

## HFT Life Menu

產品: 自家湯 / 自家涼茶 / 甘露 / 麵包 - 員工價8折

產品名稱		Student & Staff Price \$	RSP	其他產品 - 員工價 85折
<b>自家蒸飯</b>	<b>Home-Made Steamed Rice</b>			
<b>每日供應4款蒸飯Rice (不定時更新)</b>	<b>(Provide 4 flavors every day, update flavor monthly)</b>			
土魷馬蹄肉鮮紅米飯	Steamed Red Rice with Squid, water Chestnut and Pork	\$ 32.3	\$ 38	
冬菇滑雞紅米飯	Steamed Red Rice with Mushroom and Chicken	\$ 32.3	\$ 38	Green product
櫻花蝦香菇薑飯	Rice with Sergestid Shrimp, Mushroom and Ginger	\$ 32.3	\$ 38	
南乳蓮藕香菇素肉紅米飯	Steamed Red Rice with Preserved Red Bean Curd, Lotus Root, Mushroom and Soy Ham	\$ 32.3	\$ 38	
<b>自家粥品 · 麵 (不定時更新)</b>	<b>Home-Made Congee · Noodle</b>			
滋陰養血鮑魚雞粥	Congee with Abalone and Chicken for Nourishing Yin	\$ 29.8	\$ 35	
健脾益胃粟米南瓜瘦肉粥	Congee with Corn, Pumpkin and Pork for Strengthening Spleen	\$ 23.8	\$ 28	
養胃益氣鮮白果瑤柱粥	Congee with Fresh Ginkgo and Dried Scallop for Cleaning Bowel	\$ 17.0	\$ 20	
番茄濃湯雜菜螺絲粉	Fusilli in Soup with Tomato and Vegetable	\$ 23.8	\$ 28	Green product
雪菜肉絲米粉 (季節限定)	Rice Noodle with Shredded Pork and Pickled Cabbage	\$ 23.8	\$ 28	
蒜香榨菜肉絲撈麵 (季節限定)	Stirred Noodle with Garlic Shredded Pork and Preserved Vegetable	\$ 23.8	\$ 28	
古早味肉燥炒米粉 (季節限定)	Rice Noodle with Minced Pork Meat	\$ 23.8	\$ 28	
<b>沙律</b>	<b>Salad</b>			
凱撒沙律	Caesar Salad with Kale	\$ 38.3	\$ 45	
羽衣甘藍蟹柳沙律	Jumbo Snow Crab Stick Garden Mix with Kale	\$ 38.3	\$ 45	
羽衣甘藍煙三文魚沙律	Smoked Salmon Garden Mix with Kale	\$ 40.8	\$ 48	
羽衣甘藍雞胸沙律	Chicken Garden Mix with Kale	\$ 38.3	\$ 45	
羽衣甘藍鰻魚沙律	Eel Fish Garden Mix with Kale	\$ 40.8	\$ 48	
<b>Home-made Dishes 自家小菜 (款式非定時更新)</b>				
秘製醬汁花生炆豬手 (季節限定)	Braised Peanut & Pork Knuckle	\$ 32.3	\$ 38	
柱侯蘿蔔炆牛腩 (季節限定)	Braised Beef Brisket and Radish	\$ 32.3	\$ 38	
番茄紅酒燉牛肉(季節限定)	Stewed Beef with Tomato and Red Wine	\$ 32.3	\$ 38	
<b>自家小食</b>	<b>Home-made Snack</b>			
靈芝茶葉蛋	Tea-flavored Egg with Ganoderma Atrum	\$ 6.8	\$ 8	
杞子醬汁燒賣	Shao-Mai with Wolfberry Sauce	\$ 13.6	\$ 16	
豬骨濃湯貢丸	Pork Bone Soup Meat Ball with Mushroom	\$ 15.3	\$ 18	
榨菜肉鬆茶飯	Glutinous Rice Roll with Preserved Sichuan Mustard and Meat Floss	\$ 17.0	\$ 20	
鮑汁雞翼	Chicken Wing with Abalone Sauce	\$ 21.3	\$ 25	
鮑汁雞脾	Chicken Leg with Abalone Sauce	\$ 21.3	\$ 25	
花雕醉雞翼(季節限定)	Chicken Wing with Huadiao Jiu	\$ 21.3	\$ 25	
和風關東煮(季節限定)	Japanese Style Oden	\$ 32.3	\$ 38	
咖喱花膠醬汁魚蛋	Curry Fish Ball with Fish Maw Sauce	\$ 15.3	\$ 18	
香菇淮山豚肉燒賣	Pork Shaomai with Mushroom and Chinese Wild Yam	\$ 15.3	\$ 18	
糯米雞	Glutinous Rice with Chicken	\$ 21.3	\$ 25	
<b>保健自家湯</b>	<b>Healthy Home-Made Soup</b>			
<b>皇牌 · 滋補湯</b>	<b>Nourishing Soup</b>			
滋補美顏花膠薑燉竹絲雞湯	Black Silky Chicken Soup with Fish Maw and Sea Whelk for Beautifying	\$ 48.0	\$ 60	
滋陰潤肺花膠海底椰川貝百合豬腳湯	Pork Soup with Fish Maw, Sea Coconut, Chuan Bei and Lily Bulb for Nourishing Lung	\$ 48.0	\$ 60	
<b>食療 · 養生湯</b>	<b>Energy-Boosting Soup</b>			
強肺理肺川貝枇杷葉鱸魚肉湯	Crocodile Soup with Chuan Bei and Loquat Leaves for Nourishing Lung	\$ 48.0	\$ 60	
驅風緩痛天麻川芎白芷魚頭湯	Fish Head Soup with Rhizoma Gastrodiae, Rhizoma Citranthoidis and Radix Angelicae	\$ 48.0	\$ 60	
<b>四季保健湯</b>	<b>HEALTHY SEASONAL SOUP</b>			
補氣補血黨參黑豆紅棗鮮魚湯	Fish Soup with Radix Codonopsis, Black Soybean and Red Dates for Stengthening Qi	\$ 48.0	\$ 60	
蕃茄富士蘋果無花果雞湯	Chicken Soup with Tomato, Fuji Apple and Fig	\$ 48.0	\$ 60	
清熱生津白茅根馬蹄雪梨豬蹄湯	Pork Soup with Rhizoma Imperatae, Water Chestnut and Pear	\$ 48.0	\$ 60	
健脾補腎瑤柱桂圓淮山粟子雞湯	Chicken Soup with Dried Scallop, Dried Longan, Chinese Wild Yam and Chestnut for Strengthen	\$ 48.0	\$ 60	
利水解毒粉葛赤小豆紅腰豆素湯	Soup with Kudzu, Rice Bean and Red Kidney Bean For Removing Dampness	\$ 48.0	\$ 60	Green product
養陰潤燥麥冬雪梨沙參玉竹響螺湯(附湯料)	Soup with Radix Ophiopogonis, Pear, Radix Glehniae, Rhizoma Polygonati Odorati and Sea Wh	\$ 48.0	\$ 60	
清熱潤肺日月魚金銀菜龍皇杏豬蹄湯(附湯料)	Pork Soup with Asian Moon Scallop, Cabbage and Prunus Armeniaca L. for Moisturizing Lung	\$ 48.0	\$ 60	
溫中祛寒白胡椒金華火腿豬肚湯(附湯料)	Pig Stomach Soup with White Pepper and Chinese Ham for warming stomach	\$ 48.0	\$ 60	
<b>至尊珍品滋補湯 (2人量)</b>	<b>DELUXE NOURISHING SOUP</b>			
滋養肝腎鮑魚瑤柱金腿雞煲翅(附湯料)(季節限定)	IMITATED SHARK'S FIN SOUP WITH ABALONE, DRIED SCALLOP, CHINESE HAM AND CHICKEN FOR	\$ 72.0	\$ 90	
滋養潤膚椰子花膠雪耳竹絲雞湯(附湯料)	Black Silky Chicken Soup with Coconut, Fish Maw and Snow Fungus for Nourishing	\$ 72.0	\$ 90	
補肺潤肺金腿杏子花膠豬蹄湯(附湯料)	Soup with Chinese Ham, Apricot Kernel, Fish Maw and Pork Lung	\$ 72.0	\$ 90	

# HFT Life Menu

<b>自家涼茶</b>	<b>Healthy Herbal Tea</b>			
清熱下火甘四味(無糖)	Bitter Herbs Tea for Clearing Heat	\$	20.8	\$
舒解肝濕熱雞骨草 (低糖)	Canton Abrus Herb Drink for Soothing Liver (Low Sugar)	\$	20.8	\$
清解肝燥熱夏枯草 (低糖)	Spica Prunellae Drink for Clearing Liver (Low Sugar)	\$	20.8	\$
清肝明目銀菊露 (低糖)	Chrysanthemum Drink for Clearing Heat with Cooling Ingredients (Low Sugar)	\$	20.8	\$
清解腸胃祛濕五花茶 (低糖)	Floral Herbal Tea for Removing Dampness (Low Sugar)	\$	20.8	\$
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	\$
潤燥潤腸火麻仁 (低糖)	Hemp Seed Drink for Loosening Bowel (Low Sugar)	\$	20.8	\$
舒解肝濕熱雞骨草 (無糖)	Canton Abrus Herb Drink for Soothing Liver (No Sugar)	\$	20.8	\$
清解肝燥熱夏枯草 (無糖)	Spica Prunellae Drink for Clearing Liver (No Sugar)	\$	20.8	\$
清解腸胃祛濕五花茶 (無糖)	Floral Herbal Tea for Removing Dampness (No Sugar)	\$	20.8	\$
<b>草本功效茶</b>	<b>Healing Herbal Remedy • Functional Tea</b>			
感冒茶	Cold Relieving Tea for Fever & Chills	\$	40.0	\$
咳嗽茶	Cough Relieving Tea for Fever & Chills	\$	40.0	\$
<b>調理機能 • 保健茶</b>	<b>Restoring Balance • Healthy Tea</b>			
清肺潤腸川貝雪梨海底椰	Sea Coconut Drink with Chuan Bei and Pear for Clearing Heat and Moisturizing Dryness	\$	24.0	\$
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	\$
清潤舒喉羅漢果菊花潤喉茶	Grosvenor Momordica Fruit and Chrysanthemum Drink for Clearing Lung	\$	24.0	\$
<b>草本滋養 • 健康茶</b>	<b>Herbal Nourishment • Healthy Tea</b>			
清涼生津蘋果雪梨無花果茶	Apple, Pear and Fig Tea for Refreshing	\$	24.0	\$
明目解毒無糖杞子菊花茶	Sugar-Free Chrysanthemum Tea with Wolfberry for Improving Eyesight	\$	24.0	\$
潤肺化痰川貝枇杷雪梨茶	Pear Tea with Chuan Bei and Loquat Leaves for Nourishing Lung	\$	24.0	\$
生津潤燥雪梨馬蹄無花果茶	Fig Drink with Pear and Water Chestnut for Nourishing	\$	24.0	\$
<b>滋潤甘露</b>	<b>Nourishing Deluxe Drinks</b>			
美味健胃楊枝甘露	Mango Deluxe for Strengthening Stomach	\$	24.0	\$
潤肺潤腸川貝杏仁露	Chuan Bei and Almond Drink for Nourishing Lung and Cleansing Bowel	\$	25.6	\$
潤燥養陰竹筍雪耳鮮椰露	Coconut Milk Drink with Bamboo Fungus and Snow Fungus for Moisturizing Dryness	\$	25.6	\$
滋養潤燥椰香紫米露	Drink with Black Glutinous Rice and Coconut for Nourishing	\$	25.6	\$
寧神養顏燕窩蓮子百合蛋白奶露	Drink with Bird's Nest, Lotus Seed, Lily Bulb, Egg White and Whole Milk for Nourishing	\$	25.6	\$
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	\$
開胃消滯青檸百香果蜂蜜甘露	Honey Drink with Lime and Passion for Appetizing	\$	25.6	\$
<b>其他飲品</b>	<b>Other Drinks</b>			
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	\$
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	\$
有機洛神花茶	Home-grown organic lemongrass tea	\$	17.0	\$
有機香茅茶	Home-grown organic roselle tea	\$	17.0	\$
紅菜頭蘋果檸檬西柚汁	Purple Mix	\$	17.0	\$
羽衣甘藍石榴菠蘿蘋果汁	Green Mix	\$	17.0	\$
潤腸排毒燕麥豆乳	Organic Soybean Milk with Oat for Expelling Toxicity	\$	8.5	\$
強健體質薑黃豆乳	Soybean Milk with Turmeric for Strengthening	\$	8.5	\$
芒果椰果柚子甘露 (310g)	Deluxe Drink with Mango, Nata de Coco and Pomelo	\$	17.0	\$
港式奶茶(310ml)	HK Style Milk Tea	\$	17.0	\$
港式鴛鴦(310ml)	HK Style Yuan Yang	\$	12.8	\$
火麻仁拿鐵(310ml)	Hemp Seed Latte	\$	17.0	\$
<b>自家甜品</b>	<b>Home-Made Dessert</b>			
滋潤養顏手磨杏仁蛋白茶	Hand-Made Dessert with Apricot Kernel and Egg White for Nourishing	\$	25.5	\$
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	\$
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	\$
清熱解毒海帶綠豆沙	Dessert with Mug Bean and Kelp for Clearing Heat	\$	20.4	\$
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	\$
清潤養顏腐竹白果蛋花糖水	Dessert with Bean Curd Sheet, Ginkgo and Egg for Beautifying	\$	20.4	\$
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	\$	25.5	\$
健脾祛濕椰汁蓮子糖水	Dessert with Mixed Beans and Coconut Milk for Strengthening Spleen and Removing	\$	25.5	\$
<b>正品龜苓膏</b>	<b>Herbal Jelly</b>			
清熱解毒靈芝龜苓膏	Lucid Ganoderma Tortoise Plastron Jelly for Clearing Heat	\$	59.5	\$
解毒除濕藥製龜苓膏	Herbal Tortoise Plastron Jelly for Removing Toxicity	\$	51.0	\$
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	\$
<b>自家喜慶系列</b>				
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	\$
補血健脾自家老陳皮素薑醋	Home-Made Tangerine Peel and Ginger in Sweet Vinegar for Dispelling Wind and Strengthening	\$	57.8	\$
補血補虛至尊豬腳小黃薑醋	Premium Stewed Pork Trotter and Ginger in Sweet Vinegar for Dispelling Wind and Strengthening	\$	74.8	\$
原味有機滴雞精(5包裝)	Organic Chicken Essence (5 packs per box)	\$	225.3	\$
滴風目魚精 (5包裝)	Milkfish Essence for Supplementing Qi(5 packs per box)	\$	246.5	\$
祛濕紅豆薏米水 (季節限定)	Red Bean, Coix Seeds Rice Water	\$	66.3	\$
補腎烏髮黑豆芝麻米水 (季節限定)	Black Bean and Black Sesame Rice Water	\$	66.3	\$

Green product

手調咖啡系列		Espresso Coffee		
即磨咖啡	Regular Coffee	\$ 18.7	\$ 22	
美式咖啡	Americano	\$ 18.7	\$ 22	
鮮奶咖啡	Café Latte	\$ 23.8	\$ 28	
泡沫咖啡	Cappuccino	\$ 23.8	\$ 28	
朱古力咖啡	Mocha	\$ 25.5	\$ 30	
美式咖啡(凍)	Iced Americano	\$ 22.1	\$ 26	
鮮奶咖啡(凍)	Iced Latte	\$ 27.2	\$ 32	
泡沫咖啡(凍)	Iced Cappuccino	\$ 27.2	\$ 32	
朱古力咖啡(凍)	Iced Mocha	\$ 28.9	\$ 34	
特濃咖啡(單份)	Espresso Solo	\$ 11.9	\$ 14	
特濃咖啡(雙份)	Espresso Doppio	\$ 14.5	\$ 17	
髒髒咖啡	Dirty	\$ 28.9	\$ 34	
特濃咖啡湯力	Espresso Tonic	\$ 32.3	\$ 38	
草本咖啡系列		Herbal Espresso		
熱火麻仁拿鐵	Hot Hemp Seed Latte	\$ 25.5	\$ 30	
火麻仁拿鐵(凍)	Hemp Seed Latte	\$ 28.9	\$ 34	
五花茶特濃咖啡	Flora Herbal Tea Espresso	\$ 25.5	\$ 30	
廿四味特濃咖啡	Bitter Herbs Tea Espresso	\$ 25.5	\$ 30	
手調飲品系列		Special Drink		
楊枝甘露沙冰	Mango Deluxe Smoothie	\$ 29.8	\$ 35	
港式奶茶沙冰	H.K. Style Milk Tea Smoothie	\$ 29.8	\$ 35	
火麻仁拿鐵沙冰	Hemp Seed Latte Smoothie	\$ 29.8	\$ 35	
椰香紫米沙冰	Purple Rice and Coconut Milk Smoothie	\$ 29.8	\$ 35	
熱港式泡沫奶茶	Hot H.K. Style Milk Tea w/ Milk Foam	\$ 23.8	\$ 28	
鮮奶紅茶	Black Tea Latte	\$ 20.4	\$ 24	
香濃朱古力(熱)	Hot Chocolate	\$ 22.1	\$ 26	
香濃朱古力(凍)	Iced Chocolate	\$ 25.5	\$ 30	
熱牛奶 (12oz)	Hot Milk	\$ 20.4	\$ 24	
凍牛奶 (16oz)	Cold Milk	\$ 22.1	\$ 26	
冷泡茶系列		Brewed Tea		
英式紅茶	Black Tea	\$ 18.7	\$ 22	
薄荷茶	Peppermint Tea	\$ 18.7	\$ 22	
洋甘菊草本茶	Camomile	\$ 18.7	\$ 22	
手沖咖啡系列		Pour-Over Coffee		
巴西山度士	Brazil Santos	\$ 40.8	\$ 48	
埃塞俄比亞耶家雪夫	Ethiopia Yirgacheffe	\$ 40.8	\$ 48	
手沖咖啡豆系列 (袋裝)		Pour-Over Coffee Bean		
巴西山度士咖啡豆	Brazil Santos Coffee Beans	\$ 69.7	\$ 82	
埃塞俄比亞耶家雪夫咖啡豆	Ethiopia Yirgacheffe Coffee Beans	\$ 69.7	\$ 82	
自家烘焙系列 (款式非定時更新)		Handmade Bakery (Seasonal update)		
100°C湯種吐司	100°C Tangzhong Bread	\$ 14.4	\$ 18	
播沙黑芝麻吐司	Black Sesame Sliced Toast	\$ 24.0	\$ 30	
雜糧吐司	Multigrain Tangzhong Bread	\$ 17.6	\$ 22	
芝士湯種吐司	Cheese Utane Dough Toast	\$ 17.6	\$ 22	
海苔肉鬆吐司	Seaweed Meat Floss Toast	\$ 22.4	\$ 28	
川味麻辣雞燒餅	Chicken Bun with Sichuan Chili Sauce	\$ 14.4	\$ 18	
台式胡椒餅	Pepper Bun	\$ 14.4	\$ 18	
朱古力麻糬 (4件)	Chocolate Mochi (4pcs)	\$ 14.4	\$ 18	
黑芝麻麻糬 (4件)	Black Sesame Mochi (4pcs)	\$ 14.4	\$ 18	
芝士麻糬 (4件)	Cheese Mochi (4pcs)	\$ 14.4	\$ 18	
伯爵紅莓軟歐	Earl Grey Raspberry Soft Bread	\$ 22.4	\$ 28	
杏仁提子布理歐	Almond Raisins Brioche	\$ 26.4	\$ 33	
法國短棍包	French Batard	\$ 12.8	\$ 16	
烤布甸法包	Cream Brulee Baguette	\$ 12.8	\$ 16	
法國檸檬皮布理歐	French Lemon Skin Brioche	\$ 26.4	\$ 33	
炭燒雞扒包	Roasted Chicken Fillet Bread	\$ 12.8	\$ 16	
紅酒藍莓乳酪軟歐	Red Wine Blueberry Yogurt Soft Bread	\$ 25.6	\$ 32	
紅莓貝果	Raspberry Bagel	\$ 14.4	\$ 18	
原味貝果	Original Bagel	\$ 12.0	\$ 15	
藍莓貝果	Blueberry Bagel	\$ 14.4	\$ 18	
芝士胡椒貝果	Pepper Cheese Bagel	\$ 14.4	\$ 18	
香蔥芝士鬆餅	Spring Onion & Cheese Scone	\$ 12.8	\$ 16	
紅茶核桃鬆餅	Black Tea & Walnut Scone	\$ 12.8	\$ 16	
提子鬆餅	Raisins Scone	\$ 12.8	\$ 16	
無花果鬆餅	Figs Scone	\$ 12.8	\$ 16	
蜂蜜核桃瑪芬	Honey & Hazelnut Muffin	\$ 14.4	\$ 18	
藍莓瑪芬	Blueberry Muffin	\$ 14.4	\$ 18	
榛子核桃裸麥包	Hazelnut & Walnut Rye	\$ 22.4	\$ 28	
鹽可頌	Salty Butter Roll	\$ 11.2	\$ 14	
流心朱古力麻糬軟包	Creamy Chocolate Mochi Bread	\$ 19.2	\$ 24	
宇治綠茶紅豆麻糬軟包	Uji Green Tea and Red Bean Mochi Bread	\$ 19.2	\$ 24	
台式紫薯麻糬軟包	Taiwan Sweet Potato Mochi Bread	\$ 19.2	\$ 24	

## HFT Life Menu

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
胡麻粟米雞肉墨西哥卷	Corn and Chicken Burrito with Sesame Sauce	\$	29.8	\$	35
香辣雞胸墨西哥卷	Spicy and Smoked Chicken Breast	\$	29.8	\$	35
蘋果豬腩墨西哥卷	Apple and Pork Burrito	\$	29.8	\$	35