



早餐菜单

沙拉吧及汁酱 Salad Bar and Dressing

混合生菜 Mixed Lettuce

樱桃番茄 Cherry tomato

黄瓜 Cucumber

紫甘蓝 Red Cabbage

甜玉米粒 Corn

千岛汁 Thousand island dressing

凯撒汁 Caesar dressing

芝麻汁 Sesame dressing

中式凉菜 Chinese Cold Dishes

香油豆皮 Marinated bean curd with sesame oil

蒜泥豇豆 Marinated cowpea with Garlic

谷物 Cereal

玉米片 Cornflakes

卜卜米 Rice crispy

全麦维 All bran

提子麦片 Raisin bran

四种坚果 Four kinds of nuts

三款面包 Three kinds of bread

一款黄油 Butter 两款果酱 Jam



水果 Fruit

西瓜 Water melon

哈密瓜 Honey melon

香蕉 Banana

枣子 Dates

果蔬汁及奶制品 Juice and Milk

橙汁 Orange juice

鲜榨黄瓜汁 Cucumber juice

鲜牛奶 Fresh Milk

热牛奶 Hot milk

热豆奶 Hot soya milk

热菜 Hot Items

煮鸡蛋 Boiled eggs

焗豆 Baked beans

炒蘑菇 Sauteed mushroom

白灼时蔬 Poached vegetables

黄油西兰花 Sautéed broccoli with butter

韭菜炒豆干 Sauteed bean curd with Chinese chives

炒河粉 Fried rice noodle

火腿炒饭 Fried rice with ham

四款粗粮 Four kinds of grain

四款中式蒸点 Four kinds of Chinese dim sum



粥 Congee

白粥 Plain congee

香菇滑鸡粥 Mushroom and chicken congee

六款咸菜

咸鸭蛋、豆腐乳、花生米、榨菜、萝卜干、薄脆

Salted egg、Fermented bean curd、Peanut、Preserved Pickle

Turnip pickles、Crispy

烤灯 Heat Lamp

油条 Dough Stick

土豆饼 Hash brown

南瓜饼 Pumpkin cake

面档及油茶 Noodles Stations with condiments

小面 Noodles、河粉 Rice noodle、米线 Rice noodle、蔬菜 Vegetables

酸菜肉丝 pork with sour pickles、杂酱 minced pork

葱花 Spring onion、香菜 Coriander、花生碎 Peanut、豌豆 peas、老干妈 chili paste

香油 Sesame oil、油辣子 Chili oil、花椒油 Prickly oil、花椒面 Prickly powder

芝麻酱 Sesame paste、芽菜末 Pickles、味精 Glutamate、鸡精 Chicken powder、

生抽 Soya sauce、姜蒜水 Ginger and garlic water