

PENANG MENU

26.01.2026 Monday

Tandoori Fest

Oven baked tandoori chicken breast served with brown rice

Broccoli . Cauliflower . Mushroom . Carrot . Cherry Tomato . Chickpeas

418kcal 43g 28g 15g



27.01.2026 Tuesday

Honey Sriracha Salmon

Baked salmon with brown rice

Boiled Egg . Mushroom . Cucumber . Lettuce . Purple Cabbage . French Bean . Honey Sriracha Sauce

462kcal 50g 24g 19g



28.01.2026 Wednesday

Kapitan Chicken with Brown Rice

Baked kapitan chicken breast (contains curry leaves) served with brown rice

Potato . Long Bean . Cabbage . Cauliflower . Brinjal . Red Chili

483kcal 48g 29g 23g



29.01.2026 Thursday

Portuguese Perch

Perch fish fillet in Portuguese sauce served with pasta

Broccoli . Baby Corn . Capsicum . Cucumber . Mushroom

553kcal 57g 31g 22g



30.01.2026 Friday

Tebasaki

Japanese Nagoya chicken breast with roasted pumpkin salad

Cherry Tomato . Cucumber . Broccoli . Purple Cabbage . Lettuce . Coriander

439kcal 31g 26g 27g



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29, Jalan Perniagaan Vorteks 4, Pusat Perniagaan Vorteks Simpang Ampat, 14100 Pulau Pinang

All pictures shown are for illustration purpose only.

Menu served may vary based on the medical condition and the ingredients availability. If you have a food allergy, please notify us.

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KL MENU

26.01.2026 Monday

Ponzu Soba Mackerel

Mackerel fillet served with soba noodles, boiled egg, corn kernel, broccoli, chuka wakame, lettuce, shimeji mushroom, purple cabbage and ponzu sauce.

***presented in lunch box*



27.01.2026 Tuesday

Chipotle Chicken with Brown Rice

Chipotle chicken Chop served with brown rice, purple cabbage, cherry tomato, red onion, lettuce, wakame, edamame, seaweed flakes and sesame seeds.

***presented in lunch box*



28.01.2026 Wednesday

Katsu Curry Chicken

Crust baked chicken breast, served with Japanese curry, potatoes, carrot, onion, salad, cherry tomato and brown rice.



29.01.2026 Thursday

Orange Miso Chicken with Salad & Rice

Chicken chop, orange juice, ginger, edamame, bell peppers, cucumber, sesame seeds, salad, parsley, salt & sesame oil, tamago, brown rice, orange sesame miso sauce.



30.01.2026 Friday

Shrimp Scampi

Shrimp served with spaghetti, zucchini, corn, cherry tomatoes, poached white radish, butter, lemon, salt, dried parsley (no black pepper).

**market vegetables (broccoli/ cauliflower)*



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