

輕盈の選

Light Choice



奉送熱飲 (凍飲或罐裝飲品 +\$3)
Come with Normal Drink / + \$3 for Iced Drink

A1

任擇一款：Choose one:

\$37

粟米火腿通粉 / 炸菜肉絲米粉 / 牛奶麥皮 / 雪菜素肉絲米粉 / 雜菜沙律

Macaroni with Ham & Corn / Rice Vermicelli with Preserved Vegetable & Pork / Oatmeal /
Rice Vermicelli with Salted Vegetable & Soy Pork(veg) / Vegetable Salad (Choose one)

任擇兩款：Choose two:

雙火腿、雙腸仔、雙煙肉、雙煎蛋、雙焗蛋

Double Ham / Double Sausages / Double Bacon / Double Fried Egg /
Double Boiled Egg (Choose two)

A2

牛油方飽 Bread with Butter



match
with

任擇兩款：Choose two:

\$34

雙火腿、雙腸仔、雙煙肉、雙煎蛋、雙焗蛋

Double Ham / Double Sausages / Double Bacon / Double Fried egg /
Double Boiled egg (Choose two)

A3

早晨薯餅餐

需等候10-15分鐘
wait 10-15 mins

Hash Brown with

任擇一款：Choose one:

\$31

雙火腿、雙腸仔、雙煙肉、雙煎蛋、雙焗蛋

Double Ham / Double Sausages / Double Bacon / Double Fried egg /
Double Boiled egg (Choose one)

A4

招牌豬扒公仔麵

需等候10-15分鐘
wait 10-15 mins

轉出前一丁+\$4
+\$4 for Nissin Noodles

Panfried Pork Chop with Noodles

\$39

配搭の選 ~Match Set~

需等候10-15分鐘
wait 10-15 mins

奉送熱飲 (凍飲或罐裝飲品 +\$3)
Come with Normal Drink / + \$3 for Iced Drink

C1 吉列豬扒 Pork Chop Cutlet

C2 煎豬扒 Panfried Pork Chop

C3 吉列魚柳 Fish Cutlet

C4 嫩滑煎雞扒 Chicken Tender

\$39

配任擇一款： Choose one:

雙火腿、雙腸仔、雙煙肉、雙煎蛋、雙焗蛋

Come with Double Ham / Double Sausages / Double Bacon /
Double Fried egg / Double Boiled egg (Choose one)



牛油方飽 Bread with Butter

match with

追加

惠顧各款套餐，即可自選追加以下一款：
Order one for one main dish

~Additional Order~

F1 粟米火腿通粉 Macaroni with Ham & Corn

F2 牛奶麥皮 Oatmeal

F3 牛奶粟米片 Cornflakes



F4 雪菜素肉絲米粉 Salted Vegetable & Soy Pork with Rice Vermicelli (Veg)

F5 炸菜肉絲米粉 Preserved Vegetable & Pork with Rice Vermicelli



F6 芝麻醬雜菜沙律 Vegetable Salad in Sesame Dressing (Veg)

F7 即炸薯餅 Hash Brown

F8 奶油脆豬 (1件) Toasted Crisp Roll with Butter & Condensed Milk

F9 奶醬脆豬 (1件) Toasted Crisp Roll with Peanut Butter & Condensed Milk

F10 各款乳酪 (1杯) Yogurt (various)

價錢

Price

\$8

\$8

\$8

\$8

\$8

\$8

\$8

\$5

\$5

\$9

健怡沙律餐

Salad Choice

奉送熱飲 (凍飲或罐裝飲品 +\$3)

Come with Normal Drink / + \$3 for Iced Drink

D1 芝麻醬雜菜沙律

Vegetable Salad in Sesame Dressing



match
with

牛油方飽 / 奶油脆豬 (1件)

Butter Bread / Toasted Crisp Roll with Butter & Condensed Milk (1pc)

任擇一款：Choose one:

牛奶麥皮

Oatmeal

牛奶粟米片

Cornflakes

即炸薯餅

Hash Brown

各款乳酪

Yogurt (various)

\$35

三文治の選

Sandwich

奉送熱飲

(凍飲或罐裝飲品 +\$3)

Come with Normal Drink / + \$3 for Iced Drink

E2 火腿炒蛋治

Ham & Scrambled Egg

(烘底+\$1)*脆豬除外
(Toasted + \$1)

\$30

E3 吞拿魚治

Tuna Fish

\$30

E4 芝士火腿治

Ham & Cheese

\$30

E5 奶油飽

Bread with Butter & Condensed Milk

\$25

E6 奶醬飽

Bread with Peanut Butter & Condensed Milk

\$25

E7 奶油脆豬 (2件)

Toasted Crisp Roll with Butter & Condensed Milk (2pcs)

\$25

E8 奶醬脆豬 (2件)

Toasted Crisp Roll with Peanut Butter & Condensed Milk (2pcs)

\$25

湯麵の選

~Noodle Choice~



奉送熱飲 (凍飲或罐裝飲品 +\$3)
Come with Normal Drink / + \$3 for Iced Drink

B1 沙嗲牛肉麵

Beef Satay Sauce with Noodles

B2 五香肉丁麵

Spiced Diced Pork with Noodles

B3 炸菜肉絲米粉

Preserved Vegetable & Pork with Rice Vermicelli

B4 雪菜素肉絲米粉 (Veg)

Salted Vegetable & Soy Pork with Rice Vermicelli (veg)

B5 粟米火腿通粉

Ham & Corn with Macaroni



以上配火腿煎蛋及牛油方飽

*Come with Fried Egg, Ham & Bread with Butter

+  **多士**

(+\$2 for Toast)

轉出前一丁+\$4

(+\$4 for Nissin Noodles)

\$39

供應時間: 11:00-14:30
Serving time: 11:00-14:30

都大午餐 MU Lunch

手打鴨屎香

檸檬茶

Handmade Yashi
Xiang Lemon Tea

跟餐 +\$6
with set
原點 \$16
Normal price



The Forest
serve with heart

外賣+\$1 Take away +\$1



奉送熱飲 (凍飲或罐裝飲品 跟餐 +\$3)
Come with Normal Drink / + \$3 for Iced Drink

少飯減 \$1

Less Rice for \$1 Less

A 洋蔥豬扒併火腿脆皮腸 <配白飯/意粉> \$56

Pork chop, ham & sausage in onion sauce with rice/spaghetti

B 香滑溜心蛋芝士焗免治牛肉飯 \$56

Baked minced beef & soft-boiled egg with rice

C 日式醬油鯖魚丼飯 \$56

Bowl rice with mackerel in shoyu sauce

D 炸菜蒸魚柳飯 \$54

Steam fish fillet & pickled mustard with rice

E 沙薑雞脾飯 \$54

Rice with chicken thigh in sand ginger sauce

F 金沙鹹蛋黃火腿蝦仁炒飯 \$54

Fried rice with ham, shrimp & salted egg yolk

G 三色椒豉汁魚柳飯 \$54

Rice with fish fillet & peppers in soy sauce

追加項目: Additional Order



M1 是日餐湯 \$7
Daily soup

M2 芒果布甸 \$7
Mango pudding

M5 芝麻醬雜菜沙律 \$7
Vegetable salad in sesame dressing

M6 腐乳生菜 \$16
Lettuce with fermented bean curd

M7 蠔油菜芯 \$16
Choy sum with oyster sauce

M8 炸單骨雞翼 (4件) \$20
Deepfried half-cut chicken wings with cumin (4pcs)

下午茶餐

Tea Set



TheForest
serve with heart

外賣+\$1 Take away+\$1

奉送熱飲 凍飲/罐裝飲品+\$3

Come with Normal Drink / +\$3 for Iced Drink



T210 脆脆奶油西多士
French toast with condensed sweet milk
\$36



T700 原隻炸雞脾
Deepfried whole chicken thigh
\$39

地道小食

T301 咖喱魚蛋(7件) **\$16**
Fish balls in curry

T302 豉油皇燒賣(7件) **\$16**
Siu Mai in soy sauce



常餐

Daily Set

- T501 沙嗲牛肉麵**
Beef Satay Sauce with Noodles
- T502 五香肉丁麵**
Spiced Diced Pork with Noodles
- T503 炸菜肉絲米粉**
Preserved Vegetable & Pork with Rice Vermicelli
- T504 粟米火腿通粉**
Rice & Corn with Macaroni

\$44

任選一款
(Pick one)

(轉出前一丁+\$4)
(Add one more for \$4)

配
Come with

火腿煎蛋及方飽 (轉多士+\$2)
Fried Egg, Ham & Bread with Butter (+\$2 for Toast)

三文治の選

Two more sandwich choices

- T101 火腿炒蛋治** **\$30**
Ham & Scrambled Egg
- T102 吞拿魚治** **\$30**
Tuna Fish
- T103 芝士火腿治** **\$30**
Ham & Cheese
- T104 奶油脆豬 (2件)** **\$25**
Toasted Crisp Roll with Butter & Condensed Milk (2pcs)
- T105 奶醬脆豬 (2件)** **\$25**
Toasted Crisp Roll with Peanut Butter & Condensed Milk (2pcs)
- T106 炸魚柳芝士漢堡** **\$41**
Hamburger with fish outlet & cheese in tomato sauce
- T107 煙肉蛋豬柳芝士漢堡** **\$41**
Hamburger with smoked pork outlet, bacon, fried egg & cheese
- T108 沙律蛋芝士熱狗** **\$36**
Hotdog with sausage, cheese & egg

(焗底+\$2) *脆豬除外
(Toasted + \$2) *Crisp Roll

惠顧各款套餐 即可自選追加以下一款:

Additional Order

- | | | |
|--|--|---|
| T1 是日餐湯 \$7
Daily Soup | T6 炸單骨雞翼 (4件) \$20
Deepfried half-cut chicken wings with cumin (4pcs) | T9 黑松茸薯條 \$10
French fries with bolete mushroom dressing |
| T2 芒果布甸 只限外賣 \$7
Mango pudding (takeaway only) | T7 鹽味炸薯條 \$10
French Fries | T10 粟米火腿通粉 \$8
Ham & Corn with Macaroni |
| T5 芝麻醬雜菜沙律 \$7
Vegetable Salad in Sesame Dressing | T8 芝士薯條 \$10
French fries with cheese dressing | T11 牛奶粟米片 \$8
Cornflakes |
| T21 各款乳酪 \$9
Yogurt (various) | | |

* 圖片只供參考 Photos are for reference only

自選1人滋味套餐

TheForest
serve with heart

熱飲 +\$5 凍飲/罐裝飲品 +\$8
+\$5 for Normal Drink / +\$8 for Iced Drink

(A) 主食
Main

+

(B) 前菜
Appetizer

(C) 小食
Snacks

外賣+\$1
Take away+\$1

A 迷你芝士焗飯

Mini baked cheese rice



- A1 芝士肉醬意粉
Spaghetti bolognese in cheese sauce
- A2 白汁焗雞皇飯
Baked chicken with rice in carbonara sauce
- A4 鮮茄焗豬扒飯
Baked pork chop with rice in tomato & cheese sauce
- A5 黑椒焗豬扒飯
Baked pork chop with rice in black pepper sauce
- A6 白汁焗魚柳意粉
Baked fish fillet spaghetti in cheese sauce
- A8 香滑溜心蛋焗免治牛肉飯
Baked soft boiled egg & minced beef with rice
- A9 黑松茸鮮菌焗意粉 (素)
Baked spaghetti with mushrooms in boletus sauce (Veg)

A+B \$50
A+B+C \$60

B 前菜 Appetizer



- B1 是日餐湯
Daily soup
- B2 芝麻醬雜菜沙律
Vegetable salad in sesame dressing
- B3 芒果布甸 只限外賣
Mango pudding (Takeaway only)

C 小食 Snacks

- C1 雜菜春卷 (3件) (素) (3 pcs)
Vegetable spring roll & samosa with curry sauce (Veg)
- C2 鹽味炸薯條
French fries
- C3 芝士薯條
French fries with cheese sauce
- C4 黑松茸薯條
French fries with bolete mushroom sauce
- C10 炸單骨雞翼 (4件)
Deepfried half-cut chicken wings with cumin (4pcs)



熱飲 +\$5 凍飲/罐裝飲品 +\$8
+\$5 for Normal Drink / +\$8 for Iced Drink



\$39

W002
沙嗲牛肉芝士潛艇
Jumbo hotdog with satay beef & cheese



\$41

W001
煙肉腸芝士潛艇
Hotdog with sausage, bacon



\$39

W003
沙律蛋芝士熱狗
Hotdog with sausage, cheese & egg



+\$10
配炸薯條
+\$8 French Fries

(鹽味、黑松茸沙律醬、車打芝士醬)
Salt & bolete mushroom sauce, cheese sauce

醬汁任選一款
(Sauce only)

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粵式料理 Classic Choices

熱飲+\$5 凍飲/罐裝飲品+\$8
+\$5 for Normal Drink / +\$8 for Iced Drink

1 菠蘿咕嚕蝦仁雞球

Chicken meat, shrimp & pineapple in sweet & sour sauce

2 霸皇黑椒豬手仔

Pork knuckle with black pepper

\$60

配

H1 明火白粥

Congee

H2 絲苗白飯

Rice

健康素食每一天

Green Everyday

熱飲+\$5 凍飲/罐裝飲品+\$8
+\$5 for Normal Drink / +\$8 for Iced Drink

Z1 芝士鮮菌汁焗素吉列豬扒飯

Baked soy pork chop in mushroom & cheese sauce with rice (Veg)

\$58

Z2 湘川辣素蝦味花菜 (配白飯/白粥)

Hunan-Sichuan spicy soy shrimp with cauliflower (with rice/congee)

\$56

Z3 素麻婆豆腐 (配白飯/白粥)

Pot of spicy soy Mapo tofu (with rice/congee)

\$56

追加項目:

Additional Order

M1 是日餐湯

Daily soup

\$7

M2 芒果布甸

Mango pudding

\$7

M4 韓式泡菜

Korean kimchi

\$7

M5 芝麻醬雜菜沙律

Vegetable salad in sesame dressing

\$7

M6 腐乳生菜

Lettuce with fermented bean curd

\$16

M7 蠔油菜芯

Choy sum with oyster sauce

\$16

M8 炸單骨雞翼 (4件)

Deepfried half-cut chicken wings with cumin (4pcs)

\$24



大盛り
の
登場



P4

蒲燒鰻魚牛肉丼飯

Rice bowl with unagi & beef in sukiyaki

\$68

ぎゅうどん
おいしい



壽喜焼
牛肉丼飯

Rice Bowl with Sukiyaki Beef

熱飲+\$5 凍飲/罐裝飲品+\$8

+\$5 for Normal Drink / +\$8 for Iced Drink

P1 壽喜焼牛肉丼 \$50

Rice bowl with sukiyaki beef

P2 温泉蛋牛肉丼 \$54

Rice bowl with sukiyaki beef
& soft boiled egg

P3 鹽焼薄切牛脷丼 \$54

Rice bowl with salt-grilled
beef tongues

カレーオムライス
日式熊本咖喱滑蛋包飯



Omelet Rice in Japanese Curry

熱飲+\$5 凍飲/罐裝飲品+\$8

+\$5 for Normal Drink / +\$8 for Iced Drink

L1 熊本咖喱牛肉漢堡滑蛋包飯 \$58

Beef Patties & Omelet Rice

L2 熊本咖喱吉列豬扒滑蛋包飯 \$58

Pork Chop Cutlet with Omelet Rice

L3 熊本咖喱單骨炸雞翼滑蛋包飯 \$58

Deepfried Half-cut Chicken Wings with Omelet Rice

皇牌芝士焗飯

熱飲+\$5 凍飲/罐裝飲品+\$8

+5\$ for Normal Drink / +8\$ for Iced Drink

外賣+\$1 Take away +\$1



G1

經典鮮茄大胃皇芝士焗飯

(豬扒·雞肉·豬漢堡扒·脆皮腸)

Mixed grill with rice in tomato sauce
(pork chop, chicken, minced pork patties & sausage)

\$5.8



G2

黑椒安格斯牛肉漢堡焗飯

Braised Angus beef patties with rice in black pepper sauce

\$56



G3

鮮茄肉醬芝士魚柳鴛鴦焗飯

Baked meat sauce in tomato & fish fillet in cheese sauce with rice

\$56



G4

鮮菌芝士焗豬扒飯

Baked pork chop with rice in mushroom sauce

\$56



G5

芝士焗黑椒豬扒伴 白汁雞皇鴛鴦飯

Baked Pork Chop in Black Pepper Sauce &
Chicken in Cream Sauce with Rice

\$56



G6

芝士焗肉醬意粉

Baked Spaghetti Bolognese

\$54



G7

皇牌鮮茄芝士焗豬扒飯

Baked pork chop with rice in tomato & cheese sauce

\$54

清真 HALAL 咖喱

HALAL Curry Choices

R1

咖喱雞腿

HALAL Curry with chicken thigh

配

白飯
with rice

\$56

R2

咖喱牛腩

HALAL Curry with beef-brisket

配

白飯
with rice

\$56

R3

咖喱雪魚柳

HALAL Curry with fish cutlet

配

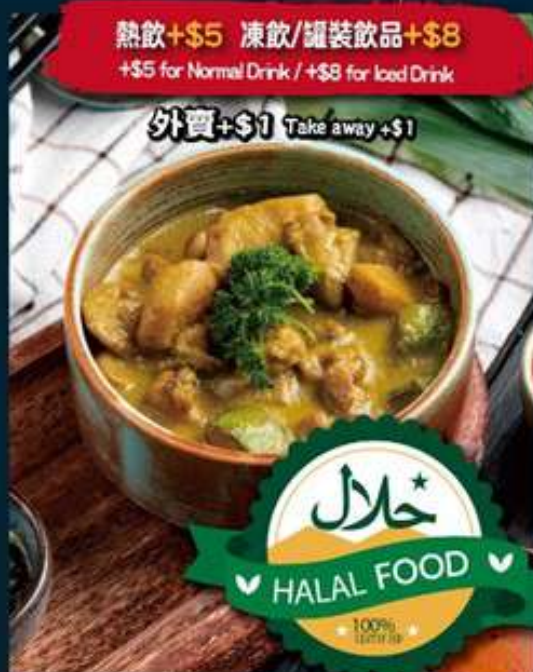
白飯
with rice

\$56

熱飲+\$5 凍飲/罐裝飲品+\$8

+5\$ for Normal Drink / +8\$ for Iced Drink

外賣+\$1 Take away +\$1



熱飲+\$5 凍飲/罐裝飲品+\$8

+\$5 for Normal Drink / +\$8 for Iced Drink

外賣+\$1 Take away+\$1



J4

吉列炸蠔

黑蒜油拉麵

Ramen with gillette fried oysters in black garlic oil

\$59

家鄉風味

(可轉湯飯)



熱飲+\$5 凍飲/罐裝飲品+\$8

+\$5 for Normal Drink / +\$8 for Iced Drink

外賣+\$1 Take away+\$1

S1 酸菜肥牛湯米

Beef in Hot & Sour Soup with Rice Vermicelli (Spicy)

\$58

S2 酸菜魚片湯米

Sliced Fish in Hot & Sour Soup with Rice Vermicelli (Spicy)

\$58

S3 紅油炒手餃子湯米

Spicy wonton in red oil with Rice Vermicelli (Spicy)

\$58

S4 湘北鴨腿珍菌湯麵

Ramen with Xiangbei Duck & mushroom

\$58

豬骨湯拉麵之選

Ramen Choices

可轉辣湯底
May change to spicy soup

轉讓岐烏冬+\$3
Change to udon+\$3

熱飲+\$5 凍飲/罐裝飲品+\$8

+\$5 for Normal Drink / +\$8 for Iced Drink

外賣+\$1 Take away+\$1

J1 醬油豬軟骨拉麵

Ramen with pork gristle

\$56

J2 吉列豬扒豬骨湯拉麵

Ramen with pork chop cutlet

\$56

J3 日式叉燒豬骨湯拉麵

Ramen with Japanese chashu

\$51





外賣+\$1

(+\$1 for take away)

紐西蘭

牛肉眼扒

NZ beef ribeye



\$68

熱飲+\$5 凍飲/罐裝飲品+\$8

+\$5 for Normal Drink / +\$8 for Iced Drink

可選伴 < 白飯 / 意粉 >

come with rice / spaghetti

可選配 (生蒜茸燒汁、燒汁、黑椒汁)

(Sauce: Teriyaki Garlic / Teriyaki / Black Pepper)

手打鴨屎香 檸檬茶

Handmade Yashi
Xiang Lemon Tea



跟餐 + \$8

with set

單點

Normal price

\$16

飲品の選
Drink

 熱 \$11
冰 \$14
香滑奶茶
Milk Tea

 熱 \$11
冰 \$14
香滑鸳鸯
Coffee Milk Tea

 熱 \$11
冰 \$14
即磨咖啡
Blend Coffee

 熱 \$11
煉奶紅茶/咖啡/鸳鸯
Tea/Coffee/Coffee Milk Tea with
Sweetened Condensed Milk

 熱 \$12
冰 \$12
鮮奶
Fresh Milk

 熱 \$11
冰 \$14
檸檬茶
Lemon Tea

 熱 \$11
冰 \$14
檸檬水
Lemon Water

 熱 \$11
冰 \$14
阿華田
Oolong

 熱 \$11
冰 \$14
西洋菜蜜
Watercress Honey

 熱 \$11
冰 \$14
朱古力
Chocolate

 熱 \$11
冰 \$14
杏仁露
Almond Milk

 熱 \$11
普洱茶
Pu-erh Tea

 熱 \$12
橙汁
Orange Juice

 熱 \$11
蜂蜜
Honey

 \$10
百事可樂汽水
Pepsi
*檸檬可樂 \$15
*Lemon Pepsi

 \$10
七喜汽水
7up
*檸檬七喜 \$15
*Lemon 7up