

MAIN COURSE

*All meals are served with special mix of brown, red & jasmine rice + power salad



M5. Smoked Duck



M4. Herbal Chicken Soup

M1. Roasted Chicken (Bone in Leg)



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|-------------------------|---------|----------------------------|---------|
| M1. Roasted Chicken | \$12.90 | M6. Teriyaki Saba | \$11.90 |
| M2. Grilled Chicken | \$11.90 | M7. Beef Rendang | \$13.90 |
| M3. Korean Chicken | \$10.90 | M8. Vegetarian Chicken | \$10.90 |
| M4. Herbal Chicken Soup | \$14.90 | M9. Vegetarian Duck | \$10.90 |
| M5. Smoked Duck | \$13.90 | M10. Vegetarian Fish Curry | \$12.90 |

COMPLETE YOUR MEAL



Soup + Nutri Cafe Fit Cappuccino (Hot) \$5.00



Soup + Nutri Cafe Fit Cappuccino (Cold) + Caramel Seaweed Jelly \$6.90

L4. Chicken Yakitori



LITE & EASY

*L1 - L4 meals are served with special mix of brown, red & jasmine rice + salad

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|-------------------------------------|--------|--|--------|
| L1. Grilled Chicken | \$6.90 | L5. Chicken Wholegrain Noodles | \$9.90 |
| L2. Korean Chicken | \$6.90 | Choice of Chicken: (Korean / Grilled / Vegetarian) | |
| L3. Steamed Skinless Chicken Breast | \$7.90 | Soup Base: (Mushroom / Pumpkin) | |
| L4. Chicken Yakitori | \$7.90 | L6. Curry Chicken in Bread Bowl | \$9.50 |



L5. Chicken Wholegrain Noodles

ALL DAY BREAKFAST

B2. Hearty Breakfast (2 Slices of Multigrain Bread with Kaya + Nutri Cafe Fit Cappuccino)



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|---|---------|
| B1. Big Breakfast | \$10.90 |
| (2 Slices of Multigrain Bread with Kaya, Chicken Sausage Round, Salad, Egg) | |
| B2. Hearty Breakfast | \$6.90 |
| (2 Slices of Multigrain Bread with Kaya + Nutri Cafe Fit Cappuccino) | |
| B3. Vegetarian Breakfast | \$8.90 |
| (2 Slices of Multigrain Bread, Spicy Curry Vegetarian Pattie, Salad) | |

ADD ON 2 Soft-Boiled Eggs \$1.80



B1. Big Breakfast (2 Slices of Multigrain Bread with Kaya, Chicken Sausage Round, Salad, Egg)

SOUP

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|------------------------|--------|
| S1. Mushroom | \$3.90 |
| S2. Pumpkin | \$3.90 |
| S3. Broccoli | \$3.90 |
| S4. Soup in Bread Bowl | \$6.90 |



S2. Pumpkin

S4. Soup in Bread Bowl



SALAD

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|--|---------|
| SL1. Leafy Salad | \$6.90 |
| SL2. Fruity Salad | \$7.90 |
| SL3. Steamed Skinless Chicken Breast Salad | \$8.90 |
| SL4. Beetroot Salmon Salad | \$10.90 |



Beetroot Salmon Salad

PASTA BAKES

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|--------------------------------------|---------|
| PB1. Beef Lasagne + Salad | \$11.90 |
| PB2. Baked Macaroni Mushroom + Salad | \$11.90 |

Beef Lasagne + Salad



Wholemeal Panini + Steamed Skinless Chicken Breast



Ciabatta + Beetroot Salmon

SANDWICHES

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|---|---------|
| SW1. Beetroot Salmon Sandwich | \$11.90 |
| SW2. Steamed Skinless Chicken Breast Sandwich | \$7.90 |
| SW3. Vegetarian Spicy Curry Pattie Sandwich | \$7.90 |

*Choice of Bread Panini, Ciabatta, Multigrain



Hawaiian Pizza

PIZZA

- Served with Tortilla Chips
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|--------------------|--------|
| PZ1. Hawaiian | \$7.90 |
| PZ2. Vegetarian | \$7.90 |
| PZ3. Spicy Chicken | \$8.90 |
| PZ4. BBQ Chicken | \$8.90 |



Apple Raisin Muffin

Choc Chip Blueberry Muffin

MUFFINS

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|--------------------------|--------|
| MF1. Apple Raisin | \$3.60 |
| MF2. Choc Chip Blueberry | \$3.60 |



American Beef Pie + Salad

PUFFS & PIES

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|--|--------|
| PP1. American Beef Pie + Salad | \$7.90 |
| PP2. Chicken & Mushroom Pie + Salad | \$7.90 |
| PP3. Turkey Ham Spinach Quiche + Salad | \$7.90 |