

FRUIT STOP HEALTH FOOD

Serving hours: Monday-Sunday 12:00noon-5:30pm, 6:00pm-10:00pm

Healthy Fruit Salad 健康果園沙律

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| 201 Tuna fish with raisin & diced apple salad
吞拿魚乾果子蘋果沙律 | \$35 |
| 202 Roasted chicken, pineapple & vegetables salad
花園燒雞菠蘿沙律 | \$48 |
| 203 Cold Japanese noodle with smoked duck breast salad
黑醋煙鴨胸冷麵沙律 | \$48 |
| 204 Cucumber, jelly fish, scallops & sesame salad
芝麻海蜇青瓜帶子沙律 | \$48 |

Vegetarian Dishes 素食精選主菜

(由於部份菜式均採用蔥蒜調味，茹素顧客可在落單時通知職員)

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| 208 Spinach noodles with mushroom & vegetarian mutton
蠔香冬菇素腩燴菠菜麵 | \$56 |
| 209 Stir fried angel hair with assorted vegetable & mushroom in garlic & tomato sauce
西班牙野雜菜炒天使幼麵(有蒜) | \$56 |
| 210 Stir fried organic brown rice combo with vegetarian shark fin & topped with beancurd crispy
香豆酥花翅素肉炒三色糙米飯 | \$56 |
| 211 Stir fried organic brown rice combo with assorted vegetable & diced pumpkin with eggwhite
蛋白南瓜野雜菜炒有機三色糙米飯 | \$56 |
| 212 Stir fried Japanese udon with vegetarian sausage & crushed ginger
有機亞麻子素肉薑粒炒博多烏冬 | \$56 |
| 213 Stir fired brown rice combo with vegetarian meat & diced eggplants
山野菜素肉茄子炒有機三色糙米飯 | \$56 |

214 Stir fried angel hair with assorted vegetable in creamy white sauce 白酒莧菜野雜菌煨天使幼麵(有洋蔥)	\$56
215 Five grain course rice + Assorted mushrooms + Organic beancurd 五穀飯團 + 香草蒜子炒雜菌 + 有機豆腐	\$56
216 Pan-fried vegetarian sausage in honey soy sauce served with organic red & brown rice 芝麻金菇煎維也納素腸配有機紅糙米飯	\$56
217 Pan-fried taro rolls in sweet & sour sauce served with organic red & brown rice 五柳甜酸荔芋卷配有機紅糙米飯	\$56
218 Baked organic brown rice combo with assorted vegetable in tomato & garlic sauce 鮮茄香菇雜菜焗有機三色糙米飯(有蒜)	\$56
219 Stir fried spaghetti with diced vegetarian meat & beans in chilli sauce 墨西哥素肉辣豆炒意大利麵	\$56
220 Organic red & brown rice with mushroom sausage in honey soy sauce 芝麻蜜汁猴頭菇素肉配有機紅糙米飯	\$63

Organic Brown Rice (Meat) 有機生命糙米飯 (肉類篇)

(Chicken / Duck / Ostrich / Sausage / Mutton / Turkey)

有機三色糙米飯 = 黑香米、長糙米、白米

有機紅糙米 = 紅米、長糙米、黑香米、白米

Organic Brown Rice Combo = Black Rice, Brown Rice, White Rice

Organic Red & Brown Rice = Red Rice, Brown Rice, Black Rice, White Rice

225 Stir fried organic brown rice combo with diced squid & cheese sausages 貴妃鮑粒芝味腸炒三色糙米飯	\$60
226 Pan-fried deboned chicken steak in tomato garlic sauce served with organic red & brown rice 紅蒜子汁香煎雞扒配紅糙米飯	\$63
227 Pan-fried deboned chicken served with stir fried organic brown rice combo marinated in yellow ginger sauce 板煎雞肉配黃薑汁煨三色糙米飯	\$65
228 Organic brown rice combo with duck breast in red wine mushroom sauce 法國紅葡萄酒鮮鴨胸肉配三色糙米飯	\$65

- 229 Pan-fried minced chicken burgers in black pepper B.B.Q. sauce served with organic red & brown rice \$66
甜椒香蹄漢寶扒配紅糙米飯
- 230 Sauteed smoked duck breast & scallops served with stir fried organic brown rice combo marinated in creamy mushroom sauce \$69
煙薰鴨肉帆立貝配冬菇忌廉汁糙米飯
- 231 Sauteed lemon grass herby chicken breast in red wine sauce served with organic red & brown rice \$73
香草檸檬烤雞肉配紅糙米飯
- 232 Organic red & brown rice with South Africa ostrich steak in honey B.B.Q. sauce with black pepper \$75
黑椒碎燒汁南非駝鳥扒配紅糙米飯

Organic Brown Rice (Seafood) 有機生命糙米飯 (海鮮篇)

(Prawns / Scallops / Salmon / Sole / White Cod / Mussel)

- 235 Egg white with diced squid/scallop & pumpkin served with organic red & brown rice \$66
南瓜帶子鮑粒芙蓉蛋白紅糙米飯
- 236 Pan-fried sole fillet in creamy mushroom sauce served with organic red & brown rice \$73
香草白菌龍脷柳配紅糙米飯
- 237 Baked organic brown rice combo with seafood combo in curry sauce \$73
檸檬香葉淡咖喱海鮮焗三色糙米飯
- 238 Stir fired organic brown rice combo with diced eel & ling \$73
和風鴛鴦魚(鰻魚+青衣)炒糙米飯
- 239 Pan-fried sole fillets in lobster sauce served with mashed potatoes \$73
秘製龍蝦汁野菜龍脷柳配薯蓉
- 240 Grilled leather fish fillet in Japanese soy sauce served with organic red & brown rice \$73
蜂花蜜汁蔥燒沙孟魚柳配紅糙米飯
- 241 Grilled Portuguese sardine fish in honey sauce with lemon served with organic brown rice combo \$75
西檸蜜汁原條葡國沙甸魚配三色糙米飯
- 242 Baked organic brown combo with Norwegian smoked salmon & half shell scallops in white sauce with black pepper \$85
黑椒扇貝帶子煙三文魚焗三色糙米飯

243 Organic brown rice combo with Japanese eel steak topped with cheese 芝心日本鰻魚配三色糙米飯	\$85
244 Organic brown rice combo with seafood in tomato garlic sauce 西班牙海鮮煨三色糙米飯	\$85
245 Grilled Norwegian fresh salmon steak in white wine sauce served with organic brown rice combo 板煎挪威鮮三文魚扒配三色糙米飯	\$98

Special Noodle 麵麵玲瓏

(Spaghetti / Pasta / Udon / Wheat Noodle / Spinach Noodle)

250 Stir fried spaghetti with shredded ostrich meat & assorted vegetables in black bean sauce 甜豉醬汁鮫鳥肉炒意大利麵	\$60
251 Spaghetti with mushroom chicken sausages in garlic & tomato sauce 紅蒜子白肉磨菇腸燴意大利麵	\$60
252 Spinach noodles with shredded chicken in tomato chilli sauce 秘製醬汁雞柳燴菠菜麵	\$60
253 Cold Japanese noodles with shredded smoked turkey sausages, cucumber, jellyfish & black vinegar 黑醋海蜇青瓜火雞肉拉麵	\$60
254 Stir fried Japanese udon with minced chicken in satay sauce 沙茶香茜肉碎炒博多烏冬	\$60
255 Stir fired spaghetti with clam in creamy garlic sauce with basil 金不換蒜香花蜆肉炒意大利麵	\$63
256 Stir fried spaghetti with smoked duck breast in organic mustard sauce 德國有機芥菜汁煙鴨肉炒意大利麵	\$63
257 Stir fried squid ink spaghetti with fresh crab meat in creamy sauce with dills 白酒紫蘇蟹蚶肉炒墨魚汁麵	\$69
258 Pan-fried mackerel fillet served with organic wheat soba 蜜燒青花魚柳配有機蕎麥麵	\$73
259 Stir fried spaghetti with prawns & smoked salmon in creamy white wine sauce with red onion 紅洋蔥菠菜茸煙三文魚河蝦炒意大利麵	\$73

260 Stir fired angel hair with prawns & scallops in organic tomato sauce \$75

有機蕃茄南澳帶子花虎蝦天使麵

261 Pan-fried New Zealand ling fillet served with angel hair in creamy mushroom sauce \$110

紐西蘭青衣魚柳配蘑菇忌廉天使麵