

HFT Life Menu

自家湯 / 自家涼茶 / 甘露 / 麵包 8折

自家蒸飯/ 粥 / 粉 / 沙律/ 麵 / 小菜 / 小食 / 咖啡 / 特飲 / 龜苓膏 / 甜品 / 自家喜 85折

慶系列/ 三文治 / 墨西哥卷 / 中式包點 / 其他產品

健康餐 9折

產品名稱		Staff & Student Price	Regular Selling Price	Remark
手調咖啡系列				
Espresso Coffee	Regular Coffee	\$ 18.7	\$ 22	
即磨咖啡	Americano	\$ 18.7	\$ 22	
美式咖啡	Café Latte	\$ 23.8	\$ 28	
鮮奶咖啡	Cappuccino	\$ 23.8	\$ 28	
泡沫咖啡	Mocha	\$ 25.5	\$ 30	
朱古力咖啡	Iced Americano	\$ 22.1	\$ 26	
美式咖啡(凍)	Iced Latte	\$ 27.2	\$ 32	
鮮奶咖啡(凍)	Iced Cappuccino	\$ 27.2	\$ 32	
泡沫咖啡(凍)	Iced Mocha	\$ 28.9	\$ 34	
朱古力咖啡(凍)	Espresso Solo	\$ 11.9	\$ 14	
特濃咖啡(單份)	Espresso Doppio	\$ 14.5	\$ 17	
特濃咖啡(雙份)				
草本咖啡系列				
Herbal Espresso	Hot Hemp Seed Latte	\$ 25.5	\$ 30	
熱火麻仁拿鐵	Hemp Seed Latte	\$ 28.9	\$ 34	
火麻仁拿鐵(凍)	Flora Herbal Tea Espresso	\$ 25.5	\$ 30	
五花茶特濃咖啡	Bitter Herbs Tea Espresso	\$ 25.5	\$ 30	
廿四味特濃咖啡				
手調飲品系列				
Special Drink	Mango Deluxe Smoothie	\$ 29.8	\$ 35	
楊枝甘露沙冰	H.K. Style Milk Tea Smoothie	\$ 29.8	\$ 35	
港式奶茶沙冰	Hemp Seed Latte Smoothie	\$ 29.8	\$ 35	
火麻仁拿鐵沙冰	Purple Rice and Coconut Milk Smoothie	\$ 29.8	\$ 35	
椰香紫米沙冰	Hot H.K. Style Milk Tea w/ Milk Foam	\$ 23.8	\$ 28	
熱港式泡沫奶茶	Black Tea Latte	\$ 20.4	\$ 24	
鮮奶紅茶	Hot Chocolate	\$ 22.1	\$ 26	
香濃朱古力(熱)	Iced Chocolate	\$ 25.5	\$ 30	
香濃朱古力(凍)	Hot Milk	\$ 20.4	\$ 24	
熱牛奶 (12oz)	Cold Milk	\$ 22.1	\$ 26	
凍牛奶 (16oz)				
冷泡茶系列				
Brewed Tea	Black Tea	\$ 18.7	\$ 22	
英式紅茶	Peppermint Tea	\$ 18.7	\$ 22	
薄荷茶	Camomile	\$ 18.7	\$ 22	
洋甘菊草本茶				
手沖咖啡系列				
Pour-Over Coffee	Brazil Santos	\$ 40.8	\$ 48	
巴西山度士	Ethiopia Yirgacheffe	\$ 40.8	\$ 48	
埃塞俄比亞耶家雪夫				
手沖咖啡豆系列 (袋裝)				
Pour-Over Coffee Bean	Brazil Santos Coffee Beans	\$ 69.7	\$ 82	
巴西山度士咖啡豆	Ethiopia Yirgacheffe Coffee Beans	\$ 69.7	\$ 82	
埃塞俄比亞耶家雪夫咖啡豆				
自家涼茶				
Healthy Herbal Tea	Bitter Herbs Tea for Clearing Heat	\$ 20.8	\$ 26	
清熱下火廿四味(無糖)	Canton Abrus Herb Drink for Soothing Liver (Low Sugar)	\$ 20.8	\$ 26	
舒解肝濕熱雞骨草 (低糖)	Spica Prunellae Drink for Clearing Liver (Low Sugar)	\$ 20.8	\$ 26	
清解肝濕熱夏枯草 (低糖)	Chrysanthemum Drink for Clearing Heat with Cooling Ingredients (Low Sugar)	\$ 20.8	\$ 26	
清肝明目銀菊露 (低糖)	Floral Herbal Tea for Removing Dampness (Low Sugar)	\$ 20.8	\$ 26	
清解腸胃祛濕五花茶 (低糖)	Herbal Tea with Tortoise Plastron and Rhizoma Smilacis Glabrae for Clearing Heat (Low Sugar)	\$ 20.8	\$ 26	
排毒祛濕龜苓茶 (低糖)	Hemp Seed Drink for Loosening Bowel (Low Sugar)	\$ 20.8	\$ 26	
潤燥潤腸火麻仁 (低糖)	Canton Abrus Herb Drink for Soothing Liver (No Sugar)	\$ 20.8	\$ 26	
舒解肝濕熱雞骨草(無糖)	Spica Prunellae Drink for Clearing Liver (No Sugar)	\$ 20.8	\$ 26	
清解肝濕熱夏枯草(無糖)	Floral Herbal Tea for Removing Dampness (No Sugar)	\$ 20.8	\$ 26	
清解腸胃祛濕五花茶(無糖)				
草本功效茶				
Healing Herbal Remedy • Functional Tea	Cold Relieving Tea for Fever & Chills	\$ 40.0	\$ 50	
感冒茶	Cough Relieving Tea for Fever & Chills	\$ 40.0	\$ 50	
咳嗽茶				
調理機能・保健茶				
Restoring Balance • Healthy Tea	Sea Coconut Drink with Chuan Bei and Pear for Clearing Heat and Moisturizing Dryness	\$ 24.0	\$ 30	
清肺潤燥川貝雪梨海底椰	Sea Coconut Drink with Chuan Bei and Lily Bulb for Nourishing Lung	\$ 24.0	\$ 30	
潤肺止咳川貝百合海底椰	Grosvenor Momordica Fruit and Chrysanthemum Drink for Clearing Lung	\$ 24.0	\$ 30	
清潤舒喉羅漢果菊花潤喉茶				
草本滋養・健康茶				
Herbal Nourishment • Healthy Tea	Apple, Pear and Fig Tea for Refreshing	\$ 24.0	\$ 30	
清涼生津蘋果雪梨無花果茶	Drink with Corn Stigma and Coix Seed for Clearing Dampness	\$ 24.0	\$ 30	
利水排濕粟米鬚薏米飲品	Pear Tea with Chuan Bei and Loquat Leaves for Nourishing Lung	\$ 24.0	\$ 30	
潤肺化痰川貝枇杷雪梨茶	Hawthorn Fruit Tea for Fat Burning	\$ 24.0	\$ 30	
祛濕消脂山楂薏米祛濕排毒茶	Drink with Sugar Cane, Rhizoma Imperatae, Water Chestnut and Sea Coconut for Moisturizing Dryness	\$ 24.0	\$ 30	
潤喉解暑竹蔗茅根馬蹄海底椰	White Gourd Tea for Clearing Summer-Heat	\$ 24.0	\$ 30	
清熱消暑冬瓜茶				
滋潤甘露				
Nourishing Deluxe Drinks	Mango Deluxe for Strengthening Stomach	\$ 24.0	\$ 30	
美味健胃楊枝甘露	Chuan Bei and Almond Drink for Nourishing Lung and Cleansing Bowel	\$ 25.6	\$ 32	
潤肺潤腸川貝杏仁露	Coconut Milk Drink with Bamboo Fungus and Snow Fungus for Moisturizing Dryness	\$ 25.6	\$ 32	
潤燥養陰竹筍雪耳鮮椰露	Drink with Black Glutinous Rice and Coconut for Nourishing	\$ 25.6	\$ 32	
滋養潤燥椰香紫米露	Drink with Bird's Nest, Lotus Seed, Lily Bulb, Egg White and Whole Milk for Nourishing	\$ 25.6	\$ 32	
寧神養顏燕窩蓮子百合蛋白奶露	Drink with Fish Maw, Rock Sugar and Snow Fungus for Nourishing (Low Sugar)	\$ 25.6	\$ 32	
滋補養顏花膠冰糖雪耳甘露(低糖)				

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其他飲品		Other Drinks	
紅菜頭蘋果檸檬西柚汁		Purple Mix	\$ 17.0 \$ 20
羽衣甘藍石榴菠蘿蘋果汁		Green Mix	\$ 17.0 \$ 20
潤腸排毒燕麥豆乳		Organic Soybean Milk with Oat for Expelling Toxicity	\$ 10.2 \$ 12
強健體質薑黃豆乳		Soybean Milk with Tumeric for Strengthening	\$ 10.2 \$ 12
無添加糖豆乳		No Added Sugar Soybean Milk	\$ 10.2 \$ 12
芒果椰果柚子甘露 (310g)		Deluxe Drink with Manqo, Nata de Coco and Pomelo	\$ 17.0 \$ 20
港式奶茶(310ml)		HK Style Milk Tea	\$ 17.0 \$ 20
港式鸳鸯(310ml)		HK Style Yuan Yang	\$ 12.8 \$ 15
火麻仁拿鐵(310ml)		Hemp Seed Latte	\$ 17.0 \$ 20
沙律		Salad	
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
羽衣甘藍鯉魚沙律		Eel Fish Garden Mix with Kale	\$ 40.8 \$ 48
自家小食		Home-made Snack	
靈芝茶葉蛋		Tea-flavored Egg with Ganoderma Atrum	\$ 6.8 \$ 8
杞子薑汁燒賣		Shao-Mai with Wolfberry Sauce	\$ 13.6 \$ 16
芫荽魚肉燒賣		Coriander Fish Shao-Mai	\$ 13.6 \$ 16
麻辣木耳豬肉燒賣		Spicy Pork Shao-Mai with Funqus	\$ 13.6 \$ 16
香菇淮山豚肉燒賣		Pork Shaomai with Mushroom and Chinese Wild Yam	\$ 15.3 \$ 18
豬骨濃湯貢丸		Pork Bone Soup Meat Ball with Mushroom	\$ 15.3 \$ 18
咖喱花膠薑汁魚蛋		Curry Fish Ball with Fish Maw Sauce	\$ 15.3 \$ 18
咖喱花膠薑汁燒賣		Curry Shao Mai with Fish Maw Sauce	\$ 15.3 \$ 18
榨菜肉鬆菜飯		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
自家蒸飯		Home-Made Steamed Rice	
每日供應約3-5款蒸飯Rice (不定時更新)		(Provide approx. 3-5 flavors every day, update flavor monthly)	
南瓜馬蹄肉餅紅米飯		Steamed Red Rice with Pumpkin, Water Chestnut and Pork	\$ 32.3 \$ 38 優惠價: \$35
冬菇馬蹄肉餅紅米飯		Steamed Red Rice with Mushroom, Water Chestnut and Minced Pork	\$ 32.3 \$ 38 優惠價: \$35
銀耳杞子滑雞紅米飯		Steamed Red Rice with Snow Fungus, Wolfberry and Chicken	\$ 32.3 \$ 38 優惠價: \$35
鳳爪排骨紅米飯		Steamed Red Rice with Chicken Feet and Spare Ribs	\$ 32.3 \$ 38 優惠價: \$35
臘腸滑雞紅米飯		Steamed Red rice with Chinese Sausage and tender steamed chicken	\$ 32.3 \$ 38 優惠價: \$35
維小飯健康餐		Nutribute Healthy Diet	
每日供應5款健康餐 (不定時更新)		(Provide 5 flavors every day, update flavor occasionally)	
蒲燒鰻魚拼烘蛋套餐		Grilled Eel with Baked Eggs Set	\$ 54.0 \$ 60
黑椒豉飼牛仔粒套餐		Black Pepper Grain-Fed Beef Cubes Set	\$ 54.0 \$ 60
蝦仁滑蛋套餐		Stir-fried Eggs with Prawns Set	\$ 54.0 \$ 60
泰式香茅豬頸肉套餐		Thai-Style Roasted Pork Jowl with Lemongrass Set	\$ 54.0 \$ 60
香鹵牛腩肉套餐		Aromatic Braised Beef Shank Set	\$ 54.0 \$ 60
粵式豉汁蒸肋排套餐		Cantonese Steamed Ribs with Black Bean Sauce Set	\$ 54.0 \$ 60
瑞士汁雞翼拼雞脾套餐		Braised Chicken Wings in Swiss Sauce Set Meal	\$ 54.0 \$ 60
日式里脊生薑燒套餐		Japanese Ginger-Fried Pork Set Meal	\$ 54.0 \$ 60
沙薑魚柳套餐		Grilled Fish Fillet with Sand Ginger Set Meal	\$ 54.0 \$ 60
秘製番茄焗豬扒套餐		Secret-recipe Stir-fried Pork Chop with Tomatoes Set Meal	\$ 54.0 \$ 60
白蘑菇蝦仁套餐		Shrimps with White Mushrooms Set	\$ 54.0 \$ 60
多汁鮮味牛肉盞套餐		Juicy Beef Patties Set	\$ 54.0 \$ 60
孜然烤雞扒套餐		Grilled Chicken Steak with Cumin Set	\$ 54.0 \$ 60
美式炙烤雞扒套餐		American-style Grilled Chicken Chop Set	\$ 54.0 \$ 60
蒜香甜椒魚柳套餐		Garlic-flavored Basa with Bell Pepper Set	\$ 54.0 \$ 60
白蘑菇蒸牛肉套餐		Steamed Beef with White Mushrooms Set	\$ 54.0 \$ 60
沙茶蘆筍炒豚肉套餐		Stir-fried Pork with Satay Sauce & Asparagus Set	\$ 54.0 \$ 60
泰式檸檬香茅雞套餐		Thai Lemon-Lemongrass Infused Chicken Set	\$ 54.0 \$ 60
川香麻婆豆腐		Sichuan-style Mapo Tofu	\$ 18.0 \$ 20
粟米汁蒸蛋		Steamed Eggs with Corn Juice	\$ 18.0 \$ 20
牛肉燜飯		Stewed Rice with Braised Beef	\$ 18.0 \$ 20
番茄炒雞蛋		Chinese Scrambled Eggs With Tomato	\$ 18.0 \$ 20
小炒香乾		Stir-Fried Aromatic Dried Tofu	\$ 18.0 \$ 20
菠菜雞菌烘蛋		Baked Eggs With Spinach and Mixed Mushrooms	\$ 18.0 \$ 20
日式雞菌炒滑蛋		Stir-fried Eggs with Mushrooms	\$ 18.0 \$ 20
白菜焗豆腐		Totu and Cabbage Stew	\$ 18.0 \$ 20
香草雞胸粗糧套餐		Herb-Roasted Chicken Breast Set	\$ 22.5 \$ 25
百花雞粗糧健康餐		Roasted Chicken with Shrimp Paste Set	\$ 22.5 \$ 25
自家粥品・麵 (不定時更新)		Home-Made Congee・Noodle	
滋陰養血鮑魚雞粥		Congee with Abalone and Chicken for Nourishing Yin	\$ 29.8 \$ 35
健脾益胃鮑米南瓜瘦肉粥		Congee with Corn, Pumpkin and Pork for Strenatheninga Spleen	\$ 23.8 \$ 28
養胃益氣鮮白果瑤柱粥		Congee with Fresh Ginkqo and Dried Scallop for Cleaning Bowel	\$ 17.0 \$ 20
番茄濃湯雞茸螺絲粉		Fusilli in Soup with Tomato and Vegetable	\$ 23.8 \$ 28
冬菇蝦米雞絲湯銀針粉		Silver Needle Noodle in Soup with Mushroom, Dried Shrimp & Chicken	\$ 23.8 \$ 28

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保健自家湯	Healthy Home-Made Soup			
金牌・滋補湯	Nourishing Soup			
滋補美顏花膠響螺煲竹絲雞湯	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蹄湯	Pork Soup with Fish Maw, Sea Coconut, Chuan Bei and Lily Bulb for Nourishing Lung	\$	48.0	\$ 60
食療・養生湯	Energy-Boosting Soup			
強肺理肺川貝枇杷葉鱈魚肉湯	Crocodile Soup with Chuan Bei and Loquat Leaves for Nourishing Lung	\$	48.0	\$ 60
驅風緩痛川芎白芷魚頭湯	Fish Head Soup with Rhizoma Chuanxiong and Radix Angelicae Dahuricae for Dispelling Wind in Head	\$	48.0	\$ 60
四季保健湯	HEALTHY SEASONAL SOUP			
健脾祛濕赤小豆薏仁響螺祛濕湯	Qu Shi Soup with Adsuki Bean, Coix Seed and Sea Whelk for Dispelling Dampness	\$	48.0	\$ 60
潤肺化痰海底椰枇杷響螺鷓鴣湯	Soup with Sea Coconut, Loquat Leaves, Sea Whelk and Partridge for Nourishing Lung	\$	48.0	\$ 60
補肺潤肺杏汁金腿豬肺湯 (附湯料)	Soup with Pork Lung, Apricot Kernel and Chinese Ham for Nourishing Lung	\$	48.0	\$ 60
調補五臟蟲草花淮杞花膠雞湯 (附湯料)	Chicken Soup with Cordyceps Mycelia, Chinese Wild Yam, Wolfberry and Fish Maw for Nourishing Five Zang-organs	\$	48.0	\$ 60
消暑開胃冬瓜薏米荷葉瑤柱煲老鴨湯	Duck Soup with White Gourd, Coix Seed, Lotus Leaf and Dried Scallop for Clearing Summer-Heat	\$	48.0	\$ 60
美白養顏番茄銀杞子鮮魚湯	Fish Soup with Tomato, Ginkgo and Wolfberry for Beautifying	\$	48.0	\$ 60
益胃潤腸姬松茸合掌瓜無花果素湯	Soup with Agaricus Blazei Murill, Chayote and Fig For Strengthening Spleen	\$	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
至尊珍品滋補湯 (2人量)	DELUXE NOURISHING SOUP			
滋陰清潤蜜瓜響螺花膠爵士湯 (附湯料)	Melon Soup with Sea Whelk and Fish Maw for Nourishing	\$	72.0	\$ 90
自家湯・隨行裝 (2人量)	Ambient Soup			
常溫-牛蒡無花果淮山粟米豬蹄湯	Pork Soup with Burdock, Fig, Chinese Wild Yam and Maize	\$	48.0	\$ 60
常溫-椰子紅棗雞湯 (附湯料)	Chicken Soup with Coconut and Red Dates	\$	48.0	\$ 60
常溫-花旗參黨參雞湯 (附湯料)	Chicken Soup with Amercian Ginseng and Codonopsis Radix	\$	48.0	\$ 60
常溫-姬松茸花菇海參豬蹄湯	Pork Soup with Agaricus Blazei Murill, Mushroom and Sea Cucumber	\$	48.0	\$ 60
常溫-粉葛赤小豆紅腰豆素湯	Soup with Kudzu, Rice Bean and Red Kidney Bean	\$	48.0	\$ 60
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
清潤養顏腐竹白果蛋花糖水	Dessert with Bean Curd Sheet, Ginkgo and Egg for Beautifying	\$	20.4	\$ 24
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
調五臟潤腸龜苓膏	Squeezing Tortoise Plastron Jelly for Nourishing Five Zang-organs	\$	13.6	\$ 16
自家喜慶系列	Joyous Series			
祛風補虛自家豬腳薑醋	Home-Made Stewed Pork Trotter and Ginger in Sweet Vinegar for Dispelling Wind and Strenghthening	\$	57.8	\$ 68
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 Strenghthening	\$	74.8	\$ 88
自家老陳皮素薑醋	Tangerine Peel and Ginger in Sweet Vinegar	\$	57.8	\$ 68
原味有機滴雞精 (5包裝)	Organic Chicken Essence (5 packs per box)	\$	225.3	\$ 265
滴風目魚精 (5包裝)	Milkfish Essence for Supplementing Qi (5 packs per box)	\$	246.5	\$ 290
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 Tanqzhong Bread	\$	14.4	\$ 18
擂沙黑芝麻吐司	Black Sesame Sliced Toast	\$	24.0	\$ 30
雜糧吐司	Multigrain Tanqzhong 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 Baquette	\$	12.8	\$ 16
法國檸檬皮布理歐	French Lemon Skin Brioche	\$	26.4	\$ 33
皮燒雞扒包	Roasted Chicken Fillet Bread	\$	12.8	\$ 16
紅酒藍莓乳酪軟歐	Red Wine Blueberry Yoqurt Soft Bread	\$	25.6	\$ 32
紅莓貝果	Raspberry Bagel	\$	14.4	\$ 18

Version: valid from Aug 2026

HFT Life Menu

				自家湯 / 自家涼茶 / 甘露 / 麵包		8折
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	
杏脯合桃酸種包	Apricot and Walnut Sourdough Bread	\$	22.4	\$	28	
貝果三文治 (款式非定時更新)		Handmade Bagel Sandwiches (Seasonal update)				
鷹咀豆燻雞肉貝果三文治	Chickpea and Smoked Chicken Bagel Sandwich	\$	29.8	\$	35	
煙燻三文魚貝果三文治	Smoked Salmon Bagel Sandwich	\$	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	
蘋果豬蹄墨西哥卷	Apple and Pork Burrito	\$	29.8	\$	35	
中式包點 (款式非定時更新)		Chinese Steam Bun (Seasonal update)				
菜肉包	Cabbage and Pork Bun	\$	10.20	\$	12	
叉燒包	Chinese BBQ Pork Bun	\$	10.20	\$	12	
蔥花卷	Scallion Roll	\$	10.20	\$	12	
套票及電子套票 Coupon Set & E-Coupon Set						
靈芝龜苓膏電子套票	Lucid Ganoderma Tortoise Plastron Jelly E-Coupon Set	\$	400	\$	700	10張 (電子)
藥製龜苓膏電子套票	Herbal Tortoise Plastron Jelly E-Coupon Set	\$	358	\$	600	10張 (電子)
保健自家湯電子套票	Healthy Home-Made Soups E-Coupon Set	\$	398	\$	600	10張 (電子)
草本涼茶電子套票	Healthy Herbal Teas E-Coupon Set	\$	208	\$	300	10張 (電子)
自家甜品套票電子套票	Home-Made Desserts E-Coupon Set	\$	146	\$	240	10張 (電子)
自家豬腳薑醋禮卡	Home-Made Stewed Pork Trotter and Ginger in Sweet Vinegar Coupon	\$	46	\$	68	1張 (須買10張或以上) (紙券)
原味有機滴雞精禮券(5包裝)	Organic Chicken Essence Coupon (5 packs)	\$	208	\$	265	1張 (紙券)