



iHealth 餐單是結合洲際酒店豐富的國際化餐飲營運經驗以及港安醫院在海外及香港多年促進健康生活模式的經驗而設計的營養餐單。本餐單亦是由註冊營養師按照目前全球最受關注的四大身體症狀 — 糖尿病、心臟病、高血壓、抗氧化物的攝取而設計的預防性健康餐單。

本餐單是一份五星級的預防性健康餐單，除了顧及到個人健康需要，還符合色香味美及品質的保證，更可令閣下享受一份全新及美味的餐飲選擇，但也可以遵守個人健康養生法。

THE **HEALTH** MENU IS A COLLABORATION BETWEEN INTERCONTINENTAL HONG KONG, RENOWNED FOR ITS OUTSTANDING FOOD AND BEVERAGE OPERATIONS, AND HONG KONG ADVENTIST HOSPITAL, A LEADER IN LIFESTYLE MANAGEMENT IN HONG KONG AND ABROAD. **HEALTH** IS A GROUND-BREAKING PREVENTIVE HEALTH MENU BASED ON ACADEMIC NUTRITIONAL GUIDANCE FOR THE PREVENTION OF 4 PREVALENT HEALTH CONCERNS WORLDWIDE — DIABETES, HYPERTENSION, HEART DISEASE AND THE NEED FOR ANTI-OXIDANTS.

THE **HEALTH** MENU IS A 5-STAR SELECTION OF PREVENTIVE HEALTHY DISHES FOR ALL-DAY DINING. THE MENU GENUINELY BENEFITS ANYONE WHO WISHES TO MAKE INTELLIGENT FOOD CHOICES SUITING HIS/HER INDIVIDUAL HEALTH NEEDS, WITH THE ADDED VALUE OF GREAT TASTE, PRESENTATION AND QUALITY INGREDIENTS. WITH THE **HEALTH** MENU, YOU CAN ENJOY A NEW AND DELICIOUS DINING OPTION THAT ALLOWS YOU TO FOLLOW YOUR PERSONAL HEALTH REGIME.



糖尿病

Diabetes

Recommended food for control or prevention

Brown Rice, Red Rice, Whole Wheat Bread and Buckwheat.

控制及防止糖尿病的建議食品

糙米，紅米，全麥麵包及蕎麥



心臟病

Heart Disease

Recommended food for control or prevention

Whole Wheat, Oat, Brown Rice, Beans and Soy Products.

控制及防止心臟病的建議食品

全麥，燕麥，糙米，豆類及大豆類產品



高血壓

Hypertension

Recommended food for control or prevention

Asparagus, Celery, Flax Seed, Dark Green Vegetables and Low Fat Yoghurt.

控制及防止高血壓的建議食品

蘆筍，芹菜，亞麻籽，深綠葉菜及低脂乳酪



抗氧化

Anti-oxidant

Recommended food for the need

Carrots, Pumpkin, Cantaloupe, Papaya, Blueberries, Barley and Garlic.

攝取抗氧化物的建議食品

甘筍，南瓜，哈密瓜，木瓜，藍莓，大麥及蒜頭

FITNESS DRINKS 健康活力飲品

紅菜頭, 甘筍, 蜜梨薑味特飲   

Journey Refresher

Beetroot, Carrot, Pear and Ginger
\$128

藍莓, 香橙, 奇異籽, 乳酪特飲   

Chia Seed Cocktail

Blueberry, Orange, Low-fat Yoghurt and Chia Seed
\$128

低糖益力多

Light Yakult




The Live Lactobacillus Drink
\$90

JUICE BAR 鮮果汁特飲

粒粒莓汁   

Juicy Berries

Blueberry, Raspberry, Strawberry and Cranberry
\$128

蜜瓜, 奇異果, 奇異籽, 蘋果特飲   

Kiwi Fairy

Honeydew, Kiwifruit, Chia Seed and Apple
\$128

HOT BEVERAGES 熱飲

龍井   

Chinese Long Jin

\$80

苦瓜茶   

Bitter Gourd Tea

\$80



= Diabetes Mellitus



= Heart Disease



= Hypertension



= Anti-oxidant

IF YOU ARE ALLERGIC TO CERTAIN FOOD, PLEASE INFORM OUR STAFF

如您對任何食物過敏, 請告知我們的服務員

Plus 10% Service Charge 另加壹服務費



BREAKFAST FAVORITES 健康早餐精選

有機奄列配奇異籽露筍及蘑菇



Organic Egg Omelette

with Chia Seed, Asparagus and Mushrooms
\$185

白菌牛油果炒有機蛋



Scrambled Organic Eggs

with Field Mushrooms, Avocado and Herb Roasted Tomato
on Toasted Brown Muffin
\$185

麥蘆卡香蜜燒三文魚配露筍



Manuka Honey Glazed Salmon Fillet

with Kiwifruit, Cherry Tomato and
Green Asparagus
\$190

BAKERY 麵包類

高纖維麵飽籃



High Fiber Bread Basket

Buckwheat Croissant, Whole Wheat Baguette, Walnut Bread,
Pumpkin Seed Bread & Fruity Fiber Muffin
\$115

BREAKFAST SWEETS 香甜早點

烘蕎麥夾餅



Multi-grain Belgian Waffles

served with Mixed Berries and Apple Syrup
\$148

蘋果核桃全麥熱香餅



Golden Apple and Walnut Whole Wheat Pancakes

served with Manuka Honey
\$148

SPECIAL CEREAL 精選麥片

零脂肪乳酪配燴梨



Health Parfait

"0% Fat" Vanilla Yoghurt and Pear Compote
\$148



= Diabetes Mellitus



= Heart Disease



= Hypertension



= Anti-oxidant

IF YOU ARE ALLERGIC TO CERTAIN FOOD, PLEASE INFORM OUR STAFF

如您對任何食物過敏,請告知我們的服務員

Plus 10% Service Charge 另加壹服務費