



意粉 Pasta

沙律 Salads

三文治 Sandwiches

到會服務 Catering

Grove 提供各種新鮮健康的美食，包括三文治、沙律、意粉、純鮮果汁及自家品牌咖啡。招牌健康三文治採用了不含防腐劑的多穀包製造，沙律亦選取了最新鮮嫩綠的水耕菜製作，為注重健康的您提供最新鮮及優質的食品。團隊亦有提供專業的到會服務，為你的商業活動或私人派送上精緻美食及菜式！

Grove offers a wide range of health-conscious menu options, ranging from sandwiches, salads, pasta, fresh fruit juice and house blend coffee. The signature healthy sandwiches and salads are daily made with the freshest & finest multi-grain bread, hydroponic vegetables, and other premium ingredients. Our team also offers professional catering services and serves you party food and healthy delicacies for various parties and banquets!



Grove Sandwiches



grove_sandwiches

Soft Opening

Grove will have a soft opening on 9 Mar 2023, and we welcome you to come and enjoy healthy delicacies and premium coffee.

Grove 將於 **2023** 年 **3** 月 **9** 日開始試業，歡迎大家到來享用各款健康食品及優質咖啡。

See you there!

HKU Exclusive: Black Sugar & Ginger Latte

推廣日期：2023年3月9-24日

凡惠顧指定套餐，並追蹤 Grove 之 Facebook Instagram 專頁，加配飲品「鮮奶咖啡」可免費升級至「黑糖薑母鮮奶咖啡」（熱/凍）。

Upon any purchase on selected set menu, follow our Facebook / Instagram Page and enjoy **FREE UPGRADE** from Caffè Latte to **Black Sugar & Ginger Latte** (Hot / Iced).

條款及細則：

1. 優惠只適用於香港大學分店。
2. 優惠適用於星期一至星期五。
3. 指定套餐包括早餐、午餐及下午茶餐(不包括單點三文治及沙律)。
4. 優惠適用於堂食及外賣(不包括送貨及到會服務)。
5. 不能與其他優惠或現金券同時使用。
6. 不能兌換現金或其他產品。
7. 數量有限，送完即止。
8. Grove Company Limited 保留與折扣有關的所有事項的最終決定權。

Terms & Conditions:

1. The offer is applicable to Grove - HKU outlet only.
2. The offer is valid from Monday to Friday.
3. Selected set menu includes Breakfast Set, Lunch Set and Tea Set (excluding a la carte sandwich and salad orders).
4. This offer is applicable for both dine-in and takeaway (excluding delivery and catering orders).
5. This offer cannot be used in conjunction with other promotions or cash vouchers.
6. This offer cannot be exchanged for cash or its equivalent.
7. Limited availability, and while stocks last.
8. Grove Company Limited reserves the right of final decision on all matters related to the discount.

Grove

2/F, Academic Building, 3 Sassoon Road

*This menu is for reference only. For daily menu and latest promotion, please visit or contact the outlet directly.
w.e.f. March 2023*

早餐 Breakfast

產品	Item	Price 價錢
英式早餐 (煎蛋 x 2 / 煙肉 / 紐倫堡腸 / 車厘茄 / 水耕菜沙律 / 多士)	English Breakfast (Fried Eggs x 2 / Bacon / Nürnberger Sausage / Cherry Tomatoes / Hydro Veggie Salad / Toast)	\$35.0
素食早餐 (煎蛋 x 2 / 炒蘑菇 / 車厘茄 / 水耕菜沙律 / 多士)	Vegetarian Breakfast (Fried Eggs x 2 / Sautéed Mushrooms / Cherry Tomatoes / Hydro Veggie Salad / Toast)	\$33.0
炒蛋提子烤餅早餐 配迷你番茄湯螺絲粉 / 奇亞籽燕麥杯	Scrambled Egg on Raisin Scone with Mini Fusilli with Tomato Soup or Chia Seed & Oatmeal Hot Cup	\$33.0
火腿芝士飛碟 配藜麥田園沙律	Ham & Cheese Toastie served with Quinoa Green Salad	\$26.0
牛油果雞肉飛碟 配藜麥田園沙律	Avocado & Chicken Toastie served with Quinoa Green Salad	\$30.0
碎蛋沙律牛角酥 配藜麥田園沙律	Egg Salad Croissant served with Quinoa Green Salad	\$33.0
香草醬牛油果沙律罌粟籽比高	Pesto Avocado Poppy Seed Bagel	\$39.0
烤雜菜番茄湯螺絲粉	Roasted Vegetables Fusilli in Tomato Soup	\$30.0
火腿蛋番茄湯螺絲粉	Ham & Egg Fusilli in Tomato Soup	\$30.0
全日早餐 (煎蛋、煙肉、豬肉腸、香草車厘茄、水耕菜沙律、美式焗薯角、烤南瓜、烤蘑菇、煙三文魚、多士)	All Day Breakfast (Fried Egg, Bacon, Pork Sausage, Cherry Tomatoes, Hydro Veggie Salad, Baked Potato Wedges, Roasted Pumpkin, Roasted Mushroom, Smoked Salmon, Toast)	\$56.0
可配以下飲品一杯：	Includes One Drink:	
跟餐： 咖啡 / 檸檬茶 / 伯爵茶 / 英式早餐茶	Served with: Coffee / Lemon Tea / Earl Grey Tea / English Breakfast Tea	Included
轉鮮奶咖啡	Change to Hot Latte	+\$6
轉泡沫咖啡	Change to Hot Cappuccino	+\$6
轉時令特飲	Change to Seasonal Drinks	+\$13
以上飲品轉凍飲	All the above change to Iced Drink	+\$2

午餐 Lunch

產品	Item	Price 價錢
番茄湯螺絲粉配慢煮辣雞胸	Slow Cooked Spicy Chicken Breast Fusilli in Tomato Soup	\$45.0
番茄湯螺絲粉配煙三文魚	Smoked Salmon Fusilli with Tomato Soup	\$45.0
卡邦尼意粉	Carbonara	\$47.0
香草醬忌廉牛油果意粉	Avocado Spaghetti with Pesto Cream Sauce	\$50.0
杏仁忌廉汁焗煙三文魚螺絲粉	Smoked Salmon Fusilli with Almond Cream	\$50.0
肉醬千層麵	Lasagna Bolognese	\$53.0
烤雜菜牛油果意大軟包配南瓜田園沙律	Avocado & Roasted Vegetable Ciabatta served with Pumpkin Salad	\$49.0
燒牛肉・蘑菇芝士・洋蔥美式卷配南瓜田園沙律	Roast Beef, Cheesy Mushroom & Onion Wrap served with Pumpkin Salad	\$49.0
可配以下飲品一杯：	Includes One Drink:	
跟餐： 咖啡 / 檸檬茶 / 伯爵茶 / 英式早餐茶	Served with: Coffee / Lemon Tea / Earl Grey Tea / English Breakfast Tea	Included
轉鮮奶咖啡	Change to Hot Latte	+\$6
轉泡沫咖啡	Change to Hot Cappuccino	+\$6
轉時令特飲	Change to Seasonal Drinks	+\$13
以上飲品轉凍飲	All the above change to Iced Drink	+\$2

下午茶 Tea Set

產品	Item	Price 價錢
碎蛋沙律芝士飛碟拼藜麥田園沙律	Egg Salad & Cheese Toastie served with Quinoa Green Salad	\$28.0
雞肉蘑菇芝士飛碟拼藜麥田園沙律	Chicken, Mushroom & Cheese Toastie served with Quinoa Green Salad	\$30.0
朱古力雜莓牛角酥	Chocolate & Berries Croissant	\$37.0
蝦多士伴藜麥田園沙律	Shrimp Toast served with Quinoa Green Salad	\$36.0
煙三文魚碎蛋沙律罌粟籽比高	Smoked Salad & Egg Salad Poppy Seed Bagel	\$40.0
美式熱狗拼薯條	American Hot Dog with French Fries	\$28.0
太陽蛋芝士肉醬螺絲粉	Cheesy Bolognese Fusilli with Sunny-side-up Fried Egg	\$43.0
全日早餐 (煎蛋、煙肉、豬肉腸、香草車厘茄、水耕菜沙律、美式焗薯角、烤南瓜、烤蘑菇、煙三文魚、多士)	All Day Breakfast (Fried Egg, Bacon, Pork Sausage, Cherry Tomatoes, HydroVeg Salad, Baked Potato Wedges, Roasted Pumpkin, Roasted Mushroom, Smoked Salmon, Toast)	\$56.0
可配以下飲品一杯：	Includes One Drink:	
跟餐： 咖啡 / 檸檬茶 / 伯爵茶 / 英式早餐茶	Served with: Coffee / Lemon Tea / Earl Grey Tea / English Breakfast Tea	Included
轉鮮奶咖啡	Change to Hot Latte	+\$6
轉泡沫咖啡	Change to Hot Cappuccino	+\$6
轉時令特飲	Change to Seasonal Drinks	+\$13
以上飲品轉凍飲	All the above change to Iced Drink	+\$2

三文治 & 沙律 Sandwiches & Salads

產品	Item	Price 價錢
意式三文治 Grilled Panini		
慢煮雞胸凱撒意式三文治	Slow Cooked Chicken Caesar Panini	\$40.0
意大利青瓜 · 慢煮辣雞胸意式三文治	Zucchini, Slow Cooked Spicy Chicken Breast Panini	\$40.0
艾文達芝士 · 牛油果 · 菠菜意式三文治	Emmental Cheese, Avocado & Spinach Panini	\$43.0
蜜糖芥末燒牛肉白蘑菇意式三文治	Roast Beef, Wild Mushroom & Honey Mustard Panini	\$43.0
蜜糖芥末煙三文魚意式三文治	Smoked Salmon & Honey Mustard Panini	\$43.0
牛油果 · 嘉文火腿 · 烤意式三文治	Avocado & Gammon Ham Panini	\$46.0
墨西哥卷 Mexican Wrap		
慢煮雞胸凱撒墨西哥卷	Slow Cooked Chicken Caesar Mexican Wrap	\$37.0
慢煮辣雞胸烤南瓜甘筍墨西哥卷	Slow Cooked Chicken Breast, Roasted Pumpkin & Multi-coloured Carrot Mexican Wrap	\$37.0
牛油果藜麥意式雜菜墨西哥卷	Avocado, Quinoa & Italian Vegetable Mexican Wrap	\$37.0
蜜糖芥末燒牛肉白蘑菇墨西哥卷	Roast Beef, Wild Mushroom & Honey Mustard Mexican Wrap	\$39.0
煙三文魚碎蛋菠菜墨西哥卷	Smoked Salmon & Egg Salad Mexican Wrap	\$39.0
沙律 Salad		
時令鮮果杯	Fresh Fruit Cup	\$22.0
水耕菜田園沙律	HydroVeg Green Salad	\$25.0
藜麥青蘋果田園沙律	Quinoa & Green Apple Salad	\$30.0
蛋蘋果沙律	Egg & Apple Salad	\$29.0
吞拿魚蘋果沙律	Tuna & Apple Salad	\$29.0
香草醬螺絲粉沙律	Pesto Pasta Salad	\$29.0
慢煮辣雞胸香草醬螺絲粉沙律	Pesto Pasta Salad with Slow Cooked Spicy Chicken Breast	\$36.0
凱撒沙律	Caesar Salad	\$29.0
慢煮雞胸凱撒沙律	Slow Cooked Chicken Caesar Salad	\$36.0
烤紅菜頭 · 烤南瓜 · 藜麥沙律	Roasted Beetroot, Pumpkin & Quinoa Salad	\$33.0
煙三文魚 · 牛油果 · 烤野菜沙律	Smoked Salmon, Avocado & Roasted Vegetable Salad	\$42.0
慢煮辣雞胸配德國薯仔沙律	Slow Cooked Spicy Chicken Breast with German Potato Salad	\$36.0
慢煮辣雞胸 · 烤意大利青瓜 · 烤南瓜沙律	Slow Cooked Spicy Chicken Breast, Roasted Zucchini, Roasted Pumpkin Salad	\$36.0
香草鮮蝦青瓜莎莎沙律	Shrimp Pesto & Cucumber Salsa Salad	\$36.0

產品	Item	Price 價錢
牛油果 · 烤小甘筍沙律	Avocado & Roasted Multi-coloured Carrot Salad	\$36.0
即製沙律 Made-to-order Salad		
烤紅菜頭 · 烤南瓜 · 藜麥沙律	Roasted Beetroot, Roasted Pumpkin & Quinoa Salad	\$36.0
慢煮辣雞胸香草醬螺絲粉沙律	Grilled Chicken & Pesto Pasta Salad	\$36.0
香草醬牛油果沙律螺絲粉沙律	Avocado Pesto Pasta Salad	\$36.0
煙三文魚 · 牛油果 · 烤野菜沙律	Smoked Salmon, Avocado & Roasted Vegetable Salad	\$40.0
燒牛肉 · 蘑菇 · 新薯沙律	Roast Beef, Mushroom & New Potato Salad	\$40.0
加配以下飲品一杯：	Top Up Drink:	
咖啡 / 檸檬茶 / 伯爵茶 / 英式早餐茶	Coffee / Lemon Tea / Earl Grey Tea / English Breakfast Tea	+\$6
轉鮮奶咖啡	Change to Hot Latte	+\$12
轉泡沫咖啡	Change to Hot Cappuccino	+\$12
轉時令特飲	Change to Seasonal Drinks	+\$19
以上飲品轉凍飲	All the above change to Iced Drink	+\$2
加配：	Top Up:	
是日餐湯	Soup of the Day	+\$10
鮮果杯	Fresh Fruit Cup	+\$10
鮮果乳酪杯	Fresh Fruit Yoghurt Cup	+\$16

甜品, 麵包及酥餅 Desserts, Bread and Pastry

產品	Item	Price 價錢
法式蘋果撻	French Apple Tart	\$33.0
草莓撻	Strawberry Tart	\$36.0
開心果芝士蛋糕	Pistachio Cheese Cake	\$39.0
軟朱古力撻	Chocolate Truffle Tart	\$33.0
檸檬撻	Lemon Tart	\$33.0
雜莓撻	Mixed Berries Tart	\$36.0
朱古力蛋糕	Quadrotto Morbido	\$23.0
牛角酥	Plain Croissant	\$14.0
朱古力榛子牛角包	Croissant Filling Chocolate Hazelnut	\$18.0
蘋果餡餅	Apple Turnover	\$20.0
提子吉士酥	Raisin Whirl	\$19.0
提子烤餅	Raisin Scone	\$10.0
罌粟籽比高	Poppy Seed Bagel	\$15.0
加配以下飲品一杯：	Top Up Drink:	
咖啡 / 檸檬茶 / 伯爵茶 / 英式早餐茶	Coffee / Lemon Tea / Earl Grey Tea / English Breakfast Tea	+\$6
轉鮮奶咖啡	Change to Hot Latte	+\$12
轉泡沫咖啡	Change to Hot Cappuccino	+\$12
轉時令特飲	Change to Seasonal Drinks	+\$19
以上飲品轉凍飲	All the above change to Iced Drink	+\$2
加配：	Top Up:	
是日餐湯	Soup of the Day	+\$10
鮮果杯	Fresh Fruit Cup	+\$10
鮮果乳酪杯	Fresh Fruit Yoghurt Cup	+\$16

熱飲 Hot Drink

產品	Item	Hot 熱 (8oz)	Hot 熱 (12oz)
雙份特濃咖啡 (2 oz)	Double Espresso (2 oz)	\$16.0	NA
黑咖啡	Freshly Brewed Black Coffee	\$20.0	\$24.0
泡沫咖啡	Cappuccino	\$24.0	\$28.0
鮮奶咖啡	Caffé Latte	\$24.0	\$28.0
朱古力咖啡	Caffé Mocha	\$28.0	\$32.0
鮮奶朱古力	Chocolate Milk	\$24.0	\$28.0
鮮奶抹茶	Matcha Latte	\$28.0	\$32.0
咖啡飲品加 榛子/焦糖/抹茶	Coffee drink + Hazelnut / Caramel / Matcha	\$5.0	\$5.0
奶茶	Milk Tea	\$16.0	\$21.0
檸檬茶	Lemon Tea	\$16.0	\$21.0
伯爵茶	Earl Grey Tea	\$16.0	\$21.0
英式早餐茶	English Breakfast Tea	\$16.0	\$21.0
蜂蜜生薑茶	Honey Ginger Tea	\$19.0	\$24.0
蜂蜜柚子茶	Honey Citron Tea	\$19.0	\$24.0

凍飲 Iced Drink

產品	Item	Iced 凍 (12oz)	Iced 凍 (16oz)
黑咖啡	Freshly Brewed Black Coffee	\$23.0	\$27.0
泡沫咖啡	Cappuccino	\$27.0	\$31.0
鮮奶咖啡	Caffé Latte	\$27.0	\$31.0
朱古力咖啡	Caffé Mocha	\$32.0	\$36.0
鮮奶朱古力	Chocolate Milk	\$27.0	\$31.0
鮮奶抹茶	Matcha Latte	\$32.0	\$36.0
湯力咖啡	Coffee Tonic	\$32.0	NA
咖啡飲品加 榛子/焦糖/抹茶	Coffee drink + Hazelnut / Caramel / Matcha	+\$5.0	+\$5.0
奶茶	Milk Tea	\$19.0	\$24.0
檸檬茶	Lemon Tea	\$19.0	\$24.0
伯爵茶	Earl Grey Tea	\$19.0	\$24.0
英式早餐茶	English Breakfast Tea	\$19.0	\$24.0
蜂蜜生薑茶	Honey Ginger Tea	\$22.0	\$27.0
蜂蜜柚子茶	Honey Citron Tea	\$22.0	\$27.0