

HFT Life Menu

產品: 自家湯 / 自家涼茶 / 甘露 / 麵包 - 員工價8折
其他產品 - 員工價 85折

Table with columns: 產品名稱, Student & Staff Price, Regular Selling Price. Rows include categories like 自家蒸飯, 自家粥品, 沙律, 自家小食, 保健自家湯, and 滋補湯. Each row lists a dish name, its description, and prices for students/staff and regular customers.

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員工價8折

自家涼茶	Healthy Herbal Tea			
清熱下火廿四味(無糖)	Bitter Herbs Tea for Clearing Heat	\$ 20.8	\$	26
舒解肝燥熱雞骨草(低糖)	Canton Abrus Herb Drink for Soothing Liver (Low Sugar)	\$ 20.8	\$	26
清解肝燥熱夏枯草(低糖)	Spica Prunellae Drink for Clearing Liver (Low Sugar)	\$ 20.8	\$	26
清肝明目銀菊露(低糖)	Chrysanthemum Drink for Clearing Heat with Cooling Ingredients (Low Sugar)	\$ 20.8	\$	26
清解腸胃祛濕五花茶(低糖)	Floral Herbal Tea for Removing Dampness (Low Sugar)	\$ 20.8	\$	26
排毒祛濕龜苓茶(低糖)	Herbal Tea with Tortoise Plastron and Rhizoma Smilacis Glabrae for Clearing Heat (Low Sugar)	\$ 20.8	\$	26
潤燥滑腸火麻仁(低糖)	Hemp Seed Drink for Loosening Bowel (Low Sugar)	\$ 20.8	\$	26
舒解肝燥熱雞骨草(無糖)	Canton Abrus Herb Drink for Soothing Liver (No Sugar)	\$ 20.8	\$	26
清解肝燥熱夏枯草(無糖)	Spica Prunellae Drink for Clearing Liver (No Sugar)	\$ 20.8	\$	26
清解腸胃祛濕五花茶(無糖)	Floral Herbal Tea for Removing Dampness (No Sugar)	\$ 20.8	\$	26
草本功效茶	Healing Herbal Remedy • Functional Tea			
感冒茶	Cold Relieving Tea for Fever & Chills	\$ 40.0	\$	50
咳嗽茶	Cough Relieving Tea for Fever & Chills	\$ 40.0	\$	50
調理機能・保健茶	Restoring Balance • Healthy Tea			
清肺潤燥川貝雪梨海底椰	Sea Coconut Drink with Chuan Bei and Pear for Clearing Heat and Moisturizing Dryness	\$ 24.0	\$	30
潤肺止咳川貝百合海底椰	Sea Coconut Drink with Chuan Bei and Lily Bulb for Nourishing Lung	\$ 24.0	\$	30
清潤舒喉羅漢果菊花潤喉茶	Grosvenor Momordica Fruit and Chrysanthemum Drink for Clearing Lung	\$ 24.0	\$	30
草本滋養・健康茶	Herbal Nourishment • Healthy Tea			
清涼生津蘋果雪梨無花果茶	Apple, Pear and Fig Tea for Refreshing	\$ 24.0	\$	30
潤喉解鬱竹蔗茅根馬蹄海底椰	Drink with Sugar Cane, Rhizoma Imperatae, Water Chestnut and Sea Coconut for Moisturizing Dryness	\$ 24.0	\$	30
清熱消暑冬瓜茶(低糖)	White Gourd Tea for Clearing Summer-Heat	\$ 24.0	\$	30
明目解毒無糖杞子菊花茶	Sugar-Free Chrysanthemum Tea with Wolfberry for Improving Eyesight	\$ 24.0	\$	30
滋潤甘露	Nourishing Deluxe Drinks			
美味健胃楊枝甘露	Mango Deluxe for Strengthening Stomach	\$ 24.0	\$	30
潤肺潤腸川貝杏仁露	Chuan Bei and Almond Drink for Nourishing Lung and Cleansing Bowel	\$ 25.6	\$	32
潤燥養陰竹筴芽鮮椰露	Coconut Milk Drink with Bamboo Fungus and Snow Fungus for Moisturizing Dryness	\$ 25.6	\$	32
滋養潤燥椰香紫米露	Drink with Black Glutinous Rice and Coconut for Nourishing	\$ 25.6	\$	32
寧神養顏蒸燕窩子百合蛋白奶露	Drink with Bird's Nest, Lotus Seed, Lily Bulb, Egg White and Whole Milk for Nourishing	\$ 25.6	\$	32
滋補養顏花膠冰糖雪耳甘露(低糖)	Drink with Fish Maw, Rock Sugar and Snow Fungus for Nourishing (Low Sugar)	\$ 25.6	\$	32
滋補養顏牛乳百合木瓜露	Papaya Drink with Whole Milk and Lily Bulb for Nourishing	\$ 25.6	\$	32
其他飲品	Other Drinks			
清肺潤燥有機白玉靈芝海底椰雪梨飲	Organic Ganoderma Leucocontextum, Sea Coconut and Pear Drink	\$ 22.1	\$	26
補氣養顏有機血靈芝茯神桂圓蘋果飲	Organic Amauroderma Rugosum, Poria with Hostwood, Longan and Apple Drink	\$ 22.1	\$	26
有機洛神花茶	Home-grown organic lemongrass tea	\$ 17.0	\$	20
有機香茅茶	Home-grown organic roselle tea	\$ 17.0	\$	20
紅菜頭蘋果檸檬西柚汁	Purple Mix	\$ 17.0	\$	20
羽衣甘藍石榴蔓越莓蘋果汁	Green Mix	\$ 17.0	\$	20
潤腸排毒蒸麥豆乳	Organic Soybean Milk with Oat for Expelling Toxicity	\$ 8.5	\$	10
強健體質薑黃豆乳	Soybean Milk with Turmeric for Strengthening	\$ 8.5	\$	10
自家甜品	Home-Made Dessert			
滋潤養顏手磨杏仁蛋白茶	Hand-Made Dessert with Apricot Kernel and Egg White for Nourishing	\$ 25.5	\$	30
補血養顏桑寄生紅棗蓮子蛋茶	Dessert with Herba Taxilli, Red Dates, Lotus Seed and Egg for Supplementing Blood	\$ 25.5	\$	30
寧心健脾蓮子百合紅豆沙	Dessert with Red Bean, Lotus Seed and Lily Bulb for Calmer Mind	\$ 20.4	\$	24
清熱解毒海帶綠豆沙	Dessert with Mug Bean and Kelp for Clearing Heat	\$ 20.4	\$	24
烏髮潤腸首烏椰皇芝麻糊	Dessert with Radix Polygoni Multiflori, Coconut and Black Sesame for Strengthening Hair	\$ 25.5	\$	30
清潤養顏竹白果蛋花糖水	Dessert with Bean Curd Sheet, Ginkgo and Egg for Beautifying	\$ 20.4	\$	24
祛風散寒薑汁椰糖番薯糖水	Dessert with Sweet Potato, Ginger and Coconut Sugar for Dispelling Wind and Removing Dampness	\$ 25.5	\$	30
健脾祛濕椰汁鴨嘜糖水	Dessert with Mixed Beans and Coconut Milk for Strengthening Spleen and Removing Dampness	\$ 25.5	\$	30
正品龜苓膏	Herbal Jelly			
清熱解毒靈芝龜苓膏	Lucid Ganoderma Tortoise Plastron Jelly for Clearing Heat	\$ 59.5	\$	70
解毒除濕藥製龜苓膏	Herbal Tortoise Plastron Jelly for Removing Toxicity	\$ 51.0	\$	60
調五臟有機赤靈芝潤腸龜苓膏	Organic Ganoderma Squeezing Tortoise Plastron Jelly for Nourishing Five Zang-organs	\$ 30.6	\$	36
清熱消滯兒童潤腸龜苓膏	Children Squeezing Tortoise Plastron Jelly for Clearing Heat	\$ 25.5	\$	30
自家滋養系列				
祛風補虛自家豬腳薑醋	Home-Made Stewed Pork Trotter and Ginger in Sweet Vinegar for Dispelling Wind and Strengthening	\$ 57.8	\$	68
補血補虛空身雞腳小煲薑醋	Premium Stewed Pork Trotter and Ginger in Sweet Vinegar for Dispelling Wind and Strengthening	\$ 74.8	\$	88
原味有機凍雞精(5包裝)	Organic Chicken Essence (5 packs per box)	\$ 225.3	\$	265
濃風白魚精(5包裝)	Milkfish Essence for Supplementing Qi(5 packs per box)	\$ 246.5	\$	290
祛濕紅豆薏米水(季節限定)	Red Bean, Coix Seeds Rice Water	\$ 66.3	\$	78
補腎烏髮黑豆芝麻米水(季節限定)	Black Bean and Black Sesame Rice Water	\$ 66.3	\$	78

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Menu table with columns for item name, category, price, and availability. Categories include Espresso Coffee, Herbal Espresso, Special Drink, Lify 草本茶系列, Brewed Tea, Pour-Over Coffee, and Handmade Bakery. Items listed include Regular Coffee, Americano, Café Latte, Cappuccino, Mocha, Iced Americano, Iced Latte, Iced Cappuccino, Iced Mocha, Espresso Solo, Espresso Doppio, Dirty, Espresso Tonic, Hot Hemp Seed Latte, Hemp Seed Latte, Flora Herbal Tea Espresso, Bitter Herbs Tea Espresso, Mango Deluxe Smoothie, H.K. Style Milk Tea Smoothie, Hemp Seed Latte Smoothie, Hot H.K. Style Milk Tea w/ Milk Foam, Black Tea Latte, Hot Chocolate, Iced Chocolate, Hot Milk, Cold Milk, Lify Wellness Tea - Calm, Lify Wellness Tea - Energy, Lify Wellness Tea - Sunrise, Black Tea, Peppermint Tea, Camomile, Brazil Santos, Ethiopia Yirgacheffe, 100°C Tangzhong Bread, Black Sesame Sliced Toast, Multigrain Tangzhong Bread, Cheese Utane Dough Toast, Seaweed Meat Floss Toast, Chicken Bun with Sichuan Chili Sauce, Pepper Bun, Chocolate Mochi (4pcs), Black Sesame Mochi (4pcs), Cheese Mochi (4pcs), Earl Grey Raspberry Soft Bread, Almond Raisins Brioche, French Batard, Cream Brulee Baguette, French Lemon Skin Brioche, Roasted Chicken Fillet Bread, Red Wine Blueberry Yogurt Soft Bread, Raspberry Bagel, Original Bagel, Blueberry Bagel, Pepper Cheese Bagel, Spring Onion & Cheese Scone, Black Tea & Walnut Scone, Raisins Scone, Figs Scone, Honey & Hazelnut Muffin, Blueberry Muffin, Hazelnut & Walnut Rye, Salty Butter Roll, Creamy Chocolate Mochi Bread, Korean Style Mochi Bread, Uji Green Tea and Red Bean Mochi Bread, Taiwan Sweet Potato Mochi Bread, Original Basque Burnt Cheesecake, Earl Grey Basque Burnt Cheesecake, Chocolate Basque Burnt Cheesecake, Mango Cream Puff, and Mango Mochi Bread.

Version: valid from June 2024

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三文治 (款式非定時更新)	Handmade Sandwiches (Seasonal update)			
鷹咀豆燻雞肉貝果三文治	Bagel with Hummus and Smoked Chicken	\$ 29.8	\$ 35	
火腿芝士貝果三文治	Bagel with Ham and Cheese	\$ 29.8	\$ 35	
煙燻三文魚貝果三文治	Bagel with Smoked Salmon	\$ 29.8	\$ 35	
墨西哥卷 (款式非定時更新)	Mexico Wrap (Seasonal update)			
紅菜頭雞胸墨西哥卷	Beetroot and Chicken Breast Burrito	\$ 29.8	\$ 35	
胡麻菜米雞肉墨西哥卷	Corn and Chicken Burrito with Sesame Sauce	\$ 29.8	\$ 35	