



**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 **IHEALTH** 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. **IHEALTH** 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 **IHEALTH** 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 **IHEALTH** 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

## DESSERTS 甜品

燴蘋果撻    

**Delicate Apple Romertopf**  
with Green Apple Sorbet  
\$148

川椒煮菠蘿芒果餛飩、拌豆腐雪糕    

**Pineapple and Mango Ravioli**  
with Szechuan Pepper and Tofu Ice Cream  
\$148

黃梅果凍拼西柚和桔子段、藏紅花和橙雪葩    

**Apricot Jelly**  
Grapefruit, Orange Segment, Saffron and Orange Sorbet  
\$148

## 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

## APPETIZERS AND SALADS 頭盤及沙律

香煎白吞拿魚伴法國邊豆及蕃茄



### **Pan-fried Fillet of White Tuna**

with Tomato, French Beans and Olive Sauce

\$288

焗薑味雞柳伴青露筍、牛油果及蕃茄



### **Chicken Fillet**

with Green Asparagus, Avocado and Cherry Tomato

\$245

地中海式黑藜麥沙律伴菲達芝士、蕃茄、橄欖及青瓜



### **Black Quinoa Mediterranean Style**

Feta Cheese, Tomato, Green Olive, Cucumber, Basil

\$210

紅菜頭青蘋果藍芝士沙律配蜜糖檸檬汁



### **Beetroot, Green Apple and Blue Cheese Salad**

with Honey and Lemon Dressing

\$210

## SOUPS 湯

淡咖喱椰菜花湯



### **Light Curry Cauliflower Soup**

with Chia Seeds

\$135

芥蘭菜湯



### **Super Energy Kale Soup (V)**

\$135



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## PIZZA 意大利薄餅

三文魚、芝士薄餅



**“Bianca” Pizza**

Fresh Tasmanian Salmon, Rocket, Ricotta Cheese, Sweet Corn,  
Fresh Tomato and Lemon

\$248

香草茄子芝士薄餅



**“Parmigiana” Pizza (V)**

Eggplants, Fresh Basil and Mozzarella Cheese

\$228

## BURGERS AND SANDWICHES 漢堡及三文治

纖型雞肉漢堡



**“Slim Version” Chicken Burger**

served with Guacamole and Beetroot on Walnut Bun

\$220

食物安全指引 建議食用全熟的漢堡

As per food safety guidelines,  
burgers are recommended to be served well-done.

鱈魚意式香草包三文治



**Pan-fried Hake Sandwich**

Pesto, Muesli, Semi-dried Tomato, Focaccia Bread

\$255

意式雜菜全麥三文治



**ihealth Veggie Panini (V)**

Green Zucchini, Yellow Zucchini, Red Onion, Mushroom,  
Dried Tomato Pesto and Mozzarella Cheese on Whole Wheat Panini

\$225



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## MAIN COURSES 主菜

香煎白吞拿魚柳伴時蔬、柚子汁    





**Grilled White Tuna Fillet**  
with Wok-fried Vegetables and Yuzu Sauce  
\$375

烤塔斯馬尼亞三文魚柳伴芥末子及菠菜    

**Roasted Tasmanian Salmon Fillet**  
with Pommery Mustard, Sautéed Spinach  
\$370

清蒸比目魚伴牛油果醬    



**Steamed Halibut Fillet**  
with Avocado Salsa and Baby Romaine Lettuce  
\$460

香煎有機雞胸伴薏米、白豆及椰菜花醬    

**Pan-fried Organic Chicken Breast**  
with Barley, White Bean and Cauliflower Puree  
\$430

燒澳洲羊肋骨    

**Roasted Australian Rack of Lamb**  
with Zucchini, Celery Sticks and Pommery Mustard Sauce  
\$495

全麥意大利粉    

**Whole Wheat Spaghetti**  
Oven-dried Tomato, Ricotta Cheese,  
Tomato Sauce and Pesto  
\$240



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