Introducing new food concepts, curated and prepared fresh from scratch

4-16
Regional Chinese Cuisine

17-23
Meat and vegetarian offerings straight off the grill

32-33
Grab & Go Hong Kong favourites

24-31
Fresh and tasty street eats from the food markets of South East Asia

34-43
A home away from home cafe of convenience. Work, rest and socialise.

44-50
Plug into lunchtimes @ Cyberport. Staff dining.

51
Provision of focused nutrition that helps to fuel the mind and body
Building excitement for a brand new integrated dining experience that will celebrate the best of HKU, for the benefit of you.

Aligned Values

Service Excellence

sodexo
QUALITY OF LIFE SERVICES
We pursued several directions to create the identity system for Sodexo’s partnership with HKU. Against the backdrop of this very prestigious institution, we felt that the mark needed to both embody the brand, but also represent the experience. Though there were solid directions that were explored, going deep into meanings, and symbols, we felt that the strongest representation was literally right in front of us. Creating this umbrella brand out of HKU’s iconic clock tower and colours encapsulated the idea that this program is an extension and enhancer of its namesake, subject to the same lofty standards as the institution itself.

Why an umbrella brand?

» Enables unity and cohesion across the campus estate without sacrificing each individual outlet’s unique identity

» Connects all food outlets with our expansive, user-friendly digital platform

» Celebrates the very best of HKU

Time Out Dining @ HKU is a concept that represents the importance of a student-centric on-campus experience and creates a world-class program geared toward generating tomorrow’s thought leaders.

INTRODUCING

TIME OUT DINING @ HKU

by sodexo
Regional Chinese cuisines expertly cooked by qualified chefs, fresh on campus

4/F, Haking Wong Building, (Main campus)
7.30am-9.30pm (Daily)

A dynamic dining experience in a beautifully designed space to engage not only students, but also all members from across the campus.

Specializing in regional Chinese cuisine—from Cantonese to Shanghainese, from Dim Sum to Szechuan, all visitors will find an array of delicious options to choose from.
Signature Breakfast (特式早餐)

Salty Soy Milk with Preserved Veg, Chi Doughnut with Glutinous Rice Roll
咸豆漿配粢飯

Steamed Plain Buns (2pc)
蒸饅頭 (兩個)

Steamed Pork Buns (2pc)
蒸菜肉包 (兩個)

Deep-fried Plain Buns with Condensed Milk (2pc)
炸饅頭配煉奶 (兩個)

Minced Chicken and Sweet Corn Oat Congee
雞蓉粟米燕麥粥

Soy Sauced Fried Noodles with Bean Sprout
銀芽豉油皇炒麵

Hometown Needle Shaped Noodles
家鄉銀針粉

Fried Vermicelli with Assorted Vegetables
素菜炒米粉

Shanghai Mini Wonton
上海小雲吞

Salty Bean Curd
咸豆花

Preserved Veg & Meat Wrap
炸菜肉絲卷

Pan-fried Turnip Cake
香煎蘿蔔糕

Steamed Glutinous Rice Dumpling with Chicken
蒸糯米雞

Upgrade to Sweet Soy Milk/Hot Drink
升級至甜豆漿/熱飲
**Signature Breakfast (特式早餐)**

**Congee Set (靚粥套餐)**

Congee and choose one of the ingredients
任選以下一款配料

(Shitake Mushroom & Chicken Piece/Minced Beef/Preserved Egg & Shredded Pork/Pork Ball)
(冬菇滑雞/碎牛/皮蛋瘦肉/豬肉丸)

With Chinese Doughnut/Steamed Plain Rice Roll/Soy Sauce Fried Noodles
配油條/齋腸粉/豉油皇炒麵

**Noodles Set (粉麵套餐)**

Braised Beef Brisket with Turnip/Sichuan Fried Chicken Piece/Preserved Veg & Meat/Veg & Pork Dumpling
蘿蔔炆牛腩/四川辣雞粒/雪菜肉絲/菜肉雲吞

Choose one of the ingredients
任選以上一款配料

With Rice Vermicelli/Egg Noodles/Shanghai Noodles
配米粉/全蛋麵/上海麵

Served with Hot Coffee/Tea
配熱咖啡/茶
Lunch & Dinner

Chinese BBQ Station (中式燒味系列)

Roast Duck/Plain Chicken/BBQ Pork/Roast Pork Belly/Soy Sauce Chicken
燒鴨/白切雞/叉燒/燒肉/豉油雞

Rice with one choice of sides
一餸飯

Rice with two choices of sides
兩餸飯

4 combo with Rice
四寶飯

5 combo with Rice
五寶飯

All Set served with Hot Drink/Soup
以上皆配熱飲/例湯

Upgrade to Cold Drink 升級至凍飲

Add on available for One Salted Egg 加配一隻鹹蛋
Lunch & Dinner

Guangdong Style Set (廣東菜套餐)

Sweet & Sour Fish
guō lù yú

Steamed Shiitake Mushroom, Red Date and Chicken
hóng cáo dōng gū shāo suāng jiān

Fried Beef Tenderloin with Dark Soy Sauce
hēi jiàng yóu chǎo niú liǔ

Braised Spare Ribs with Bitter Melon
tǔ guā wèi pái gǔ

Hand-shredded Chicken
shǒu sāi jiān

Scrambled Egg with BBQ Pork
chà qiǎo chǎo èr

Scrambled Egg with Chinese Chives
guī cài chǎo èr

Sautéed Pork Ribs with Black Bean and Bell Pepper
gǎo róng dòu gǔ chǎo pái gǔ

Sautéed Beef with Scallion
hèn bào niú ròu

Sautéed Beef with Broccoli
xiě lán huā chǎo niú ròu

Steamed Pork Ribs with Black Bean Sauce
gǔ jī xīng pái gǔ

Beef with Bitter Gourd in Black Bean Sauce
gǔ jī liáng guā niú ròu

Braised Pork in Preserved Vegetables
méi cài hàn mú

Pork Ribs in your choice of sauce (Salted Egg Yolk/Orange Juice/Salad Dressing/Chinkiang Vinegar/Chinese Black Olives/Mustard)
liù wèi pái gǔ shāi (jīn shā/éng jiǔ/sà lā jiǔ/zhèn jīng jiǔ/bāng jiăo jiǔ/jiè mò jiăo)

Sautéed Beef Cubes with Potato in Black Pepper Sauce
hēi jiān xiāo niú liǔ liăn

Stir Fried Pork Loin with Black Pepper & Onion in Maggi Sauce
hēi jiān yàn lǐn wěi mà guī jiăo ào làng

All Set served with Hot Drink, Steamed Rice, Soup & Seasonal Veg
配熱飲、白飯、例湯及時菜

Upgrade to Cold Drink 升級至凍飲
**Lunch & Dinner**

**Shanghai Style Set (上海菜套餐)**

Fried Shanghai Rice Rolls with Veg and Pork  
上海炒年糕

Stewed Pork Ball in Brown Sauce  
上海獅子頭

Braised Dongpo Pork  
東坡肉

West Lake Fried Fish in Sweet & Sour Sauce  
西湖糖醋魚

Braised Spare Ribs in Brown Sauce  
醬骨架

Tea Smoked Duck  
樟茶鴨

Ma Po Tofu  
麻婆豆腐

Braised Eggplant with Fermented Bean Curd Sauce  
腐燒茄子

Poached Baby Cabbage with Ham in Soup  
雲腿上湯浸津白

Sautéed Bean Curd Sheet with Salted Snow Cabbage and Pea  
雪菜毛豆百頁

Braised Chinese Herbal Chicken Thigh 1 pc  
藥材雞脾 1 隻

Broth Poached Chicken Thigh 1 pc  
菜膽雞脾 1 隻

Braised Chinese Cabbage with Preserved Meat  
鹹肉津膽

Sautéed Eggplant with Fermented Bean Curd Sauce  
腐燒茄子

Sautéed Chicken with Shallot and Black Bean  
豆豉乾蔥雞

*All Set served with Hot Drink, Steamed Veg Rice, Hot and Sour Soup & Seasonal Veg  
配熱飲、菜飯、酸辣湯及時菜*

Upgrade to Cold Drink  升級至凍飲
Lunch & Dinner
Sichuan Style Set (四川菜套餐)

Sliced Beef in Hot Chili Oil
水煮牛肉

Sliced Fish Fillet in Hot Chili Oil
水煮魚

Dry-braised Beef, Sichuan Style
干爆牛肉

Ku Pao Chicken
宮寶雞丁

Sautéed Sliced Pork with Pepper and Chili
回鍋肉

Sautéed Dice Chicken with Hot Chili
辣子雞

Sautéed Pork Intestines with Hot Pepper
麻辣肥腸

Sautéed String Beans with Minced Pork
乾煸四季豆

Poached Fish Fillet with Sichuan Pickle
酸菜魚

Braised Pork and Eggplant
魚香肉絲

Chicken with Peanut and Chili Sauce
口水雞

Sautéed Shrimp with Black Fungus and Egg
木須蝦仁

Traditional Sautéed Shredded Pork
家鄉小炒肉

All Set served with Hot Drink, Steamed Rice & Hot and Sour soup
配熱飲、白飯、酸辣湯

Upgrade to Cold Drink
升级至凍飲
Lunch & Dinner

Steamed Rice in Casserole (蒸飯)

Shitake Mushroom and Chicken
冬菇蒸雞

Octopus and Pork Patties
土魷肉餅

Salted Fish and Pork Patties
咸魚肉餅

Chicken Feet and Pork Ribs
鳳爪排骨

Salted Egg and Pork Patties
咸旦肉餅

Preserved Veg and Pork
炸菜肉片

Chinese Sausage and Chicken
臘腸蒸雞

Add on available for Hot Drink or Soup
加配熱飲/例湯
Fried Flat Rice Noodles with Beef
干炒牛河
Fried Flat Rice Noodles with Pork Ribs and Veg
時菜排骨炒面
Shanghai Fried Noodles with Pork
上海粗炒
Rice Vermicelli with Preserved Veg and Shredded Duck
雪菜火鴨絲炆米
Fried Noodles with Shredded Chicken
雞絲炒麵
Braised Veg and Grouper with Flat Rice Noodles
菜遠班球河
Sichuan Style Fried Noodles with Shredded Chicken
四川雞絲炒麵
Braised Shredded Chicken with Noodles
雞絲燴麵
Dan Dan Style Minced Pork Soup Noodles
担擔麵
5 Spices Stewed Beef with Soup Noodles
五香牛肉麺
Braised Eel with Soup Noodles
炒鱔糊湯麺
Pork Dumpling with Shanghai Noodles
上海菜肉雲吞麺
Yeung Chow Fried Rice
揚州炒飯
Hokkien Fried Rice
福建炒飯
Braised Pork Ribs with Veg Rice
無錫排骨菜飯
Sweet & Sour Fish Fillet with Veg Rice
糖醋魚柳菜飯
Salt and Pepper Fried Pork Rib with Veg Rice
椒鹽肉排菜飯
Hot & Numbing Chicken with Rice
麻辣雞球飯
Salt Baked Chicken with Rice
鹽焗雞飯
Add on available for Hot Drink/Soup 加配熱飲/例湯
Fast Food Set  快餐 (12:00- 14:00)

Braised Bean Curd with BBQ Pork Belly, Sautéed Seasonal Veg,
Braised Chicken with Potato
豆腐火腩/清炒時蔬/薯仔炆雞

Steamed Egg with Minced Pork, Sautéed Minced Pork with Snap Bean,
Braised Eggplant with Soy Sauce
肉碎蒸蛋/乾扁四季豆/魚香茄子

Rice with one choice of sides
一餸飯

Rice with two choices of sides
兩餸飯

Add on available for Daily Chinese Soup/Vita Box Drink (250ML)
加配例湯/維他 250 毫升飲品

Tea Set  下午茶餐 (15:00- 18:00)

Barbecue Meat with Soup Noodles
燒味配湯麵

Roasted Duck/Plain Chicken/BBQ Pork/Roasted Pork Belly/Soy Sauced Chicken
燒鴨/白切雞/叉燒/燒肉/豉油雞

Choose one of the BBQ Meat
選擇以上一款燒味

With Rice Vermicelli/Flat Rice Noodles/Spaghetti
配米粉/河粉/意粉

All Set served with Hot Drink
以上皆配熱飲
Shanghai Noodles Set (上海麺餐)

**Group A (組別 A)**

- Braised Shredded Chicken with Noodles
  雞絲煨麵
- Dan Dan Style Minced Pork Soup Noodles
  担担麵
- 5 Spices Stewed Beef with Soup Noodles
  五香牛肉麵
- Braised Eel with Soup Noodles
  炒鱔糊湯麵
- Pork Dumpling with Shanghai Noodles
  上海菜肉雲吞麺
- Guangdong Wonton Noodles
  廣東雲吞麺
- Hot & Sour Soup with Wonton
  酸辣雲吞湯
- Noodles served with Shredded Chicken
  蔥油雞絲伴麺

**Group B (組別 B)**

- Steamed Pork Dumplings (2pc)
  蒸餃子(2 隻)
- Pan-fried Pork Dumplings (2pc)
  煎餃子(2 隻)
- Black Pepper Beef Puff (1pc)
  胡椒牛肉餅(1 隻)
- Pan-fried Pork Bun (1pc)
  生煎包(1 隴)
- Deep-fried Wonton (2pc)
  炸雲吞(2 隴)

**Group C (組別 C)**

- Cold Sweet Soy Milk 凍豆漿 / Hot Drink 熱飲

Available in A
Available in A + B/C
Available in A + B + C
**Snack/Appetizer (小食)**

- Shanghai Steamed Pork Dumplings (3pc)
  - 上海小籠包 (3 件)
- Pan-fried Pork Buns (3pc)
  - 生煎包 (3 件)
- Sliced Pork with Garlic
  - 蒜泥白肉
- Chili and Garlic with Preserved Egg
  - 尖椒皮旦
- Spring Onion Pan Cake (1pc)
  - 蔥油餅 (1 件)
- Poached Chicken Wings with Chinese Rice Wine (4pc)
  - 醉雞翼 (4 隻)
- Shanghai Assorted Appetizer
  - (Bean Curd, Black Fugues, Snow Bean, Bamboo Shoot)
  - 四喜烤麩
- Pan-fried Pork Dumplings (3pc)
  - 鮮肉鍋貼 (3 件)
- Black Pepper Beef Puff (1pc)
  - 胡椒牛肉餅 (1 件)
- Deep Fried Salt and Pepper Tofu
  - 椒鹽豆腐粒
- Chilled Eggplant with Garlic Sauce
  - 涼拌蒜泥茄子
- Cucumber with Minced Garlic
  - 蒜拍青瓜
- Black Fungus Salad in Vinegar Sauce
  - 陳醋木耳
- Crispy Fried Pumpkin with Salted Egg Yolk
  - 金沙南瓜條
Healthy Options 健康之選

Braised Tofu and Sliced Pork with Mushrooms
老北京家常豆腐

Braised Assorted Vegetables w/ Vermicelli & Seafood in Claypot
上湯海味銀絲雜菜煲

Stir-fried Mixed Mushroom w/ Pork Loin
雜菌炒豬柳條

Sautéed Coral Clams w/Celery and Cashews
西芹腰果炒珊瑚蚌

Hand Shredded Poached Chicken
手撕雞

Oysters and Winter Melon Rice Soup
蠔仔冬瓜粒湯飯

Minced Fish and Luffa Rice Soup
勝瓜魚肉泡飯

All the main served with Shanghai Veg Rice
以上主菜均配上海菜飯
Meat, fish, vegetarian and vegan options - all fresh from the grill and with delicious sides too.

LG/F, The Jockey Club Tower, Centennial Campus (Main campus)
7.30am to 10pm (Mon - Fri)
8am to 9:30pm (Sat & Sun)

Sodexo’s OBC Grill concept was founded on the following principles:

• Fresh
• Variety
• Experience

Vegetarian and vegan options to entice consumers who dabble in flexitarianism

Burgers that deliver great flavour experiences.

Emulates a food trend that is becoming ever more popular across Hong Kong.
**Breakfast Set (早晨之選)**

**Bagel Sandwiches (貝果)**

- Egg & Cheese
- 雞蛋芝士
- Bacon, Egg & Cheese
- 煙肉，雞蛋及芝士
- Sausage, Egg & Cheese
- 香腸，雞蛋及芝士
- Ham, Egg & Cheese
- 火腿雞蛋及芝士

Upgrade for Hot Coffee or Tea 加配咖啡或茶

**Egspectation 有營套餐**

- Hash Brown, Grilled Tomato & Egg
  - 薯餅，焗蕃茄及雞蛋
- Bacon, Hash Brown, Grilled Tomato & Egg
  - 煙肉，薯餅，焗蕃茄及雞蛋
- Sausage, Hash Brown, Grilled Tomato & Egg
  - 香腸，薯餅，焗蕃茄及雞蛋
- Ham, Hash Brown, Grilled Tomato & Egg
  - 火腿，薯餅，焗蕃茄及雞蛋
- Hash Brown, Grilled Tomato, Cheese Omelette
  - 薯餅，焗蕃茄及芝士奄列

Classic Egg Benedict with Spinach/Ham/Smoked Salmon
- 經典班尼迪蛋配菠菜/火腿/煙三文魚

Upgrade for Hot Coffee or Tea 加配咖啡或茶

**Others (其他)**

- French Toast with Maple Syrup
  - 西多士配楓糖漿
- Hot Cake with Maple Syrup
  - 熱香餅配楓糖漿
- White or Wheat Toast with Jam and Butter
  - 多士或全麥多士配果醬和牛油

Upgrade for Hot Coffee or Tea 加配咖啡或茶
Burger Set (漢堡套餐)

Patty 配料
250gm of Angus Beef Burger
250克安格斯牛肉漢堡

250gm of Angus Beef Burger x 2
兩個 250克安格斯牛肉漢堡

200gm of Turkey Burger
200克火雞漢堡

200gm of Turkey Burger x 2
兩個 200克火雞漢堡

Vegetarian Beyond Burger (Bean, Beet Root and Coconut)
素食未來漢堡(大豆、紅菜頭和椰子)

Fried Fish Fillet
炸鰭柳

Bun 漢堡包
Classic Sesame Bun 經典芝麻漢堡包
Whole Wheat Bun 全麥漢堡包
5-Grains Bun 五穀漢堡包

Add on available for extra Cheese 可加配額外芝士
Cheddar 車打芝士
Pepper Jack 美國傑克芝士
Swiss 瑞士芝士
Blue 藍芝士
Mozzarella 水牛芝士
Add on Available for Each Extra Topping 可加配額外配料

Iceberg Lettuce 生菜
Sliced Red Onions 紅洋蔥片
Sliced Tomatoes 蕃茄片
Dill Pickle Slices 酸瓜
Sliced Cucumber 青瓜片
Sliced Jalapeno Peppers 墨西哥辣椒片
Sweet Pepper Relish 甜椒醬

Burger Sauce 醬汁選擇

Thai Chili 泰式辣醬
Garlic Aioli 大蒜蛋黃醬
BBQ Sauce 燒烤醬
Buffalo Sauce 水牛城辣醬
Honey Mustard 蜜糖芥末

Add on available for OBC Grill Combo includes Fries and Soft Drink 可加配薯條和汽水

Add on available for Premium Toppings 可加配額外配料

Crispy Bacon 脆煙肉
Avocado 牛油果
Guacamole 牛油果醬
Grilled Onion 烤洋蔥
Grilled Mushrooms 烤蘑菇
1 Fried Egg 一隻煎蛋
From the Grill (其他主菜)

7" Jumbo Frankfurter Sausage Hot Dog with Fries
7" 法蘭克福珍寶腸熱狗配薯條

Gammon Ham, Cheddar Cheese & Egg Crepe with Garden Salad
火腿、車打芝士、蛋餅配田園沙律

Grilled Bean Burrito with Corn Chips
墨西哥雜豆捲餅配粟米片

Beefless Taco, Spicy Tomato Salsa, Guacamole and Black Bean Salad
"素牛肉墨西哥玉米脆餅配辣莎莎蕃茄醬，牛油果醬及黑豆沙律"

BBQ Texas Pork Spare Ribs with Coleslaw Salad
德州燒豬肋骨配椰菜沙律

Grilled Organic Chicken Breast, Cherry Tomato and Kale Salad
烤有機雞胸配車厘茄羽衣甘藍沙律

Super Protein Salad
(Quinoa, Avocado, Red Kidney Bean, Grilled Tofu and Mixed Leaf)
超級蛋白質沙律(藜麥、牛油果、紅腰豆、烤豆腐及雜菜)

Wild Grilled Mushroom and Asparagus Spaghetti
雜菌蘆筍意粉

Grilled Chicken Parmigiana with Pesto Veg. Julienne Salad
芝士焗雞扒配香草醬蔬菜

Classic Caesar Salad with Grilled Chicken Breast/Smoked Salmon/Serrano Ham
經典凱撒沙律配烤雞胸/煙三文魚/西班牙火腿
Salad Bar (沙律吧)

Leaf (沙律菜)
Iceberg Lettuce, Roma Lettuce, Baby Spinach, Kale, Red Chicory, Frisée, Lola Rosa
生菜/羅馬生菜/嫩波菜/羽衣甘藍/紫色苦白菜/碎葉菊苣/紅捲生菜

Salad (沙律)
Beet Root, Grapefruit, Parsley
紅菜頭,西柚及香芹
New Potato with Pesto
青醬新薯
Green Bean with Pine Nut
崧子四季豆
Roasted Pumpkin with Nutmeg
荳蔻香烤南瓜
Pasta Salad
意粉沙律
Waldorf Salad
華爾道夫沙律
Mediterranean Couscous Salad
地中海風味小米沙律
Brown Rice with Rocket Leaf
糙米火箭菜沙律
Teriyaki Eggplant Salad
照燒茄子沙律

Available in one salad selection 配一款沙律
Add on available for extra salad dish 可加配多一款沙律
Grab & Go (外帶輕食之選)

Caesar Salad with Grilled Chicken
烤雞凱撒沙律

Pasta Salad with Grilled Chicken
烤雞意粉沙律

Garden Mixed Salad with Smoked Salmon
煙三文魚田園沙律

Potato Salad with Bacon
煙肉薯仔沙律

Greek Salad
希臘沙律

Mexican Black Bean Salad
墨西哥黑豆沙律

Smoked Turkey and Brie Cheese
煙火雞軟芝士沙律

Chicken, Watercress & Nectarine Salad
蜜桃雞肉西洋菜沙律

Tandoori Chicken Salad
印度香料烤雞沙律

Spinach, Squash & Pomegranate Salad
菠菜南瓜石榴沙律

Grilled Chicken & Butternut Squash Salad
烤雞南瓜沙律

Smoked Salmon and Cream Cheese
煙三文魚忌廉芝士沙律

Beef Pastrami with Onion Jam
熏牛肉洋蔥醬

Pesto with Grilled Veg
青醬烤蔬菜
Authentic tastes. An homage to the fantastic street eats of Southeast Asia

G/F, Run Run Shaw Tower, Central Podium, Centennial Campus
7.30am-9.30pm (Mon-Sat)
Closed (Sun & Public Holidays)

Fresh, Natural & Local

Paying homage to the hawkers of Southeast Asia and presenting the best of Asian food in the way it was meant to be loved—natural, fresh, easy-to-eat and flavorful.

Authentic dishes are prepared with an artful balance of three harmonious flavours - sweet, sour and spicy.
**Appetizer/Snack**  (前菜/小食)

Deep-fried Vietnamese Pork Spring Roll  
越南炸春卷(猪)

Deep-fried Vietnamese Vegetable Spring Roll  
越南炸春卷(素)

Gỏi cuốn (Rice Paper Roll with Pork, Shrimp and Noodles)  
越南米紙卷

Som Tam (Thai Green Papaya Salad)  
泰式青木瓜沙律

Satay Pork and Chicken skewers (3 pcs of each)  
猪, 鳥沙嗲(各3串)

Yam Nua (Spicy Beef Salad)  
泰式辣牛肉沙律

Roti Canai (Roti Bread with Curry Sauce)  
烤薄餅配咖哩汁

Orh Luak (Oyster Omelette)  
煎蠔餅

Garlic Bread  
蒜蓉包

Deep-fried Soft-Shell Crab with Shredded Veg Salad  
炸軟殼蟹配菜絲沙律

Tod Man Pla / Tod Man Goong (Thai Fish and Shrimp Cake)  
泰式魚蝦餅

Yum Som O Goong (Thai Pomelo and Shrimp Salad)  
柚子蝦沙律

**Soup**  (湯)

Tom Yum Goong (Spicy Shrimp Soup)  
泰式冬陰公湯

Tom Kha Kai (Chicken in Coconut Soup)  
泰式椰汁雞湯

Bak Kut Teh (Malaysian Pork Ribs Soup)  
馬來肉骨茶
Healthy Options (健康之選)

Thai Beef Curry w/Brown Rice
泰式牛肉紅咖喱配糙米飯

Thai Red Curry with Mixed Vegetables w/Brown Rice
泰式紅咖喱雜菜配糙米飯

Chicken Pad Thai
泰式雞肉炒金邊粉

Rainbow Vegetarian Pad Thai
泰式素炒金邊粉

Thai Fried Brown Rice w/ Seafood & Peas
泰式海鮮雜豆炒糙米飯

Tom Yum Chicken Risotto
冬蔭公雞肉燴飯

Grilled Lemongrass Chicken w/Brown Rice
泰式香茅烤雞配糙米飯

Thai Chicken and Pineapple Fried Brown Rice
泰式菠蘿雞肉炒糙米飯

Thai Basil Minced Pork with Long Beans w/Brown Rice
香葉辣椒炒豬肉碎豆角配糙米飯

 Malaysian Vegetable Curry w/Brown Rice
馬來咖喱雜菜配糙米飯
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<td>Gaeng Keow Wan Kai (Green Chicken Curry) served with Rice Cracker</td>
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<td>Panang Ped (Yellow Curry Duck) served with Rice Cracker</td>
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<td>泰式黃咖喱鴨配米通</td>
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<td>Gaeng Phet Kung (Red Curry Prawn) served with Rice Cracker</td>
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<td>泰式紅咖喱蝦配米通</td>
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<td>Plah Plow (Roasted Fish with Sea Salt and Herbs)</td>
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<td>泰式燒魚</td>
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<td>Kai Yang (Thai Roasted Chicken)</td>
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<td>Larb Moo (Minced Pork with Basil and Lettuce Leaf)</td>
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<td>肉碎生菜包</td>
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<td>Salted Egg Yolk Shrimps</td>
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<td>Fried Soft-Shell Crab with Sweet Curry Sauce in Bread Brick</td>
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<td>咖喱軟殼蟹配麵飽</td>
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<td>Bamueng Yang (Thai Grilled Squid)</td>
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<td>泰式烤原隻魷魚</td>
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<td>Kor Moo Yang (Thai Grilled Pork Neck Meat)</td>
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<td>香烤豬頸肉</td>
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<td>Pad Kha Na Moo Krob (Stir-fried Kale with Crispy Pork)</td>
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<td>炒芥蘭配脆豬腩肉</td>
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<td>Pad Phakbung (Garlic and Chili Stir-fried Morning Glory)</td>
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<td>馬拉盞炒通菜</td>
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<td>Pad Phak Rwm Mitr (Thai Style Stir-fried Mixed Veg)</td>
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<td>泰式炒雜菜</td>
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Noodles (麵類)

- Pho (Beef Noodle Soup)
- Pad Thai (Fried Rice Noodle with Shrimp and Pork Sausage)
- Bún Thit Nuong/Cha Gio/Thit Co/Gio Lua (Rice Noodle with Pork Belly/Spring Roll/Pork Neck/Pork Sausage) (Pick one)
- Mee Goreng Mamak (Fried Noodle with Chicken and Shrimp)
- Laksa (Malaysian Soup Noodle with Fish Cake, Shredded Chicken)
- Char Kuey Teow (Fried Flat Rice Noodle with Chicken)
- Hokkien Mee (Fried Egg Noodle with Pork, Squid and Fish Cake)

Rice (飯類)

- Pad Krapow Mee Saap (Fried Pork and Basil with Rice)
- Kao Phad (Chicken and Shrimp Fried Rice)
- Khao Pad Prik Gung (Fried Rice with Pineapple and Shrimp)
- Nasi Goreng (Indonesian Fried Rice with Chicken, Shrimp, Fried Egg)
- Randang Beef/Chicken/Lamb (任選一款)
- Nasi Lemak (Coconut Rice with Dried Anchovies, Egg, Spicy Sambal and Chicken)
- Hainanese Chicken Rice
- Khao Khluk Kapi (Thai Shrimp Paste Fried Rice)
Drinks (飲品)

Milo Dinosaur  
恐龍美祿

Nam Manglak (Basil Seed Drink)  
九層塔特飲

Ma Praw On (Young Coconut Juice)  
原個椰青

Nam Ma Muang (Mango Drink)  
芒果沙冰

Lime Soda  
青檸梳打

Chendol (Thai Coconut Juice with Jelly)  
珍多冰

Thai Longan Fruit Drink  
龍眼冰
Lunch Set (午餐)

Group A (類別 A)

Deep-fried Vietnamese Pork Spring Roll
越式炸春卷(豬)

Deep-fried Vietnamese Vegetable Spring Roll
越式炸春卷(素)

Goi Cuon (Rice Paper Roll with Pork, Shrimp and Noodles)
越式米紙卷

Som Tam (Thai Green Papaya Salad)
泰式青木瓜沙律

Deep-fried Soft Shell Crab with Shredded Veg Salad
炸軟殼蟹配菜絲沙律

Tod Man Pla+Tod Man Goong(Thai Fish and Shrimp Cake)
泰式魚蝦餅

Group B (類別 B)

Mee Goreng(Fried Egg Noodle with Chicken)
印尼炒面

Char Kuey Teow ( Fried Flat Rice Noodle with Chicken)
炒貴刁

Pad Krapow Mee Saap (Fried Pork and Basil with Rice)
九層塔肉碎配白飯

Kao Phad (Chicken Fried Rice)
泰式雞炒飯

Nasi Lemak (Coconut Rice with Dried Anchovies, Egg, Spicy Sambal and Chicken)
馬來椰漿飯

Hainanese Chicken Rice
泰式海南雞飯

Khao Khluk Kapi (Thai Shrimp Paste Fried Rice)
蝦醬肉碎炒飯

Group C (類別 C)

Hot/Cold Thai Coffee or Lemon Tea
配凍/熱泰式咖啡或檸檬茶

Available in A + B/C
Available in A + B + C
Lunch Soup Noodles Set (午市麺餐)

Ban Mian (Hakka-style Noodles, Minced Pork, Half Poached Egg)
福建撈麵配半熟蛋

Pho (Beef Noodles in Soup)
生牛肉河

Bún Thit Nuong/Cha Gio/Thit Co/Gio Lua
(Rice Noodle with Pork Belly/Spring Roll/Pork Neck/Pork Sausage) (Pick one)
越式湯檬配燒肉/春卷/燒豬頸肉/扎肉(任選一款)

Laksa (Malaysian Soup Noodles with Fish Cake, Shredded Chicken)
馬來喇沙

Mee Soto Ayam (Malaysian Chicken Soup Noodles)
馬來雞湯麵

With Hot/Cold Thai Coffee/Lemon Tea
配凍/熱泰式咖啡/檸檬茶

Tea Set (下午茶餐) 15:00-18:00

Ban Mian (Hakka-style Noodles, Minced Pork, Half Poached Egg)
福建撈麵配半熟蛋

Pho (Beef Noodles in Soup)
生牛肉河

Bún Thit Nuong/Cha Gio/Thit Co/Gio Lua
(Rice Noodle with Pork Belly/Spring Roll/Pork Neck/Pork Sausage) (Pick one)
越式湯檬配燒肉/春卷/燒豬頸肉/扎肉(任選一款)

Pad Thai (Fried Rice Noodles with Shrimp and Pork Sausage)
泰式炒金邊粉

Pad See Ew (Fried Rice Noodles with Egg & Chicken)
泰式雞肉炒河粉

Kuai tia o ruea (Boat Noodles with Pork Liver/Meatball/Beef/Pork Blood Jelly/Chicken)
船河配豬肝/肉丸/牛肉/豬紅/雞肉(任選一款)

Koay Chiap (Duck Noodles Soup)
馬來鴨湯河

Mee Soto Ayam (Malaysian Chicken Soup Noodles)
馬來雞湯麵

Kaya Toast with Half Poached Egg
咖央多士配半熟蛋

With Hot/Cold Thai Coffee/Lemon Tea
配凍/熱泰式咖啡/檸檬茶
Mein Bowl
by sodexo

Hong Kong grab-and-go classics that are convenient and quick to satisfy

Main Library Covered Podium
(near Sun Yat-sen Place) (Main campus)
10am-4pm (Mon-Fri)
Closed (Sat, Sun & Public Holidays)

Grab-and-go Cuisine

Grounded in pure, flavorful ingredients
Local favourites that are made today and gone today.
Hong Kong Cart Noodle  香港車仔麵

Toppings 配料

Sichuan Spicy Minced Pork/ Numbing & Hot Beef Tripe/ Curry Squid/
Wonton/ Fish Ball/ Fish Cake/ Beef Ball/ Octopus Ball/ Pork Ball
Sliced Beef/ Chicken Wings/ Pig Skin/ Crab Stick/ Shitake Mushroom
Braised Turnip/ Seasonal Vegetables/ Enoki Mushroom

麻辣肉碎/ 夫妻肺片/ 咖喱魷魚/ 雲吞/ 魷魚片/ 牛丸/ 墨魚丸/
豬肉丸/ 牛肉片/ 雞翼/ 豬皮/ 蟹柳/ 冬菇/ 金菇

Choose two of the toppings 選兩個配料
Add on available for one extra topping 加配另外多一個配料

Noodles 麵

Flat Rice Noodles/ Thick Egg Noodles/ Thin Egg Noodles
Yellow Noodles/ Rice Vermicelli/ Udon
河粉/ 粗麵/ 幼麵/ 油麵/ 米粉/ 烏冬

Sauce 醬汁

Satay/ Curry/ Hot & Numbing/ Sambal
沙嗲汁/ 咖喱汁/ 麻辣汁/ 參巴醬

Upgrade to Dry Tossed Noodle/ Lo Mein (Indo Mie) 升級至撈麵/ 印尼撈麵
Includes Vita Box Drink (250ml) 包括 250ml 維他盒裝飲品

Healthy Options 健康之選

Vietnamese Vegetarian Spring Rolls with Vermicelli
越式素春卷撈檬
Vietnamese Grilled Chicken with Vermicelli
越式雞絲撈檬
A cafe of convenience and a home away from home to work, rest and socialise in. Hot and cold food offerings with an authentic coffee house as well. Social Kitchen has it all.

Social Kitchen
fresh. healthy. tasty
by sodexo

Ho Tim Hall - Jockey Club Student Village I, 91 Pokfulam Road
11.30am-8.30pm (Mon-Fri) / Closed (Sat, Sun & Public Holidays)

Jockey Club - G/F Suen Chi Sun Hall, Jockey Club Student Village II, 109 Pokfulam Road
11.30am-8.30pm (Mon-Fri) / Closed (Sat, Sun & Public Holidays)

Bayview - LG/F, 6 Sassoon Road
8am-8pm (Mon-Fri) / 8am-2pm (Sat) / Closed (Sun & University Holidays)

A social space that provides a home away from home, a common space to relax, socialize, study and eat together.

Aspretto coffee, which is always brewed from 100% first-crop Arabica beans, will be featured at this station.

Aspretto coffee built around 4 core principles:
- Principles of diversity
- Health and well-being
- Environmental protection
- Social responsibility
Breakfast 早餐 (8:00am-11:00am)

**Noodles Set 麵類套餐**

Ham/Sausage/Fried Egg/Luncheon Meat/Satay Beef
Preserved Vegetables & Shredded Pork/Spicy Pork Cubes (pick 2)
火腿/香腸/煎蛋/午餐肉/沙嗲牛肉/雪菜肉絲/五香肉丁（任選兩款）

With Rice Vermicelli/Instant Noodles/Macaroni and Hot Coffee or Tea
配 米粉/即食麵/通心粉 及 咖啡或茶

Upgrade to Cold Drink 升級至凍飲
Upgrade to Nissin Instant Noodles or Udon 升級至出前一丁或烏冬

**Eggpectation Set 有營套餐**

Bacon/Ham/Sausage/Grilled Tomato/Hash Brown/Sautéed Mixed Mushrooms (pick 2)
煙肉/火腿/香腸/焗豆/薯餅/什菌（任選兩款）

With Fried Egg /Scrambled Egg/ Omelet 配煎蛋/炒蛋/奄列
With Hot Coffee or Tea 配咖啡或茶
Upgrade to Cold Drink 升級至凍飲

**Steak Breakfast Set 扒類早餐**

Grilled Pork Chop 香烤豬扒
Grilled Chicken Steak 香烤雞扒
Grilled Beef Steak 香烤牛扒
Fish Fillet Cutlet 吉列魚柳

With Baked Beans, Hash Brown and Grilled Tomato 配焗豆、薯餅或烤蕃茄
With Hot Coffee or Tea 配咖啡或茶
Upgrade to Cold Drink 升級至凍飲

**Congee Set 粥品套餐**

Sautéed Rice Roll with XO Sauce XO 醬腸粉
Fried Noodles with Soy Sauce 豉油王炒麵
Pan-fried Turnip Cake 煎蘿蔔糕
Lunch (11:00am-14:30pm)

Chinese Main A (one option per day)

中式菜式 A (每日一款)

Sweet and Sour Fish
甜酸魚塊
Yeung Chow Fried Rice
楊州炒飯
Ma Po Tofu
麻婆豆腐
Steamed Fish Fillet with Black Bean Sauce & Ginger
豉汁蒸魚柳
Steamed Chicken with Shiitake Mushroom
香菇蒸雞
Braised Eggplant with Minced Pork
魚香茄子

Chinese Main B (One option per day)

中式菜式 B (每日一款)

Sautéed Beef Tenderloin with Black Pepper Sauce
黑椒牛柳
Shanghai Fried Pork Chop with Vegetable Rice
上海排骨菜飯
Steamed Pork Patty with Salted Egg
咸蛋蒸肉餅
Braised Tofu and Pork Belly
豆腐炆火腩
Sautéed Chicken with Bell Pepper and Black Bean Sauce
豉椒雞球
Braised Pork Spare Ribs in Brown Sauce
醬排骨

Chinese Main A, B served with Rice and Vegetables

中式菜式 A或B皆配白飯及時菜
Lunch 午餐(11:00am-14:30pm)

Special of the Day (1 option per day)

是日精選(每日一款)

Spaghetti Bolognese
肉醬意粉
Mac & Cheese with Ham
芝士火腿通粉
Fish & Chips
炸魚薯條
Beef Taco with Black Bean Salad
墨西哥牛肉玉米餅配黑豆沙律
Tandoori Chicken with Naan Bread
天多尼烤雞配印度薄餅
Japanese Bento Box (Teriyaki chicken, Oden, Rice, Egg Roll and Pickle)
日式便當(雞串燒、關東煮、白飯、蛋捲及醃菜)
Pulled Pork Bun with Fries and Salad
手撕豬肉包配薯條沙律

Healthy Options 健康之選

Basil Lemon Chicken Breast & Couscous
香草檸檬烤雞胸配小米
Seven Spiced Beef Skewers & Brussels Sprouts with Brown Rice
七味牛肉串燒配包心菜及糙米飯
Mustard Chicken & Spinach Stuffed Potato
芥末烤雞配菠菜釀馬鈴薯
Rosemary Orange Turkey Breast
香燈迷迭香烤火雞胸
Pretzel-Crusted Salmon, Rice & Spinach
脆餅焗三文魚配菠菜和飯
Teriyaki Tofu, Quinoa & Pineapple
照燒豆腐配藜麥及菠蘿
Vegetable Paella with Edamame
西班牙蔬菜毛豆燉飯
Shrimp Spiedini, Spaghetti & Squash
香烤蝦串燒配意粉及南瓜
Lunch 午餐 (11:00am-14:30pm)

Carving Station 烤肉

Roast of the day 是日烤肉
- Beef Sirloin 西冷
- Beef Rib Eye 肉眼
- Roasted Chicken with Rosemary & Garlic 迷迭香大蒜烤雞
- Roasted Pork Loin Stuffed with Plum 梅子豬柳
- Texas Pork Spare Ribs 德州烤豬肋排
- Chicken Cordon Bleu 法國藍帶雞卷

with Starch and Vegetables 配以主食和蔬菜

Chinese BBQ Station 中式燒味系列
- Roasted Duck/Plain Chicken/BBQ Pork/Roasted Pork Belly/Soy Sauce Chicken 燒鴨/切雞/叉燒/燒肉/豉油雞
- Rice with One choice of sides 單拼燒味飯
- Rice with Two choices of sides 雙拼燒味飯
  - 4 Combo with Rice 四寶飯
  - 5 Combo with Rice 五寶飯

With Hot Coffee/Tea/Soft Drink 配咖啡/茶/汽水

Upgrade to Cold Drink 升級至凍飲
Add on available for One Salted Egg 加配一隻鹹蛋
Lunch 午餐 (11:00am-14:30pm)

Chiu Chow Noodles 潮州粉麵

5 Spices Braised Beef Brisket 五香牛腩
5 Spices Braised Beef Tendon 五香牛筋
Wonton 雲吞
Fish Ball 魚蛋
Beef Ball 牛丸
Pork & Shrimp Dumpling 豬肉鮮蝦餃
Fish Cake 魚片

With Egg Noodles/Flat Rice Noodles/Rice Vermicelli 配 全蛋麵 / 河粉 / 米粉
With Hot Coffee/Tea/ Upgrade to Soft Drink 配咖啡/茶/升級至汽水
Upgrade to Cold Drink 升級至凍飲
Café

Pastries (whole day) 糕點全日供應

- Almond Croissant 杏仁牛角包
- Butter Croissant 牛油牛角包
- Banana et Chocolat 香蕉朱古力包
- Pain au Chocolate 朱古力包
- Tarte Aux Apricots 杏桃撻
- Pear Danish 梨子丹麥酥
- Peach Danish 蜜桃丹麥酥

Dessert 甜品 (After 10am)

- Tarte au Citron 檸檬餡餅
- Marble Cheese Cake 雲石芝士蛋糕
- Chocolate Mille Feuille 朱古力拿破崙
- Crème Brûlée 法式焦糖布甸
- Apple Crumble 蘋果金寶
- Tiramisu 意大利芝士餅
- Macaron 馬卡龍
Pizza Station 薄餅 (11am to 2:30pm)

- Margherita 瑪格麗特
- Pepperoni 意大利辣肉腸
- BBQ Chicken 烤雞
- Beyond Meat 未來素牛肉
- Veg. Choice 素菜之選
- Chicken Zucchini Pizzetta 雞肉翠玉瓜薄餅
- Italian Mushroom Pizzetta 意式蘑菇薄餅
- Balsamic Chicken Pizzetta 黑醋雞肉薄餅
- Tex-Mex Pizzetta 墨西哥風味薄餅
- Eggplant Parmesan Pizzetta 茄子巴馬臣碎芝士薄餅
- Ricotta, Leek & Olive Pizzetta 乳清芝士大蔥橄欖薄餅
- Braised Kale & Vegetable Pizza 羽衣甘藍蔬菜薄餅
- Chicken Florentine Pizza 雞肉芝士菠菜薄餅

*All Made with 10-Inch-Thick Pizza Base 10 吋厚薄餅
Available in Quarter Size 1/4 個
Available in Whole Size 一個

Salad Bar 沙律 (11am to 2:30pm)

- 4 Kinds of Mixed Salad with Meat
  四款含肉類沙律
- 10 Kinds of Vegetables and Salad leaf (of which two of them contain protein)
  十款蔬菜沙律（當中兩款含蛋白質類）

With Japanese Sesame Dressing/Thousand Island Dressing/Balsamic Vinaigrette/French Dressing
日本芝麻醬/千島醬/意大利香醋/法式沙律醬

Available in Full Size 全份
Available in Half Size 半份
Sublicious (11am to 2:30pm)

**Fillings 餡料**
Turkey/Gammon Ham/Roasted Beef/Grilled Chicken/Tuna/Smoked Salmon/Bacon/Cheese Slice
火雞/火腿/烤牛肉/烤雞肉/吞拿魚/煙三文魚/煙肉/芝士片

**Garden Fresh Vegetables 田園蔬菜**
Lettuce/ Olives/ Tomato/Onion/ Pickle/Cucumber/Jalapeno
生菜/橄欖/番茄/洋蔥/醃菜/青瓜/墨西哥辣椒

**Bread 麵包**
Panini/Ciabatta/Rye/Baguette/Multigrain/Wrap
帕尼尼包/義大利包/黑麥包/長法包/多穀包/烤餅

**Sauce 醬汁**
Garlic Mayonnaise/Olive oil/Thousand Island Sauce/ Honey Mustard
大蒜蛋黃醬/橄欖油/千島醬/蜂蜜芥末醬
Tea Set 下午茶之選

Fish Fillet Cutlet with Fries/Salad 吉列魚柳配薯條/沙律
Pork Chop Bun 豬扒包
Satay Beef Noodles in Soup 沙嗲牛肉麵
Luncheon Meat & Egg Noodle in Soup 午餐肉雞蛋麵
Preserved Veg & Pork with Rice Vermicelli in Soup 雪菜肉絲湯米
Deep-Fried Pork Chop with Rice Noodle in Soup 炸豬扒湯米

With Hot Coffee/Tea/Soft Drink 配咖啡/茶/汽水
Upgrade to Cold Drink 升級至凍飲

Drinks 飲品

Hong Kong Style Milk Tea 港式奶茶
Coffee 咖啡
Coffee with Tea 鴛鴦
Lemon Tea 檸茶
Ovaltine 阿華田
Horlick 好立克
Korean Citron Honey 韓國柚子蜜
Water-Cress Honey 西洋菜蜜
Iced Red Bean Drink 紅豆冰
Soft Drink (can) 罐裝汽水
DOCKSIDE

A bright, fresh and airy respite during the day

A cha chaan teng comfort food hub for staff to enjoy at Cyberport.

L2, Block A, Phase 4, Cyberport, 100 Cyberport Road, H.K.
8am-5.15pm(Mon-Fri) / 8am-2.30pm(Sat)
Closed (Sun & Public Holidays)

Delicious, healthy and great value menu offerings to satisfy staff members on their breaks
Morning Breakfast  醒晨早餐

**Noodles Set 麵類套餐**
Ham/ Sausage/Fried Egg/Luncheon Meat/Satay Beef
Preserved Vegetables & Shredded Pork/Spicy Pork Cubes (pick any 2)
火腿/香腸/煎蛋/午餐肉/沙嗲牛肉/雪菜肉絲/五香肉丁 (任選兩款)

With Rice Vermicelli/Instant Noodles/Macaroni and Hot Coffee or Tea
配 米粉/即食麵/通心粉 及 咖啡或茶

Upgrade to Cold Drink 升級至凍飲
Upgrade to Nissin Instant Noodles or Udon 升級至出前一丁或烏冬

**Eggpectation Set 有營套餐**
Bacon/Ham/Sausage (pick 1)
煙肉/火腿/香腸 (選一款)

With Fried Egg or Scrambled Egg and Half Thick White Toast
配煎蛋或炒蛋 及 方包半片

With Hot Coffee or Tea 配咖啡或茶
Upgrade to Cold Drink 升級至凍飲

**Steak Breakfast Set 扒類早餐**
Grilled Pork Chop 香烤豬扒
Grilled Chicken Steak 香烤雞扒
Grilled Beef Steak 香烤牛扒
Fish Fillet Cutlet 吉列魚柳

With Baked Beans, Hash Brown and Grilled Tomato
配焗豆、薯餅及烤蕃茄

With Hot Coffee or Tea 配咖啡或茶
Upgrade to Cold Drink 升級至凍飲
Morning Breakfast  醒晨早餐

**Congee Set 粥品套餐**

- Sautéed Rice Roll with XO Sauce XO 醬腸粉
- Fried Noodles with Soy Sauce 豉油王炒麵
- Pan-fried Turnip Cake 煎蘿蔔糕

**With Congee of the Day 配是日靚粥**

**Sandwiches Set 三文治套餐**

- Luncheon Meat & Scrambled Egg 午餐肉及炒蛋
- Ham & Cheese 火腿及芝士
- Corned Beef & Egg 鹹牛肉及雞蛋
- Tuna & Egg Mayo 吞拿魚及蛋沙律

**With Hot Coffee or Tea 配咖啡或茶**

Upgrade to Cold Drink 升級至凍飲

Add-on available for Half Crispy Bread Roll with Condensed Milk

以上任何一款套餐可加配煉奶脆包
Lunch Set 滋味午餐

Cheesy Baked Pasta or Rice 芝士焗飯/意粉系列

- Spaghetti Bolognese 肉醬意粉
- Brown Sauce, Pork Chop with Rice 焗豬扒飯
- Portuguese Chicken with Rice 葡汁焗雞扒飯
- Fish Fillet with Spaghetti in Spinach Cream Sauce 白汁菠菜魚柳意大利麵
- Japanese Vegetables Curry 日式咖喱雜菜

With Hot Coffee/Tea/Upgrade to Soft Drink 配咖啡/茶/升級至汽水
Upgrade to Cold Drink 升級至凍飲

Taiwanese Minced Rice Set 台式肉燥飯套餐

- Braised Minced Pork & Soy Sauce Egg 滷蛋肉燥飯
- Braised Minced Pork & Spare Ribs 肉燥排骨飯
- Braised Minced Pork & Chicken Wings 肉燥雞翼飯
- Braised Minced Pork & Bean Curd 肉燥豆腐飯
- Braised Minced Pork & Fried Chicken 肉燥炸雞飯

With Hot Coffee/Tea/Upgrade to Soft Drink 配咖啡/茶/升級至汽水
Upgrade to Cold Drink 升級至凍飲

Chinese BBQ Station 中式燒味系列

- Roasted Duck/Plain Chicken/BBQ Pork/Roasted Pork Belly/Soy Sauce Chicken 燒鴨/切雞/叉燒/燒肉/豉油雞

Rice with One Choice of Sides 單拼燒味飯
Rice with Two Choices of Sides 雙拼燒味飯
4 Combo with Rice 四寶飯
5 Combo with Rice 五寶飯
Add-on for One Salted Egg 可加配一隻鹹蛋

With Hot Coffee/Tea / Upgrade to Soft Drink 配咖啡/茶/升級至汽水
Upgrade to Cold Drink 升級至凍飲
Lunch 滋味午餐

**Chiu Chow Noodles 潮州粉麺**

- 5 Spices Braised Beef Brisket 五香牛腩
- 5 Spices Braised Beef Tendon 五香牛筋
- Pork & Shrimp Dumpling 鮮蝦豬肉餃
  - Wonton 雲吞
  - Fish Ball 魚蛋
  - Beef Ball 牛丸
  - Fish Cake 魚片

Add on available for Extra Dish/Beef Brisket/ Beef Tendon 可加配單餸/牛腩/牛筋

With Egg Noodles/Flat Rice Noodles/Rice Vermicelli 配 全蛋麵 / 河粉 / 米粉
With Hot Coffee/Tea/Upgrade to Soft Drink 配咖啡/茶/升級至汽水
Upgrade to Cold Drink 升級至凍飲

**Chinese Dishes Set 中式套餐**

- Hainanese Chicken 海南雞
- Sizzling Chicken Pot 喋啫雞煲
- Braised Minced Pork with Eggplant 魚香茄子
- Curry Beef Brisket Pot 咖喱牛腩煲
- Satay Beef with Enoki & Glass Noodles 沙嗲金菇牛肉粉絲
- Black Pepper Beef Short Ribs 黑椒牛仔骨
- Scrambled Egg with Shrimp 滑蛋蝦仁
- Steamed Pork Ribs with Black Bean Sauce 豉汁蒸排骨
- Grouper with Sweet Corn Sauce 粟米班塊
- Sweet & Sour Fish/Pork 甜酸魚塊/排骨
- Peking Style Pork Ribs 京都骨
- Sautéed Shrimp with Broccoli 西蘭花蝦仁
- Poached Seasonal Vegetables with Bean curd 時蔬豆腐
- Braised Seasonal Veg with Enoki Mushroom & Conpoy 瑤柱金菇時蔬

With Steamed Rice and Soup 配白飯及例湯
With Hot Coffee/Tea/Upgrade to Soft Drink 配咖啡/茶/升級至汽水
Upgrade to Cold Drink 升級至凍飲
Lunch Set 午餐

**Fried Rice and Noodles 即炒粉面**

- Singapore Style Fried Vermicelli 星洲炒米
- Xiamen Style Fried Vermicelli 廈門炒米
- Braised Vermicelli with Preserved Veg & Shredded Pork 雪菜肉絲炆米
- Japanese Style Fried Udon with Seafood 日式海鮮炒烏冬
- Braised E-fu Noodles with Assorted Fungus & Veg 什菌炆伊麵
- Fried Instant Noodles with Pork Neck Meat in XO Sauce XO 猪頸肉炒公仔麺
- Fried Instant Noodles with Black Pepper Chicken Steak 黑椒雞扒炒公仔麺
- Fried Flat Rice Noodles with Beef 乾炒牛河
- Yeung Chow Fried Rice 楊州炒飯
- Fried Rice with Salted Fish & Diced Chicken 鹹魚雞粒炒飯
- Fried Rice with Shrimp Paste & Seafood 蝦醬海鮮炒飯
- Fried Rice with Dried Scallop & Egg White 瑤柱蛋白炒飯
- Fried Rice with Minced Beef 生炒牛肉飯

*With Hot Coffee/Tea/Upgrade to Soft Drink 配咖啡/茶/升級至汽水*

Upgrade to Cold Drink 升級至凍飲

**Healthy Options 健康之選**

- Spaghetti with Mushrooms in Olive Oil & Tomato Paste 茄醬蘑菇意粉
- Sautéed Chicken and Celery with Steamed Rice 芹菜雞柳飯
- Sweet Corn, Diced Pork and Bean Curd with Steamed Rice 粟米肉粒豆腐飯
- Sautéed Assorted Veg & Mushrooms with Steamed Rice 雜菜香菇飯
- Steamed Fish Fillet with Ginger and Spring Onion with Steamed Rice 薑蔥蒸魚柳飯
- Braised Bean Curd in Soy Sauce with Steamed Rice 紅燒豆腐飯
Tea Set 下午茶之選

Hot Dog 熱狗
Condensed Milk & Butter Toast 奶醬多士
French Toast 西多士
Deep-Fried Chicken Wings with Fries/Fruit Salad 炸雞翼配薯條/雜果沙律
Fish Fillet Cutlet with Fries/Salad 吉列魚柳配薯條/沙律
Pork Chop Bun 豬扒包
Satay Beef Noodles in Soup 沙嗲牛肉麵
Luncheon Meat & Egg Noodles in Soup 午餐肉雞蛋麵
Preserved Veg & Pork with Rice Vermicelli in Soup 雪菜肉絲湯米
Deep-Fried Pork Chop with Rice Noodles in Soup 炸豬扒湯米

With Hot Coffee/Tea/ Soft Drink 配咖啡/茶/汽水
Upgrade to Cold Drink 升級至凍飲

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Coffee 咖啡
Coffee with Tea 鴛鴦
Lemon Tea 檸茶
Lemon Water 檸水
Ovaltine 阿華田
Horlick 好立克
Korean Citron Honey 韓國柚子蜜
Water-Cress Honey 西洋菜蜜
Iced Red Bean Drink 紅豆冰
Soft Drink (can) 罐裝汽水
Provision of focused nutrition that helps to fuel the mind and body

10 Sha Wan Drive
9am-7pm (Daily)

Convenient grab-and-go kiosk

Options to be rotated and full accompanying sports nutrition information to be provided, in order to appeal and tailor to different athletes’ needs