

Mandarin Menu

中文菜单

For details of ingredients and allergens in all our dishes, please ask a member of the team.

欲知菜肴的配料和过敏成分，请向员工咨询。

Steamplicity Lunch & Supper Menu

以蒸的方式烹煮的 (Steamplicity) 午餐&晚餐菜单

Starters

前菜

Soup of the Day

每日一汤

White or Brown Roll and spread on request

可提供抹有黄油的白面包或棕色面包

Fruit Juice

果汁

Main Courses

主餐

NB – Fish dishes may contain small bones

请注意 – 鱼餐点可能包含小鱼刺

Steamed Salmon in Hollandaise Sauce with boiled potatoes and mixed green vegetables

清蒸三文鱼配荷兰式沙司，加水煮土豆和混搭绿色蔬菜

Fish and Chips with Peas

炸鱼和薯条与豌豆

Fish Fingers and Chips with broccoli

鱼条配薯条和西兰花

Steamed Fish Mornay— served with sweet potato mash

清蒸鱼配奶油蛋黄沙司，配红薯泥

Minced Beef and Onion Pie served with mashed potato and mushy peas

牛肉馅加洋葱饼，配土豆泥和豌豆泥

Cottage Pie served with carrots

农舍派与胡萝卜

Beef Casserole & Dumpling

牛肉砂锅和饺子

Savoury Minced Lamb served with Boiled Potatoes and Carrots

咸味羊肉馅搭配水煮土豆和胡萝卜

Minced Lamb Curry Minced lamb and potato in a mildly spiced curry sauce, served with steamed rice

羊肉馅和土豆微辣咖喱，配蒸白米饭

Roast Chicken, Vegetable Medley and Roast Potatoes

烤鸡、配蔬菜和烤土豆

Chicken Tomato and Mascarpone Cheese Pasta

鸡肉、番茄和马斯卡泊尼乳酪意大利面

Chicken Goujons and Potato Wedges

鸡块和烤带皮薯条

Chicken Tikka Masala and Rice

马莎拉烤鸡咖喱饭

Sausage and Mash with gravy and peas

香肠搭配土豆泥与牛肉酱汁和豌豆

All Day Brunch - Cumberland sausage, Bacon, Mini omelette, Baked beans, Tomato and Hash

Brown

全日早午餐 – 坎伯兰香肠（Cumberland sausage）、培根、迷你煎蛋、烤豆子、番茄和薯饼

Cheese and Tomato Pasta Optional side salad on request

芝士、番茄意大利面，可配沙拉

Mild Coconut and Lentil Curry (Vegan) with butternut squash, chickpeas and served with steamed yellow rice

椰子、小扁豆、冬南瓜及鹰嘴豆咖喱（素食），配蒸黄米饭

Spring Vegetable Risotto with soya beans and garden peas

蔬菜意大利调味饭，配大豆和青豆

Vegetarian « meatballs » with roast potatoes, carrots and broccoli (vegan)

素食肉丸搭配烤土豆、胡萝卜和西兰花（素食）

Plain Omelette, boiled potatoes and garden peas

普通煎蛋卷，加水煮土豆和嫩豌豆

Macaroni Cheese Optional side salad on request

芝士通心粉，可配沙拉

Vegetarian Bean Chilli

素辣豆瓣酱

Cheese and Tomato Omelette with chips and baked beans

芝士、番茄配薯条和甜豆

Small, Simple and Light Selection

小份简单的低热量食品选择

These special dietary meals that are served without vegetables offer a plainer, smaller and lighter meal option

这些特殊餐饮服务不包含蔬菜，提供一个较轻淡、小份的低热量食品餐点选择

Small meal Beef Casserole and a Dumpling

小份的牛肉砂锅和饺子

Small meal Cauliflower and Broccoli Cheese

小份的花椰菜和西兰花乳酪

Small meal Pasta Bolognese

小份的意大利肉酱面

'Meal Soups' served with bread roll

‘汤’ 搭配面包卷

Cream of Tomato Soup

番茄奶油汤

Cream of Chicken Soup

鸡肉奶油汤

Jacket Potato with a choice of fillings:

带皮土豆可搭配以下选择:

Cheddar Cheese

切达乳酪

Plain Tuna

原味鲔鱼

Tuna Mayonnaise

蛋黄酱鲔鱼

Baked Beans

烤豆子

Salads and Sandwiches

沙拉和三明治

Chicken Salad

鸡肉沙拉

Greek Salad

希腊沙拉

Tuna Salad

鲔鱼沙拉

Cheddar Cheese Salad

切达乳酪沙拉

Egg Salad

鸡蛋沙拉

Tuna Mayonnaise Sandwich

蛋黄酱鲔鱼三明治

Ham Cheddar and Pickle Sandwich

火腿切达和泡菜三明治

Egg Mayonnaise and Cress Sandwich

蛋黄酱鸡蛋和水芹三明治

Plain Cheese Sandwich

原味乳酪三明治

Plain Ham Sandwich

纯火腿三明治

Houmous and Carrot Salad Wrap (vegan)

鹰嘴豆泥和胡萝卜沙拉卷（素食）

Chicken and Lettuce Sandwich with Mayonnaise

鸡肉生菜三明治配蛋黄酱

Desserts – hot desserts served with custard

甜点 – 热甜点搭配牛乳酱

Chocolate Sponge

巧克力松糕

Steamed Raspberry Jam Sponge

蒸覆盆子果酱海绵蛋糕

Apple Crumble

苹果奶酥

Sticky Toffee and Date Pudding

粘太妃布丁

Apple and Raisin Sponge

苹果和葡萄干海绵蛋糕

Rhubarb and Apple Crumble

大黄和苹果奶酥

Fresh fruit – apple, banana or orange

新鲜水果 – 苹果、香蕉或柳橙

Tinned fruit – peach slices, pears or fruit cocktail

罐头水果 – 桃子切片、西洋梨或什锦水果

Ambrosia Rice Pudding hot or cold

米布丁可热食或冷食

Low Fat Ambrosia Rice Pudding hot or cold

低热量米布丁可热食或冷食

Traditional English Trifle

传统英式松糕

Jelly or Sugar Free Jelly

果冻或无糖果冻

Fruit Yoghurt or Diet Fruit Yoghurt

水果酸奶或低热量水果酸奶

Ambrosia Chocolate Custard Pot

美味巧克力奶油盒

Ambrosia Vanilla Custard Pot

美味香草奶油盒

Cheese and Biscuits

乳酪和饼干

Ice Cream (where available)

冰淇淋（如果可供应）

Although dishes do not contain nuts in the ingredients, we cannot guarantee that traces of nuts may not be present. Please ask for our “Allergy Menu” or alert your nurse if you have a nut or other severe food allergy.

虽然餐点的食材成分不含坚果，但我们不能保证坚果完全不存在。因此，如果你有坚果或其他严重食物过敏的体质，请要求索取我们的“过敏食物菜单”或告知你的护士。

If you are having difficulty finding food you can eat or if you have a special dietary requirement, please ask a member of the catering team about dietetic suitability.

如果你难以找到你能吃的食物，或者如果你有特殊饮食需求，请咨询餐饮团队的人员关于适当饮食的选择。