

菓一道健康餐廳

FRUIT STOP HEALTH FOOD RESTAURANT

HEALTHY FRUIT SALAD 健康果園沙律篇

11301 TUNA FISH w/ RAISIN & DICED APPLE SALAD	\$40
吞拿魚乾果子蘋果沙律	
11302 VEGETABLES w/ TURKEY, TOMATO & ORANGE SEGMENT	\$44
火雞甜柑蕃茄蔬菜沙律	
11303 ROASTED CHICKEN, PINEAPPLE & VEGETABLE SALAD	\$54
花園燒雞菠蘿沙律	
11304 COLD JAPANESE NOODLE w/ SMOKED DUCK BREAST IN VINEGAR SAUCE	\$56
黑醋煙鴨胸冷麵沙律	
11305 CUCUMBER, JELLY FISH, SCALLOPS & SESAME SALAD	\$56
芝麻海哲青瓜帶子沙律	

ORGANIC BROWN RICE(MEAT) 有機生命糙米飯(肉類篇)

11310 DEBONED CHICKEN STEAK in YELLOW GINGER SAUCE w/ BROWN RICE COMBO 板煎雞扒配黃薑汁煨三色糙米飯	\$72
11311 GRILLED FRESH DUCK BREAST in RED WINE SAUCE w/ BROWN RICE COMBO 里昂紅酒鮮鴨胸配三色糙米飯	\$72
11312 PAN FRIED MUSHROOM, CHICKEN SAUSAGE STEAK w/ BROWN RICE COMBO 香橙磨菇白肉腸配三色糙米飯	\$67
11313 DICED SMOKED DUCK BREAST INK SQUID w/ STIR FRIED BROWN RICE COMBO 金袍花翅墨魚鮑粒煙鴨肉炒三色糙米飯	\$72
11314 SAUTEED OSTRICK STEAK w/ HONEY BBQ SOY SAUCE w/ RED & BROWN RICE 蜜糖燒汁香煎鮑鳥扒配紅糙米飯	\$87
11315 TURKEY STEAK W/ GREEN SPROUT, RED WINE SAUCE w/ BROWN RICE COMBO 希臘紅酒菜苗釀火雞扒配三色糙米飯	\$80
11316 CHICKEN BREAST MARINATED IN LEMON & HERBY SAUCE w/ RED & BROWN RICE 香草檸檬烤雞胸伴芒果配紅糙米飯	\$87
11317 BAKED RED PEPPER W/ CHICKEN IN TOMATO GARLIC SAUCE W/ RED & BROWN RICE 美顏紅甜椒焗釀醬汁雞柳配紅糙米飯	\$60

ORGANIC BROWN RICE(SEAFOOD) 有機生命糙米飯(海鮮篇)

11319 CLAM MEAT, SQUIDS STIR FRIED BROWN RICE COMBO w/ LEMON 法式西檸皇子蜆肉墨粒炒三色糙米飯	\$72
11320 BAKED MUSSELS & SEAFOOD IN CURRY SAUCE W/ PUMPKIN w/ RED & BROWN RICE 南瓜咖喱青口海鮮雜錦焗紅糙米飯	\$80
11321 STIR FRIED NORWEGIAN SALMON & SCALLOPS w/ BROWN RICE COMBO 和風帶子三文魚炒三色糙米飯	\$75
11322 ORGANIC BROWN RICE COMBO W/ PRAWNS in TOMATO SOUP 有機蕃茄濃湯大蝦泡三色糙米飯	\$87

11323 SAUTEED SOLE FILLETS & SEAWEED ROLL W/ BLACK CAVIA w/ RED & BROWN RICE	\$102
黑魚子海苔魚柳卷配紅糙米飯	
11324 GRILLED OCEAN FISH FILLETS w/ DICED MANGO & TOMATO w/ BROWN RICE COMBO	\$87
紅蕃茄茸芒果煎封海魚柳伴白汁配三色糙米飯	
11325 JAPANESE ROASTED EEL STEAK w/ SOY SAUCE, LEEK w/ RED & BROWN RICE	\$87
薑蔥蜜汁燒鰻魚煲紅糙米	
11326 SOLE FILLET & PRAWN in LOBSTER SAUCE w/ POTATO MIX	\$87
秘製龍蝦汁野菜龍利柳配黑米薯茸	
11327 GRILLED NORWEGIAN SALMON STEAK IN WHITE WINE SAUCE w/ RED & BROWN RICE	\$117
板煎蔥蓆挪威三文魚扒伴白汁配紅糙米飯	
<u>SPECIAL NOODLE 麵麵玲瓏</u>	
11333 OSTRICH MEAT W/ BLACK PEPPER, OLIVE & GARLIC SAUCE W/ STIR-FRIE SPAGHETTI	\$72
黑橄欖蒜片駝鳥肉炒意大利麵	
11334 MINCED CHICKEN & CHICKEN SAUSAGE IN SATAY SAUCE W/ STIR-FRIED UDON	\$60
沙爹香茜醬肉雞尖腸炒博多烏冬	
11335 SHREDDED CHICKEN IN TOMATO CHILI SAUCE W/ SPINACH NOODLE	\$72
秘製醬汁雞柳燴菠菜麵	
11336 SMOKED DUCK BREAST & JELLY FISH W/ BLACK VINEGAR W/ JAPANESE NOODLE	\$72
黑醋海蜇煙鴨胸肉暖海博多拉麵	
11337 STIR FRIED SMOKED SALMON & SHRIMP W/ SPINACH, ONION W/ STIR FRIED SPAGHETTI	\$75
紅洋蔥菠菜煙三文魚河蝦肉炒意大利麵	
11338 STIR FRIED FRESH CRAB MEAT IN WHITE WINE SAUCE W/ STIR FRIED INK SQUID SPAGHETTI	\$72
白酒紫蘇鮮蟹钳肉炒墨魚汁麵	
11339 STIR-FRIED SCALLOPS & PRAWNS IN TOMATO SAUCE W/ STIR FRIED ANGEL HAIR	\$87
有機蕃茄蒜片帶子花虎蝦炒天使麵	
11340 STIR FRIED CLAM MEAT IN CREAMY WHITE SAUCE W/ STIR FRIED SPAGHETTI	\$72
蒔蘿香草白汁蜆肉炒意大利麵	

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| 11342 PAN FRIED SCALLOPS IN JAPANESE HONEY SOY SAUCE W/ ORGANIC WHEAT SOBA | \$72 |
| 日式醬汁燒帆立貝配有機蕎麥麵 | |
| 11343 PAN FRIED SOLE FILLET MARINATED IN EGG YOLK SAUCE W/ ANGEL HAIR IN TOMATO SOUP | \$75 |
| 板煎蛋汁龍脷柳配有機蕃茄濃湯天使麵 | |

VEGETARIAN DISHES 清新素菜篇

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| 11347 STIR FRIED ANGEL HAIR W/ ASSORTED VEGETABLE & MUSHROOM in GARLIC & TOMATO SAUCE | \$52 |
| 西班牙野雜菜炒天使幼麵(有蒜) | |
| 11348 STIR FRIED SPAGHETTI w/ ASSORTED MUSHROOM in PORTUGUESE SAUCE | \$50 |
| 葡汁香蔥雜菌煨意大利麵 | |
| 11349 STIR FRIED ORGANIC BROWN RICE COMBO w/ VEGETABLE & PUMPKIN w/ EGG WHITE | \$56 |
| 蛋白南瓜野雜菜炒有機三色糙米飯 | |
| 11350 STIR FRIED JAPANESE UDON w/ VEGETARIAN SAUSAGE & CRUSHED GINGER | \$60 |
| 有機亞麻子素肉薑粒炒博多烏冬 | |
| 11351 STIR FRIED BROWN RICE COMBO w/ VEGETARIAN MEAT & DICED EGGPLANT | \$50 |
| 山野菜素肉茄子炒有機八寶糙米飯 | |
| 11352 STIR FRIED ANGEL HAIR w/ ASSORTED VEGGIES in CREAMY WHITE SAUCE | \$52 |
| 白酒莧菜野雜菌煨天使幼麵 | |
| 11353 ASSORTED VEGGIES & VEGETARIAN SAUSAGE in HOT POT w/ ORGANIC RED & BROWN RICE | \$52 |
| 上湯香菇素肉蔬菜煲+有機紅糙米飯 | |
| 11354 PAN FRIED VEGETARIAN SAUSAGE in HONEY SOY SAUCE w/ ORGANIC RE & BROWN RICE | \$50 |
| 芝麻金菇煎維也納素腸配有機紅糙米飯 | |
| 11355 PAN FRIED TARO ROLLS in SWEET & SOUR SAUCE w/ ORGANIC RED & BROWN RICE | \$50 |
| 五柳甜酸荔芋卷配有機紅糙米飯 | |
| 11356 BAKED ORGANIC BROWN RICE COMBO w/ VEGGIES in TOMATO & GARLIC SAUCE | \$56 |
| 鮮茄香菇雜菜焗有機三色糙米飯 (有蒜) | |

11357 STIR FRIED SPAGHETTI w/ VEGETARIAN CHICKEN & VEGGIES in SATAY SAUCE	\$50
沙茶香茜素三絲炒意大利麵	
11358 STIR FRIED SPAGHETTI w/ VEGETARIAN MEAT & BEANS in CHILI SAUCE	\$60
墨西哥素肉辣豆炒意大利麵	
11359 SET MENU FOR 2 二人套餐	\$155
Soup x 2 健美湯 x 2 ,	
organic red & brown rice x 2, 有機紅糙米飯 x 2 ,	
drink (hot/ cold) x 2, 飲品 (熱/凍) x 2 (豆漿,甘桔,蜂蜜綠茶) ,	
main dishes below x 2, 以下小菜 x 2	
(A) Curry mutton in hot pot	
檸檬香草咖喱素腩煲	
(B) Stir fried kale w/ vegetarian duck	
薑汁蘭度紫菜素肉扁	
(C) Stir fried water chestnut, lily bulb & black fungus w/ crushed ginger	
竹筍馬蹄百合雲耳	
(D) Stir Fried Egg White w/ Vegetarian Meat & Fish Fins Served w/ Black Vinegar Garlic	
素肉桂花魚翅炒蛋白 (配蒜蓉黑醋汁)	
(E) Soup organic tomato w/ assorted vegetables in clay pot	
有機蕃茄濃湯蔬菜煲	
(F) Pan-fried taro rolls in sweet & sour sauce	
鳳梨甜酸荔芋卷	
(G) Assorted vegetable w/ bean curd puffs in satay sauce	
沙爹金菇鮮竹蔬菜煲	
(H) Vegetable spring rolls in black vinegar	
蒜香黑醋欖油煎鮮竹卷	
(I) Bean curd puffs w/ assorted bell peppers in sweet & sour sauce	
甜酸咕嚕彩椒素球	
(J) Stir fried assorted mushrooms w/ black fungus in vegetarian	
素蠔雙菇炒海參	