



康樂 Kang Le Kitchen Low Fiber / Residue Diet Menu

This menu includes ingredients that are lower in fibers. Serving you the best for this period. Carefully selected ingredients together with gentle cooking method, bringing to you the greatness of dish.

Each Of Our Meal Consists Of:

Slow Cooked TCM Nourishing Soup
2 Meat Dish
Single Rice Serving
1 Litre Of Formulated Drink

Every meal will be prepared fresh with accordance to Singapore Food Agency (SFA) guidelines of consumption within 4 hours. All our meals are packed in Food Grade single use food ware to ensure your convenience and safety. All our dishes are delivered warm in specialised thermal bag. Please do return the thermal bag to our delivery personnel upon the delivery of the next meal.



🚫 NO Chicken & Egg. 🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Ling Zhi Tonic Herbal Soup
灵芝大补汤

* For low fibre diet, we will recommend consuming the soup only, without the ingredients

Soup Benefit

Helps speed up the metabolism of the medicine and reduce the toxicity of the liver.

Ling Zhi also helps in reducing dizziness and fatigue.

有助于加快药物的代谢，降低肝脏的毒性。灵芝还有助于减轻头晕和疲劳。

Meat Dish

Ginger Sesame Oil Pork Slice
(麻油猪肉片)

Meat Dish 2

Steam Snakehead Fish Teochew Style
(朝蒸生鱼片)

Rice

White Jasmine Hom Mali Rice
泰国香米

Beverage

Roasted Barley Tea
麦茶

DINNER

Nourishing Soup

Black Garlic Herbal Bak Kut Teh
黑蒜药材肉骨茶

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Soup Benefit

Rich in antioxidant, black garlic aids in the overall recovery. With the additional of the goodness of traditional herbal bak kut teh, your overall wellness will be enhanced.

黑蒜富含抗氧化剂，有助于整体恢复。加上传统草药肉骨茶的优点，您的整体健康状况将会得到改善。

Meat Dish

Truffle Seared Salmon With Mushroom
(松露双菇三文鱼)

Meat Dish 2

Steam Tofu With Minced Meat
(清蒸肉碎豆腐)

Rice

White Jasmine Hom Mali Rice
泰国香米

Beverage

Roasted Barley Tea
麦茶



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LUNCH

Nourishing Soup

Miso Apple Tofu Fish Soup
日式苹果魚湯

* For low fibre diet, we will recommend consuming the soup only, without the ingredients

Soup Benefit

Miso support gut health. Miso promotes levels of beneficial bacteria, known as probiotics. This soup will promote vitamin levels & immunity. Sheng Yu is known to help wound recovery.

味噌支持肠道健康。味噌可以促进有益细菌（即益生菌）的水平。这汤将促进维生素水平和免疫力。众所周知，圣玉可以帮助伤口恢复。

Meat Dish

Braised Homemade Lion's Head
With Tofu
(红烧家乡狮子头)

Meat Dish 2

Vege. XO Minced Meat Beancurd
(素X.O肉碎豆干)

Rice

White Jasmine Hom Mali Rice
(泰国香米)

Beverage

Osmanthus Red Dates Tea
(桂花紅棗茶)

DINNER

Nourishing Soup

Revitalising Tonic Soup
(大补汤)

* For low fibre diet, we will recommend consuming the soup only, without the ingredients

Soup Benefit

Has the effect of warming and nourishing qi and blood, improving the symptoms of women's qi and blood deficiency, and has a good effect on improving patients with qi deficiency and fatigue. 具有温补气血的功效，改善女性气血两虚的症状，对于改善气虚乏力的患者有很好的效果。

Meat Dish

Tioman Slice With Ginger & Onion
(姜葱生鱼片)

Meat Dish 2

Stir Fried Pork Slice With Beancurd Stick
(肉片炒面筋)

Rice

White Jasmine Hom Mali Rice
(泰国香米)

Beverage

Osmanthus Red Dates Tea
(桂花紅棗茶)



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LUNCH

Nourishing Soup

Spleen Strengthening ABC Soup
(ABC汤)

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Soup Benefit

Helps to stimulate your appetite but also nourishes the kidney and reduced water retention. It contains protein that will strengthen the body, spleen and stomach. 有助于刺激食欲，还能滋养肾脏并减少水分滞留。它含有蛋白质可以强身健体，健脾胃。

Meat Dish

French Cod With Tofu In Superior Sauce
(清蒸特汁雪鱼豆腐)

Meat Dish 2

Stewed Pork Loin With Chayote
(瘦肉炖佛手瓜)

Rice

White Jasmine Hom Mali Rice
泰国香米

Beverage

Roasted Barley Tea
麦茶

DINNER

Nourishing Soup

Six Combination Soup
(双料六味汤)

* For low fibre diet, we will recommend consuming the soup only, without the ingredients

Soup Benefit

Has a good effect of invigorating the spleen and benefiting the lungs, while nourishing and moistening the lungs. The family soup is suitable for all ages, and those who are recovering. 具有很好的健脾益肺作用，同时又滋补润肺。家庭汤适合所有年龄段和正在康复的人。

Meat Dish

Sautéed Pork Slice With Yomeishu
(香煎养命酒肉片)

Meat Dish 2

Steam Fish Slice With Shiitake Mushroom
(清蒸香菇鱼片)

Rice

White Jasmine Hom Mali Rice
泰国香米

Beverage

Roasted Barley Tea
麦茶



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LUNCH

Nourishing Soup

Qi & Blood Rejuvenating Soup
(补气活血汤)

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Soup Benefit

Well-known for tonifying Qi and blood for vitality and rejuvenation, combining with carefully selected herbs, fresh ingredients, and slow-cooked to extract the essence and flavor, this soup has a deep taste with a hint of natural sweetness.

此汤以补气血、提神醒脑而闻名，采用精选药材、新鲜食材，慢火熬煮，萃取精华和滋味，汤味浓郁，带有一丝天然的甜味。

Meat Dish

Japanese Style Sesame Grilled Pork Steak
(日式芝麻烤猪扒)

Meat Dish 2

Teriyaki Gingko Salmon Slice
(日式白果三文鱼片)

Rice

White Jasmine Hom Mali Rice
(泰国香米)

Beverage

Osmanthus Red Dates Tea
(桂花紅棗茶)

DINNER

Nourishing Soup

Appetite Support Nourish Soup
(双料四神汤)

* For low fibre diet, we will recommend consuming the soup only, without the ingredients

Soup Benefit

Lotus Seeds (Xiang Lian Zi), Poria (Fu Ling), Chinese Yam (Huai Shan) and Gordon Euryale Seeds (Qian Shi) strengthen a weak digestive system and improves the absorption of nutrients via the digestive tract.

莲子(香莲子)、茯苓(茯苓)、山药(淮山)和芡实可强化虚弱的消化系统，改善消化道对营养物质的吸收。

Meat Dish

Braised Sheng Yu With Beancurd
(豆腐炖生鱼)

Meat Dish 2

Stir Fried Pork Slice With Lemongrass
(香茅炒肉片)

Rice

White Jasmine Hom Mali Rice
(泰国香米)

Beverage

Osmanthus Red Dates Tea
(桂花紅棗茶)



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LUNCH

Nourishing Soup

Nourish Cordyceps Blossom
Soup
(虫草花兹朴汤)

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Soup Benefit

According to Traditional Chinese Medicine, cordyceps flower have the following health benefits: Nourish lungs, Reduce fatigue, Enhance our immune system, Improve sleep, Tonify kidneys and liver, Moisten the throat, Anti-aging
中医认为, 冬虫夏草花有以下保健功效: 润肺、消除疲劳、增强免疫力、改善睡眠、补肾益肝、润喉、抗衰老。

Meat Dish

Steamed Salmon With Boiled Ginkgo
(白果蒸三文鱼)

Meat Dish 2

Minced Meat With Mixed Mushroom
And Bean Puff
(香菇肉碎炒豆卜)

Rice

White Jasmine Hom Mali Rice
泰国香米

Beverage

Roasted Barley Tea
麦茶

DINNER

Nourishing Soup

Black Beans Lotus Root
Nourishing Soup
(黑豆莲藕排骨汤)

* For low fibre diet, we will recommend consuming the soup only, without the ingredients

Soup Benefit

Lotus roots and black beans are naturally high in fiber, high in vitamin C, high in potassium, copper, which increase iron level, boost immunity, and promotes glowing skin, and cardiovascular health.
莲藕和黑豆天然富含纤维、维生素 C、钾和铜, 可增加铁含量、增强免疫力、促进皮肤光泽和心血管健康

Meat Dish

Hakka Yellow Wine Pork Slice
(客家黄酒肉片)

Meat Dish 2

Braised Fish Slice With Bean Curb
(鱼片焖豆干)

Rice

White Jasmine Hom Mali Rice
泰国香米

Beverage

Roasted Barley Tea
麦茶



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LUNCH

Nourishing Soup

Salmon Snow Pear Herbal Soup (三文鱼雪梨药材汤)

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Soup Benefit

This soup is highly beneficial for your heart. Salmon soup has omega 3 fatty acids which helps in reducing the risk of heart-related issues. It also has natural oil which has a good fatty acid combination.

这汤对你的心脏非常有益。三文鱼汤含有 omega 3 脂肪酸，有助于降低患心脏相关问题的风险。它还含有具有良好脂肪酸组合的天然油。

Meat Dish

Korean Bulgogi Pork Slice
(韩式烧酱猪肉片)

Meat Dish 2

Stew Pork Loin With King Oyster Mushroom
(瘦肉焖杏鲍菇)

Rice

White Jasmine Hom Mali Rice
(泰国香米)

Beverage

Osmanthus Red Dates Tea
(桂花紅棗茶)

DINNER

Nourishing Soup

Tonify Sha Shen YuZhu Soup (沙参玉竹汤)

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Soup Benefit

Sha Shen is sweet and slightly bitter. It has the functions of nourishing Lung Yin and clearing Lung. Additionally, it nourishes Stomach Yin and generates fluids.

沙参味甘、微苦。具有补肺阴、清肺的作用。另外，它还能滋阴生津。

Meat Dish

Japanese Grilled Miso Sea Bass
(日式味真金目卢)

Meat Dish 2

Pumpkin with Minced Meat
(清炒金瓜肉碎)

Rice

White Jasmine Hom Mali Rice
(泰国香米)

Beverage

Osmanthus Red Dates Tea
(桂花紅棗茶)



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LUNCH

Nourishing Soup

Eight Treasure Tonic Soup (双料八珍排骨汤)

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Soup Benefit

This medicinal soup helps one regain strength and stamina. Formulated specifically to combat what Traditional Chinese Medicine refer to as 'Blood and Qi deficiency', it helps improves pale complexion, shortness of breath, and irregular or painful menstruation.

这种药汤可以帮助人们恢复体力和耐力。它专门针对中医所说的“血气不足”而配制，有助于改善面色苍白、气短、月经不调或痛经。

Meat Dish

Sweet & Sour Fish Slice
(酸甜鱼片)

Meat Dish 2

Truffle Infused Trio Mushroom
Pork Slice
(松露三菇肉片)

Rice

White Jasmine Hom Mali Rice
泰国香米

Beverage

Roasted Barley Tea
麦茶

DINNER

Nourishing Soup

Red Date Saffron Tioman Soup (滋养红枣红花生鱼汤)

* For low fibre diet, we will recommend consuming the soup only, without the ingredients

Soup Benefit

Red dates are often present in TCM prescriptions and brewed herbal tonics. Chinese dates can strengthen the spleen and stomach Qi (energy) which helps to digest food, tonify blood and tranquilize the mind.

红枣经常出现在中医处方和冲泡的草药滋补品中。红枣可以增强脾胃之气，帮助消化食物、补血安神。

Meat Dish

Stewed Red Wine Pork Rib
(红酒炖排骨)

Meat Dish 2

Poached Snakehead Fish In Tofu Sauce
(生鱼豆腐)

Rice

White Jasmine Hom Mali Rice
泰国香米

Beverage

Roasted Barley Tea
麦茶