

早餐菜单 Breakfast Menu

日期/菜单 Date/Menu	4.6星期一 Mon	4.7星期二 Tue	4.8星期三 Wed	4.9星期四 Wed	4.10星期五 Wed
西式早餐 Western	厚蛋烧 Tamagoyaki NEW 立即试用	煎蛋 Sunny-Side up	菠菜煎蛋卷 Spinach Omelett NEW 立即试用	太阳蛋 Sunny-Side up	牛奶滑蛋 Creamy Scrambled Eggs
	培根 Bacon	猪肉早餐肠 Pork Sausage	鸡米花 Popcorn Chicken	牛肉早餐肠 Beef Sausage	上校鸡块 Fried Chicken Nuggets
	清炒西兰花 Fried Broccoli	蒸玉米 Steamed Corn	烤胡萝卜番茄 Roasted Carrot & Tomato NEW 立即试用	早餐炒时蔬 Stir-fried Vegetable	蒸红薯 Steamed Sweet Potato
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk
中式早餐 Chinese	奥尔良鸡肉包/芝士奶香馒头 Chicken Bun/Cheese Bun NEW 立即试用	手工肉包/桂花糕 Pork Baozi / Osmanthus Cake NEW 立即试用	葱花卷/叉烧包 Scallion Buns/Char Siu Bao NEW 立即试用	咖喱牛肉包/红糖发糕 Curry Beef Bun/Brown Sugar Steamed Cake NEW 立即试用	手工酱肉包/藜麦馒头 Sauced Pork Bun/Quinoa Steamed Bun
	鸡蛋饼 Green Bell Pepper & Egg Pancake	糯米糍粑饼 Glutinous Rice Cake NEW 立即试用	鲜肉锅盔 Pork Patty NEW 立即试用	土豆饼 Potato Pancake NEW 立即试用	山药红枣饼 Chinese Yam & Red Date Pancake NEW 立即试用
	番茄菌菇面 Tomato & Mushroom Noodles	芝麻汤圆 Sesame rice ball	水饺 Boiled Dumplings	酱香米粉 Soy Sauce Flavored Rice Noodles NEW 立即试用	清汤鸡丝面 Clear Soup Shredded Chicken Noodles NEW 立即试用
	白煮蛋 Boiled egg	茶叶蛋 Boiled Tea Egg	白煮蛋 Boiled Egg	茶叶蛋 Boiled Tea Egg	白煮蛋 Boiled Egg
粥铺 Porridge	苹果藕粉羹 Apple&LotusRootStarchPudding NEW 立即试用	皮蛋瘦肉粥 Century Egg & Pork Porridge	红豆粥 Red Bean Congee NEW 立即试用	小米南瓜粥 Millet Pumpkin porridge	黑米红枣粥 Black Rice & Red Date Congee NEW 立即试用



早餐菜单 Breakfast Menu

日期/菜单 Date/Menu	4.13星期一 Mon	4.14星期二 Tue	4.15星期三 Wed	4.16星期四 Thu	4.17星期五 Fri
西式早餐 Western	法式炒蛋 Scrambled eggs	煎蛋 Sunny-Side up	牛奶滑蛋 Creamy Scrambled Eggs	红烧太阳蛋 Sunny-side up	香葱火腿鸡蛋卷  Scallion Ham Egg Roll
	鸡米花 Chicken Sausage	培根 Bacon	猪肉早餐肠 Pork Sausage	香肠炒蔬菜 Fried Sausage With Vegetable	培根 Bacon
	蒸红薯 Steamed Sweet Potato	清炒西兰花 Fried Broccoli	早餐炒时蔬 Stir-fried Vegetable	蒸南瓜 Steamed Pumpkin	蒜香菠菜 Garlic Spinach
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk
中式早餐 Chinese	煎包/韭菜鸡蛋包  Fried Pork Bun/Chives & Egg	葱花卷/三丁包  Scallion Buns/Three Dice Bun	南瓜包/猪肉大葱包  Pumpkin Bun/Pork Scallion Bun	杂粮馒头/咖喱牛肉包  Whole Grain Steamed Bun/Curry Beef Bun	手工酱肉包/肉松花卷  Sauced Pork Bun/Brown Sugar Floss Bun
	鸡肉玉米饼  Chicken Corn Pancake	蒸糕 Steamed Cake	红薯饼  Sweet Potato Pancake	韭菜鸡蛋饼 Chives and Egg Pancake	酱香饼 Soy Sauce Pancake
	杂酱面 Minced Meat Sauce Noodles	小馄饨 Boiled Wonton	水饺 Dumpling	番茄鸡蛋面 Tomato and Egg Noodles	小汤圆 Sweet Dumpling
	白煮蛋 Boiled Egg	茶叶蛋 Boiled Tea Egg	白煮蛋 Boiled Egg	五香蛋 Boiled Egg	茶叶蛋 Boiled Tea Egg
粥铺 Porridge	红豆燕麦粥  Red Bean & Oat Congee	青菜鸡丝粥  Green Vegetable & Chicken Shredded Congee	小米南瓜粥 Millet Pumpkin Porridge	牛肉青菜粥  Beef Rice Porridge	红豆糯米粥  Red Bean Glutinous Rice Porridge












早餐菜单 Breakfast Menu

日期/菜单 Date/Menu	4.20星期一 Mon	4.21星期二 Tue	4.22星期三 Wed	4.23星期四 Thu	4.24星期五 Fri
西式早餐 Western	红烧太阳蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	煎蛋 Sunny-side up	菠菜煎蛋卷 NEW Spinach Omelette	荷包蛋 Sunny-side up
	鸡肉肠 Chicken sausage	猪肉早餐肠 Pork sausage	培根 Bacon	牛肉早餐肠 Beef sausage	黑椒鸡块 Fried Chicken Nuggets
	橄榄油西兰花 Broccoli	蒸红薯 Steamed Sweet Potato	蒜香娃娃菜 NEW Garlic Baby Bok Choy	小番茄 Cherry Tomatoes	蒸玉米 Steamed Corn
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	奶黄包/牛肉包 NEW Custard Bun/ Beef Bun	梅干菜肉包/香辣粉丝包 NEW Pork Bun with Preserved Vegetable/ Spicy Vermicelli Bun	肉松馒头卷/三丁包 NEW Dried Pork Floss Steamed Bun Roll/Three Dice Bun	红烧猪肉包/奶香馒头 NEW Braised Pork Bun/Milk Steamed Bun	手工酱肉包/藜麦馒头 Sauced Pork Bun/Quinoa Steamed Bun
	鲜肉锅盔 NEW Pork Patty	玉米糍粑饼 NEW Corn Glutinous Rice Cake	荠饼 Shanghai Scallion Pancake	火腿土豆饼 Potato Pancake	紫薯饼 NEW Purple Sweet Potato Cake
	小馄饨 Stew wonton	菠菜鸡蛋面 NEW Spinach & Egg Noodles	汤圆 Sweet rice ball	水饺 Boiled Dumplings	鲜虾菌菇面 NEW Shrimp & Mushroom Noodles
	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg
粥铺 Porridge	山药瘦肉粥 Yam and pork porridge	红豆糯米粥 NEW Red Bean Glutinous Rice Porridge	小米南瓜粥 Millet porridge with pumpkin	紫薯黑米粥 NEW Purple Sweet Potato Porridge	皮蛋瘦肉粥 Century egg & pork porridge



早餐菜单 Breakfast Menu

日期/菜单 Date/Menu	4.27星期一 Mon	4.28星期二 Tue	4.29星期三 Wed	4.30星期四 Thu
西式早餐 Western	法式炒蛋 Scrambled eggs	煎蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	煎蛋 Sunny-side up
	鸡米花 Chicken sausage	培根 Bacon	猪肉早餐肠 Pork sausage	香肠炒蔬菜 Fried sausage with vegetable
	蒸红薯 Steamed sweet potato	白砂糖玉米 White sugar corn	早餐炒时蔬 Stir-fried vegetable	蒸南瓜 Steamed pumpkin
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	奥尔良鸡肉包/ 红糖花卷 Chicken Bun/Brown Sugar Bun 	葱花卷/煎包 Scallion buns/Fried Pork Bun 	手工酱肉包/豆沙包 Pork Baozi /Red Bean Baozi	紫薯包/肉松花卷 Purple Sweet Potato Bun/Brown Sugar Floss Bun 
	香葱鸡蛋饼 Egg pancake	山药红枣饼 Chinese Yam & Red Date Pancake 	香蕉煎饼 Banana Pancake 	牛肉青椒饼 Beef & Green Pepper Pancake 
	小馄饨 Boiled wonton	芝麻汤圆 Sesame rice ball	水饺 Dumpling	鱼丸面 Fish Ball Noodles 
	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	五香蛋 Boiled egg
粥铺 Porridge	红豆糯米粥 Red Bean Glutinous Rice Porridge 	山药胡萝卜瘦肉粥 Yam carrot and pork porridge	紫薯黑米粥 Purple Sweet Potato & Black Rice Congee 	牛肉青菜粥 beef Rice porridge

