



康樂 Kang Le Kitchen Non TCM Herbs Recovery Menu

Crafted for all, especially those that currently undergoing treatment and TCM is not suitable. Serving you the best with the best and freshest ingredients. Carefully selected ingredients together with gentle cooking method, bringing to you the greatness of dish.

Each Of Our Meal Consists Of:

- Slow Cooked Nourishing Soup
- 1 Meat Dish
- 1 Vegetable Dish
- Single Rice/Carb Serving
- 1 Litre Of Formulated Drink
- Dessert (On Selected Days/Meals)

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.

康樂 Kang Le Kitchen (Non TCM Herbs Recovery Menu) 1ST Day Of The Month



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

LUNCH

Nourishing Soup

Chinese Yam And Shiitake Soup

山藥香菇湯

Soup Benefit

Great source of anti-oxidant.
Help with diabetes, by modulating oxidative stress and lipid profiles. Excellent soup for supporting the lung qi and lung yin. Help immune system.
Have anti-inflammatory properties.

抗氧化劑的重要來源。通過調節氧化應激和脂質分佈來幫助治療糖尿病。養肺佳湯 氣和肺陰。幫助免疫系統。具有抗炎特性。

Meat Dish

Steamed Snow Cod With Spinach
小家碧玉

Vegetable Dish

Hong Kong Kai Lan With Gingko
清炒白果香港芥蘭

Rice

Rice Berry
紫米飯

Beverage

Roasted Barley Tea
麥茶

Dessert

Black Glutinous Rice Dried Longan Dessert
黑糯米桂圓湯

DINNER

Nourishing Soup

Barley Tangerine Peel Pork Rib Soup

薏米仁橘皮排骨湯

Soup Benefit

Tangerines can improve digestion, regulate blood pressure, protect heart, and reduce risk for cancer, diabetes. Insoluble and soluble fibre content improves digestion. Beta-glucans may help lower cholesterol.

橘子可以改善消化、調節血壓、保護心臟並降低患癌症和糖尿病的風險。不溶性和可溶性纖維含量可改善消化。β-葡聚糖可能有助於降低膽固醇。

Meat Dish

Steamed Pork Slices With Sow Fungus & Wolfberry
云耳枸杞蒸肉片

Vegetable Dish

Broccoli With Gluten
香炒西蘭花麵筋

Rice

Quinoa Rice
小米飯

Beverage

Roasted Barley Tea
麥茶

康樂 Kang Le Kitchen (Non TCM Herbs Recovery Menu) 2ND Day Of The Month



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

LUNCH

Nourishing Soup

Haw Black Fungus and Bean Soup 山楂黑木耳黑豆湯

Soup Benefit

Used to treat both low blood pressure and high blood pressure. Help circulation in swollen legs and feet protecting liver, lowering cholesterol, and boosting gut health. Packed with fiber and antioxidants.

用於治療低血壓和高血壓。幫助腫脹的腿腳循環，保護肝臟，降低膽固醇，促進腸道健康。富含纖維和抗氧化劑。

Meat Dish

Stir Fried Pork Slice
With Cordyceps Blossom
虫草花炒肉片

Vegetable Dish

Seasonal Green With Lion's Mane Mushroom
猴頭菇炒時菜

Carb

Traditional Mee Sua
家乡面线

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Huai Shan Luffa Gourd Soup 淮山絲瓜湯

Soup Benefit

Healing liver problems, blood detoxication, joint-related issues, and to support kidneys function.
Great for arthritis pain & muscle pain.

治癒肝臟問題、血液解毒、關節相關問題並支持腎臟功能。非常適合關節炎疼痛和肌肉疼痛。

Meat Dish

Pan Seared Salmon With Corn Cream Sauce
香煎三文魚玉米醬

Vegetable Dish

Chinese Cabbage With King Oyster Mushroom
香炒白菜杏鮑菇

Rice

Barley Millet Rice
薏米飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

Dessert

Detox Green Bean Lily Bub Soup
綠豆百合湯

康樂 Kang Le Kitchen (Non TCM Herbs Recovery Menu) 3RD Day Of The Month



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

LUNCH

Nourishing Soup

**Mustard Green Sweet Potato
Sheng Yu Soup**
芥菜蕃薯魚湯

Soup Benefit

Contain many health-boosting antioxidants like beta carotene, which can protect your skin and lower risk factors of diabetes.

Rich source of fibre as well as containing an array of vitamins and minerals.

含有許多促進健康的抗氧化劑，如β-胡蘿蔔素，可以保護您的皮膚並降低患糖尿病的危險因素。豐富的纖維來源以及多種維生素和礦物質。

Meat Dish

Braised Pork Collar With Sesame Oil
麻油燜豬頸肉

Vegetable Dish

Chinese Yam With Lotus Root & Black Fungus
山藥蓮藕炒黑木耳

Rice

Tri-Colour Grains
三色飯

Beverage

Roasted Barley Tea
麥茶

DINNER

Nourishing Soup

ABC Nourishing Soup
ABC 滋補湯

Soup Benefit

Appetite nourishing soup. Light and refreshing on your tummy. Packed with nutrients and mineral.

With a slight after taste of gentle sweetness, goodness all packed into a bowl.

開胃滋補湯。在您的肚子上清涼清爽。富含營養和礦物質。帶著淡淡的藥草味，把美好都裝進碗裡。

Meat Dish

Stir Fried Miso Pork With Chestnut
日式味噌炒馬蹄肉片

Vegetable Dish

Baby Kai Lan With Lemongrass Sauce
芥蘭炒香茅醬

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

Roasted Barley Tea
麥茶

康樂 Kang Le Kitchen (Non TCM Herbs Recovery Menu) 4TH Day Of The Month



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

LUNCH

Nourishing Soup

Kelp Arrowhead Pork Slice Soup

海帶慈姑肉片湯 Soup Benefit

High in antioxidants, including carotenoids and flavonoids, which help fight against disease-causing free radicals. Filled with iron that helps to enhance oxygen distribution throughout our body, keeping us more energetic and maintaining a healthy level of immunity.

富含抗氧化劑，包括類胡蘿蔔素和類黃酮，有助於對抗引起疾病的自由基。富含鐵質，有助於增強整個身體的氧氣分佈，使我們更有活力並保持健康的免疫力水平。

Meat Dish

Steamed Salmon With Snow Fungus and Gingko
清蒸銀耳三文魚

Vegetable Dish

Braised Tofu With Minced Meat
肉香豆腐

Rice

Five Grains
五穀飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Snow Fungus, Lou Han Gou Pork Rib Soup 銀耳羅漢果排骨湯

Soup Benefit

Improves and enhances the action of a type of white blood cell. efficacy of antibodies which are also used by the immune system.

改善和增強一種白細胞的作用。免疫系統也使用的抗體的功效。

Meat Dish

Stir Fried Iberico Pork Collar
With Truffle Chinese Mushroom
松露香菇焗伊比利亚豬頸肉

Vegetable Dish

XO Edamame With Sweet Potato
XO 炒毛豆蕃薯

Carb

Bell Pepper Aglio Olio
彩椒意粉

Beverage

Chrysanthemum Tea
枸杞菊花茶

康樂 Kang Le Kitchen (Non TCM Herbs Recovery Menu) 5TH Day Of The Month



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

LUNCH

Nourishing Soup

Bok Choy Bean Curd Fish Soup 白菜豆腐魚湯

Soup Benefit

Wide variety of vitamins and minerals, as well as antioxidants and fiber that are good for your health. beneficial for heart health, bone health, and thyroid function. Great source of protein.

多種維生素和礦物質，以及對您的健康有益的抗氧化劑和纖維。有益於心臟健康、骨骼健康和甲狀腺功能。蛋白質的重要來源。

Meat Dish

Steamed Minced Pork With Black Fungus
清蒸黑木耳肉碎

Vegetable Dish

Snow Pea & Lily Bub With Macadamia
雪豆百合炒堅果

Rice

Quinoa Rice
小米飯

Beverage

Roasted Barley Tea
麥茶

Dessert

Double Boiled Snow Fungus With Red Dates
銀耳紅棗湯

DINNER

Nourishing Soup

Corn Silk Huai Shan Soup 玉米絲淮山湯

Soup Benefit

Used to treat congestive heart failure, diabetes, high blood pressure, fatigue, and high cholesterol levels. invigorates the spleen and stomach-for deficiency in energy with poor appetite, fatigue, loose stools or chronic diarrhoea.

用於治療充血性心力衰竭、糖尿病、高血壓、疲勞和高膽固醇水平。健脾胃用於氣虛、食慾不振、乏力、便溏或久瀉。

Meat Dish

Steamed Grouper
清蒸石斑

Vegetable Dish

Steam Tofu With Enoki
清蒸金針菇豆腐

Rice

Brown Rice
糙米飯

Beverage

Roasted Barley Tea
麥茶

康樂 Kang Le Kitchen (Non TCM Herbs Recovery Menu) 6TH Day Of The Month



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

LUNCH

Nourishing Soup

Apple And Onion Pork Rib Soup 蘋果洋蔥排骨湯 Soup Benefit

Apples May Be Good for Your Heart.
They're Linked to a Lower Risk of Diabetes.
They May Have Prebiotic Effects and Promote Good
Gut Bacteria.
Substances in Apples May Help Prevent Cancer.

蘋果可能對您的心臟有益。它們與較低的糖尿病風險有關。它們可能具有益生元作用並促進良好的腸道細菌。蘋果中的物質可能有助於預防癌症。

Meat Dish

Pan Seared White Fish With Lemon Cream Sauce
香煎白魚奶油檸檬獎

Vegetable Dish

Cauliflower With Shiitake
花椰燜香菇

Carb

Straw Mushroom Bee Hoon
(草菇素米粉)

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Lotus Root Black Bean Soup 蓮藕黑豆湯 Soup Benefit

Lower your blood sugar and cholesterol
Packed with fiber and complex carbohydrates. These two components work together to help manage your body's cholesterol and blood sugar. Fiber and complex carbohydrates also help maintain a slow and steady digestive process.

降低您的血糖和膽固醇 富含纖維和復合碳水化合物。這兩種成分協同作用，有助於控制您身體的膽固醇和血糖。纖維和復合碳水化合物也有助於維持緩慢而穩定的消化過程。

Meat Dish

Steamed White Radish Lion's Head
With Braised Sauce
白蘿蔔獅子頭

Vegetable Dish

Garlic Sprouts With Lily Bub & Snow Fungus
蒜苗炒百合銀耳

Rice

Tri-Colour Grains
三色飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

Dessert

Red Bean Lily Seed Soup
紅豆蓮子湯

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

7TH Day Of The Month



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

LUNCH

Nourishing Soup

Burdock Black Fungus Vegetable Soup 牛蒡黑木耳菜湯

Soup Benefit

Used to treat colds, cancer, anorexia nervosa, gastrointestinal (GI) complaints, joint pain (rheumatism), gout, bladder infections.

Black fungus offers many benefits, such as protecting your liver, lowering cholesterol, and boosting gut health.

用於治療感冒、癌症、神經性厭食症、胃腸 (GI) 主訴、關節痛 (風濕病)、痛風、膀胱感染。黑木耳具有許多益處，例如保護肝臟、降低膽固醇和促進腸道健康。

Meat Dish

Kyoto Vinaigrette Pork Ribs
京都排骨

Vegetable Dish

Stewed Potato With Lion's Mane Mushroom
燜猴頭菇馬鈴薯

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

Roasted Barley Tea
麥茶

DINNER

Nourishing Soup

Beetroot & Corn Pork Rib Soup 玉米甜菜根排骨湯

Soup Benefit

Beets are highly nutritious and loaded with health-promoting properties. They can support the health of your brain, heart, and digestive system, be a great addition to a balanced diet, help alleviate inflammation, and possibly slow the growth of cancer cells.

甜菜營養豐富，具有促進健康的特性。它們可以支持您的大腦、心臟和消化系統的健康，是均衡飲食的重要補充，提高運動表現，幫助緩解炎症，並可能減緩癌細胞的生長。

Meat Dish

Steamed Sheng Yu With Black Fungus & Cordyceps
Blossom
清蒸虫草花生魚黑木耳

Vegetable Dish

Celery With Minced Meat & Black Fungus
芹菜炒肉碎黑木耳

Rice

Five Grains
五穀飯

Beverage

Roasted Barley Tea
麥茶

康樂 Kang Le Kitchen (Non TCM Herbs Recovery Menu) 8TH Day Of The Month



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

LUNCH

Nourishing Soup

Chinese Mushroom Tofu Soup 豆腐香菇排骨汤

Soup Benefit

Mushrooms are a rich, low calorie source of fiber, protein, and antioxidants. Mitigate the risk of developing serious health conditions, such as Alzheimer's, heart disease, cancer, and diabetes.

含有丰富蛋白质和抗氧化剂、低热量来源。它们还可以降低患严重健康状况的风险，例如阿尔茨海默氏症、心脏病、癌症和糖尿病。

Meat Dish

Seared Pork Steak With Snow Pear Plum Sauce
香煎肉扒雪梨梅醬

Vegetable Dish

Hong Kong Kai Lan With Fish Slice
清炒香港芥蘭魚片

Rice

Rice Berry
紫米飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Mulberry, Longan and Black Bean Soup 桑椹果桂圓黑豆湯

Soup Benefit

Mulberries are rich in vitamin C. A diet rich in vitamin C can limit the risk of developing several types of cancer.

Contains a good amount of potassium, which helps control blood pressure.

桑葚富含維生素 C。富含維生素 C 的飲食可以限制患多種癌症的風險。含有大量鉀，有助於控制血壓。

Meat Dish

Double Boiled Pork Collar
雙燉豬頸肉

Vegetable Dish

Poached Broccoli And Cauliflower
With Yuzu Dressing
花椰柚子醬

Carb

Classic Tomato Macaroni
義大利番茄粉

Beverage

Chrysanthemum Tea
枸杞菊花茶

康樂 Kang Le Kitchen (Non TCM Herbs Recovery Menu) 9TH Day Of The Month



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

LUNCH

Nourishing Soup

Snow Pear Nan Bei Xing Soup 雪梨南北杏湯

Soup Benefit

Help moisten the lungs, relieve dryness in the throat and reduce phlegm. Provides benefit such as micronutrients which are important for cardiovascular health.

幫助潤肺，緩解喉嚨乾燥，化痰。提供益處，例如對心血管健康很重要的微量營養素。

Meat Dish

Japanese Sakana No Nitsuke
日式燜三文魚

Vegetable Dish

Baked Vegetable & Pumpkin With Macadamia
烤金瓜野菜堅果

Rice

Brown Rice
糙米飯

Beverage

Roasted Barley Tea
麥茶

Dessert

Barley Millet With Oats Porridge
薏米燕麥粥

DINNER

Nourishing Soup

Nourishing Saffron Red Dates Soup 紅棗紅花生魚湯

Soup Benefit

Powerful spice high in antioxidants. improved mood and libido. has antioxidants that boosts immunity and has anti-inflammatory and anti-fungal properties.

富含抗氧化劑的強力香料。改善情緒和性慾。具有增強免疫力的抗氧化劑，並具有抗炎和抗真菌特性。

Meat Dish

Fu Zhou Sliced Pork
福州紅糟肉片

Vegetable Dish

Snow Pea With Bean Curd
雪豆炒豆乾

Rice

Barley Millet Rice
薏米飯

Beverage

Roasted Barley Tea
麥茶



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

LUNCH

Nourishing Soup

Chrysanthemum, Pear & Fig Soup 菊花鴨梨無花果湯

Soup Benefit

Treat respiratory problems, high blood pressure, and hyperthyroidism. Reduce inflammation and calm your nerves. High in natural sugars, minerals and soluble fibre.

治療呼吸系統問題、高血壓和甲狀腺功能亢進。減少炎症並鎮靜您的神經。富含天然糖分、礦物質和可溶性纖維。

Meat Dish

Stir Fried Pork Slice With Capsicum
彩椒炒肉片

Vegetable Dish

Celery With Cashew Nut
芹菜炒腰果

Carb

Stir Fry Hokkien Bee Hoon
福建白米粉

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Pork Rib Black Fungus Soup 黑木耳排骨湯

Soup Benefit

Promoting appetite, helping digestion, relieving summer heat, refreshing oneself, promoting blood circulation, and moisturizing skin. Black fungus improve blood circulation.

促進食慾、幫助消化、解暑、提神、活血、潤膚。黑木耳改善血液循環。

Meat Dish

Stir Fried Miso Pork Slice With Cranberries
杏片味噌醬炒肉片

Vegetable Dish

Braised Lotus Root With Gluten & Mushroom
燜蓮藕片香菇麵筋

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

Dessert

Double Boiled Peach Gum With Honey Dates
桃膠蜜棗湯



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

LUNCH

Nourishing Soup

Salmon Corn Soup
玉米三文魚湯

Soup Benefit

High fiber content, it can aid with digestion. It also contains valuable B vitamins, which are important to your overall health. Salmon is also one of the best sources of vitamin B12.

纖維含量高，可以幫助消化。它還含有寶貴的B族維生素，這對您的整體健康很重要。三文魚也是維生素 B12 的最佳來源之一。

Meat Dish

Seared Pork Steak With Truffle Mushroom Sauce
香煎肉扒松露蘑菇醬

Vegetable Dish

Broccoli With Capsicum
香炒西蘭花彩椒

Rice

Five Grains
五穀飯

Beverage

Roasted Barley Tea
麥茶

DINNER

Nourishing Soup

Apple And Pear Pork Rib Soup
蘋果雪梨排骨湯

Soup Benefit

Apples May Be Good for Your Heart.
They're Linked to a Lower Risk of Diabetes.
Apples May Help Prevent Cancer.

蘋果可能對您的心臟有益。它們與較低的糖尿病風險有關。它們可能具有益生元作用並促進良好的腸道細菌。蘋果中的物質可能有助於預防癌症。

Meat Dish

Threadfin In Homemade Sauce
香煎家鄉午魚

Vegetable Dish

Poach Nai Bai With Truffle King Oyster Mushroom
松露奶白杏鮑菇

Rice

Rice Berry
紫米飯

Beverage

Roasted Barley Tea
麥茶



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

LUNCH

Nourishing Soup

Burdock Black Fungus Vegetable Soup 牛蒡黑木耳菜湯

Soup Benefit

Used to treat colds, cancer, anorexia nervosa, gastrointestinal (GI) complaints, joint pain (rheumatism), gout, bladder infections.

Black fungus offers many benefits, such as protecting your liver, lowering cholesterol, and boosting gut health.

用於治療感冒、癌症、神經性厭食症、胃腸 (GI) 主訴、關節痛 (風濕病)、痛風、膀胱感染。黑木耳具有許多益處，例如保護肝臟、降低膽固醇和促進腸道健康。

Meat Dish

Stir Fried Pork Slice With Tangerine Peel
香橘子皮炒肉片

Vegetable Dish

Green Capsicum With Pork Strip
青椒肉絲

Rice

Quinoa Rice
小米飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Beetroot And Corn Soup 甜菜根玉米湯

Soup Benefit

Beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Improved blood flow, lower blood pressure, and increased exercise performance.

甜菜根是纖維、葉酸 (維生素 B9)、錳、鉀、鐵和維生素 C 的重要來源。改善血液流動、降低血壓並提高運動表現。

Meat Dish

Pork Stew With Green Pea
豬肉燜青豆

Vegetable Dish

Chinese Yam With Carrot And Pork Slice
山藥蘿蔔炒肉片

Carb

Traditional Mee Sua
家乡面线

Beverage

Chrysanthemum Tea
枸杞菊花茶



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

LUNCH

Nourishing Soup

Winter Melon Barley Soup 冬瓜薏米湯

Soup Benefit

Praised for its laxative, diuretic, and aphrodisiac properties. It's also believed to provide health benefits ranging from increased energy levels and a sharper mind to smoother digestion and a lower risk of disease.

因其通便、利尿的特性而受到稱讚。它還被認為對健康有益，從增加能量水平和更敏銳的頭腦到更順暢的消化和更低的疾病風險。

Meat Dish

Pan Seared Snow Cod Fillet With Yuzu Sauce
香煎柚子雪魚

Vegetable Dish

Stew Chinese Cabbage With Gluten
白菜燜麵筋

Rice

Barley Millet Rice
薏米飯

Beverage

Roasted Barley Tea
麥茶

Dessert

Detox Green Bean Lily Bub Soup
綠豆百合湯

DINNER

Nourishing Soup

Bittergourd Soya Tofu Soup 苦瓜黃豆豆腐湯

Soup Benefit

Rich source of soluble fiber and is low in glycemic index, which helps in lowering the blood sugar level. It is an excellent source of dietary fiber. Regular consumption of bitter gourd contributes to relieving constipation and indigestion.

富含可溶性纖維，升糖指數低，有助於降低血糖水平。它是膳食纖維的極好來源。經常食用苦瓜有助於緩解便秘和消化不良。

Meat Dish

Bulgogi Pork Slice
韓式燒醬豬肉片

Vegetable Dish

Braised Bean Curd With Chayote & Mushroom
燜佛手瓜香菇豆乾

Rice

Tri-Colour Grains
三色飯

Beverage

Roasted Barley Tea
麥茶

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

14TH Day Of The Month



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

LUNCH

Nourishing Soup

Cordyceps Blossom Pork Rib Soup 虫草花排骨湯 Soup Benefit

Renowned for its immune-boosting properties as well as its role in promoting healthy cognitive function, cordyceps flower helps strengthen your immune and respiratory system, reduce fatigue and revitalise your body with its anti-ageing properties.

冬蟲夏草花以其增強免疫的特性以及促進健康認知功能的作用而聞名，它的抗衰老特性有助於增強您的免疫和呼吸系統，減少疲勞並讓您的身體恢復活力。

Meat Dish

Braised Minced Pork With
Lotus Root & Bitter gourd Slice
紅燒釀蓮藕苦瓜片

Vegetable Dish

Steamed Tofu With Snow Fungus
清蒸銀耳豆腐

Carb

Bell Pepper Aglio Olio
彩椒意粉

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Lion's Mane Soup 猴頭菇湯

Soup Benefit

Protect against dementia, reduce mild symptoms of anxiety and depression and help repair nerve damage.

It also has strong anti-inflammatory, antioxidant and immune-boosting abilities and been shown to lower the risk of heart disease, cancer, ulcers and diabetes.

防癡呆，減輕焦慮和抑鬱的輕微症狀，並有助於修復神經損傷。它還具有很強的抗炎、抗氧化和增強免疫能力，並已被證明可以降低患心臟病、癌症、潰瘍和糖尿病的風險。

Meat Dish

Pan Seared Salmon With Plum Sauce
香煎三文魚香梅醬

Vegetable Dish

XO French Bean With Macadamia
XO 堅果四季豆

Rice

Five Grains
五穀飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

Dessert

Eight Treasure Soup
八寶湯



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

LUNCH

Nourishing Soup

Barley Tangerine Peel Pork Rib Soup 薏米仁橘皮排骨湯 Soup Benefit

Tangerines can improve digestion, regulate blood pressure, protect heart, and reduce risk for cancer, diabetes. Insoluble and soluble fibre content improves digestion. Beta-glucans may help lower cholesterol.

橘子可以改善消化、調節血壓、保護心臟並降低患癌症和糖尿病的風險。不溶性和可溶性纖維含量可改善消化。β-葡聚糖可能有助於降低膽固醇。

Meat Dish

Steamed Pork Slices With Sow Fungus & Wolfberry
云耳枸杞蒸肉片

Vegetable Dish

Broccoli With Gluten And King Oyster
Mushroom
香炒西蘭花麵筋杏鮑菇

Rice

Rice Berry
紫米飯

Beverage

Roasted Barley Tea
麥茶

DINNER

Nourishing Soup

Old Cucumber Lotus Root Soup 老黃瓜蓮藕湯 Soup Benefit

Remedy in Cantonese culture to detoxify the digestive tract, help soothe sore throats and coughs, and contribute anti-aging benefits. Decrease swelling, kill cancer cells and bacteria, reduce blood sugar.

廣東文化中的偏方，可排毒消化道，幫助緩解喉嚨痛和咳嗽，並有助於抗衰老。消腫，殺死癌細胞和細菌，降低血糖。

Meat Dish

Stir Fried Sheng Yu With Onion And Ginger
姜蔥生魚片

Vegetable Dish

Shanghai Green With Shiitake
上海青炒香菇

Rice

Quinoa Rice
小米飯

Beverage

Roasted Barley Tea
麥茶



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

LUNCH

Nourishing Soup

Huai Shan Luffa Gourd Soup
淮山絲瓜湯

Soup Benefit

Healing liver problems, blood detoxication, joint-related issues, and to support kidneys function.
Great for arthritis pain & muscle pain.

治癒肝臟問題、血液解毒、關節相關問題並支持腎臟功能。非常適合關節炎疼痛和肌肉疼痛。

Meat Dish

Pan Seared Salmon With Corn Cream Sauce
香煎三文魚玉米醬

Vegetable Dish

Chinese Cabbage With King Oyster Mushroom
香炒白菜杏鮑菇

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Kelp Arrowhead Pork Slice
Soup
海帶慈姑肉片湯

Soup Benefit

Strongly tonifies both Qi and Blood and nourishes the Yin too. Suitable for: Those with Qi and Blood deficiency.

強補氣血，滋陰。適用人群：氣血不足者。

Meat Dish

Slow Cooked Teriyaki Pork Rib With Vegetable
慢煮日式排骨

Vegetable Dish

Spinach With White Bait
菠菜炒白飯魚

Carb

Straw Mushroom Bee Hoon
(草菇素米粉)

Beverage

Chrysanthemum Tea
枸杞菊花茶

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

17TH Day Of The Month



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

LUNCH

Nourishing Soup

ABC Nourishing Soup

ABC 滋補湯

Soup Benefit

Appetite nourishing soup. Light and refreshing on your tummy. Packed with nutrients and mineral. With a slight after taste of gentle sweetness, goodness all packed into a bowl.

開胃滋補湯。在您的肚子上清涼清爽。富含營養和礦物質。帶著淡淡的藥草味，把美好都裝進碗裡。

Meat Dish

Stir Fried Miso Pork With Chestnut

日式味噌炒馬蹄肉片

Vegetable Dish

Seasonal Vege With Beancurd In Lemongrass sauce

時蔬豆干炒香茅醬

Rice

Tri-Colour Grains

三色飯

Beverage

Roasted Barley Tea

麥茶

Dessert

Red Bean Lily Seed Soup

紅豆蓮子湯

DINNER

Nourishing Soup

Chinese Yam And Shiitake

Soup

山藥香菇湯

Soup Benefit

Great source of anti-oxidant.

Help with diabetes, by modulating oxidative stress and lipid profiles. Excellent soup for supporting the lung qi and lung yin. Help immune system. Have anti-inflammatory properties.

抗氧化劑的重要來源。通過調節氧化應激和脂質分佈來幫助治療糖尿病。養肺佳湯 氣和肺陰。幫助免疫系統。具有抗炎特性。

Meat Dish

Steamed Snow Cod With Spinach

小家碧玉

Vegetable Dish

Hong Kong Kai Lan With Gingko

清炒白果香港芥蘭

Rice

Brown Rice

糙米飯

Beverage

Roasted Barley Tea

麥茶



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

LUNCH

Nourishing Soup

Snow Fungus, Lou Han Gou
Pork Rib Soup
銀耳羅漢果排骨湯

Soup Benefit

Improves and enhances the action of a type of white blood cell. efficacy of antibodies which are also used by the immune system.

改善和增強一種白細胞的作用。免疫系統也使用的抗體的功效。

Meat Dish

Sweet & Sour Fish
酸甜魚片

Vegetable Dish

XO Edamame With Sweet Potato
XO 炒毛豆蕃薯

Carb

Classic Tomato Macaroni
義大利番茄粉

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Haw Black Fungus and Bean
Soup
山楂黑木耳黑豆湯

Soup Benefit

Used to treat both low blood pressure and high blood pressure. Help circulation in swollen legs and feet protecting liver, lowering cholesterol, and boosting gut health. Packed with fiber and antioxidants.

用於治療低血壓和高血壓。幫助腫脹的腿腳循環，保護肝臟，降低膽固醇，促進腸道健康。富含纖維和抗氧化劑。

Meat Dish

Stir Fried Pork Slice With Cordyceps Blossom
虫草花炒肉片

Vegetable Dish

Seasonal Green With Lion's Mane Mushroom
猴頭菇炒時菜

Rice

Rice Berry
紫米飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

Dessert

Snow Pear Chuan Bei Soup
雪梨川貝湯

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

19TH Day Of The Month



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

LUNCH

Nourishing Soup

Corn Silk Huai Shan Soup 玉米絲淮山湯

Soup Benefit

Used to treat congestive heart failure, diabetes, high blood pressure, fatigue, and high cholesterol levels. invigorates the spleen and stomach-for deficiency in energy with poor appetite, fatigue, loose stools or chronic diarrhoea.

用於治療充血性心力衰竭、糖尿病、高血壓、疲勞和高膽固醇水平。健脾胃用於氣虛、食慾不振、乏力、便溏或久瀉。

Meat Dish

Steamed Grouper
清蒸石斑

Vegetable Dish

Steam Tofu With Enoki
清蒸金針菇豆腐

Rice

Quinoa Rice
小米飯

Beverage

Roasted Barley Tea
麥茶

DINNER

Nourishing Soup

Mustard Green Sweet Potato Sheng Yu Soup 芥菜蕃薯魚湯

Soup Benefit

Contain many health-boosting antioxidants like beta carotene, which can protect your skin and lower risk factors of diabetes.

Rich source of fibre as well as containing an array of vitamins and minerals.

含有許多促進健康的抗氧化劑，如β-胡蘿蔔素，可以保護您的皮膚並降低患糖尿病的危險因素。豐富的纖維來源以及多種維生素和礦物質。

Meat Dish

Braised Pork Collar With Sesame Oil
麻油燜豬頸肉

Vegetable Dish

Chinese Yam With Lotus Root & Black Fungus
山藥蓮藕炒黑木耳

Rice

Brown Rice
糙米飯

Beverage

Roasted Barley Tea
麥茶



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

LUNCH

Nourishing Soup

Lotus Root Black Bean Soup 蓮藕黑豆湯

Soup Benefit

Lower your blood sugar and cholesterol
Packed with fiber and complex carbohydrates. These two components work together to help manage your body's cholesterol and blood sugar. Fiber and complex carbohydrates also help maintain a slow and steady digestive process.

降低您的血糖和膽固醇 富含纖維和復合碳水化合物。這兩種成分協同作用，有助於控制您身體的膽固醇和血糖。纖維和復合碳水化合物也有助於維持緩慢而穩定的消化過程。

Meat Dish

Steamed White Radish Lion's Head
With Braised Sauce
白蘿蔔獅子頭

Vegetable Dish

Garlic Sprouts With Lily Bud & Snow Fungus
蒜苗炒百合銀耳

Rice

Barley Millet Rice
薏米飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Kelp Arrowhead Pork Slice Soup 海帶慈姑肉片湯

Soup Benefit

High in antioxidants, including carotenoids and flavonoids, which help fight against disease-causing free radicals. Filled with iron that helps to enhance oxygen distribution throughout our body, keeping us more energetic and maintaining a healthy level of immunity.

富含抗氧化劑，包括類胡蘿蔔素和類黃酮，有助於對抗引起疾病的自由基。富含鐵質，有助於增強整個身體的氧氣分佈，使我們更有活力並保持健康的免疫力水平。

Meat Dish

Steamed Salmon With Snow Fungus and
Ginkgo
清蒸銀耳三文魚

Vegetable Dish

Braised Tofu With Minced Meat
肉香豆腐

Carb

Stir Fry Hokkien Bee Hoon
福建白米粉

Beverage

Chrysanthemum Tea
枸杞菊花茶

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

21ST Day Of The Month



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

LUNCH

Nourishing Soup

Beetroot & Corn Pork Rib Soup 玉米甜菜根排骨湯

Soup Benefit

Relieve dry throat or dry hearty coughs with scanty sticky phlegm due to yin deficiency in the lung. Moistens the lungs and nourishes the stomach by clearing heat.

用於肺陰虛所致的咽乾燥熱咳嗽，痰少粘稠。
清熱潤肺，養胃。

Meat Dish

Steamed Sheng Yu With Black Fungus & Cordyceps Blossom
清蒸虫草花生魚黑木耳

Vegetable Dish

Celery With Minced Meat & Black Fungus
芹菜炒肉碎黑木耳

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

Roasted Barley Tea
麥茶

Dessert

Double Boiled Peach Gum With Honey Dates
桃膠蜜棗湯

DINNER

Nourishing Soup

Bok Choy BeanCurd Fish Soup 白菜豆腐魚湯

Soup Benefit

Wide variety of vitamins and minerals, as well as antioxidants and fiber that are good for your health. Beneficial for heart health, bone health, and thyroid function. Great source of protein.

多種維生素和礦物質，以及對您的健康有益的抗氧化劑和纖維。有益於心臟健康、骨骼健康和甲狀腺功能。蛋白質的重要來源。

Meat Dish

Steamed Minced Pork With Black Fungus
清蒸黑木耳肉碎

Vegetable Dish

Snow Pea & Lily Bub With Macadamia
雪豆百合炒堅果

Rice

Five Grains
五穀飯

Beverage

Roasted Barley Tea
麥茶



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

LUNCH

Nourishing Soup

Snow Fungus Snow Pear Soup 雪梨白木耳汤

Soup Benefit

To nourish and improve appetite. Moisten the lungs and throat. Reduce dryness and make breathing more refreshing.

以滋養和改善食慾。潤肺潤喉。減少干燥，讓呼吸更清爽。

Meat Dish

Braised Stuffed Gluten With Homemade Sauce
家鄉釀麵筋

Vegetable Dish

Luffa Gourd With Minced Meat
絲瓜炒肉碎

Carb

Traditional Mee Sua
家乡面线

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Apple And Onion Pork Rib Soup

蘋果洋蔥排骨湯 Soup Benefit

Apples May Be Good for Your Heart.
They're Linked to a Lower Risk of Diabetes.
They May Have Prebiotic Effects and Promote
Good Gut Bacteria.
Substances in Apples May Help Prevent Cancer.

蘋果可能對您的心臟有益。它們與較低的糖尿病風險有關。它們可能具有益生元作用並促進良好的腸道細菌。蘋果中的物質可能有助於預防癌症。

Meat Dish

Pan Seared White Fish With Lemon Cream Sauce
香煎白魚奶油檸檬醬

Vegetable Dish

Cauliflower With Shiitake
花椰燜香菇

Rice

Quinoa Rice
小米飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

Dessert

Black Glutinous Rice Dried Longan Dessert
黑糯米桂圓湯

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

23RD Day Of The Month



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

LUNCH

Nourishing Soup

Mulberry, Longan and
Black Bean Soup
桑椹果桂圓黑豆湯

Soup Benefit

Mulberries are rich in vitamin C. A diet rich in vitamin C can limit the risk of developing several types of cancer. Contains a good amount of potassium, which helps control blood pressure.

桑葚富含維生素C。富含維生素C的飲食可以限制患多種癌症的風險。含有大量鉀，有助於控制血壓。

Meat Dish

Steamed Grouper HK Style With Tofu
港蒸豆腐石斑魚

Vegetable Dish

Snow Pea With Bean Curd
雪豆炒豆乾

Rice

Brown Rice
糙米飯

Beverage

Roasted Barley Tea
麥茶

DINNER

Nourishing Soup

Burdock Black Fungus
Vegetable Soup
牛蒡黑木耳菜湯

Soup Benefit

Used to treat colds, cancer, anorexia nervosa, gastrointestinal (GI) complaints, joint pain (rheumatism), gout, bladder infections.

Black fungus offers many benefits, such as protecting your liver, lowering cholesterol, and boosting gut health.

用於治療感冒、癌症、神經性厭食症、胃腸 (GI) 主訴、關節痛 (風濕病)、痛風、膀胱感染。黑木耳具有許多益處，例如保護肝臟、降低膽固醇和促進腸道健康。

Meat Dish

Stir Fried Black Bean Pork
黑豆炒豬肉

Vegetable Dish

Stewed Potato With Lion's Mane Mushroom
燜猴頭菇馬鈴薯

Rice

Barley Millet Rice
薏米飯

Beverage

Roasted Barley Tea
麥茶



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

LUNCH

Nourishing Soup

Nourishing Saffron Red Dates Soup 紅棗紅花生魚湯

Soup Benefit

Powerful spice high in antioxidants, improved mood and libido. has antioxidants that boosts immunity and has anti-inflammatory and anti-fungal properties.

富含抗氧化劑的強力香料。改善情緒和性慾。具有增強免疫力的抗氧化劑，並具有抗炎和抗真菌特性。

Meat Dish

Stir Fried Sesame Pork Slice With Apricot
杏片芝麻醬炒肉片

Vegetable Dish

Braised Lotus Root With Gluten & Mushroom
燜蓮藕片香菇麵筋

Rice

Tri-Colour Grains
三色飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Chinese Mushroom Tofu Soup 豆腐香菇排骨湯

Soup Benefit

Mushrooms are a rich, low calorie source of fiber, protein, and antioxidants. Mitigate the risk of developing serious health conditions, such as Alzheimer's, heart disease, cancer, and diabetes.

含有丰富蛋白质和抗氧化剂、低热量来源。它们还可以降低患严重健康状况的风险，例如阿尔茨海默氏症、心脏病、癌症和糖尿病。

Meat Dish

Seared Pork Steak With Snow Pear Plum Sauce
香煎肉扒雪梨梅醬

Vegetable Dish

Hong Kong Kai Lan With Fish Slice
清炒香港芥蘭魚片

Carb

Bell Pepper Aglio Olio
彩椒意粉

Beverage

Chrysanthemum Tea
枸杞菊花茶

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

25TH Day Of The Month



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

LUNCH

Nourishing Soup

Pork Rib Black Fungus Soup
黑木耳排骨湯

Soup Benefit

Promoting appetite, helping digestion, relieving summer heat, refreshing oneself, promoting blood circulation, and moisturizing skin. Black fungus improve blood circulation.

促進食慾、幫助消化、解暑、提神、活血、潤膚。黑木耳改善血液循環。

Meat Dish

Stir Fried Chinese Yam With Pork Cube
山藥炒肉丁

Vegetable Dish

Poach Nai Bai With Truffle King Oyster Mushroom
松露奶白杏鮑菇

Rice

Five Grains
五穀飯

Beverage

Roasted Barley Tea
麥茶

Dessert

Eight Treasure Soup
八寶湯

DINNER

Nourishing Soup

Snow Pear Nan Bei Xing Soup
雪梨南北杏湯

Soup Benefit

Help moisten the lungs, relieve dryness in the throat and reduce phlegm. Provides benefit such as micronutrients which are important for cardiovascular health.

幫助潤肺，緩解喉嚨乾燥，化痰。提供益處，例如對心血管健康很重要的微量營養素。

Meat Dish

Mediterranean Seared White Fish
With Fresh Tomato Sauce
地中海白魚番茄醬

Vegetable Dish

Baked Vegetable & Pumpkin With Macadamia
烤金瓜野菜堅果

Rice

Rice Berry
紫米飯

Beverage

Roasted Barley Tea
麥茶

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

26TH Day Of The Month



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

LUNCH

Nourishing Soup

Beetroot And Corn Soup

甜菜根玉米湯

Soup Benefit

Beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Improved blood flow, lower blood pressure, and increased exercise performance.

甜菜根是纖維、葉酸（維生素 B9）、錳、鉀、鐵和維生素 C 的重要來源。改善血液流動、降低血壓並提高運動表現。

Meat Dish

Pork Stew With Green Pea

豬肉燜青豆

Vegetable Dish

Chinese Yam With Carrot And Pork Slice

山藥蘿蔔炒肉片

Carb

Straw Mushroom Bee Hoon

(草菇素米粉)

Beverage

Chrysanthemum Tea

枸杞菊花茶

DINNER

Nourishing Soup

Chrysanthemum, Pear & Fig

Soup

菊花鴨梨無花果湯

Soup Benefit

Treat respiratory problems, high blood pressure, and hyperthyroidism. Reduce inflammation and calm your nerves. High in natural sugars, minerals and soluble fibre.

治療呼吸系統問題、高血壓和甲狀腺功能亢進。減少炎症並鎮靜您的神經。富含天然糖分、礦物質和可溶性纖維。

Meat Dish

Stir Fried Pork Slice With Capsicum

彩椒炒肉片

Vegetable Dish

Celery With Cashew Nut

芹菜炒腰果

Rice

Brown Rice

糙米飯

Beverage

Chrysanthemum Tea

枸杞菊花茶

Dessert

Double Boiled Snow Fungus With Red Dates

銀耳紅棗湯

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

27TH Day Of The Month



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

LUNCH

Nourishing Soup

Apple And Pear Pork Rib Soup 蘋果雪梨排骨湯

Soup Benefit

Apples May Be Good for Your Heart.
They're Linked to a Lower Risk of Diabetes.
Apples May Help Prevent Cancer.

蘋果可能對您的心臟有益。它們與較低的糖尿病風險有關。它們可能具有益生元作用並促進良好的腸道細菌。蘋果中的物質可能有助於預防癌症。

Meat Dish

Pan Seared Salmon With Plum Sauce
香煎三文魚香梅醬

Vegetable Dish

Braised Bean Curd With Chayote & Mushroom
燜佛手瓜香菇豆乾

Rice

Barley Millet Rice
薏米飯

Beverage

Roasted Barley Tea
麥茶

DINNER

Nourishing Soup

Salmon Corn Soup 玉米三文魚湯

Soup Benefit

High fiber content, it can aid with digestion. It also contains valuable B vitamins, which are important to your overall health. Salmon is also one of the best sources of vitamin B12.

纖維含量高，可以幫助消化。它還含有寶貴的B族維生素，這對您的整體健康很重要。三文魚也是維生素B12的最佳來源之一。

Meat Dish

Seared Pork Steak With Truffle Mushroom Sauce
香煎肉扒松露蘑菇醬

Vegetable Dish

Broccoli With Capsicum
香炒西蘭花彩椒

Rice

Tri-Colour Grains
三色飯

Beverage

Roasted Barley Tea
麥茶

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

28TH Day Of The Month



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

LUNCH

Nourishing Soup

Bittergourd Soya Tofu Soup 苦瓜黃豆豆腐湯

Soup Benefit

Rich source of soluble fiber and is low in glycemic index, which helps in lowering the blood sugar level. It is an excellent source of dietary fiber. Regular consumption of bitter gourd contributes to relieving constipation and indigestion.

富含可溶性纖維，升糖指數低，有助於降低血糖水平。它是膳食纖維的極好來源。經常食用苦瓜有助於緩解便秘和消化不良。

Meat Dish

Slow Braised Iberico Pork With Potato
清燉土豆伊比利亞豬肉

Vegetable Dish

XO French Bean With Macadamia
XO 堅果四季豆

Rice

Quinoa Rice
小米飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Winter Melon Barley Soup 冬瓜薏米湯

Soup Benefit

Praised for its laxative, diuretic, and aphrodisiac properties. It's also believed to provide health benefits ranging from increased energy levels and a sharper mind to smoother digestion and a lower risk of disease.

因其通便、利尿的特性而受到稱讚。它還被認為對健康有益，從增加能量水平和更敏銳的頭腦到更順暢的消化和更低的疾病風險。

Meat Dish

Pan Seared Snow Cod Fillet With Yuzu Sauce
香煎柚子雪魚

Vegetable Dish

Green Capsicum With Pork Strip
青椒肉絲

Carb

Classic Tomato Macaroni
義大利番茄粉

Beverage

Chrysanthemum Tea
枸杞菊花茶



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

LUNCH

Nourishing Soup

Lion's Mane Pork Rib Soup

猴頭菇湯

Soup Benefit

Protect against dementia, reduce mild symptoms of anxiety and depression and help repair nerve damage. It also has strong anti-inflammatory, antioxidant and immune-boosting abilities and been shown to lower the risk of heart disease, cancer, ulcers and diabetes.

預防癡呆，減輕焦慮和抑鬱的輕微症狀，並有助於修復神經損傷。它還具有很強的抗炎、抗氧化和增強免疫能力，並已被證明可以降低患心臟病、癌症、潰瘍和糖尿病的風險。

Meat Dish

Stir Fried Sheng Yu With Onion And Ginger
姜蔥生魚片

Vegetable Dish

Shanghai Green With Shiitake
上海青炒香菇

Rice

Tri-Colour Grains
三色飯

Beverage

Roasted Barley Tea
麥茶

Dessert

Snow Pear Chuan Bei Soup
雪梨川貝湯

DINNER

Nourishing Soup

Cordyceps Blossom Pork Rib

Soup

虫草花排骨湯

Soup Benefit

Renowned for its immune-boosting properties as well as its role in promoting healthy cognitive function, cordyceps flower helps strengthen your immune and respiratory system, reduce fatigue and revitalise your body with its anti-ageing properties.

冬蟲夏草花以其增強免疫的特性以及促進健康認知功能的作用而聞名，它的抗衰老特性有助於增強您的免疫和呼吸系統，減少疲勞並讓您的身體恢復活力。

Meat Dish

Stir Fried Pork Slice With Tangerine Peel
香橘子皮炒肉片

Vegetable Dish

Stew Chinese Cabbage With Gluten
白菜燜麵筋

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

Roasted Barley Tea
麥茶

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

30TH Day Of The Month



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

LUNCH

Nourishing Soup

Old Cucumber Lotus Root Soup

老黃瓜蓮藕湯

Soup Benefit

Remedy in Cantonese culture to detoxify the digestive tract, help soothe sore throats and coughs, and contribute anti-aging benefits. Decrease swelling, kill cancer cells and bacteria, reduce blood sugar.

廣東文化中的偏方，可排毒消化道，幫助緩解喉嚨痛和咳嗽，並有助於抗衰老。消腫，殺死癌細胞和細菌，降低血糖。

Meat Dish

Double Boiled Pork Collar
雙燉豬頸肉

Vegetable Dish

Poached Broccoli And Cauliflower With Yuzu
Dressing
花椰柚子醬

Carb

Stir Fry Hokkien Bee Hoon
福建白米粉

Beverage

Chrysanthemum Tea
枸杞菊花茶

DINNER

Nourishing Soup

Burdock Black Fungus Vegetable Soup 牛蒡黑木耳菜湯

Soup Benefit

Used to treat colds, cancer, anorexia nervosa, gastrointestinal (GI) complaints, joint pain (rheumatism), gout, bladder infections.

Black fungus offers many benefits, such as protecting your liver, lowering cholesterol, and boosting gut health.

用於治療感冒、癌症、神經性厭食症、胃腸 (GI) 主訴、關節痛 (風濕病)、痛風、膀胱感染。黑木耳具有許多益處，例如保護肝臟、降低膽固醇和促進腸道健康。

Meat Dish

Braised Minced Pork With
Lotus Root & Bitter gourd Slice
紅燒釀蓮藕苦瓜片

Vegetable Dish

Steamed Tofu With Snow Fungus
清蒸銀耳豆腐

Rice

Rice Berry
紫米飯

Beverage

Chrysanthemum Tea
枸杞菊花茶

Dessert

Barley Millet With Oats Porridge
薏米燕麥粥

康樂 Kang Le Kitchen

(Non TCM Herbs Recovery Menu)

31ST Day Of The Month



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

LUNCH

Nourishing Soup

Kelp Arrowhead Pork Slice
Soup
海帶慈姑肉片湯

Soup Benefit

High in antioxidants, including carotenoids and flavonoids, which help fight against disease-causing free radicals. Filled with iron that helps to enhance oxygen distribution throughout our body, keeping us more energetic and maintaining a healthy level of immunity.

富含抗氧化劑，包括類胡蘿蔔素和類黃酮，有助於對抗引起疾病的自由基。富含鐵質，有助於增強整個身體的氧氣分佈，使我們更有活力並保持健康的免疫力水平。

Meat Dish

Threadfin In Homemade Sauce
香煎家鄉午魚

Vegetable Dish

Spinach With White Bait
菠菜炒白飯魚

Rice

Quinoa Rice
小米飯

Beverage

Roasted Barley Tea
麥茶

DINNER

Nourishing Soup

Snow Fungus Snow Pear Soup
雪梨白木耳湯

Soup Benefit

To nourish and improve appetite. Moisten the lungs and throat. Reduce dryness and make breathing more refreshing.

以滋養和改善食慾。潤肺潤喉。減少干燥，讓呼吸更清爽。

Meat Dish

Slow Cooked Teriyaki Pork Rib With Vegetable
慢煮日式排骨

Vegetable Dish

Luffa Gourd With Minced Meat
絲瓜炒肉碎

Rice

Brown Rice
糙米飯

Beverage

Roasted Barley Tea
麥茶