103
marinated pig ear 卤味鹅翅	103
Shanghai style bamboo shoots, gluten, peanut and black fungus 四喜烤麸	69
<b>Cantonese Barbecue</b>	
广式烧味	
crispy baby pigeon 脆皮乳鸽	86/piece
poached chicken with ginger sauce 白切文昌鸡	199/half
<b>Cantonese Soup</b>	
广式炖汤	
mushroom soup with bamboo fungus and matsutake 松茸竹笙菌菇汤	69/person
Wen-Chang chicken soup with coconut 原盅椰子炖文昌鸡	95/person

All prices are in RMB and subject to 15% service charge  
所有价格以人民币计算并加收 15%服务费

## Signature Dish

### 招牌菜

wok fried cuttlefish paste with egg white, mushrooms and walnuts

倚洋小炒皇

217

braised Wen-Chang chicken with Hainan local leaves

海南捞叶文昌鸡

199

wok fried beef with nuts and black pepper sauce

黑椒坚果牛仔骨

217

braised spicy tofu with sea cucumber and shrimps

辽参虾仁麻婆豆腐

199

wok fried rice with pineapple and shrimp

菠萝虾仁炒饭

112

wok fried rice noodle with beef

干炒牛河

112

pan fried pork dumpling

香煎锅贴

78/6 pieces

## Dessert

### 甜品

chilled mango pudding with mango

芒果椰子冻

78/person

double boiled bird's nest with coconut milk

椰奶炖官燕

460/person

double boiled bird's nest with rock candy and Osmanthus

冰糖桂花炖燕窝

346/person

## OVERNIGHT

### 夜间菜单

served from 23:00 pm to 6:30 am

供应时间为: 晚 23:00 到 早 6:30

	RMB
<b>Chef's signature salad</b> lettuce, avocado, shrimp, black pepper beef, tomato, corn kernels, red kidney beans, almonds, pumpkin seeds 厨师招牌沙拉 生菜, 牛油果, 虾仁, 黑椒牛肉, 小番茄, 玉米粒, 红腰豆, 杏仁片, 南瓜子	126
<b>marinated pig ear</b> 卤味鹅翅	103
<b>Shanghainese style bamboo shoots, gluten, peanut, and black fungus</b> 四喜烤麸	69
<b>spaghetti napoli with vegetable</b> broccoli, mushroom, tomato, onion, asparagus 蔬菜番茄汁意大利细面 西兰花, 蘑菇, 小番茄, 洋葱, 芦笋	146
<b>the mandarin club sandwich</b> bacon, smoked chicken, fried egg, tomato, Iceberg lettuce, french fries, side salad 文华公司三明治 烟肉, 烟鸡胸, 煎蛋, 番茄, 西生菜, 薯条, 沙拉	156
<b>wonton noodle soup</b> 云吞汤面	103

marble mango cheesecake	95
fresh mango, mango jelly	
自制芒果芝士蛋糕	
新鲜芒果, 芒果啫喱	
chilled mango pudding with mango	78
椰子芒果冻	
sliced seasonal tropical fruit	103
时令水果盘	