

## 英迪格茶马餐厅早餐菜单

### INDIGO CHARM RESTAURANT BREAKFAST MENU

#### 饮品 DRINKS

鲜榨果蔬汁：橙汁，胡萝卜汁，黄瓜汁（三选一）

Freshly Squeezed Fruit and Vegetable Juice: Orange Juice, Carrot Juice, Cucumber Juice (Select 1 Of 3)

冰镇果汁：橙汁，苹果汁，西柚汁，葡萄汁（四选一）

Optional Chilled Juice: Orange Juice, Apple Juice, Grapefruit Juice, Grape Juice (Select 1 Of 4)

冷牛奶，热牛奶，豆浆，酸奶（四选一）

Optional of Cold Milk, Hot Milk, Soy Milk, Yogurt (Select 1 of 4)

英式红茶或现磨咖啡

England Grey Tea or Fresh Coffee

时令水果盘

Seasonal Fruit Plate

#### 精选面包篮 BREAD BASKET

牛角包，丹麦包，全麦包，吐司包，麦芬

Bread Basket: Croissants, Danish, Whole Wheat, Toast, Muffins

配：黄油，果酱，蜂蜜

Dosing: Butter, Jam, Honey

#### 健康沙拉 HEALTHY SALADS

田园时蔬沙拉

Garden Seasonal Salad

配：油醋汁，和风沙拉酱，千岛汁

With: Vinaigrette, Sesame Dressing, Thousand Island Dressing

烟熏鸡胸库伯沙拉

Smoked Chicken Breast Cooper Salad

配：油醋汁，和风沙拉酱，千岛汁

with: Vinaigrette, Sesame Dressing, Thousand Island Dressing

烤红菜头甜橙藜麦芦笋沙拉

Roasted Beetroot Sweet Orange Quinoa Asparagus Salad

配：油醋汁，和风沙拉酱

With: Vinaigrette, Sesame Dressing

酸奶水果沙拉

Fruit Salad with Yogurt

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#### 蛋类料理 EGGS

单面煎蛋 或 双面煎蛋

Sunny Side-Up or Over Easy

西式炒蛋

Scrambled Egg

珍菌蛋卷

Mushrooms Omelet

火腿芝士蛋卷

Ham and Cheese Omelet

烟熏三文鱼菠菜蛋白蛋卷

Smoked Salmon and Spinach Egg White Omelet

白煮蛋 或 水波蛋

Boiled Egg or Poached Egg

牛油果紫苏酱班尼迪克蛋

Eggs Benedict with Avocado and Pesto Sauce

帕尔马火腿芝士酱班尼迪克蛋

Eggs Benedict with Parma Ham and Cheese Sauce

★以上配：薯饼，焗豆，早餐肠（鸡肉，牛肉）扒蘑菇，培根，火腿

★Served with: Hash Browns, Baked Beans, Breakfast Sausage (Chicken, Beef) Grilled Mushroom, Bacon, Ham

#### 元气满满三明治 SANDWICH

胡椒牛肉牛角包三明治

Pastrami Beef Croissant Sandwich

配：橄榄油浸蘑菇及芝麻菜

With: Mushrooms in Olive Oil and Arugula

烟熏三文鱼贝果包三明治

Smoked Salmon Bagel Sandwich

配：酸奶油及芝麻菜

With: Sour Cream and Arugula

扒火腿乳酪三明治

Grilled Ham and Cheese Sandwich

配：爽口蔬菜条紫苏酸奶汁

With: Refreshing Vegetable Strip Basil Sour Cream

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#### 中式生滚粥：（五选一）

鱼片，虾仁，牛肉，皮蛋瘦肉，鸡肉

Chinese Raw Rolling Congee: (Selected 1 of 5)

Fish Fillet, Shrimp, Beef, Preserved Egg and Pork, Chicken

配：咸鸭蛋，橄榄菜，酱菜

with: Salted Duck Egg, Olive Vegetable, Pickles

#### 中式点心 Dim Sum

叉烧包，奶黄包，豆沙包，小馒头

Char Siew Bun, Egg Custard Bun, Bean Paste Bun, Steamed Bun

紫薯，玉米，红薯，山药

Purple Potato, Corn, Sweet Potato, Yam

油条，春卷

Deep-Fried Dough Stick, Spring Roll

#### 本地风味 Chinese Staple Food

小锅米线

Rice Noodles in Chicken Soup with Vegetable

红烧牛腩面

Braised Beef Brisket Noodles

红烧牛腩汤米粉

Braised Beef Brisket Rice Noodles

白灼时蔬

Boiled Seasonal Vegetables

丽江粑粑

Lijiang Stuffed Bun

荞麦糕

Buckwheat Cake

炸乳扇

Local Fried Milk Cheese

米罐肠

Deep-Fried Naxi Rice Sausage

鲜花饼

Flower Cake