

RECOVERY

LONGAN RED
DATE TEA
SERVED WITH
EVERY MEAL

Chilli Padi
CONFINEMENT

DAY 1

LUNCH

Lemongrass Pork Rib Soup (Wind Dispelling)
祛风香茅排骨汤

Sheng Yu Fillet with Spring Onion and Ginger
葱姜炒生鱼片

Stir Fried Snow Peas with Chinese Yam and
Black Fungus 山药黑木耳炒荷兰豆

Mixed Brown Rice 糙米饭

DINNER

Herbal Si Shen Chicken Soup 四神鸡汤

Stir-Fried Lean Meat with Black Fungus,
Dried Lily Flower and D.O.M 黑木耳百合干炒瘦肉

Stir Fried Nai Bai with Hou Tou Gu & Wolfberries
猴头菇炒奶白枸杞

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

DAY 2

LUNCH

Milk Boosting Fish and Papaya Soup
木瓜鱼汤

Sesame Kampong Chicken with Omelette and Ginger
麻油甘榜鸡与煎鸡蛋和姜

Stir Fried Kai Lan with Pig's Liver and Wolfberry
猪肝炒本地芥蓝

Fragrant White Rice 白米饭

DINNER

Immunity Boosting Cordyceps Militaris Chicken Soup
增强免疫力虫草花鸡汤

Braised Pork Rib with Tofu & Shimeji Mushroom
豆腐焖排骨, 日本菇

Stir Fried Hairy Gourd with Tang Hoon &
Sliced Mushroom 冬粉蘑菇片炒毛瓜

Stir Fried Pumpkin Noodle with Egg 鸡蛋炒南瓜面

DAY 3

LUNCH

Double Boiled Lotus Peanut & Dried Tangerine Peel
Pork Rib Soup 莲藕花生陈皮炖排骨汤

Steamed Threadfin With Black Fungus and Tomato
番茄黑木耳姜片蒸鱼片

Stir Fried Broccoli with Sea Cucumber 海参炒西兰花

Flavour Turmeric Fried Rice with Long Bean
黄姜长豆炒饭

DINNER

Pig Stomach with Ginkgo Nut Peppercorn Soup
白果猪肚汤

Steamed Royal Chicken With Ginger Garlic Sauce
姜蒜蓉蒸宫廷鸡腿

Stir Fried Mushroom Deluxe 炒杂菇

Mixed Brown Rice 糙米饭

DAY 4

LUNCH

Lemongrass Chicken Soup (Wind Dispelling)
祛风香茅鸡汤

Pan Seared Salmon with Teriyaki Mirin Sauce
香煎三文鱼配照烧味噌酱

Stir Fried French Bean with Shiitake Mushroom
香菇炒四季豆

Japanese Rice 日本米饭

DINNER

Collagen Fishmaw & Hou Tou Gu Pork Rib Soup
胶原蛋白鱼肚猴头菇排骨汤

Pan Fried Minced Meat Chinese Yam Tofu Patty
香煎山药肉茸豆腐饼

Roasted Pumpkin with Capsicum and Olive Oil
烤南瓜与青红椒橄榄油

Fragrant White Rice 白米饭

DAY 5

LUNCH

Mind Boosting Walnut Black Bean Pork Rib Soup
黑豆核桃排骨汤

HK Style Steamed Golden Snapper in Superior
Soya Sauce 港式蒸鱼片

Stir Fried Shanghai Green with Egg Beancurd
炒上海青与豆腐蛋

Egg Fried Rice 蛋炒饭

DINNER

Spinach Pig Liver Tofu Soup 菠菜猪肝豆腐汤

Baked Herbal Foil Wrapped Chicken
药材纸包鸡

Sweet and Sour Fish Top With Capsicum
酸甜鱼柳与红青椒

Fragrant White Rice 白米饭

DAY 6

LUNCH

Six Combination Nourishing Herbal Fish Soup
六味润肤鱼汤

Mei Kuei Lu Chicken With Egg
炖玫瑰露鸡与蛋

HK Style Chye Sim with Shredded Ginger
and Wolfberry 香港菜心与姜丝枸杞

Spinach Noodle with Garlic & Egg 蒜蓉菠菜菜面

DINNER

White Fungus Red Carrot Chicken Soup
白木耳红萝卜鸡汤

Mirin Sauce Pork Belly Shabu with
Shimeiji Mushroom 味噌日本小菇与五花肉

Stir Fried Sweet Peas top with Mock Kidney,
Black Fungus and Wolfberries 甜豆炒斋腰枸杞

Fragrant White Rice 白米饭

DAY 7

LUNCH

Red Bean, Burdock Tangerine Peel Pork Rib Soup
养身牛蒡红豆橘皮排骨汤

Steamed Chawanmushi with Ginkgo Nut and
Shittake Mushroom 茶碗蒸与白果香菇片

Nonya Braised Chicken with Potato and
Black Mushroom 娘惹豆蔻鸡

Fragrant White Rice 白米饭

DINNER

Tea Tree Mushroom Chicken Soup
茶树菇鸡汤

Salmon Tofu Patty 煎三文鱼豆腐饼

Stir Fried Garlic Pea Shoot with Wolfberry
清炒豆苗与枸杞

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

Milk Boosting Fish and Papaya Soup
木瓜鱼汤



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DAY 8

LUNCH

Pig's Trotter with Ginger, Vinegar and Egg
猪脚醋

Sheng Yu Fillet with Red and Green Capsicum
生鱼片炒青红椒

Stir Fried Nai Pa with Abalone Mushroom
奶白与鲍鱼菇

Fragrant White Rice 白米饭

DINNER

Nutritious Carrot and Corn Pork Rib Soup
罗宋排骨汤

Braised Yellow Wine Chicken with Black Fungus and Wolfberry 黄酒鸡与黑木耳枸杞

Stir Fried Lotus With Sweet Peas and Ginkgo Nut
莲藕炒甜豆与白果

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

Wok Fried Huai Shan Noodle with Egg
锅炒淮三面与蛋



DAY 9

LUNCH

Herbal Bak Kut Teh Pork Rib Soup with Beancurd Skin
药材肉骨茶与豆腐皮

Stir Fried Lean Meat with Liver, Ginger and D.O.M
炒瘦肉猪肝

Stir Fried HK Kai Lan with Shimeji Mushroom
香港芥兰与鸿喜菇

Fragrant White Rice 白米饭

DINNER

Milk Boosting Fish and Papaya Soup 木瓜鱼汤

Three Cup Chicken with Glutinous Rice Wine 三杯鸡

Stir Fried Lady Finger with Tumeric and Egg
秋葵炒肉碎蛋, 黄姜

Wok Fried Huai Shan Noodle with Egg
锅炒淮山面与蛋

DAY 12

LUNCH

Pork Rib, Pig's Stomach with Lotus Seed Ginkgo
Peppercorn Soup 白果莲子猪肚排骨汤

Pan Fried Barramundi Fillet with Shredded Ginger
煎鱼片姜丝

Stir Fried Shanghai Green with Scallop
炒上海青与干贝

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

DINNER

Tonify Bei Sha Shen, Yu Zhu Pork Rib Soup
北沙参玉竹排骨汤

Braised Fu Zhou Rice Wine Chicken
福州红糟鸡

Stir Fried Spinach with Black Fungus and Wolfberry
菠菜炒黑木耳, 枸杞

Stir Fried Pumpkin Noodle with Egg 炒金瓜面与蛋

DAY 10

LUNCH

Amaranth Green with XO Fish Fillet Soup
苋菜XO鱼片汤

Baked Herbal Chicken 烤药材鸡

Home Made Beancurd with Minced Pork Sauce
自制豆腐与肉碎酱汁

Stir Fried Rice Vermicelli with Egg and Ginger
炒米粉与蛋, 姜丝

DINNER

Nourishing and Beautifying Black Chicken Soup
人參黑鸡汤

Lean Meat with Sesame Sauce and Egg Omelette
麻油瘦肉, 煎蛋

Stir Fried Broccoli with Fishmaw
鱼鳔炒青菜花与红萝卜

Mixed Brown Rice 糙米饭

DAY 13

LUNCH

Si Shen Pork Rib Soup
四神排骨汤

Mei Kuei Lu Chicken with Tau Kwa
玫瑰露鸡与豆干

Stir Fried King Oyster Mushroom with Basil Leaves
杏鲍菇炒九层塔叶

Ginger Egg Fried Rice 姜丝蛋炒饭

DINNER

Pig's Trotter with Ginger, Vinegar and Egg
猪脚醋

Steamed Thread Fin with Black Fungus and Tomato
蒸午鱼与黑木耳

HK Chye Sim with Shredded Ginger and Wolfberries
香港菜心与姜丝枸杞

Stir Fried Mee Sua with Egg 炒面线与蛋

DAY 11

LUNCH

Snow Fungus, Mushroom Chicken Soup
银耳香菇鸡汤

Grilled Salmon with Apple Mirin Sauce
烤三文鱼与苹果味露

Lou Han Vegetables
罗汉菜

Japanese Rice 日本米饭

DINNER

Collagen Fishmaw, Hou Tou Gu Pork Rib Soup
胶原蛋白鱼肚猴头排骨汤

Pan Fried Minced Meat Chinese Yam Tofu Patty
香煎山药肉茸豆腐饼

Roasted Pumpkin with Capsicum and Olive Oil
烤南瓜与青红椒橄榄油

Fragrant White Rice 白米饭

DAY 14

LUNCH

Fenugreek Papaya Fish Soup
芦巴青木瓜鱼

Stewed Cordyceps Militaris Chicken
冬虫草花炖鸡

Stir Fried HK Kai Lan Miao
清炒芥兰苗

Fragrant White Rice 白米饭

DINNER

Double Strength Ba Zhen Black Chicken Soup
上品八珍黑鸡汤

Pan-Fried Ikan Chuan Chuan
娘惹煎鱼

Long Bean Egg Omelette 长豆煎蛋

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

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DAY 15

LUNCH

Herbal Bak Kut Teh Pork Rib Soup with Beancurd Skin
药材肉骨茶与豆腐皮

Sweet & Sour Fish Top with Capsicum
酸甜鱼与青红椒

Stir Fried Snow Peas with Chinese Yam and
Black Fungus 荷兰豆炒山药黑木耳

Mixed Brown Rice 糙米饭

DINNER

Immunity Boosting Cordyceps Militaris Chicken Soup
增强免疫力虫草鸡汤

Braised Beancurd with Tomato Minced Meat
番茄炒肉碎豆腐

Stir Fried Nai Bai with Scallop
干贝炒奶白

Turmeric Fried Rice with Long Bean 黄姜长豆炒饭

DAY 16

LUNCH

Milk Boosting Fish and Papaya Soup
木瓜鱼汤

Sesame Kampong Chicken with Egg Omelette
and Ginger 麻油甘榜鸡与煎鸡蛋

Stir Fried Kai Lan with Pig's Liver
猪肝炒本地芥兰

Mixed Five Grain Rice 五谷饭

DINNER

Double Boiled Black Chicken D.O.M Soup
法国廊酒炖黑鸡汤

Stir Fried Lean Meat with Red and Green Capsicum
青红椒炒瘦肉

Stir Fried Chayote with Fishmaw and Black Mushroom
佛手瓜炒鱼鳔

Mixed Brown Rice 糙米饭

DAY 17

LUNCH

Pig's Trotter with Ginger, Vinegar and Egg
猪脚醋

HK Style Steamed Golden Snapper in Superior
Soya Sauce 港式蒸鱼片

Stir Fried Amaranth Green with Crispy Silverfish
茼蒿菜与银鱼

Fragrant White Rice 白米饭

DINNER

Double Boiled Lotus Root, Peanut & Dried Tangerine
Peel Pork Rib Soup 莲藕花生排骨汤

Steamed Herbal Chicken with Black Fungus
蒸药材鸡与黑木耳

Stir Fried Garlic Pea Shoot with Wolfberry
清炒豆苗与枸杞子

Egg Fried Rice 蛋炒饭

DAY 18

LUNCH

Chinese Yam Carrot Chicken Soup
山药红萝卜鸡汤

Grilled Teriyaki Salmon With Shiitake Mushroom
日式烤三文鱼与鲜香菇

Stir Fried French Bean with Garlic and Minced Meat
肉碎炒四季豆

Japanese Rice 日本米饭

DINNER

He Shou Wu Pork Rib Soup
何首乌排骨汤

Red Wine Stewed Chicken
法式红酒焗鸡

Braised Egg Beancurd with Fishmaw and Sweet Pea
蛋豆腐与鱼鳔甜豆

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

DAY 19

LUNCH

Mind Boosting Walnut Black Bean Pork Rib Soup
黑豆核桃排骨汤

Baked Herbal Foil Wrapped Chicken
药材纸包鸡

Stir Fried Long Bean with Lean Meat
长豆炒瘦肉

Egg Fried Rice 蛋炒饭

DINNER

Four Herbs Snow Fungus Chicken Soup
四物银耳鸡汤

Braised Fu Zhou Rice Wine Fish Fillet
福州红糟鱼片

Stir-Fried Cauliflower with Shimeiji Mushroom,
Black Fungus 白菜花炒鸡喜菇, 黑木耳

Fragrant White Rice 白米饭

DAY 20

LUNCH

Eucommia Bark Pork Rib Soup
杜仲补腰排骨汤

Stir Fried Sheng Yu Fish Fillet with Spring Onion
and Ginger 青葱姜丝炒生鱼片

Stir Fried Sweet Peas with Sea Cucumber
甜豆炒海参

Fragrant White Rice 白米饭

DINNER

X.O Fishsoup with Shanghai Green
X.O 上海青鱼片汤

Steamed Royal Chicken with Ginger Garlic Sauce
姜葱鸡

HK Chye Sim With Superior Soya Sauce
酱油香港菜心

Wok Fried Carrot Noodle with Egg 锅炒萝卜面与蛋

DAY 21

LUNCH

Red Bean Burdock Tangerine Peel Pork Rib Soup
养身牛蒡红豆橘皮排骨汤

Chicken Stew with Black Mushroom and Chestnut
鸡肉炒板栗黑香菇

Stir Fried HK Kai Lan with Superior Soya Sauce
酱油汁炒香港芥兰

Mixed Brown Rice 糙米饭

DINNER

Nourishing & Beautifying Black Chicken Soup
人參黑鸡汤

Salmon Tofu Patty 煎三文鱼豆腐饼

Stir-Fried Broccoli with Hou Tou Gu and Carrot
西兰花与猴头菇与红萝卜

Fragrant White Rice 白米饭

Immunity Boosting Cordyceps Militaris Chicken Soup
增强免疫力虫草鸡汤



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DAY 22

LUNCH

Collagen Fish Maw, Hou Tou Gu Pork Rib Soup
胶原蛋白鱼肚猴头菇排骨汤

Sheng Yu Fillet with Herbal Chuan Xiong Sauce
川穹药材炒生鱼片

Stir Fried Snow Peas with Lotus and Ginkgo Nut
荷兰豆炒莲藕白果

Mixed Brown Rice 糙米饭

DINNER

Nutritious Carrot and Corn Pork Rib Soup
罗宋排骨汤

Braised Yellow Wine Kampong Chicken with
Black Fungus 黄酒鸡与黑木耳

HK Chye Sim with Superior Soya Sauce 酱汁香港菜心

Wok Fried Huai Shan Noodle with Egg
锅炒淮山鸡蛋面

DAY 23

LUNCH

Milk Boosting Fish and Papaya Soup 木瓜鱼汤

Sesame Kampong Chicken with Egg Omelette
and Ginger 麻油甘榜鸡与煎鸡蛋

Stir Fried Chayote with Black Mushroom
香菇炒佛手瓜

Stir Fried Rice Vermicelli with Kai Lan
and Pig's Liver 芥兰猪肝炒米粉

DINNER

Double Strength Ba Zhen Black Chicken Soup
上品/八珍黑鸡汤

Baked Barramundi Fillet with Potato and
Shimeji Mushroom 烤肺鱼片, 日本小菇与土豆

Stir Fried Lady Finger with Tumeric and Egg
黄菱炒秋葵与蛋

Fragrant White Rice 白米饭

DAY 24

LUNCH

Pig's Trotter with Ginger, Vinegar and Egg
猪脚醋

Steamed Threadfin with Black Fungus and Tomato
番茄黑木耳蒸午鱼

Sitr Fried Amarath Green with Sliver Fish
炒茼蒿菜与脆银鱼

Japanese Rice 日本米饭

DINNER

Tea Tree Mushroom Chicken Soup
茶树菇鸡汤

Stir Fried Lean Meat with Liver, Ginger and D.O.M
炒瘦肉猪肝

Stir Fried French Bean with Fungus and Ginkgo Nut
四季豆炒木耳与白果

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

DAY 25

LUNCH

Pumpkin, Red Bean Lean Meat Soup
金瓜红豆瘦肉汤

Three Cup Chicken with Glutinous Rice Wine
九层叶三杯鸡

Home Made Beancurd with Minced Meat Sauce
自制豆腐与肉碎

Fragrant White Rice 白米饭

DINNER

Six Combination Nourishing Herbal Fish Soup
六味炖鱼汤

Mirin Sauce Pork Belly Shabu with
Shimeji Mushroom 味醂日本小菇五花肉

Stir Fried Broccoli with Scallop 西兰花炒干贝

Egg Fried Rice with Ginger 姜, 蛋炒饭

DAY 26

LUNCH

Pig's Stomach with Chicken Peppercorn Soup
猪肚鸡肉胡椒汤

Baked Salmon Top with Ginger & Soya Sauce
三文鱼配搭姜丝与酱油

Stir Fried Shanghai Green with Egg Beancurd
蛋豆腐炒上海青

Spinach Noodle with Egg 菠菜面与蛋

DINNER

Cordyceps Militaris Chinese Yam Lean Meat Soup
虫草山药瘦肉汤

Braised Chicken with Fu Zhou Rice Wine
福州红糟鸡

Stir Fried Spinach with Black Fungus
and Wolfberry 黑木耳枸杞炒菠菜

Mixed Brown Rice 糙米饭

DAY 27

LUNCH

Ginseng Barramundi Fillet Soup
人参鱼片汤

Mei Kuei Lu Chicken with Tau Kwa
玫瑰露小鸡翅豆干

Luo Han Vegetables
罗汉斋

Fragrant White Rice 白米饭

DINNER

Huang Qi Dang Shen Chicken Soup
黄芪党参鸡汤

HK Style Steamed Snapper in Superior Soya Sauce
港式蒸鱼片

Braised Tofu with Enoki Mushroom, Snow Pea and
Fish Maw 焖豆腐, 金针菇, 甜豆与鱼鳔

Egg Fried Rice with Ginger 姜炒蛋饭

DAY 28

LUNCH

Amaranth Green with X.O Fish Fillet Soup
苋菜X.O鱼片汤

Nonya Braised Chicken with Potato
and Black Mushroom 娘惹豆酱鸡

Spinach Mushroom Tomato Omelette
菠菜香菇番茄煎蛋

Mixed Five Grain Rice 五谷米 (Contain vinegar and salt)

DINNER

Lotus Root, Peanut Dried Tangerine Peel
Pork Rib Soup 莲偶花生陈皮排骨汤

Sweet & Sour Fish Fillet with Capsicum
青红椒酸甜鱼

Stir Fried Garlic Peas Shoot with Garlic and
Wolfberry 清炒豆苗与枸杞

Fragrant White Rice 白米饭

Sesame Kampong Chicken with
Egg Omelette & Ginger
麻油甘榜鸡与煎鸡蛋



ADD-ONS

PIG'S TROTTER WITH GINGER, VINEGAR AND EGG

(AVAILABLE IN 1, 3, 5 SERVINGS)

1 Serving – \$12

3 Servings – \$35

5 Servings – \$55



MILK BOOSTING FISH AND PAPAYA SOUP

(AVAILABLE IN 1, 3, 5 SERVINGS)

1 Serving – \$7

3 Servings – \$20

5 Servings – \$32



HOMEMADE BIRD'S NEST

(AVAILABLE IN 1, 3, 5 SERVINGS)

1 Serving – \$15

3 Servings – \$42

5 Servings – \$66



COMFORTING SET

(1 SERVING EACH)

Set consists of:

- Pig's Trotter with Ginger, Vinegar and Egg
- Milk Boosting Fish and Papaya Soup
- Homemade Bird's Nest

\$32