

BREAKFAST SETS 缤纷早餐套餐精选

THE CONTINENTAL

228

Selection of fruit or vegetable juice
 Seasonal sliced fruits with berries
 Plain or fruit yogurt
 Bakery basket with your choice of four (4) items
 Served with butter, honey and jams
 or
 White toast or brown rye toast or whole-wheat toast (3 slices per order)
 Selection of premium coffees | fine teas and infusions
 欧陆式早餐
 精选果蔬汁
 时令切片水果配浆果
 原味或水果酸奶
 面包篮，四种任选
 配黄油，蜂蜜和果酱
 或
 白吐司或黑麦吐司或全麦吐司（3片）
 精选顶级咖啡或茶

THE SHANGHAINESE

258

Selection of fruit or vegetable juice
 Seasonal sliced fruits with berries
 Congee: fish, pork, chicken or plain, pickles & condiments
 “You Tiao” crispy Chinese bread
 Choice of fried egg noodles (thick or thin)
 Steamed assorted dim sum and buns
 Selection of premium coffees | fine teas and infusions
 上海特色早餐
 精选果蔬汁
 时令切片水果配浆果
 粥：鱼肉、瘦肉，鸡肉或白粥，酱菜和小料
 油条
 炒鸡蛋面（宽面或细面）
 各式蒸点
 精选顶级咖啡或茶

THE MANDARIN

268

Selection of fruit or vegetable juice

Seasonal sliced fruits with berries

Plain or fruit yogurt

Bakery basket with your choice of four (4) items:

Served with butter, honey and jams

White toast or brown rye toast or whole-wheat toast (3 slices per order)

Choice of Cereals:

Served with whole fresh milk, skimmed milk or soy milk

Two eggs any style with your choice of:

Grilled pork sausage or chicken sausage or hash brown potatoes or baked cherry tomatoes

or

Pancakes stacked with caramelized bananas, maple syrup

or

Brioche French toast, cinnamon flavored sugar, Morello cherry compote

or

Waffles, whipped cream and berries compote

Selection of premium coffees | fine teas and infusions

文华东方早餐

精选果蔬汁

时令切片水果配浆果

原味或水果酸奶

面包篮，四种任选

配黄油，蜂蜜和果酱

白吐司或黑麦吐司或全麦吐司（3片）

麦片：玉米片，全麦维，提子麦维，可可米，自制燕麦，瑞士燕麦

两个鸡蛋，做法任选：

烤猪肉肠或鸡肉肠或土豆饼或烤樱桃番茄

或

黄油煎饼，配焦糖香蕉，蜂糖浆

或

法式黄油面包吐司，风味肉桂糖，酸樱桃酱

或

华夫饼，淡奶油和浆果果酱

精选顶级咖啡或茶

THE JAPANESE

268

Selection of fruit or vegetable juice
Seasonal sliced fruits with berries
Grilled Teriyaki salmon
Steamed rice
Soy bean miso soup
Green vegetables, shiitake mushrooms
Japanese pickles, Tamagoyaki (rolled omelet), toasted nori
Selection of fine teas and infusions

日式早餐
精选果蔬汁
时令切片水果配浆果
照烧三文鱼
白饭
黄豆味噌汤
蔬菜，香菇
日式酱菜，蛋卷，紫菜
精选高档茶叶

THE DE-LIGHT

258

Selection of fruit or vegetable juice
Seasonal sliced fruits with berries
Mango Soya smoothie
Artisan low fat cottage cheese with chives whole wheat crackers
Steamed Tofu with sautéed spinach, Tahini and Soya sauce, sesame seeds
Selection of Decaffeinated coffee, long life green tea or herbal infusions

We suggest a 15 to 30 minute break after the Fruits, Juice and Smoothie before continuing the rest of the breakfast to achieve a better assimilation of all the vitamins!

清新早餐

精选果蔬汁
时令切片水果配浆果
芒果豆奶奶昔
低脂乡村芝士配香葱全麦饼干
清蒸豆腐配炒菠菜，中东芝麻酱和酱油，芝麻籽
精选无咖啡因咖啡，长寿绿茶或花草茶

我们建议食用水果，果汁和奶昔后休息 15 到 30 分钟，再继续其他早餐，保证更好的吸收所有的维他命！

THE VITALITY

258

Selection of fruit or vegetable juice

Seasonal sliced fruits with berries

Mango Soya smoothie

Assorted Dry Fruits selection

Selection of Nuts & Almonds

Artisan low fat cottage cheese with chives whole wheat crackers

Poached imperial eggs on buckwheat blinis, smoked salmon, caviar and our gourmet healthy de-light cream with dill

Selection of Decaffeinated coffee, long life green tea or herbal infusions

We suggest a 15 to 30 minute break after the Fruits, Juice and Smoothie before continuing the rest of the breakfast to achieve a better assimilation of all the vitamins!

活力早餐

时令切片水果配浆果

芒果豆奶奶昔

各式干果

各式坚果和杏仁

低脂乡村芝士配香葱全麦饼干

白煮蛋配荞麦煎饼，烟熏三文鱼，鱼子酱和自制健康清淡奶油配苜蓿

精选无咖啡因咖啡，长寿绿茶或花草茶

我们建议食用水果，果汁和奶昔后休息 15 到 30 分钟，再继续其他早餐，保证更好的吸收所有的维他命！

THE KIDS

158

Selection of fruit or vegetable juice

Hot oatmeal porridge, cinnamon, honey and bananas

Or

Pancakes, stacked with caramelized bananas, maple syrup

Or

Nutella hazelnut spread and peanut butter on toasted bread

Hot chocolate, Ovaltine, milk shake or soy milk

儿童菜单

精选果蔬汁

热燕麦粥，肉桂粉，蜂蜜和香蕉

或

黄油煎饼，配焦糖香蕉，蜂糖浆

或

榛子花生酱吐司面包

热巧克力，阿华田，奶昔或豆奶

A LA CARTE 零点菜单

FROM THE BAKERY 面包

Bakery basket with your choice of four (4) items 108

Served with butter, honey and jams

面包篮，四种任选

配黄油，蜂蜜

Toast: white / wheat / brown (3 slices per order) 88

吐司：白吐司/全麦吐司/黑麦吐司（3片）

COLD SELECTION 开胃菜

Fresh cut seasonal fruits with berries 88

新鲜切片水果配浆果

Selection of Artisan cheese, quince jam, honey, grapes, crackers, herb lavosh 168

精选芝士拼盘，柑橘酱，蜂蜜，葡萄，饼干，香料薄脆

European cold cut selection, cottage cheese, multi-cereal country bread 168

欧陆式冷切肉盘，乡村芝士配谷物面包

Artisan low fat cottage cheese with chives, whole wheat crackers 128

低脂乡村芝士配香葱全麦饼干

Smoked Scottish salmon, chive cream cheese, Pumpernickel bread 198

苏格兰烟熏三文鱼，香葱奶油芝士和粗裸麦面包

FRUIT & YOGHURTS 水果和酸奶

Honey-mint yoghurt, fresh blueberries 128

蜂蜜薄荷酸奶配新鲜蓝莓

Sliced pineapple, honey and lime 88

切片菠萝，蜂蜜和青柠

Seasonal fruit salad, spiced syrup 88

时令水果色拉，甜菊香料糖浆

Vitamin C Bowl, seasonal cut fruits, fresh orange juice 88

维他命C水果色拉，时令新鲜水果，鲜榨橙汁

Berry compote, natural yoghurt 128

天然酸奶，浆果果酱

Plain yoghurt or low fat yoghurt or honey sweetened yoghurt 108

原味酸奶或低脂酸奶或蜂蜜甜味酸奶

Tropical sliced mango platter 128

热带切片芒果盘

HOMEMADE COMPOTES 自制糖渍水果

(All our compotes are made only with Stevia)

(所有果酱均仅用甜菊糖制作)

Sliced bananas with coffee flavor 68
香蕉切片配咖啡粉

Pear marinated with lemon grass 68
香梨配柠檬草

Pineapple with star anise 68
菠萝配八角

Green apple and green cardamom 68
青苹果配绿豆蔻

FIT & HEALTHY 健康

MO Special Granola, Chef's homemade cereal, dried fruit, honey (N) 78
文华东方特制麦片，厨师长自制燕麦，干果，蜂蜜

Alpen muesli with blueberries with your choice of yoghurt or fresh whole/soy/ skim milk 98
瑞士燕麦粥配蓝莓， 任选酸奶或新鲜全脂牛奶或豆奶或脱脂牛奶

Bircher muesli with roasted nuts, raisin and green apple 88
瑞士冻麦片配烤坚果，葡萄干和青苹果

EGG SPECIALTIES 风味鸡蛋

Smoked Scottish salmon scrambled eggs, dark rye bread, cottage cheese 178
烟熏三文鱼炒蛋配黑麦面包，乡村芝士

Egg cocotte, toasted brioche bread, steamed spinach 128
法式小盅蛋，烤黄油面包，蒸菠菜

Two poached eggs, smoked Scottish salmon on toasted brioche, hollandaise glaze or sour cream and chives 128
2 个水波蛋，烟熏三文鱼配烤法式黄油面包，荷兰汁或酸奶油，以及香葱

Egg white omelet, steamed greens, baked cherry tomatoes, rye toast 128
蛋白煎蛋卷，蒸蔬菜，烤樱桃番茄，黑麦吐司

Two eggs any style with your selection of two side dishes: 118
2 个鸡蛋，做法任选，以下配菜任选两种：

Pan seared bacon 煎培根

Pork or chicken sausages 猪肉或鸡肉肠

Hash brown (V) 土豆饼

Sautéed cherry tomatoes (V) 炒樱桃番茄

Eggs Benedict, two poached eggs, English muffin, Turkey-ham served with Hollandaise sauce 138
班尼迪克蛋，2 个水波蛋，英式麦芬，火鸡胸配荷兰汁

CHINESE SELECTION 中式精选

BBQ pork and shrimp fried rice, vegetables 138
叉烧和虾仁炒饭配蔬菜

Wok fried noodles (thick or thin noodles), vegetables and choice of chicken/ shrimp/pork 138
炒面（宽面或细面），蔬菜，可选鸡肉、虾仁或猪肉

Congee: fish, pork, chicken or plain with pickles and “You Tiao” crispy Chinese bread 88
粥：鱼肉，猪肉，鸡肉或白粥配酱菜和油条

Assorted dim sum and buns, black rice vinegar and soy sauce 118
各式点心和包子，黑醋和酱油

Pot stickers, spring onions and black and white sesame seeds, black rice vinegar, soy sauce (N) 88
锅贴配香葱和黑白芝麻，黑醋和酱油

Wonton noodle soup, chili sauce and black rice vinegar 88
云吞汤面，辣椒酱和黑醋

BREAKFAST SPECIFICITIES 风味早餐

Pancakes plain or chocolate chips, stacked with caramelized bananas, maple syrup 98

原味黄油煎饼或巧克力黄油煎饼，配焦糖香蕉，枫糖浆

Brioche French toast, cinnamon flavored sugar, Morello cherry compote 98

法式吐司，风味肉桂糖，樱桃酱

Waffles, whipped cream and berries compote 98

华夫饼，淡奶油和浆果果酱

Hot Oatmeal porridge, cinnamon, banana, brown sugar 98

热燕麦粥，肉桂粉，香蕉，红糖

BREAKFAST SIDE DISHES 早餐配菜 28

Pork Sausage

猪肉肠

Chicken Sausage

鸡肉肠

Sautéed mushrooms

炒蘑菇

Pan seared bacon

煎培根

Pan seared ham

煎火腿

Hash brown potatoes (V)

土豆饼

Sautéed cherry tomatoes (V)

炒樱桃番茄

Baked beans (V)

焗豆

Wilted Spinach (V)

扒菠菜

DE-LIGHT & VITALITY 清新 & 活力

	Selection of fruit or vegetable juice 精选果蔬汁	78
	Fruit or plain smoothie prepared with low fat yoghurt or soy milk 水果或原味奶昔，由低脂酸奶或豆奶制作	128
	Low fat yogurt 低脂酸奶	108
	Honey-mint yoghurt with fresh blueberries 蜂蜜薄荷酸奶配新鲜蓝莓	128
	Sliced pineapple, honey and lime 切片菠萝，蜂蜜和青柠	88
	Sliced tropical mango platter 热带切片芒果盘	128
	Seasonal fruit salad, spiced syrup 时令水果色拉，甜菊香料糖浆	88
	MO Special Granola, Chef's homemade cereal, dried fruit, honey (N) 文华东方特制麦片，厨师长自制燕麦，干果，蜂蜜	78
	Alpen muesli with blueberries with your choice of yoghurt or fresh whole milk or soy milk or skim milk 瑞士燕麦粥配蓝莓，任选酸奶或新鲜全脂牛奶或豆奶或脱脂牛奶	98
	Hot oatmeal porridge with cinnamon, honey and banana 热燕麦粥配肉桂粉，蜂蜜和香蕉	78
	Bircher muesli with roasted nuts, raisin and green apple 瑞士麦片配烤坚果，葡萄干和青苹果	88
	Healthy bread basket 健康面包篮	108
	Gluten light muffin, whole wheat toast and seven cereal loaves served with honey, cottage cheese and seasonal stevia spiced fruit compote 低麸制麦芬，全麦吐司和七种谷物大面包配蜂蜜，乡村芝士和甜菊糖渍时令水果	
	Egg white omelet, steamed greens, mushrooms, cherry tomatoes 蛋白煎蛋卷，蒸蔬菜，蘑菇，樱桃番茄	128
	Mixed garden greens with carrots, cherry tomatoes, avocados, low fat cottage cheese in lemon dressing 混合田园生菜配胡萝卜，樱桃番茄，牛油果，低脂乡村芝士配柠檬	98
	Artisan low fat cottage cheese with chives and whole wheat crackers 低脂乡村芝士配香葱和全麦饼干	128
	Smoked Scottish salmon, chive cottage cheese and Pumpernickel Bread 苏格兰烟熏三文鱼，香葱乡村芝士和粗裸麦面包	198

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	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	
Tomato 番茄汁	60
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