

PENANG MENU

14.09.2026 *Monday*

Portuguese Grill

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

 406kcal  39g  27g  16g



15.09.2026 *Tuesday*

Nyonya Fish with Pasta

Baked perch fish fillet in nyonya sauce served with pasta

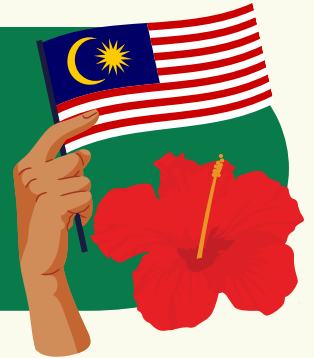
Lettuce . Onion . Cauliflower . Sweet Pea . Brinjal . Capsicum . Desiccated Coconut . Scallion

 610kcal  63g  31g  27g



16.09.2026 *Wednesday*

Public Holiday: Malaysia Day



17.09.2026 *Thursday*

Tandoori Chicken with Turmeric Brown Rice

Baked boneless tandoori chicken breast served with turmeric brown rice

Lettuce . Cabbage . Cucumber . Long Bean . Carrot . Red Chili . Coriander . Black Sesame

 430kcal  41g  27g  19g



18.09.2026 *Friday*

Baked Perch Fish with Sweet Potatoes

Baked herbs perch fish with sweet potatoes

Lettuce . Broccoli . Cauliflower . Capsicum . Purple Cabbage . Cherry Tomato . English Parsley

 415kcal  34g  21g  21g



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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

14.09.2026 *Monday*

Makrud Manaw

Minced chicken with herbs, served with egg, salad, Naipak, grilled cherry tomato eggplant and brown rice.



15.09.2026 *Tuesday*

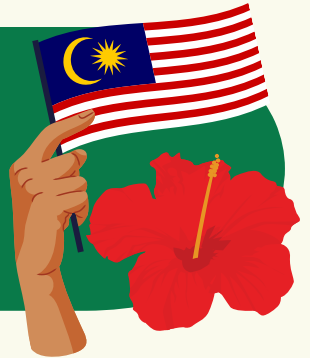
Swiss Rosti with Parsley Butterfish

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



16.09.2026 *Wednesday*

Public Holiday: Malaysia Day



17.09.2026 *Thursday*

Mushroom Pepper Chicken Farfalle

Farfalle pasta served with mushroom, chicken breast, walnuts, spinach, cherry tomato, and creamy mushroom sauce.



18.09.2026 *Friday*

Masala Bowl

masala chicken cube, bell peppers, corn, potato cubes, raisins, cheakpeas, sesame and brown rice



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