



EAT WHAT MAKES YOU

OH-SO HAPPY

吾所好，
吾所食



衡食餐厅 EVEN TABLE

衡食餐厅融合了中西方健康餐饮膳食理念，注重满足客人对追求均衡营养及健康美食体验的需求。衡食菜单设计不设有中西餐的分类标签，更多利用本地原材料结合健康的烹饪手法，科学的营养搭配，地道的口味出品作为菜肴设计的基础，同时，衡食餐厅创新了食材的选用，尽可能使用纯天然的、营养的原材料，减少食品的再次加工，提供了多种创意美食佳肴，为客人带来了健康营养，平衡美味的餐饮体验。

EVEN TABLE embraces a global healthy living philosophy, focusing on meeting the needs of health-conscious consumers and balance wellness with gastronomic experiences. The menu at EVEN TABLE is not labeled as Chinese, Western or Asian, rather it is a diverse collection of recipes that combine health, nutrition and great taste by considering local ingredients and taste profiles of our guests who dine at our restaurants. We provide creative cuisine by selecting local, all-natural and nutritious ingredients whenever we can, meaning that we are having a commitment to avoid using ingredients that have chemical preservatives, artificial additives and colors or are processed in any way. By additionally using healthy cooking techniques, our Culinary teams at EVEN TABLE are passionate to deliver a healthy and balanced lifestyle, proving that nutritious food can be pleasurable, tasty and most important, fun. Enjoy your meal with us!

健康轻食 (套餐) HEALTHY FOOD

2 逸衡牛油果吞拿鱼贝果果汁

1 逸衡牛油果吞拿鱼贝果 RMB 48

Yiheng avocado tuna bagel

With seasonal vegetable juice 配以能量时令蔬果汁

(主料: 牛油果80g, 吞拿鱼50g, 贝果面包100g, 生菜50g)

Avocado, tunna fish, lettuce, with bagel bread, seasonal vegetables and fruit juice

牛油果, 吞拿鱼, 生菜, 配以贝果面包, 时令蔬果汁

2 牛肉芒果轻食色拉 RMB 58

BEEF MANGO LIGHT SALAD

With seasonal vegetable juice 配以能量时令蔬果汁

(主料: 牛肉80克, 芒果50克, 生菜50克)

Beef with fresh mango and lettuce

牛肉配以新鲜芒果和生菜

3 鸡肉苹果轻食色拉 RMB 48

CHICKEN APPLE LIGHT SALAD

With seasonal vegetable juice 配以能量时令蔬果汁

(主料: 鸡肉80g, 苹果80g, 混合生菜80g)

Fresh apple with chicken, fresh lettuce, seasonal vegetables and juice

新鲜苹果配以鸡肉, 新鲜生菜, 恰巴塔面包, 时令蔬果汁

4 健康谷物蔬果杯 RMB 38

HEALTHY FRUIT AND VEGETABLE CUP

With seasonal vegetable juice

配以时令蔬果汁和蔬菜谷物棒

(主料: 混合生菜80g, 水果80g, 卜卜米20g, 蔬菜谷物棒50g)

Fresh lettuce with grain, fresh fruit, Vegetable grain stick, seasonal vegetables and fruit juice

新鲜生菜配以, 新鲜水果, 蔬菜谷物棒, 时令蔬果汁

 VEGETARIAN 全素  SUPER FOOD 超级  SPICY FOOD 偏辣  SIGNATURE 主厨推荐  GLUTEN FREE 无麸质

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If you have any concerns regarding food allergies, please alert your server prior to ordering.

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前菜
STARTERS

- 5 **特色相思牛肉 (冷菜)**   RMB 68
SPICY DICED BEEF
(主料: 牛肉150g)
Sichuan style beef cold dishes
四川风味的牛肉类凉菜
- 6 **冷吃陈皮兔丁 (冷菜)**  RMB 48
TANGERINE PEEL DICED RABBIT
(主料: 兔丁150g,陈皮5g)
Sichuan Traditional rabbit cold dish
四川传统风味兔肉凉菜
- 7 **黑松露风味蘑菇汤**  RMB 38
MUSHROOM SOUP WITH BLACK TRUFFLE FLAVOR
(主料: 蘑菇150g, 动物奶油30g, 黑松露5克, 黄油10g, 百里香5克)
Whit garlic bread
配以香蒜面包
- 8 **坚果南瓜汤**  RMB 38
NUT PUMPKIN SOUP
(主料: 南瓜200g, 坚果10克, 黄油50g, 动物奶油10g, 百里香5g)
Whit garlic bread
配以香蒜面包
- 9 **中式乌鸡汤** RMB 48
CHINESE CHICKEN SOUP
(主料: 乌鸡100g)



5
特色相思牛肉

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沙拉和三明治 SALADS AND SANDWICHES

10 逸衡田园沙拉

10 逸衡田园沙拉  RMB 38

SEASONAL GARDEN SALAD

(主料: 苦菊叶80g, 绿叶生菜60g, 红叶生菜60g, 小番茄30g 黄瓜40g)

All kinds of seasonal lettuce and fresh vegetables
各式时令生菜和新鲜蔬菜

Optional, Thousand Island juice, oil vinegar juice, lactic acid bacteria juice, sesame juice

自选, 千岛汁, 油醋汁, 乳酸菌汁, 芝麻汁

11 逸衡三明治 RMB 38

CLASSIC CLUB SANDWICH

(主料: 土司面包150g, 烟熏鸡肉50g, 培根40g, 鸡蛋50g, 薯条50g, 黄瓜30g, 番茄30g)

Smoked chicken breast, bacon, lettuce, tomato, French fries
烟熏鸡胸配以培根, 生菜, 番茄, 薯条

12 四川风味三明治  RMB 48

SICHUAN STYLE SANDWICH

(主料: 全麦面包80g 四川风味香肠100g, 生菜50g, 黄瓜50g, 薯条50g)

Sichuan style sausage, lettuce, cucumber, French fries
四川风味香肠配以生菜, 黄瓜, 薯条

13 牛肉汉堡  RMB 68

BEEF BURGER

(主料: 汉堡面包80g, 牛肉100g, 培根50g, 酸黄瓜15g, 薯条50g)

Beef patty with lettuce, tomato, French fries
牛肉饼配以 生菜, 番茄, 酸黄瓜, 薯条

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扒类和蔬菜

STEAKS AND VEGETABLES

15

香煎鳕鱼



14 谷饲150天西冷牛扒 (主料: 西冷200g) ★

RMB 188

150 DAYS OF GRAIN-FED SIRLOIN STEAK(200g)

(主料: 西冷200g,什锦蔬菜100g,薯角50g)

Grilled beef with fresh rosemary, sea salt and black pepper, served with vegetables

西冷牛排配以新鲜迷迭香,海盐和黑胡椒,搭配特色蔬菜

15 香煎鳕鱼 (主料: 鳕鱼 200g) ★

RMB 188

Fried God Fish(200g)

Cod fish with white wine, sea salt and white pepper, served with vegetables

采用鳕鱼配以,白葡萄酒,海盐和白胡椒 搭配烤蔬菜

16 健康田园小炒

RMB 38

Mixed stir-fried vegetables

(主料: 荷兰豆80克,胡萝卜30克,百合30克,红腰豆10克)

荷兰豆配以胡萝卜和百合的素菜

17 白灼时蔬

RMB 28

Seasonal vegetables

(主料: 时令蔬菜150g)

Seasonal local vegetables

时令本地蔬菜

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意大利面和饭 SPAGHETTI AND RICE

19

衡食粗粮饭配蒜蓉虾仁和时蔬



- 18 **肉酱意面**  **RMB 38**
SPAGHETTI BOLOGNAISE
(主料: 意大利面条100g, 牛肉50g, 番茄酱50g, 百里香5g)
Italian spaghetti with minced beef ragout
意大利直面佐以烩牛肉酱
- 19 **衡食粗粮饭配蒜蓉虾仁和时蔬** **RMB 58**
RICE WITH GARLIC SHRIMP AND SEASONAL VEGETABLES
(主料: 藜麦50g, 糙米50g, 黑米50g, 燕麦30g, 虾仁80g)
- 20 **蒸米饭 (碗)** **RMB 5**
STEAMED RICE
(主料: 米饭100g)

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本地风味
LOCAL FLAVOR

21 宫保腰果虾球 RMB 68

KUNG PAO CASHEW SHRIMP BALLS

With seasonal vegetable juice 配以能量时令蔬果汁

(主料: 虾肉100g,腰果30g)

Sichuan Traditional chicken dishes

四川传统风味鸡肉菜肴

22 盐帮辣子鸡 RMB 48

SALTED SPICY CHICKEN

(主料: 鸡腿肉120g花生50g,辣椒50g)

Sichuan local chicken dishes

四川本地风味鸡肉类菜肴

23 蜀香回锅肉 RMB 38

TWICE-COOKED PORK

(主料: 主料: 猪肉100g, 蒜苗80g)

Sichuan traditional pork dishes

四川传统猪肉类菜肴

24 老成都麻婆豆腐 RMB 28

OLD CHENGDU MAPO TOFU

(主料: 老豆腐150g,牛肉20g)

Sichuan Traditional tofu dishes

四川传统风味豆腐菜肴

22
盐帮辣子鸡

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甜品
DESSERT



26

酸奶芝士蛋糕

- 25 核桃拿破仑酥 RMB 38
WALNUT NAPOLEON
(主料: 面粉50g, 黄油油50g,核桃30g)
- 26 酸奶芝士蛋糕 RMB 38
YOGURT CHEESE CAKE
(主料: 奶油芝士80g,面粉50g,酸奶60g)
- 27 红丝绒慕斯 RMB 38
RED VELVET MOUSSE CAKE
(主料: 淡奶油80g, 黄油50g,面粉50g)
- 28 提拉米苏 RMB 38
TIRAMISU CAKE
(主料: 奶油芝士80g,淡奶油80g, 面粉50g)
- 29 自选冰激凌 每球 RMB 16
ICE CREAM
(主料: 冰淇淋球80g)
Vanilla, chocolate, strawberry, green tea
香草味, 巧克力味, 草莓味, 抹茶味
- 30 时令水果盘 RMB 38
FRUIT PLATTER
(主料: 冰淇淋球80g)
3 type seasonal sliced fruit
三种季节切片水果

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- 31 鲜榨橙汁 RMB 38
FRESH ORANGE JUICE
- 32 鲜榨苹果汁 RMB 38
FRESH APPLE JUICE
- 33 鲜榨番茄汁 RMB 38
FRESH TOMATO JUICE
- 34 鲜榨西瓜汁 (加薄荷) RMB 38
FRESH WATERMELON JUICE WITH MINT
- 35 西瓜, 青瓜, 蜂蜜, 柠檬汁 RMB 38
FRESH WATERMELON, CUCUMBER, HONEY,
LEMON JUICE
- 36 胡萝卜, 苹果, 姜 RMB 48
FRESH CARROTS, APPLES, GINGER
- 37 水果奶昔(杯) RMB 48
BLENDED FRUIT AND YOGURT DRINKS
红心火龙果, 蓝莓奶昔
Red heart pitaya, blueberry smoothie
橙子, 椰奶奶昔
Orange, coconut Smoothie
芒果, 冰淇淋奶昔
Mangoes, ice cream shakes

新鲜蔬果汁(杯)
FRESH VEGETABLE JUICE



37 红心火龙果, 蓝莓奶昔

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咖啡和茶 (杯) COFFEE AND TEA

- 38 意大利浓缩咖啡 RMB 28
ESPRESSO
- 39 美式咖啡 RMB 28
AMERICAN COFFEE
- 40 卡布奇诺 RMB 32
CAPPUCCINO
- 41 拿铁咖啡 RMB 32
CAFÉ LATTE
- 42 纯素椰香拿铁 RMB 36
COCONUT LATTE
- 42 经典绿茶 RMB 28
GREEN TEA
- 43 茉莉花茶 RMB 28
JASMINE TEA
- 44 伯爵红茶 RMB 28
EARL GREY TEA
- 45 冰柠檬茶 RMB 28
ICED LEMON TEA
- 46 英式水果茶 RMB 38
ENGLISH FRUIT TEA

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47 活力无限 (无酒精) RMB 38
VITALITY

Mint, lime, Sprite mix
薄荷, 青柠, 雪碧混合调制

48 盛夏的果实 (无酒精) RMB 48
THE FRUITS OF SUMMER

Mint, lime, Sprite mix
橙汁, 石榴汁, 苏打水混合调制

49 花样年华 (无酒精) RMB 48
MOOD FOR LOVE

Mix lemon juice, pineapple juice, honey and pomegranate juice
柠檬汁, 菠萝汁, 蜂蜜, 石榴汁混合调制

50 橙心如意 (含酒精) RMB 58
ORANGE SATISFACTORY

Mix orange juice and sparkling wine
橙汁和起泡酒混合调制

51 假日时光 (含酒精) RMB 58
HOLIDAY TIME

Reeau, soda, lemon mix
锐澳鸡尾酒, 苏打水, 柠檬混合调制

52 薄荷蓝莓鸡尾酒 (含酒精) RMB 58
MINT BLUEBERRY COCKTAIL

Blueberry Reeve, Sprite, lemon juice
蓝莓味锐澳鸡尾酒, 雪碧, 柠檬汁混合调制

特调鸡尾酒 (杯) SPECIAL COCKTAIL



47

活力无限

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红葡萄酒 RED WINE

	杯/Glass	瓶/Bottle
拉斯康德赤霞珠红葡萄酒 las condés, cabernet sauvignon, central valley do	38	168
谢尼酒庄石灰岩黑皮诺红葡萄酒 pierre chainier, les calcaires pinot noir, vdf	58	238
卡萨布兰卡酒庄天逸珍藏系列梅乐红葡萄酒 viña casablanca, cefiro merlot, maipo valley do		388

白葡萄酒 WHITE WINE

	杯/Glass	瓶/Bottle
拉斯康德霞多丽白葡萄酒 Las Condes, Chardonnay, Central Valley DO	38	168
爱莫丽酒庄霞多丽白葡萄酒 Aimery Chardonnay Pays d'Oc IGP	58	238
谢尼酒庄豪世之旅长相思珍藏白葡萄酒 Pierre Chainier, "Cour de la Roche Reserve" Sauvignon Blanc, Touraine AOP		388

起泡酒 SPARKLING WINE

	杯/Glass	瓶/Bottle
66 比索酒庄亮丽之星起泡葡萄酒 Bisol Belstar Brut, Prosecco DOC	68	328

啤酒 (瓶) BEER

喜力 Heineken	RMB 28
百威 Budweiser	RMB 28
青岛 Tsingtao	RMB 18
科罗娜 Corona	RMB 28

Mineral water and soft drinks 矿泉水和软饮 (瓶)

依云 EVIAN	RMB 28
巴黎水 PERRIER	RMB 28
苏打水 SODA WATER	RMB 18
汤力水 TONIC	RMB 18
可乐, 雪碧, 零度可乐 COKE, SPRITE, COKE ZERO	RMB 18

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均衡好食 乐享生活

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