


COURTSIDE CAFÉ & BAR

BREAKFAST

- FRENCH CROISSANT**  22
ADD BUTTER & JAM +8
- SPINACH & FETA**  22
- FRENCH CROISSANT WITH BACON, EGG, & CHEESE** 58
A toasted butter croissant filled with crispy bacon, cooked eggs, & melted cheese
- PROTEIN ALL THE WAY**  88
Three eggs, sausage, bacon & sweet potato
- GREEK YOGHURT WITH GRANOLA & MIXED BERRIES**  68
- CHIA SEED PUDDING WITH MIXED BERRIES**  68

SOURDOUGH BAGELS

- CREAM CHEESE**  38
(Add cucumber +8 / Avocado +18)
- SMOKED SALMON & CREAM CHEESE** 58
- HAM & CHEESE** 58
- BEEF PASTRAMI & CHEESE** 58

HI-FIBER SALADS

- PLANT PROTEIN POWER**   68
Mixed lentils & beans with crunchy peppers & apple, coconut & mixed seeds with balsamic dressing
- REFRESHING VIETNAMESE NOODLES SALAD**  68
Grilled tofu, carrots, orange, peanuts, cucumber & purple cabbage with tangy citrus chili dressing
- BOOST EXTRA PROTEIN:**
AVOCADO / EGG +18
SMOKED SALMON / GRILLED CHICKEN / BEEF +28

KIDS MENU

48

- CHICKEN NUGGETS 4 PCS
- CHICKEN TENDERS 2 PCS
- MAC & CHEESE 
- MINI PIZZA 
- HAM & CHEESE SANDWICH
- NUTELLA SANDWICH 
- MINI WAFFLE WITH CHOCOLATE SAUCE 

*All Kids get a glass of Juice / Soft Drink

PROTEIN POWER BOWLS

- PROTEIN PACKED BOWLS**  98
Pickled Vegetables & Mixed Greens topped with a sprinkle of seed mix (including sesame, pumpkin, sunflower seeds, and peanuts)
- 1.Choose Your Base**
Brown rice / Mixed Brown Rice and Quinoa / Quinoa +18
- 2.Choose Your Protein (100g)**
Tandoori Chicken / Chickpeas Pepper / Avocado +18 / Halloumi +18 / Minced Pork Thai Style +18 / Grilled Chimichurri Salmon +28 / Prawns +28 / Minced Beef +28
- 3.Choose Your Sauce (Any Two)**
Mint yogurt / Mango chutney / Peanut coconut / Spicy tomato chimichurri

PANINI / WRAPS

- SOURDOUGH PANINI / WRAP (HOT / COLD)**
- BIG DILL MUSHROOM & TOFU**  68
Thai spiced grilled mushroom & tofu, mixed greens, pickled veggies, hummus & sriracha
- SMOKED SALMON DINKER** 78
Smoked salmon, onion, tomatoes, capers & cream cheese
- SMASH THAI MINCED PORK** 78
Thai-style minced pork & herbs, mixed greens, pickled veggies & sriracha
- PADDLE-PRESSED HAM & CHEESE** 78
Honey-glazed ham & cheese with mayo, tomato, lettuce & onion
- LOBBED BEEF PASTRAMI** 88
Beef pastrami with honey mustard mayo, tomato, onion & lettuce

WAFFLES

- Choose Syrup: Salted Caramel/ Chocolate/ Whipped Cream
- PEANUT BUTTER & BANANA**  88
- ASSORTED BERRIES**  88
- COOKIES & CREAM**  88
- ADD CHOCOLATE / VANILLA ICE CREAM SCOOP +18

DESSERTS

- CHEESECAKE**  58
Lemon cinnamon cheese cake with berries compote & salted caramel drizzle
- CHOCOLATE HAZELNUT CAKE**  58
Biscuit hazelnut crunch with dark chocolate mousse and ganache

COURTSIDE CAFE & BAR

早餐



- 法式牛角包 (V) 22
加牛油和果醬 +8
- 菠菜和羊奶芝士 (V) 22
- 法式牛角包配煙肉、雞蛋和芝士 58
牛油牛角包、脆煙肉、水煮蛋和芝士
- 全蛋白質 (V) 88
三份雞蛋、香腸、煙肉和甜薯
- 希臘式乳酪配麥片和雜莓 (V) 68
- 奇亞籽雜莓布甸 (V) 68

酸種貝果麵包



- 忌廉芝士 (V) 38
(加青瓜+8 / 加牛油果+18)
- 煙三文魚和忌廉芝士 58
- 火腿和芝士 58
- 燻牛肉和芝士 58

高纖維沙律



- 植物蛋白質 (V) (V) 68
混合扁豆和豆類，配上脆甜椒和蘋果，
搭配香醋汁
- 清爽的越南米粉 (V) 68
沙律
烤豆腐、紅蘿蔔、青瓜和紫椰菜，配上酸甜柑橘
辣椒醬
- 補充蛋白質：
牛油果/雞蛋 +18
煙三文魚/烤雞肉/牛肉 +28

兒童餐單

48

- 雞塊 (4 件)
- 雞柳 (2 件)
- 芝士通心粉 (V)
- 迷你薄餅 (V)
- 火腿芝士三文治
- 榛子朱古力醬三文治 (V)
- 迷你窩夫配朱古力醬 (V)

所有兒童均可獲得一杯果汁/汽水飲品

蛋白質能量碗



- 高蛋白餐碗 (V) 98
醃製蔬菜和混合蔬菜，配上混合果仁種子
(包括芝麻、南瓜子、葵花籽和花生)。
1. 選擇主食
糙米 / 糙米及藜麥混合 /
藜麥 +18
2. 選擇您的蛋白質 (100克)
印度烤雞 / 鷹嘴豆辣椒 / 牛油果 +18 / 哈羅米芝士 +18 / 泰
式豬肉碎 +18 / 阿根廷香草醬烤三文魚 +28 / 牛肉碎 +28 /
烤牛肉 +28
3. 選擇您的醬料 (選擇兩種)
薄荷乳酪醬 / 芒果酸辣醬 / 花生椰蓉醬 /
辣番茄青醬

意大利包/捲餅



- 酸種意大利包/捲餅 (熱/冷)
- 蘑菇豆腐 (V) 68
泰式香烤蘑菇豆腐，混合蔬菜，醃菜，
是拉差辣椒醬
- 煙燻三文魚小漢堡 78
煙燻三文魚、洋蔥、番茄、酸豆和奶忌廉芝士
- 泰式豬肉碎 78
泰式豬肉碎佐香草、什錦蔬菜、
醃菜和是拉差辣椒醬。
- 火腿和起司 78
蜜汁火腿芝士三文治，配蛋黃醬、番茄、
生菜和洋蔥
- 燻牛肉 88
燻牛肉配蜂蜜芥末蛋黃醬、番茄、
洋蔥和生菜

窩夫餅



- 選擇糖漿：鹽味焦糖 / 朱古力 / 鮮忌廉
- 花生醬香蕉口味 (V) 88
- 什莓口味 (V) 88
- 曲奇忌廉口味 (V) 88
加朱古力 / 雲呢拿雪糕球 +18

甜品



- 芝士蛋糕 (V) 58
檸檬肉桂芝士蛋糕配莓果蜜餞和
鹽味焦糖醬
- 朱古力榛子果仁蛋糕 (V) 58
朱古力榛子果仁蛋糕

