

PENANG MENU

11.05.2026 Monday

Ayam Percik Delight

Oven baked ayam percik chicken breast cubes with brown rice

Carrot . Cucumber . Brinjal . Capsicum . Cherry Tomato . Purple Cabbage . Coriander

413kcal 42g 28g 17g



12.05.2026 Tuesday

Ginger Herbs Perch with Brown Rice

Ginger herbs perch fish served with brown rice

Lettuce . Long Bean . Capsicum . Broccoli . Mushroom . Cherry Tomato . Ginger Slices

434kcal 42g 30g 18g



13.05.2026 Wednesday

Kapitan with Pasta

Kapitan boneless chicken breast cubes served with Italian herbs pasta

Lettuce . Carrot . French Bean . Cauliflower . Brown Onion

603kcal 62g 33g 27g



14.05.2026 Thursday

Tomato Fish with Brown Rice

Perch fish in red tomato sauce served with brown rice

Cucumber . Broccoli . Okra . Baby Corn . Purple Cabbage . Capsicum . Pumpkin Seed

424kcal 39g 26g 18g



15.05.2026 Friday

Mala Chicken with Potato

Baked spicy chicken breast cubes with potato wedges

Brinjal . Cabbage . Capsicum . Brown Onion . Mushroom . Scallion . Sesame Seed

539kcal 38g 26g 37g



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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

11.05.2026 Monday

Chicken Shepherd's Pie

Chicken, green peas, onions, carrots, cheese, thyme, rosemary, mashed potato, garden salads & golden raisin.



12.05.2026 Tuesday

Chicken Bibimbap

Chicken served with sauteed mushroom, blanched bean sprouts, purple cabbage, sauteed spinach, pickled radish, cucumber julienne, sauteed carrot, seaweed flakes, sauce bibimbap, fried egg and brown rice (garnish - sesame seed)

**presented in lunch box



13.05.2026 Wednesday

Almond Crusted Barramundi with Pasta Salad

Baked Barramundi fish (ground almonds, parmesan cheese, and fresh cilantro), spiral pasta, sliced cucumber, diced red onion, sliced black olive, sliced cherry tomato, sliced steam carrot, small cuts steamed broccoli, diced tamago, cilantro pesto sauce (cilantro, walnuts, olive oil, parmesan cheese, lime juice, garlic).



14.05.2026 Thursday

Mentai Tamago Salmon with Brown Rice

Grilled salmon served with brown rice, tamago, homemade mentai sauce, wakame, cherry tomatoes, olives, pickles, sesame seeds and salads.



15.05.2026 Friday

Green Chili Chicken with Brown Rice

Green chili chicken served with shiitake mushroom omelette, enoki mushrooms, bell peppers, shimeji mushroom, black fungus, salad, green chili and brown rice.



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