

WELLNESS MENU

轻盈能量菜单

STARTERS 前菜

Fennel Citrus Bloom 茴香柑橘之绽

128

Fennel Salad Fresh & Pickled, Burrata Cheese, Citrus Dressing

鲜切与轻腌茴香沙拉，意式布拉塔奶酪，柑橘酱 🌱🌿🍋

280 kcal | Refreshing, low-calorie salad rich in fiber and bright citrus notes

清爽低卡，高纤维，柑橘清香明亮提味

Tuna Verde Power Bowl 金枪鱼青翠能量碗

128

Tuna Confit, Avocado, Kale, Baby Spinach, Pesto Sauce

低温油浸金枪鱼，牛油果，羽衣甘蓝，嫩菠菜，罗勒青酱 🌱🌿🍷

438 kcal | Nutrient-dense green bowl, rich in protein, healthy fats, and plant energy

富含优质蛋白与健康脂肪的绿色能量碗，营养均衡

Yogurt & Berries Crunch 酸奶莓果脆境

108

Greek Yogurt, Homemade Granola, Fresh Berries and Banana, Orange Blossom Honey

希腊酸奶，自制格兰诺拉麦片，鲜莓果与香蕉，橙花蜂蜜 🌱🌿🍯

456 kcal | Protein-rich yogurt bowl, balanced with natural sweetness, antioxidants

and crunchy texture

高蛋白酸奶碗，天然清甜果香，抗氧化鲜果搭配香脆谷物，口感丰富均衡

MAIN COURSES 主菜

Ocean Breeze 海风鲜韵虎虾意式米粒面

188

Orzo Pasta, Tiger Prawns, Green Asparagus, Basil Pesto

意式米粒面，虎虾，鲜嫩芦笋，罗勒青酱 🌱🌿🍷

518 kcal | Nutritionally balanced dish, combining protein, green vegetables, carbohydrates

and a delicate herbaceous note

营养均衡意面料理，搭配优质蛋白、时令绿蔬与均衡碳水，香草层次突出

Threadfin Bream Cacciatora 恰托拉风味金线鱼

258

Roasted Line-Caught Threadfin Bream Fish from Zhou Shan, Kalamata Black Olive, Capers,

Reduced Tomato Sauce

慢火烤制舟山本地金线鱼，卡拉马塔黑橄榄，水瓜柳，慢烤番茄浓汁 🌱🌿🍷

196 kcal | Mediterranean-inspired lean fish fillet, filled with antioxidant-rich tomato elements

and balanced punchy flavours

地中海风味低脂海鱼，融合番茄抗氧化元素，酸甜咸鲜风味浓烈鲜明

Carpaccio Tonnato 和牛薄切冷盘与金枪鱼酱

288

Wagyu Beef Carpaccio Sous Vide, A Touch of Tuna Sauce, Parmigiano, Rocket Salad (Cold Dish)

低温慢煮和牛薄片，点缀金枪鱼酱，帕玛森芝士，芝麻菜（冷菜）🌱🌿🍷

306 kcal | Delicate wagyu carpaccio paired with a touch of tuna dressing and fresh greens for light

indulgence

细腻和牛冷切，金枪鱼酱轻点其间，搭配绿叶蔬菜，轻盈而富有满足感

BEVERAGES 饮品 🌱

Silky Road Smoothie with Almond Milk, Blueberry, Peach, Chia Seeds

108

臻享丝滑奶昔 | 杏仁奶，蓝莓，蜜桃，奇亚籽

180 Kal | Silky fruit blend with soft nutty base 杏仁奶融合果香，柔和细腻

Green Renewal Mint, Celery, Kale, Apple

108

清润焕新绿汁 | 薄荷，西芹，羽衣甘蓝，苹果

98 Kal | Pressed green mix with crisp apple and minty note 清压绿意，苹果与薄荷带来清新明亮口感

Pick Me Up! Pineapple, Carrot, Ginger

108

活力唤醒能量汁 | 菠萝，胡萝卜，生姜

96 Kal | Bright fruit lifted by gentle spice 果香明亮，姜香轻提余韵



Signature
标志性



Pork
猪肉



Shellfish
贝类



Vegetarian
素食



Spicy
辛辣



Nuts
坚果



Dairy
乳制品



Gluten-free
无面筋



Locally sourced
本地采购



Sustainable
可持续

Prices are in RMB and subject to 10% service charge and applicable prevailing Value Added Tax (VAT)
所有价格以人民币计价，需另加 10% 服务费，总额需征收中国政府的法定增值税。