

## Wellness Set Dinner Menu 2023 2023 健康有「營」晚市套餐



### Green Mix

#### 蔬果汁

Apple, Pineapple, Guava, Kale

蘋果 | 菠蘿 | 番石榴 | 羽衣甘藍



羽衣甘藍是葉黃素和玉米黃素食物來源之一，是保持眼睛健康的強效抗氧化劑

Kale is one of the best food sources of lutein and zeaxanthin which are powerful antioxidants for eye health

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### Fresh Cut Fruits and Mixed Berries with Flaxseed Syrup

#### 鮮果雜莓配亞麻籽糖漿



亞麻籽常被稱為其中一種超級食物，含豐富木酚素，提供腸道健康所需的非水溶性膳食纖維

The superfood flaxseed is a naturally Lignan-rich food to provide insoluble fiber that aids the movement of bowels and acts as an intestinal cleanser

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### Salt-baked Beetroot, Orange and Avocado Salad

#### 炙燒香橙鹽烤紅菜頭牛油果沙律

Quinoa, Baby Spinach, Blueberries, Citrus Mustard Dressing

藜麥 | 菠菜苗 | 藍莓 | 柑橘芥末醬



紅菜頭含有豐富的硝酸鹽，人體會透過連鎖反應將其轉化為一氧化氮，以幫助調節血流和血壓

Beetroot is rich in nitrates, which our bodies convert to nitric oxide through a chain reaction to aid in regulating blood flow and blood pressure

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### Poached Atlantic Salmon

#### 慢煮大西洋三文魚

Zucchini Pasta, Roasted Broccoli, Lemon Herb Oil

翠玉瓜意粉 | 烤焗西蘭花 | 檸檬香草油



翠玉瓜含有 95% 的水分，以翠玉瓜代替傳統意粉，創作出一道低熱量、低碳水化合物和低脂的「麵食」

Zucchini contains 95% water, by replacing traditional pasta with zucchini, to create a low-calorie, low-carb and low fat "pasta dish"