



配送範圍 Delivery area

Pasay帕賽區800P起送 (會員300P起送)
Makati馬卡提1000P起送 (會員500P起送)

*沒達最低起送費 補70P即可配

*有些地區可以由Lalamove配送 運費自理 歡迎查詢



A3



A2



A1

A類 (健康五穀飯類) Set Menu A multigrain rice

- | | | |
|----|---|------|
| A1 | Rosemary&pepper chicken
香煎雞腿排 | 350P |
| A2 | Grilled Salmon
炭燒三文魚 | 380P |
| A3 | Black pepper beef steak
黑胡椒烤澳洲牛扒 | 430P |
| A4 | Salmon Belly with Black pepper salt
椒鹽三文魚腩 | 360P |
| A5 | Garlic Fried Chicken
清香蒜蓉雞條 | 340P |
| A6 | Chicken Corn Cake
黃金玉米雞肉餅 | 320P |
| A7 | Black Fungus&Shrimp Omelette
木耳蝦仁歐姆蛋 | 300P |
| A8 | Stir fried shrimp with celery & black fungus
西芹木耳炒蝦仁 | 330P |
| A9 | Korean sauce Chicken
韓式蜜汁辣醬雞胸肉 | 360P |

Not Available

輕食堂



健康·廚房
Green Option
Healthy
Kitchen



Green & option WEN

美食享用方式

Order food at

歡迎關注

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A11 Lean chicken Kaprao
泰式打拋雞肉飯 350P

Not Available

A13 Yellow curry chicken
南洋黃咖哩雞肉 350P

A14 Stir fried chicken with cashew nuts
彩椒腰果拌雞柳條 380P

A15 Stir fried chicken with ginger
薑絲木耳拌炒雞柳條 350P

A16 Stir fried chicken with pumpkin
金絲南瓜拌炒雞柳條 330P

A17 Chicken breast with tomatoes
西紅柿拌炒雞胸肉 340P

B1 Pesto pasta with scallop
青醬帶子意粉 380P

B2 Tomato sauce pasta with corn&tuna
鮭魚玉米番茄意粉 310P

B3 Special cold soba noodles
蟹味三絲蕎麥拌冷麵 300P

B4 White sauce pasta with mushroom & chicken
白汁雞肉香菇螺絲意粉 320P

B5 Black pepper beef pasta
黑椒牛柳燴意粉 400P

B6 Lean Chicken kaprao fettuccine
泰式打拋雞肉意大利麵 360P

B7 Spicy shrimp fettuccine alfredo
香辣鮮蝦意粉 380P

B8 Tom Yum spaghetti fusion
泰式冬陰功意意大利麵 380P



A17



A7

B類 (意粉類) Set Menu B Pasta set

B9 Squid ink spaghetti
墨魚汁海鮮炒意粉 380P

B10 Squid ink pasta with chicken breast & tomato
雞肉番茄墨魚意大利麵 360P



B2



B5

C類 (特色創意類)

Set Menu C fusion food



C8

提前一天預訂



C10



C5

- | | | |
|-----|---|------|
| C1 | Salmon rice ball
三文魚飯糰 | 300P |
| C2 | Cauliflower Inari sushi
豆皮花椰菜飯壽司 | 330P |
| C3 | Whole wheat chicken roll
全麥雞腿肉卷 | 300P |
| C4 | Whole wheat chicken sandwich
全麥雞腿蔬菜三文治 | 300P |
| C5 | Tom Yum soup shrimp&mushroom
菌菇鮮蝦冬陰功 | 450P |
| C6 | Tricolor quinoa chicken salad
三色藜麥雞絲沙拉 | 420P |
| C7 | Quinoa fried with chicken leg turmeric
印度薑黃烤雞佐鮮蝦藜麥 | 530P |
| C8 | Fresh spring roll quinoa shrimp
越式冰蝦藜麥果仁卷 | 330P |
| C9 | Fresh spring roll quinoa tofu
越式藜麥豆腐果仁卷 | 300P |
| C10 | Khaw Mun Kai
輕奢海南雞飯 需提前一天預訂 | 360P |
| C11 | Fish maw mushroom soup
花膠菌湯麵線 | 360P |
| C12 | Pad Thai shrimp
泰式炒裸條蝦 | 380P |
| C13 | Squid Ink Pad Thai fusion
泰式炒大蝦墨魚義大利麵 | 380P |
| C14 | Pad Thai Tofu
泰式炒裸條豆腐 | 350P |

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NEW

D類 (沙拉類)

Menu D Salad



- | | | |
|----|--|------|
| D1 | Veggie fruits salad
雜糧蔬果沙拉 | 330P |
| D2 | Black pepper beef salad
皇牌黑椒牛排沙拉 | 400P |
| D3 | Pad fried chicken salad
香煎雞腿肉沙拉 | 350P |
| D4 | Thai style shrimp salad (Spicy dressing)
泰式鮮蝦沙拉(帶辣) | 380P |
| D5 | Avo-Chicken salad
牛油果雞肉沙拉 | 350P |
| D6 | Salmon belly salad
吮指三文魚腩沙拉 | 350P |
| D7 | Salmon filet Salad
三文魚排沙拉 | 380P |
| D8 | Korean sauce chicken salad
韓式辣醬雞肉沙拉 | 370P |
| D9 | Vegan tofu chickpea salad
超級佛系豆腐沙拉 | 330P |

Not Available

- | | | |
|-----|--------------------------------|------|
| PO1 | Super shrimp poke
大蝦波奇碗 | 390P |
| PO2 | Chicken leg bowl
嫩雞腿波奇碗 | 380P |
| PO3 | Beef lover poke bowl
肉充電波奇碗 | 400P |
| PO4 | Not unlocked
未解鎖 敬請期待 | 🔒 |
| PO5 | Salmon super bowl
三文魚波奇碗 | 380P |
| PO6 | Tuna bowl
吞拿魚波奇碗 | 360P |
| PO7 | Buddha bowl
佛系波奇碗 | 360P |



PO類 (波奇碗)

POKE BOWL!



PO1

PO5

PO6

G類 (增肌系列) 男生

(Gym Meal for Boy)



G類 (增肌系列) 女生

(Gym Meal for Girl)



G1B Salmon with boiled egg
深海魚增肌餐

550P

G1G Salmon with boiled egg
深海魚增肌餐

530P

G2B Chicken breast with boiled egg
重量雞排增肌餐

500P

G2G Chicken breast with boiled egg
重量雞排增肌餐

480P

Not Available

G4B Avocado Beef with mix
優質脂肪增肌餐-牛肉

600P

G4G Avocado Beef with mix
優質脂肪增肌餐-牛肉

580P

G5B Avocado Chicken Breast with mix nuts
優質脂肪增肌餐-雞肉

500P

G5G Avocado Chicken Breast with mix nuts
優質脂肪增肌餐-雞肉

480P

G6B Chicken breast with sweet potato
優質澱粉增肌餐-雞肉

500P

G6G Chicken breast with sweet potato
優質澱粉增肌餐-雞肉

480P

G7B Salmon with corn boiled egg&Mix nuts
優質澱粉增肌餐-鮭魚玉米

550P

G7G Salmon with corn boiled egg&Mix nuts
優質澱粉增肌餐-鮭魚玉米

530P

G8B Salmon with sweet potato boiled egg&mix nuts
優質澱粉增肌餐-鮭魚地瓜

550P

G8G Salmon with sweet potato boiled egg&mix nuts
優質澱粉增肌餐-鮭魚地瓜

530P



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P類 (套餐系列)

(Meal Packages)



增肌餐 (男生)

P1B 6天套餐, 共12餐, 一日送一次兩餐
Gym Package (Male)
6 days package, 12meals
Delivery one time a day(2meals)

6450P

增肌餐 (女生)

P1G 6天套餐, 共12餐, 一日送一次兩餐
Gym Package (Female)
6 days package, 12meals
Delivery one time a day(2meals)

6150P

輕斷食五日排毒餐

P2 5天套餐, 共10餐, 一日送一次兩餐
5 days detox Package
5 days package, 10meals
Delivery one time a day(2meals)

6000P

十四日減脂健康餐

P3 14天套餐, 共28餐, 一日送一次兩餐
Fatburn 14 days Package
14 days package, 28meals
Delivery one time a day(2meals)

14990P

辦公室閨蜜健康餐

P4A 5天套餐, 共5餐, 一日送一次一餐
Healthy Office Package
5 days package, 5meals
Delivery one time a day(1meal)

2960P

辦公室閨蜜健康餐

P4B 5天套餐, 共5餐, 一日送一次一餐
Healthy Office Package
5 days package, 5meals
Delivery one time a day(1meal)

2990P

辦公室閨蜜健康餐

P4C 5天套餐, 共5餐, 一日送一次一餐
Healthy Office Package
5 days package, 5meals
Delivery one time a day(1meal)

2710P

辦公室閨蜜健康餐

P4D 5天套餐, 共5餐, 一日送一次一餐
Healthy Office Package
5 days package, 5meals
Delivery one time a day(1meal)

2840P

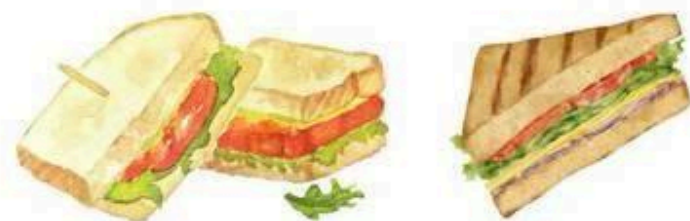
佛系素食健康套餐

VG 5天套餐, 共5餐, 一日送一次一餐
Vegan Package
5 days package, 5meals
Delivery one time a day(1meal)

2800P

SW類 (三文治)

Sandwich



- SW1 Mr.eggies sandwich 雞蛋三文治 300P
- SW2 Tuna sandwich 鮪魚三文治 300P
- SW3 Avo-chicken sandwich 酪梨雞肉三文治 320P
- SW4 Beeflover sandwich 牛肉三文治 350P

J類 (蔬果汁)

Juice



- J1 Cucumber carrot with honey lemon Juice 瘦身清腸汁 210P
- J2 Five green Juice 五青汁 210P
- J3 Apple carrot with ginger lemon Juice 美容暖胃汁 210P
- J4 Pear&Tomato with Noni Juice 諾麗細胞修復美容飲 250P
- J5 Grape&pineapple Noni antioxidant Juice 諾麗抗氧舒緩美容飲 250P
- J6 Lemon Barley water 檸檬薏米水(美白祛濕) 130P
- J7 Tomato carrot Juice 抗老神話飲 210P
- J8 Cabbage carrot&apple Juice 預防三高神奇飲 210P

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WELCOME

Z類 (加餐)

Additional



- Z1 Chicken leg 80g 雞腿排 (一份80克) 150P
- Z2 Chicken breast 100g 雞胸肉 (一份100克) 150P
- Z3 Salmon filet 90g 三文魚排 (一份90克) 230P
- Z4 Salmon Belly 5 pcs 三文魚腩 (一份5條) 210P
- Not Available
- Z6 Scallop 130g 帶子 (一份130克) 180P
- Z7 Australian Beef steak 70g 牛扒 (一份70克) 310P
- Z8 Omelette 3 eggs 歐姆蛋 (一份3顆雞蛋) 170P
- Z9 Hard boiled egg 1 egg 水煮蛋 (一份一顆雞蛋) 40P
- Z10 Broccoli 50g 西蘭花 (一份50克) 90P
- Z11 Sweet corn 50g 玉米 (一份50克) 60P
- Z12 5 grain rice 100g 五穀米 (一份100克) 50P
- Z13 Spaghetti 100g 意粉 (一份100克) 50P
- Z14 Sesame dressing/Poke dressing 2 oz 胡麻沙拉醬/日式醬油 (一盒) 50P
- Z15 Chicken corn cake 4 pcs 玉米雞肉餅 (一份4塊) 180P
- Z16 Mix nuts 1 container 2 oz 綜合堅果 (一盒) 60P
- Z17 Bean sprout tofu stir fried 鐵板蒜炒豆芽 (一份) 120P
- Z18 Pumpkin 50g 南瓜 (一份50克) 50P

V類 (素食類)

Vegan/ovo-Vegetarian



- V1 Goma cold soba 日式中華涼麵 300P
- V2 Super duper fungi 爆香炒雜菇 350P
- V3 Fried Veggies 泰式炒雜菜 360P



V3

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Latest Menu

B11 黑松露意大利麵 350P
B11 Truffle Spaghetti

B12 超黑松露墨汁義大利麵 360P
B12 Squid Ink Truffle

A18 雞肉呱呱叫 350P
A18 Stir fried chicken Luffa

COMING SOON

