

high tea

*only available from 3:00p.m. - 5:30p.m.

high tea set (for two)

\$198

assorted mini-sandwiches, 2 kinds of open-faced sandwiches (smoked salmon + parma ham), tropical fruit tart, wild berry tart, 2 kinds of mini-cakes (cheese + chocolate), scones, fresh cream & jam served with choice of coffee or tea

healthy day menu

appetisers

pan-roasted portobello mushroom

\$128

with garlic, tomato & balsamic vinegar
served on rocket salad
low-fat & low-carb

eggplant, tomato & mozzarella

\$98

on dark rye bruschetta
low-fat & low-carb

eggplant with asparagus rolls

\$108

& bell pepper jus
low-fat & low-carb

carpaccio of tuna

\$118

with ginger & sesame salad
low-calorie, low-fat & low-carb

blue crab meat

\$148

with avocado, baby asparagus & cherry tomato salsa
low-fat & low-carb

spicy rare tuna

\$138

served on asparagus salad with lemon cucumber salsa
low-fat & high-protein

main course

french yellow chicken

\$198

braised with lemon & rosemary
served with pumpkin pearl barley risotto & pumpkin sauce
high-protein & low-carb

grilled tuna steak

\$198

with caponata & broad beans
low-calorie & low-fat

grilled beef fillet

\$368

with steamed baby vegetables & bell pepper jus

steamed salmon fillet

\$198

with pearl barley & diced vegetables in fish broth
low-fat & low-carb

salads

roasted beef

standard
\$138

large
\$178

with baby spinach salad & sesame dressing
low-fat & low-carb

california greens with citrus fruits

\$88

\$138

low-calorie, low-fat & low-carb

spicy rare tuna & tiger prawns

\$138

\$178

with soba noodle
low-fat & high-protein

SOUPS

soup of the day

\$68

country bean & vegetable soup

\$68

low-calorie, low-fat & low-carb

egg white frittata

\$168

with cepe mushroom, zucchini, low-fat cheddar & skimmed milk
served with potato, bell pepper salad on side
low-calorie & low-fat

zucchini & wild mushroom charlotte

\$148

with spicy ratatouille
low-calorie, low-fat & low-carb

choice of pasta with tomato sauce & basil

\$138

linguine, spaghetti, macaroni or angel hair

turkey burger

\$138

with lettuce, tomato & avocado in rye pita bread pocket
low-fat & low-carb

all items subject to 10% service charge

RED