



• BREAKFAST •



EVERYTHING178	The Rock Breakfast158	Chi Energy Mix138
Your Choice of Yoghurt, Muesli, Granola or Fruit 乳酪、瑞士營養麥片、穀麥片或鮮果碟 Pick One Perfect Protein 廚師精選有機雞蛋 Enjoy Our Bakery 牛角包、丹麥甜包或鬆餅 Black or Milk Coffee, Tea or Sugar-free Soya Milk 咖啡、茶或無糖豆奶	Your Mini Bowl of Yoghurt, Muesli or Fruit Bowl 迷你乳酪、瑞士營養麥片或鮮果碗 Two Eggs Any Style hash brown, pork sausage, chicken sausage, bacon, mushroom 自選雙蛋 薯餅、豬肉腸、雞肉腸、煙肉、蘑菇 Enjoy Our Bakery 牛角包、丹麥甜包或鬆餅 Black or Milk Coffee, Tea or Sugar-free Soya Milk 咖啡、茶或無糖豆奶	Half Portion of Beef or Seafood Congee 半份牛肉或海鮮粥 Half Portion of Stir-fried Noodles with Chicken 半份雞絲豉油王炒麵 Black or Milk Coffee, Tea or Sugar-free Soya Milk 咖啡、茶或無糖豆奶

Protein Provision118
Prawn & Avocado Open Sandwich with Scrambled Eggs 大蝦牛油果炒蛋單面三文治 Mini Golden Elixir banana, honey, oat milk 香蕉、蜜糖、燕麥奶

The Kiddos108
Diced Seasonal Fruit 鮮果粒 Mini Organic Eggs Omelette chicken sausage 迷你有機雙蛋奄列 雞肉腸 Sliver Dollar Pancake 迷你熱香餅 Fresh Milk or Sugar-free Soya Milk 鮮奶或無糖豆奶

Perfect Protein 原生蛋白質

Organic Eggs Benedict with smoked salmon or white ham kale, hollandaise sauce 班尼迪有機蛋 配 煙三文魚 或 火腿 羽衣甘藍、荷蘭蛋黃醬 Sunny Side-up on Sliced Avocado toasted rye bread 太陽蛋及牛油果片 烤黑麥麵包 Scrambled Eggs on Country Loaf garden mushroom, caramelize onion, Comte cheese 炒有機滑蛋配丹麥吐司 雜菌、焦糖洋蔥、康提芝士 Ham & Spinach Omelette garden mushroom, parmesan 火腿菠菜奄列 雜菌、巴馬臣芝士	88 88 88 88
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...more Protein & Fiber 豐富蛋白質及纖維

Pork or Chicken Sausage 豬肉腸或雞肉腸 Applewood Smoked Bacon 蘋果木燻煙肉 Hash Brown 薯餅 Sautéed Broccolini parmesan 炒西蘭花苗 巴馬臣芝士 Sautéed Mushroom 炒雜菌	28 28 28 38 38
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Probiotics & High Fiber 益生菌 / 高纖之選

The Rock Super Jar weekly superfood, seasonal fruit, granola 大石鼓能量碗 精選超級食物、時令水果、穀物	58	Homemade Granola Bite soya milk, seasonal fruit 自家製穀麥片 豆奶、時令水果	58
Seasonal Fruit Yoghurt with Roasted Granola 時令水果乳酪配穀物	58	Bircher Muesli Bowl seasonal fruit compote, dried fruit, roasted walnut 瑞士營養麥片 時令水果、乾果、烤核桃	58

Chi Energy 朝食米氣

Stir-fried Noodles with Chicken 雞絲豉油王炒麵	68	Oatmeal Pancake banana, blueberry, mixed berries compote 燕麥熱香餅 香蕉、藍莓、雜莓醬	68
Seafood Congee shrimp stock, sea clam, prawn, seabass 海鮮粥 蝦湯、馬刀貝、蝦、鱸魚	78	Belgian Waffle orange, roasted almond, citrus cream 比利時窩夫 香橙、烤杏仁、柑橘忌廉	68
Beef Congee taro, pork meat floss 牛肉粥 芋頭、豬肉鬆	68	Mixed Berries French Toast raspberry, strawberry, custard cream 雜莓法式多士 紅莓、士多啤梨、吉士忌廉	78
Teriyaki Glazed Salmon pickled daikon, Tsuyahime rice 照燒三文魚 醃蘿蔔、日本珍珠米	108		
Pan-seared Turnip Cake 香煎蘿蔔糕	48		

From the Bakery 烘培麵包

Croissant 牛角包	30	Freshly Baked Danish 是日丹麥甜包	34	Oven-Fresh Muffin 是日精選鬆餅	38
Chocolate Croissant 朱古力牛角包	30	Mixed Berries Muffin 雜莓鬆餅	38		

Beverages 飲料

Coffee / Decaffeinated Coffee / Espresso 咖啡 / 低咖啡因咖啡 / 意式特濃咖啡	35	Protein Shake 高蛋白奶昔 Extra Protein Powder 20g +44 額外20克蛋白粉	88
Double Espresso 雙倍意式特濃咖啡	39	GOLDEN ELIXIR banana, honey, oat milk 香蕉、蜜糖、燕麥奶	
Cappuccino / Latte / Mocha 泡沫咖啡 / 鮮奶咖啡 / 朱古力咖啡	39	BANANA BONANZA banana, chocolate, almond milk 香蕉、朱古力、杏仁奶	
Matcha Latte 抹茶鮮奶	39	ARDOR THUNDER passion fruit, oat milk 熱情果、燕麥奶	
The Rock Organic Hot Chocolate 大石鼓有機熱朱古力	39	MACO LOCO mango, coconut milk, almond milk 芒果、椰奶、杏仁奶	
Lychee Rose Tea / Peach Ginger Green Tea / Jasmine Tea 荔枝玫瑰茶 / 白桃薑綠茶 / 茉莉花茶	35	AVO-GOGO avocado, coconut milk, oat milk 牛油果、椰奶、燕麥奶	
English Breakfast Tea / Earl Grey Tea / Chamomile Tea / Darjeeling Tea / Peppermint Tea 英式早餐茶 / 伯爵茶 / 洋甘菊茶 / 大吉嶺茶 / 薄荷茶	35	BERRY BLAST mixed berries, almond milk 雜莓、杏仁奶	
Fresh Milk / Skimmed Milk / Oat Milk / Sugar-free Soya Milk 鮮奶 / 脫脂鮮奶 / 燕麥奶 / 無糖豆奶	28	20g Protein Powder in each Protein Shake 每杯蛋白奶昔含有20克蛋白粉 Choice of Milk (Full / Skimmed / Oat / Soy / Almond) 可選 全脂奶 / 脫脂奶 / 燕麥奶 / 豆奶 / 杏仁奶	