

PENANG MENU

05.01.2026 *Monday*

Portuguese Grill

Oven Portuguese chicken breast cubes served with brown rice
Cauliflower . Mushroom . Capsicum . Baby Corn . Brinjal

 406kcal  39g  27g  16g



06.01.2026 *Tuesday*

Fish Fish

Oven baked tomyum perch fish with brown rice
Lettuce . Onion . Broccoli . Cucumber . Cherry Tomato . Chickpeas

 453kcal  47g  27g  17g



07.01.2026 *Wednesday*

Maui Moa

Baked chicken breast in Hawaiian Sauce served with brown rice
French Bean . Cauliflower . Broccoli . Capsicum . Pumpkin Seed . Oregano Flakes

 450kcal  48g  29g  15g



08.01.2026 *Thursday*

Tan Tan Noodles

Baked perch fish with Tan Tan spaghetti
Lettuce . Mushroom . Capsicum . Brown Onion . Bok Choy

 559kcal  66g  33g  17g






09.01.2026 *Friday*

Chicken Tanin Don

Baked teriyaki chicken breast with brown rice
Scrambled Egg . Mushroom . Broccoli . Cabbage . Brown Onion . Scallion

 454kcal  44g  25g  20g



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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

05.01.2026 *Monday*

Hickory Barbeque Whole Leg Chicken

Chicken whole leg, orange, salads, potato, cherry tomatoes, broccoli, pumpkin seed, and mushroom sauce.



06.01.2026 *Tuesday*

Swiss Rosti Parsley Fish

Oven-baked butterfish served with potato pancake, grilled onions, grilled cherry tomatoes, spinach and homemade sour cream.



07.01.2026 *Wednesday*

Misoyaki Omu with Brown Rice

Misoyaki chicken chop, served with omelette, edamame, shimeji mushroom, salad, brown rice and homemade misoyaki sauce.



08.01.2026 *Thursday*

Pesto Chicken with Herbs Spiral Pasta

Baked chicken served with herbs spiral pasta, boiled egg, lettuce, shiitake mushroom, carrot, zucchini, cherry tomato, almonds and pesto sauce.







09.01.2026 *Friday*

Teriyaki Salmon – Brown Rice

Teriyaki salmon, served with brown rice, broccoli, purple cabbage, edamame kernel, steamed carrot and teriyaki sauce.



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