

# Signature Salads

## 新元素创新色拉

### 新元素经典考伯色拉 95 Element Fresh Classic Cobb Salad

香烤多汁的鸡胸肉, 车达芝士, 牛油果, 番茄, 煮鸡蛋, 培根, 洋葱和脆生菜, 佐以千岛酱。  
hearty portions of grilled chicken breast, cheddar cheese, avocado, tomato, hardboiled egg, bacon, and onion - all chopped and served on a bed crisp lettuce with 1000 island dressing. (400g)



### 启博特利鸡肉色拉 79 Chipotle Chicken Chopped Salad

用墨西哥风味烤肉腌制的香脆鸡腿, 混合烤菠萝, 猕猴桃, 辣椒, 烤玉米, 多种的生菜, 娃娃菜和香菜并在以香脆的玉米脆条和荷兰芹酸奶酱。  
fried chicken thigh with chipotle bbq sauce, grilled pineapple, kiwi fruit, spicy chili pepper, grilled corn, mixed lettuce, napa cabbage, and cilantro, garnished with crispy tortilla strips and chimichurri ranch dressing. (385g)

### 法式小龙虾牛油果色拉 98 Crayfish & Avocado Salad

精选品质小龙虾纯虾肉, 配上进口的牛油果, 混合嫩芽菜, 三角豆, 生菜, 羽衣甘蓝, 烤樱桃番茄, 脆洋葱, 香橙肉和腰果, 并在以法国芥末香醋汁。  
freshly selected crayfish meat, avocado, micro greens, chick peas, kale, grilled cherry tomatoes, cashew nuts, orange wedges, onions, on a bed of crisp lettuce, served with Dijon vinaigrette. (300g)



### 庄园烤蔬菜色拉 69 The Garden Grilled Salad

多种烤蔬菜结合, 有洋葱, 番茄, 红甜椒, 节瓜, 香烤土豆, 芝麻菜和多种混合生菜, 并在以煮鸡蛋, 核桃, 浓缩果醋, 红醋片和橄榄油红酒醋。  
a huge assortment of grilled & roasted vegetables - artichokes, tomatoes, red peppers, summer squash, and potatoes over mixed lettuce and arugula, garnished with hardboiled egg, walnuts, balsamic glaze, chili flakes and red wine vinaigrette. (300g)







**地中海风味拉法  
烤鸡胸色拉** 89  
**Laffa Bread  
Chicken Salad**

地中海风味香料烤制的鸡胸肉，配上菲达芝士、双色橄榄油、拉法饼，以及生菜、番茄、黄瓜、洋葱等丰富的鲜蔬混合色拉，并佐以薄荷碎及新元素著名的米糠酸奶酱。  
grilled mediterranean style chicken breast and feta cheese over mixed lettuce and laffa bread, chopped tomatoes and cucumber dressed with lemon juice and olive oil, with onion, sliced black & green olives and chopped mint. served with miso-yogurt dressing. (460g)



**果木香烤牛肉色拉** 89  
**Grilled Beef Steak Salad**

分子料理方法制作的进口菲力牛排配上用羽衣甘蓝、烤南瓜、烤红甜椒、凤水梨、黄瓜、蘑菇及由糙白米混合的色拉，并佐以果味香辣酱。  
slow grilled imported beef fillet, a hearty bowl of kale, grilled zucchini, grilled red pepper, Asian pear, cucumber, mushrooms, brown mixed rice, served with lantern chili & mango dressing. (500g)

**绿色经典三文鱼色拉** 89  
**Classic Grilled  
Salmon Salad**

用蒜蓉烤制的三文鱼柳，配上蟹味菇、烤红甜椒、玉米、生菜、红黄樱桃番茄、卡拉马特橄榄、佐味的面包丁、罗勒香叶和红酒香醋汁及绿色女神露。  
imported salmon marinated with dill, tender greens, baby mushroom, grilled peppers, corn, lettuce, yellow and red cherry tomatoes, fresh basil, marinated bread and kalamata olives - tossed with red wine vinaigrette and topped with green goddess aioli. (350g)



**夏威夷风味  
三文鱼波奇色拉** 89  
**Hawaii Salmon Poke Salad**

一款时尚的夏威夷风味色拉，选用野梦草腌制的三文鱼鱼柳，配上杂粮白米寿司饭及用羽衣甘蓝、苦叶菜、黄瓜、凤水梨、裙带菜、烤红椒和海苔制成的色拉，并佐以香浓的ABC甜酱。  
our version of the classic hawaiian salad - pieces of dill marinated salmon, sushi rice, with Asian pear, kale, frisee, cucumber, wakame, grilled pepper, drizzled with ABC sauce. (450g)



**香烤剑鱼极食色拉** 95  
**Grilled Swordfish Salad**

分子低温制作的烤剑鱼，配上混合的嫩芽蔬菜、波多黎各菜、烤花菜、甜豆、羽衣甘蓝以及用糙米和米仁混合的粗粒极食色拉，并佐以浓郁的意大利黑醋汁。  
grilled slow cooked swordfish fillet over a warm salad of barley, mixed rice, lettuce, portobello mushroom, roasted cauliflower, snow peas, kale and micro greens. drizzled with balsamic reduction. (450g)



**泰式牛排色拉** 95  
**Thai Inspired  
Steak Salad**

进口鲜嫩多汁的菲力牛排，配上用烤菠萝、烤花菜、胡萝卜和萝卜、西芹叶、蟹味菇混合的色拉，并佐以花生、香脆洋葱和泰式的拉查南香醋汁。  
imported beef fillet, grilled pineapple, roasted cauliflower, carrot and radish, celery leaves, baby mushrooms, peanuts, fried onion, and red chili tossed in spicy sriracha-soya dressing. (350g)

**北非热风鸡肉  
全麦谷丰盘** 79  
**Moroccan Spiced Chicken  
With Bulgur Wheat**

特色的全麦谷丰色拉，用摩洛哥风味的拉斯埃尔哈诺香辛料制成的烤鸡肉。配上蚕豆、鹰嘴豆、羽衣甘蓝、生菜、姜黄胡萝卜、烤苹果、烤红椒、杏仁片组合的色拉，并佐以橘味酸奶酱。  
a warm whole wheat salad: grilled chicken breast with ras el hanout spice rub, bulgur wheat, garbanzo beans, kale, turmeric carrots, grilled apple, grilled red pepper and almonds, served with citrus-yogurt dressing. (350g)





# Pastas

## 意大利面

### 茴香培根鲜奶意面球 69

#### Gnocchi In Carbonara Parmesan Sauce

进口的意大利意面球，佐以培根、鲜茴香、白玉菇、罗勒叶制成的干酪鲜奶酱，并放入烟熏特红辣椒粉及巴马芝士粉。  
imported gnocchi, sautéed with bacon, fennel, white beech mushrooms, basil in creamy sauce, garnished with parmesan cheese, smoked red paprika. (300g)

茴香培根鲜奶意面球

### 波多黎各菌菇通心粉 69

#### Portobello Mushroom & Red Pepper Sauce

选用意大利通心粉佐以自制的红甜椒蘑菇酱、西葫芦和黄节瓜，以及用意大利黑醋烤制的波多黎各菌菇。  
italian maccheroni pasta with a home-made red bell peppers and tomato sauce, zucchini and yellow squash, topped with a grilled portobello mushroom with balsamic glaze. (420g)

### 鲜奶芝士通心粉 69

#### Macaroni With Mozzarella And Parmesan

用蘑菇、巴马芝士、马苏里拉芝士、洋葱和鲜奶油烹制的通心粉。  
配上一块明火烤制的鸡胸(160g) 仅另加25元，味道更鲜美。  
a bowl of elbow macaroni with mozzarella and parmesan cheese, fresh cream, onion, and sliced mushrooms. (300g)  
great with a grilled chicken breast (160g) for only 25mb extra.

### 小龙虾虾仁通心粉 98

#### Crayfish Pasta

用品质小龙虾肉配上橄榄油和白葡萄酒及多种新鲜香料、白玉菇、罗勒叶、煎果特红辣椒和秘制的烤红椒意面酱烹制而成。  
freshly selected crayfish meat, with olive oil, white wine, herbs, white beech mushrooms, basil, home-made red pepper sauce, served over maccheroni pasta. (450g)

小龙虾虾仁通心粉

### 和牛肉酱通心粉 75

#### Italian Maccheroni Pasta With Hearty Beef Ragù

进口的和牛肉切粒与洋葱、蒜泥、自制的番茄酱共同烹制成番茄牛肉酱，并配上意大利通心粉。  
imported wagyu beef minced and cooked with onions, garlic, and a homemade spicy tomato sauce served over italian maccheroni pasta. (320g)

### 三重海鲜意大利面 99

#### Seafood Trio

扇贝、三文鱼和凤尾虾用橄榄油和白葡萄酒配合鲜茴香、白玉菇、番茄烹制，并佐以干葱片和意大利芹。  
spaghetti with mussels, salmon, and shrimps sautéed in garlic and olive oil with white wine, fennel, white beech mushrooms, tomato, and a touch of chili flakes and italian parsley. (450g)

### 海鲜辣味意面 89

#### Seafood With Spicy Tomato Sauce

煎墨鱼仔、扇贝和凤尾虾、蘑菇及白葡萄酒和辣味番茄酱汁一起制成的意大利面。  
baby calamari, black mussels, shrimp, tossed in arrabbiata sauce and linguine with button mushrooms and a splash of white wine. (450g)

三重海鲜意大利面

和牛肉酱通心粉



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# Dessert 甜品

## 蔓越莓香米布丁 39 Homemade Rice Pudding

用牛奶和香草熬制的香米布丁，配上鲜奶油、海盐味的焦糖酱及蔓越莓干。  
jasmine rice steamed in milk with vanilla-infused cream, salted caramel, and dried cranberries. (150g)

## 暖风面包布丁 45 Warm Bread Pudding

浓香的美侖面包丁，佐以蔓越莓干、白巧克力、桑菊露、焦糖汁和香草冰激凌。  
buttery challah bread with dried cranberries and white chocolate, raspberry sauce, caramel, and vanilla ice cream. (130g)

## 胡萝卜蛋糕 39 Carrot Cake

用核桃、多种香料及奶油芝士霜做成的胡萝卜蛋糕。  
walnuts, spice, and cream cheese icing. (100g)

## 酸奶优格巴菲 45 Yogurt Parfait

佐以椰子味奶油的酸奶冻，配上蜂蜜燕麦片和树莓酱。  
yogurt and coconut cream, honey oats, red berry compote. (150g)

## 果仁香草冰激凌圣代 45 Funky Sundae

香草冰激凌佐以巧克力酱、焦糖爆米花、芥末味的青豆、坚果仁和原奶油。  
vanilla ice cream, chocolate ganache, caramel corn, wasabi peas, peanuts, and whipped cream. (160g)



芒果千层蛋糕

## 脆皮焦糖布蕾 39 Cocoa-nut Crème Brûlée

巧克力和椰奶制成的焦糖布蕾，佐以椰香奶油。  
a chocolate and coconut crème brûlée with coconut whipped cream. (120g)

## 巧克力慕斯 45 Chocolate Mousse

顺滑的巧克力慕斯配树莓酱。  
creamy chocolate mousse with raspberry coulis. (130g)

## 时令水果盘 35 Fresh Fruit Plate

## 纽约式芝士蛋糕 39 New York Style Cheesecake

选用费城风味的奶油芝士制成，并配以全麦的香脆底托，佐以自制的蓝莓甜酱。  
made with "Philadelphia" style cream cheese on a graham cracker crust, served with home-made blueberry sauce. (130g)

## 冰激凌 1球/15 Ice Cream 2球/29 3球/39

香草、巧克力、抹茶、草莓、朗姆酒葡萄干  
Vanilla, Chocolate, Green tea, Strawberry, Rum raisin.



冰激凌圣代  
果仁香草



巧克力慕斯



暖风面包布丁