

PENANG MENU

19.10.2026 Monday

Lavandula Chicken

Baked boneless chicken breast in Lavender sauce with brown rice
Cucumber . Mushroom . Sweet Pea . Carrot . Cherry Tomato . Coriander

458kcal 41g 29g 21g



20.10.2026 Tuesday

Port Bowl

Bolognese perch fish fillet with brown rice
Lettuce . Cucumber . Mushroom . Capsicum . Corn Kernel . Pumpkin Seed

460kcal 36g 17g 23g



21.10.2026 Wednesday

Mongolian Chicken with Macaroni Pasta

Baked boneless chicken breast cubes in Mongolian sauce served with pasta
Onion . Mushroom . Cauliflower . Brinjal . Sweet Pea . Capsicum . English Parsley

553kcal 61g 33g 20g



22.10.2026 Thursday

Perch Fish with Sambal Balado

Baked perch fish fillet topped with spicy sambal balado served with brown rice
Lettuce . Cucumber . Brinjal . Long Bean . Capsicum . Purple Cabbage . Coriander

452kcal 38g 26g 22g



23.10.2026 Friday

Gochujang Chicken with Brown Rice

Gochujang chicken breast with brown rice
Lettuce . Broccoli . Mushroom . Kimchi . Capsicum . Cherry Tomato . Scallion . Shredded Seaweed

464kcal 48g 28g 26g



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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

19.10.2026 *Monday*

Vietnamese Chicken Chop

Lemongrass chicken chop, fried egg, brown rice, carrot, cucumber, taueh, basil leaves, mint leaves, red chili, lightend thai sauce, salads and crushed peanuts.



20.10.2026 *Tuesday*

Turmeric Saba with Garlic Fried Rice

Turmeric saba served with garlic fried rice, Japanese tamago egg, and seaweed flakes, cabbage and white radish tossed in sesame sauce and sesame oil, spicy cucumber, and Thai chilli sauce.



21.10.2026 *Wednesday*

Tuscan Chicken Fettuccine

Chicken breast (seasoned with oregano, salt, pepper, paprika), served with fettuccine, garlic butter French bean, cherry tomatoes, spinach, chili flakes and milk-based sauce (containing cheese).



22.10.2026 *Thursday*

Cajun Whole Leg with Mashed Peas & Potatoes

Cajun slow-baked chicken whole leg served with creamy mashed green peas and velvety orange sweet potatoes, honey baked vegetables(Eggplant,Carrots, Broccoli, Cauliflower, Cherry Tomato,Zucchini and Salad).



23.10.2026 *Friday*

Lemongrass Thai Taco Chicken

Tortilla wrap served with chicken chop, Thai sauce, white cabbage, purple cabbage, corn, cucumber, red and green apples cubes, red onion and green onion.



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