

EVE W 衡食

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!



● 传统风味鹅肝 😭

配以芒果、葡萄干小面包、意大利黑醋汁

Traditional goose liver terrine framed with mango And balsamic glazed with toasted raisin bread

② 牛油果小银鱼芝士菠菜沙拉

Avocado baby whitebait cheese spinach salad

③ 意大利黑椒牛肉配蜜瓜和番茄干沙沙

Italian beef with honeydew melon and Homemade sun dried tomato salsa

4 香草黑椒吞拿鱼黑橄榄酱

Herb black pepper tuna with black olive sauce

RMB 58

RMB 48

RMB 68

RMB 58

🧷 VEGETARIAN 🕟 SUPER FOOD 🥖













GLUTEN FREE

如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

If you have any concerns regarding food allergies, please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。

传统法式洋葱汤配芝士烤面包片 🕥

RMB 58

French onion soup with baked cheese bread 洋葱 帕玛臣芝士 注香 奶油 Dnion,parmesan Cheesr,parsley,cream

泰式冬荫功

RMB 68

Tom yam kong

驰名的泰国酸辣汤,可选配大虾或鸡肉 The famous spicy and sour thai soup, With your choice of fresh prawns or chicken

意大利蔬菜汤

RMB 68

Minestrone soup

意大利红洋葱、牛肉培根肉、通心粉、芹菜, 土豆, 胡萝卜, 包菜 Italian onion, beef bacon, macaroni, celery, potato, carrot, cabbage

奶油蘑菇汤配油炸面包丁

RMB 48

Cream mushroom soup with froutons 洋葱,蒜,口蘑,淡奶油 Onion, garlic, mushroom, cream



SOUPS















図 黒胡椒牛肉牛扒蔬菜沙拉

RMB 78

Black pepper beef steak vegetable salad-even energy bar

烤黑椒牛肉,混合生菜,胡萝卜,黑米饭,法式芥末籽,蜂蜜酱 Roasted black pepper beef, mixed lettuce, carrots, black rice, mustard seeds, honey sauce

⑩ 煎烤三文鱼沙拉-衡食能量碗

RMB88

Pan-fried salmon salad-even energy bowl

配黑水榄,甜椒,小番茄,芝麻菜,油醋汁,生菜,水瓜柳 Served with black olive, bell pepper, cherry tomatoes, arugula, vinaigrette, lettuce, melon and willow

🕕 全麦总汇三明治

RMB98

Club sandwich with whole wheat toast

牛肉培根、鸡蛋、牛肉火腿、芝士、番茄、生菜、蛋黄酱汁 Beefbacon, egg, beefham, cheese, tomato, lettuce and mayonnaise

12 煎烤银鳕鱼沙拉-衡食能量吧

RMB98

Pan-fred cod fish-even energy bowl

配黑水榄,甜椒,小番茄,芝麻菜,油醋汁,生菜,水瓜柳 Served with black olive, bell pepper, cherry tomatoes, arugula, vinaigrette, lettuce, melon and willow

13 金枪鱼三文治

RMB 108

Tuna sandwich

配吞拿鱼、生菜和干岛汁

Tuna fish, lettuce with thousand island dressing

VEGETARIAN 全素















如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

If you have any concerns regarding food allergies. please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。 The above prices are in CNY and are inclusive of tax and service charge.

4 意大利辣混合香肠披萨

RMB88

Pepperoni mix pizza

配:洋葱,披萨酱,黑水榄,甜椒丝,罗勒叶,鸡肉肠,牛肉辣味肠 With: onion, pizza sauce, black olive, shredded bell pepper, Basil leaves, chicken sausage, beef spicy sausage,

15 虾仁海鲜披萨

RMB 98

Shrimp and seafood pizza

洋葱,彩椒,虾仁,蟹足棒,鱿鱼,马苏里拉

With: onion, color pepper, shrimp, crab stick, squid, mozzarella

16 玛格丽特披萨

RMB 58

Margaret pizza

西红柿,马苏里拉芝士,牛至,罗勒叶

With: tomato mozzarella oregano, basil



批萨

Pizza











GLUTEN FREE 无麸质

如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

If you have any concerns regarding food allergies, please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。



地中海辣味海鲜意大利面 😭

RMB88

Mediterranean spicy seafood pasta

青口, 大虾, 鱿鱼, 扇贝, 红米椒, 番茄汁 With: mussel, prawns, squid, scallop, red pepper, tomato sauce 自制番茄汁, 帕玛森芝士, 罗勒叶 With: homemade tomato sauce, parmesan cheese, b

肉酱意大利面

RMB78

Spaghetti bolognese

牛肉碎, 自制番茄酱, 帕玛森芝士, 罗勒叶 With: grounded beef, homemade tomato sauce, parmesan cheese, basil

奶油意大利面

RMB78

Carbonara

洋葱,大蒜,蘑菇,奶油,蛋黄 With: onion, garlic, mushrooms, cream, egg yolk















GLUTEN FREE

如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

If you have any concerns regarding food allergies, please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。 The above prices are in CNY and are inclusive of tax and service charge

② 澳大利亚谷饲M3级牛柳扒(220g)



RMB 268

Australian beef tenderloin (220g)

配:土豆泥和新鲜时蔬自洗汁酱可洗配黑胡椒汁、蘑菇汁和红酒汁

With: mashed potato and seasonal vegetable Choice of dressing: black pepper dressing, mushroom dressing or red wine dressing

② 香煎草鸡配混合生菜沙拉

RMB 168

Fried chicken with mixed lettuce salad

配:炸薯条,绿叶生菜,苦菊,红叶生菜,圣女果,选配黑胡椒汁、蘑菇汁

With: french fries, green leaf lettuce, bitter chrysanthemum, red leaf lettuce, cherry tomatoes, Choice of dressing: black pepper dressing, mushroom dressing

22 澳大利亚肉眼牛扒(200g)

RMB 298

Australian rib eye (200g)

配:炸薯条和新鲜蔬菜自选汁酱可选配黑胡椒汁、蘑菇汁和红酒汁

With: french fries and seasonal vegetable

Choice of dressing: black pepper dressing, mushroom dressing or red wine dressing

澳大利亚羊扒(200g)

RMB 238

australian lamb chop (200g)

配:里昂炒土豆和迷迭香香草汁

With Iyonnaise potato and rosemary sauce

香煎三文鱼(160g) Sautee salmon fillet (160g)

配:黄油时蔬, 柠檬黄油汁

With: vegetables with butter, lemon butter sauce

RMB 218



主菜















GLUTEN FREE

如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

If you have any concerns regarding food allergies, please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。

海鲜和鱼 Seafood and Fish



② 香煎三文鱼 (160g) 🕥

RMB 218

Pan-Fried Salmon

黄油时蔬和柠檬黄油汁

with: Vegetables and Lemon Butter Sauce

20 香煎银鳕鱼(160g)

RMB 198

Pan-Fried Silver Cod

时蔬和番茄沙沙

With: Vegetables and Tomato Salsa

香焗白汁老虎虾

RMB 198

Baked Tiger Prawn

时蔬和柠檬黄油汁

With: Vegetables and Lemon Butter Sauce















GLUTEN FREE

如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

If you have any concerns regarding food allergies, please alert your srever prior to ordering.
上述价格均为人民币并包含所有税费和服务费。 The above prices are in CNY and are inclusive of tax and service charge.

养生藜麦牛油果色拉

各式生菜 牛油果 藜麦 油醋汁 Lettuce, avocado, quinoa, oil and vinegar dressing

墨西哥玉米饼

Mexican Tortillas

番茄沙沙和生菜沙拉酱

With: Tomato salsa and Lettuce Salad Dressing

本地时蔬

Seasonal Vegetables

时蔬和甜面酱

With: Chinese Sweet Sauce

健康谷物果蔬杯

Healthy Grain Fruit and Vegetable Cup

令果蔬汁

Seasonal Fruit and Vegetable Juice

RMB 48

RMB 58

RMB 38

















如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

If you have any concerns regarding food allergies, please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。 The above prices are in CNY and are inclusive of tax and service charge.



32 干炒牛肉河粉 😭

RMB 58

Fried Rice Noodles With Beef and Spring Onions

葱丝,牛肉丝,河粉,豆芽,小葱段

with: Shredded Onion, Shredded Beef, Rice Noodles, Bean Sprouts, Spring Onions

鸡肉云吞汤面配时蔬 6个

RMB 68

Noodles in wonton soup with vegetables

馄饨, 青菜, 葱花, 竹升蛋面, 小菜

With: wonton, green vegetables, scallion, bamboo egg noodles, side dishes

红烧牛腩汤面配蔬菜

RMB 68

braised beef brisket noodle soup with vegetables

牛腩, 面条, 小油菜

With: brisket, noodles, green vegetable

本地羊肉及素面面片

RMB 38

Rice noodles/rice roll /er shi

配: 面条, 羊肉 混合蔬菜 青菜

With: noodles, green vegetables with beef sauce

扬州炒饭

RMB78

Yangzhou fried rice

青豆, 玉米粒, 鸡蛋, 胡萝卜, 小葱, 虾仁

With: green beans, corn kernels, eggs, carrots, shallots, shrimp



精选美食

Selection











GLUTEN FREE

如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

If you have any concerns regarding food allergies, please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。



巧克力慕斯

Chocolate mousse

RMB88

Cheese cake

提拉米苏 **RMB78**

Tiramisu

黑森林蛋糕 **RMB88**

Schwartzwalder cake

时令水果 **RMB 68**

Seasonal freshly cut fruit

各式冰激凌

Ice cream

可任选您喜欢的口味:香草、朱古力、草莓、芒果 Choice of flavour: vanilla, chocolate, strawberry, mango

RMB 68

RMB 68















如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

If you have any concerns regarding food allergies, please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。 The above prices are in CNY and are inclusive of tax and service charge

43 鲜榨橙汁 **RMB 38 FRESH ORANGE JUICE**

44 鲜榨苹果汁 **RMB 38** FRESH APPLE JUICE

45 鲜榨番茄汁 **RMB 38 FRESH TOMATO JUICE**

46 鲜榨西瓜汁(加薄荷) **RMB 38** FRESH WATERMELON JUICE WITH MINT

40 西瓜、青瓜、蜂蜜、柠檬汁 **RMB 38** FRESH WATERMELON, CUCUMBER, HONEY, **LEMON JUICE**

48 胡萝卜、苹果、姜 **RMB 48** FRESH CARROTS, APPLES, GINGER

49 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















If you have any concerns regarding food allergies, please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。



60 意大利浓缩咖啡 **RMB 28 ESPRESSO ⑤** 美式咖啡 **RMB 28 AMERICAN COFFEE 52** 卡布奇诺 **RMB 32 CAPPUCCINO** 63 拿铁咖啡 **RMB 32 CAFÉ LATTE** 64 纯素椰香拿铁 **RMB 36 COCONUT LATTE** 65 经典绿茶 **RMB 28**

GREEN TEA

60 茉莉花茶 **RMB 28 JASMINE TEA**

57 伯爵红茶 **RMB 28 EARL GREY TEA**

58 冰柠檬茶 **RMB 28 ICED LEMONTEA**

59 英式水果茶 **RMB38 ENGLISH FRUIT TEA**

VEGETARIAN 全素











如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

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

上述价格均为人民币并包含所有税费和服务费。 The above prices are in CNY and are inclusive of tax and service charge

◎ 活力无限(无酒精)

RMB 38

VITALITY

Mint, lime, Sprite mix 薄荷,青柠,雪碧混合调制

◎ 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

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

◎ 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

@ 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

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

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













如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。 If you have any concerns regarding food allergies, please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。 The above prices are in CNY and are inclusive of tax and service charge

特调鸡尾酒(杯) SPECIAL COCKTAIL



		托/ Bottle	¦ 啤酒(瓶) BEER	
66	<mark>迦南美地小野马 750ml</mark> Kanaan Weinery Wild Pony	358	喜力 Heineken	RMB 28
67	贺兰红 750ml He Lan Hong	388	, 百威 Budweiser	RMB 28
68	迦南美地雷司令干白葡萄酒 750ml Kanaan Winery Dry Riesling	358	,青岛 · Tsingtao	RMB 18
69	夏桐天然高泡起泡酒 750ml LVMH & Chandon Natural Dry	388	ト ト ト Corona	RMB 28

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

依云 **RMB 28**

EVIAN

巴黎水 **RMB 28**

PERRIER

苏打水 **RMB18**

SODA WATER

汤力水 **RMB 18**

TONIC

可乐, 雪碧, 零度可乐

RMB 18

COKE, SPRITE, COKE ZERO











如果您对任何食物存在过敏症状,请在点餐之前通知您的服务员。

If you have any concerns regarding food allergies, please alert your srever prior to ordering. 上述价格均为人民币并包含所有税费和服务费。 The above prices are in CNY and are inclusive of tax and service charge.



EAT

E I E

RTER