



naturally!

brunch. 周末及假日早午餐

natural 自然

We went back to basics of cooking; curing, smoking, fermenting; open fires, using only natural raw products.

我们回归食物本源：使用腌制、烟熏、发酵、明火等烹饪手法处理天然未加工过的食材。



open fire



"Rescoldo" "Infiernillo"



我们有道德地追溯食材，希望尽可能以低碳及可持续发展为目标地生活。

We ethically source our ingredients and work towards a low eco-footprint and improved sustainability.



Premium Cold Cuts Platter

优质冷切拼盘
298rmb

我们不是一家正襟危坐的餐厅，但我们准备的工序一点也不少。菜品不分先后顺序，请耐心等待，且建议分享。

We are not a fine dining restaurant, though we follow high standards in our food preparation. The dishes do not necessarily come in order and so we recommend all dishes to be shared.

Just enjoy!

Grilled Xiamen Bay Squid

Marinated Butter Beans, Tomato "Sofrito"

128rmb

烤厦门鱿鱼
配腌制白芸豆、番茄索菲托

Shandong Wagyu Beef M+7

Dry aged 21 - 45 days
山东M7和牛 (风干21 - 45天)

Beef Sirloin 588rmb

西冷牛排

Beef Oyster Blade 388rmb

牛牡蛎

Beef Hanger Tender (Onglet) 388rmb

牛琵琶

Fig Leaf Smoked Baby Chicken

228rmb
无花果叶烟熏小春鸡

Wood Fire Oven Roasted Pigeon

Plums & Yellow Wine Compote

148rmb

果木炙烤崇明鸽配杏子及黄酒蜜饯

Tamago & Palm Heart Salad

Root Vegetables, Fresh Cheese, Air Dried Beef Ham

128rmb

日式蛋卷配棕榈芯沙拉
根茎蔬菜、新鲜奶酪、风干牛肉

M Natural Bread Carrot Butter (vg) (G)

38rmb

每日新鲜自制面包篮
胡萝卜黄油 (纯素)

Eggplant "Escalivada"

Mulato Sauce

88rmb

炭烤茄子泥
配甜椒酱

Burnt Avocado Seafood Cocktail

Xishuangbanna Palm Hearts

168rmb

烤牛油果配新鲜番茄海鲜
鸡尾酒酱及西双版纳棕榈芯

Spiced Beef Soup

Squid Noodles, Smoked Iberian Pork Belly, Wagyu Beef Tenderloin, Aromatic Herbs

128rmb

辣牛肉花枝汤

Grilled Octopus

Hunan Green Adobo

188rmb

烤章鱼配湖南樟树港辣椒泥

Dongbei Wagyu Beef A4

Dry aged 21 - 45 days
东北A4和牛 (风干21 - 45天)

Beef Chuck Roll 388rmb

牛肩颈

Beef Flank 388rmb

牛腩排

Beef Tri-tip A5 388rmb

三角肉

Dry Aged & Smoked Chicken

(1/2 chicken)

228rmb

招牌风干烟熏鸡 (半只)

"The Whole Chicken" Croquettes

Gribiche

88rmb

传统西班牙鸡肉丸配鸡蛋香草酱

House Smoked Wagyu Beef Ham & Yellowtail Fish

148rmb

风干牛肉及黄尾鲷鱼

OMG Tuna Belly Carpaccio

Japanese Tuna "Chutoro",

Spicy Tomato Compote,

Light Ponzu

288rmb

"我的天!" 吞拿鱼腩片
日本吞拿中腹、辣番茄干、柚子醋

Smoked Beef Carpaccio

148rmb

烟熏牛肉薄片

Smoked Fish Omelette

Aromatic Herbs

128rmb

烟熏鱼煎蛋卷
配芬芳香草

Homemade Slab Bacon

Fish Jerky, Cos Lettuce

88rmb

自制黑猪肉厚切培根
配罗马生菜及韩式鱼干

Wild Fish from China's Richest Seas & Rivers

Grilled On Wood Fire

市价 Market Price

柴火烤鱼

Sauces:

Beef & Marselan jus,

Caramelized Cream Beef Gravy

可选酱汁:

马瑟兰红酒酱,
加倍浓郁牛骨浓汁

Crispy Iberico Pork "Milanesa"

Ningbo Preserved Vegetables

& Squid Sauce

188rmb

香炸秘制伊比利亚黑毛猪排
配宁波雪里蕻鱿鱼浇汁

Burnt Cauliflower (v)

Harissa, Dukkha (G)

78rmb

烤花椰菜
配哈里萨辣酱及坚果碎 (素)

Wood Fire Roasted Maitake

Tofu Skin, Morels, Gremolata

88rmb

火烤舞菇
豆腐皮、羊肚菌、意大利欧芹酱

Grilled Cabbage

Tahini, Hazelnuts (vg) (G)

78rmb

扒圆白菜配芝麻酱及榛子 (纯素)

Creamy Potato Purée

Aged Yellow Wine, Vanilla, Sweet & Sour Onions, Taiwanese Mullet Roe

88rmb

香滑土豆泥
陈年黄酒、香草、酸甜洋葱、台湾乌鱼子

Mushroom Rice

Lijiang Ganbajun, Teardrop Peas,

Fine Herbs, Egg Yolk

188rmb

丽江干巴菌焗饭
丽江干巴菌、泪滴豆、优质香草、蛋黄

(v) = Ovo-Lacto Vegetarian 素食

(vg) = Vegan 纯素

(G) = These items contain nuts 内含坚果



* For a better dining experience, the set menu is personal and cannot be shared. Set menu is available for the whole table only. Excluding wine & beverages.

为了给您提供更好的就餐体验, 套餐按位提供, 不可分享。套餐仅在全桌都点套餐的情况下提供。套餐不包含酒水、饮料。

Weekend & Holiday Set Brunch

周末及假日单人早午餐套餐

398rmb / person



菜单以品鉴菜单的份量呈现, 能让您尝试到更多不同选择。选择方法非常简单, 按照编号每个类别选一样即可。

In our set menu, the portion of each dish is of tasting menu size, this enables you to try more and varied dishes. To customize your set, just simply follow the number & pick one from each category.



(v) = Ovo-Lacto Vegetarian 素食

(vg) = Vegan 纯素

🌰 = These items contain nuts 内含坚果

M Natural Bread (vg)

Carrot Butter 🌰

每日新鲜自制面包篮
胡萝卜黄油 (纯素)



"The Whole Chicken" Croquettes

Gribiche

传统西班牙鸡肉丸
配鸡蛋香草酱

1. Smoked Beef Carpaccio

烟熏牛肉薄片

Fish Crudo

Red Miso, Sesame, Ponzu

烟熏鱼片
配赤味噌、芝麻、柚子醋

Eggplant "Escalivada"

Mulato Sauce

炭烤茄子泥
配甜椒酱

2. Homemade Slab Bacon

Fish Jerky, Cos Lettuce

自制黑猪肉厚切培根
配罗马生菜及韩式鱼干

Smoked Fish Omelette

Aromatic Herbs

烟熏鱼煎蛋卷
配芬芳香草

Burnt Avocado Seafood Cocktail

Xishuangbanna Palm Hearts

烤牛油果配新鲜番茄海鲜
鸡尾酒酱及西双版纳棕榈芯

Grilled Xiamen Bay Squid

Marinated Butter Beans, Tomato "Sofrito"

烤厦门鱿鱼
配腌制白芸豆、番茄索菲托

3. Wagyu Beef Cut of the Day

今日精选和牛

Crispy Iberico Pork "Milanesa"

Ningbo Preserved Vegetables & Squid Sauce

香炸秘制伊比利亚黑毛猪肉排
配宁波雪里蕻鱿鱼浇汁

Spotted Prawns

Tomato Sambal & Garlic Naan

大虾配印度桑巴酱
及自制酸面团烤馕

Xinjiang Style Lamb Shoulder

新疆慢烤羊肩

Fig Leaf Smoked Baby Chicken

(To share between two)

无花果叶烟熏小春鸡 (两人分享)

Dry Aged & Smoked Chicken

(To share between two)

招牌风干烟熏鸡 (两人分享)

Wild Fish from China's Richest Seas & Rivers

Grilled On Wood Fire

柴火烤鱼

4. Burnt Cauliflower (v)

Harissa, Dukkha 🌰

烤花椰菜
配哈里萨辣酱及坚果碎 (素)

Grilled Cabbage (vg)

Tahini, Hazelnuts 🌰

扒圆白菜配芝麻酱及榛子 (纯素)

Wood Fire Roasted Maitake

Tofu Skin, Morels, Gremolata

火烤舞菇
豆腐皮、羊肚菌、意大利欧芹酱



Cheese Platter

奶酪拼盘

188rmb



Free Flow M Natural Wine Selection

388rmb / person

两小时无限量
精选葡萄酒畅饮

Free Flow Orange Wine

388rmb / person

两小时无限量
橙酒畅饮

Natural Non-Alcoholic Juices

自然无酒精饮品

Alain Milliat

是法国高端果汁的始祖, 以下单一品种葡萄汁系列是用法国酿酒葡萄制作而成, 由于没有经过发酵, 是不含酒精的, 小朋友也可以饮用。

Sauvignon Blanc White Grape Juice

艾伦米亚长相思
白葡萄汁
80rmb / 330ml

Chardonnay White Grape Juice

艾伦米亚霞多丽
白葡萄汁
80rmb / 330ml

Sparkling Muscadelle Grape Juice

慕斯卡黛气泡葡萄汁
280rmb / 750ml

Fresh Orange Juice

鲜榨橙汁
42rmb





Available 9:00 – 17:00

我们生产新鲜出炉的工匠式面包、蛋糕、甜点。

We produce freshly baked craft-breads, cakes, and desserts.

我们的产品在制作过程中只用到天然食材，其中又有来自中国各地的优质本土原料。我们所有的产品都遵循“慢&裸”的理念设计，所有面包都是“慢”生产且经过天然发酵，以保证更好的风味和质感。所有蛋糕和甜点都是低糖的，且不添加任何人工色素和糖衣粉饰，从内而外诠释非常酷的“裸”概念。

Using only the finest, locally sourced, natural ingredients, and made daily from scratch, we provide well-crafted products. All of our products are designed according to the “Slow & Naked” concept, where all breads are “slow” produced and naturally fermented to ensure better flavor and texture. All cakes and desserts are low in sugar and have no artificial coloring or sugar coating, which give them a very cool “naked” look from the inside out.

bread

Ugly but Delicious
Cinnamon Roll
很丑可是很好吃的肉桂卷
36rmb

Sweet & Salty Brioche
可甜可盐布里修欧
38rmb

Wholesome Bagel
with French Creme Fraiche
自制全麦贝果配法葱酱
28rmb

Lychee, Rose
& Red Bean Bread
玫瑰枝枝红豆包
38rmb

tart

Florentine Tart
佛罗伦提杏仁挞
68rmb

Shine Muscat Grape Tart
晴王葡萄挞
68rmb

Lychee & Raspberry Tart
荔枝树莓挞
68rmb

Caramelized Apple Tart
焦糖苹果挞
68rmb

cake

Mini Lemon Cake
迷你柠檬小蛋糕
22rmb

Burnt Cheesecake
烧焦的芝士蛋糕
48rmb (M) / 52rmb (L)

Mini Raspberry Cake
迷你树莓小蛋糕
28rmb

slow  naked

