

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.

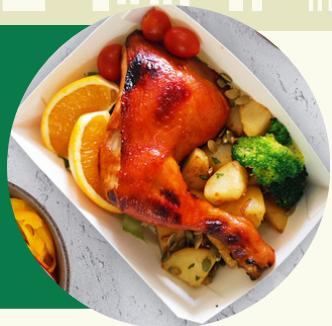
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KL MENU

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.

