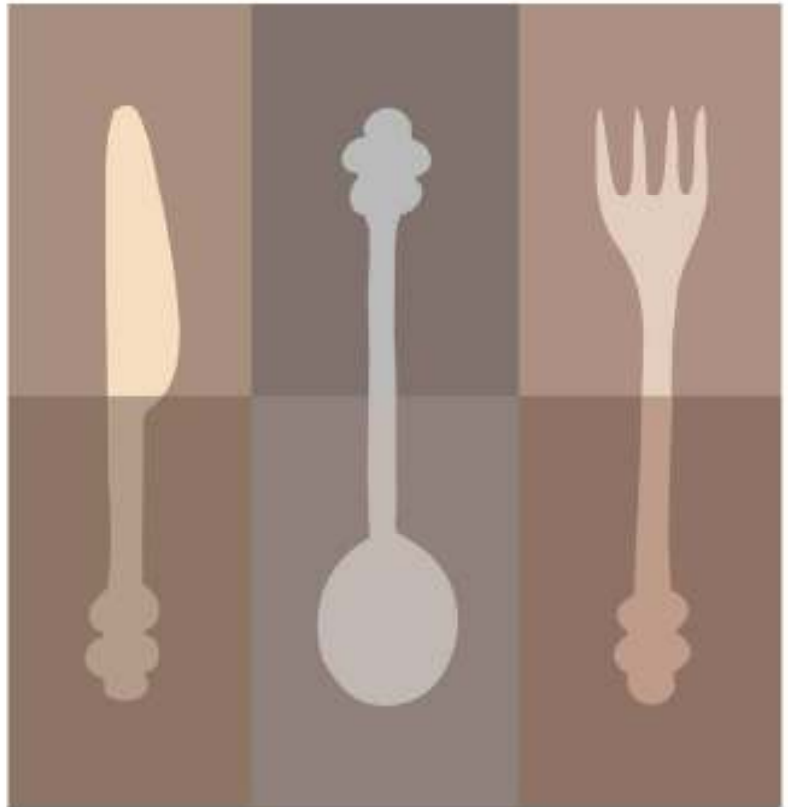




A La Carte Menu





Diabetic Menu 糖尿病餐单

- Clear Vegetable Soup served with whole-meal bread roll & margarine RM 5.50
 清淡蔬菜汤配全麦面包和植物奶油
- PAH Vegetable Platter In Season 蔬菜冷盘 RM 8.00
 - Consist of corn kernel, beans, carrot, celery, spinach, tomato & potato
 含有粟米粒, 豆类, 胡萝卜, 芹菜, 菠菜, 番茄, 马铃薯
- Oriental Fried Brown Rice 糙米炒饭 RM 8.50
 - Fried with egg, mixed vegetable, mushroom and herbs (chili optional)
 含有蛋, 杂菜, 蘑菇, 香料 (可要求辣椒)
- Vegetarian sliced meat / egg white on whole-meal bread RM 6.50
 全麦面包配素肉或蛋白
 - Served with assorted beans and petite salad
 配 杂豆和沙拉
- Whole-meal spaghetti 全麦意大利面 RM 9.50
 - with minced vegetarian bolognese, mushroom and capsicum
 素肉酱, 蘑菇, 灯笼椒
- Savory brown rice porridge with seaweed, silk tofu and rainbow vegetables RM 7.00
 糙米粥配紫菜, 豆腐, 杂菜
- Baked vegetable-rich shepherd pie 蔬菜派 RM 8.00
 - with minced vegetarian meat / assorted beans filling
 素肉, 杂豆
- Savory rolled oats cooked with choices of vegetables, corn, potatoes and seaweed, mushroom and vegetarian meat/tofu RM 8.00
 麦片粥配蔬菜, 粟米, 马铃薯, 紫菜, 蘑菇 & 素肉 / 豆腐

Other Therapeutic Menu 其他有关疾病餐单

Kindly seek further dietary advice from our Dietitians through the nurse in-charge.
 请通过当值的护士联络营养师。

Pasta / Eggs & Sandwiches 粉类/ 蛋和三文治

Egg & Cheese Sandwich 芝士蛋三文治	RM 5.50
- Served with French fries potato & petite salad 配上薯条, 沙律	
Tomato, Cucumber and Lettuce Sandwich 蕃茄, 黄瓜, 生菜沙律	RM 5.50
- Served with French fries potato and petite salad 配上薯条, 沙律	
Two Fresh Farm Chicken Eggs 双蛋 (煎/ 炒/ 煮)	RM 6.50
- With your choice of fried, scramble, poached, omelet or boiled served with vegetarian sausage, hashed brown potato, toast bread & grilled tomato 配素香肠, 马铃薯, 烘面包和烤番茄	
Grilled Vegetarian Ham & Cheese Sandwich 烤素火腿芝士三文治	RM 6.50
- Served with French fries potato and petite salad 配上薯条, 沙律	
Italian Spaghetti Al Dente with mushroom, tomato, olive and herbs 香草蘑菇番茄意大利面	RM 8.00
Macaroni with capsicum, mushroom, onion and olive in cream sauce 通心粉配灯笼椒, 磨菇, 大葱, 橄榄油酱	RM 8.00
Baked Vegetarian Sicilian Lagsane Al Forno 意大利面	RM 10.00
Adventist Vegetarian Pizza 槟安医院批萨	RM 10.00
- Capsicum, Onion, Mushroom, Olive, Tomato Sauce, Herbs & Cheese 灯笼椒, 大葱, 磨菇, 橄榄, 蕃茄酱, 香料, 芝士	
Hawaiian Mock Ham Pizza 夏威夷素火腿批萨	RM 10.00



Penang Delights 檳城小食



Penang Char Koay Teow 檳城炒粿条 RM 7.00
 - Flat rice noodle cooked with bean sprout, egg, chives, garlic and mock meat
 粿条, 豆芽, 鸡蛋, 九菜, 蒜头, 素肉



Indian Mee Mamak 印度嘛嘛面 RM 8.00
 - Yellow noodle cooked with bean sprout, egg, vegetable cuttlefish, bean curd, potato, fritters in chili and tomato sauce
 黄麵, 豆芽, 鸡蛋, 素肉, 豆干, 马铃薯, 辣椒, 番茄酱



Hokkien Fried Noodle (Yellow Noodle / Bee Hoon) 福建炒面 (黄面/ 米粉) RM 7.00
 - Noodle cooked with bean sprout, green vegetables, bean curd and mock meat in a light soy gravy
 麵, 豆芽, 青菜, 豆干, 素肉, 酱青汁



Char Tang Hoon 炒冬粉 RM 7.00
 - Wok fried Glass Noodles with egg, bean sprout, green veggie and cabbage
 冬粉, 鸡蛋, 豆芽, 青菜, 包菜



Oriental Fried Rice 炒饭 RM 7.00
 - White rice fried with egg, mixed vegetables, mushroom and mock meat
 白饭, 杂菜, 蘑菇, 素肉

Vegetarian Bee Hoon Soup 米粉汤 RM 6.50
 - Rice Vermicelli cooked with bean sprout, green vegetables, bean curd and mock meat in a clear vegetarian stock
 米粉, 豆芽, 青菜, 豆干, 素肉, 素料

Mock Duck Porridge 素鸭粥 RM 6.00

Mixed Vegetables and Egg Porridge 杂菜, 蛋粥 RM 6.50

Main Course 主餐

Home-baked Shepard Pie 蔬菜派 RM 8.00
 - Stewed mock chicken, beans and vegetable topped with mashed potato
 焖素鸡, 豆, 蔬菜, 马铃薯泥

Vegetarian Fish & Chip 素食鱼扒 RM 8.00

Vegetable Platter in season 蔬菜冷盘 RM 8.00

Irish Mock Lamb Stew 焖素羊肉 RM 10.00

Grilled Homemade Mushroom Patties 烤蘑菇 RM 12.00
 - Served on Mashed potato and spread of spring vegetables and topped with Garlic gravy
 配 马铃薯泥, 素菜, 蒜头酱

Poached Whole-meal Bread Dumplings with capers cream sauce 麦包配 RM 12.00



Adventist Cafeteria A La Carte Menu (8.00am – 6.00pm)

槟安医院餐单 (早上8.00 - 傍晚6.00)

Appetizers and Salad 前菜和沙律

Capsicum, Corn Kernel & Beans Salad tossed with herbs vinaigrette

灯笼椒, 粟米, 豆香草醋 沙律

RM 5.50

Chilled Soft Silk Tofu lazed with fragrant garlic oil and soy sauce

香蒜酱油冷豆腐

RM 5.50

Tossed Fresh Garden Mixed Salad with Lemon Vinaigrette

鲜菜柠檬醋沙律

RM 6.50

Potato Salad with onion & crisp soy bits in Mayonnaise

大葱豆脆片配马铃薯沙拉酱

RM 6.50

Bean curd & French beans Salad

豆干荷兰豆 沙律

RM 6.50

Tomato and Mozzarella Cheese Salad sprinkle with fresh herbs

蕃茄香草芝士沙律

RM 8.50

Vegetarian Cold Cuts

冷减素肉

RM 8.50



Soup 汤



Cream of Mushroom

磨菇汤

RM 5.50



Cream of Asparagus

芦笋汤

RM 5.50



Cream of Tomato

蕃茄汤

RM 5.50

Fresh Mint with Egg

蛋薄荷

RM 5.50

Clear Mixed Vegetables

杂菜清汤

RM 5.50

Scotch Broth (Mixed Vegetable & Barley soup)

杂菜薏米汤

RM 6.50

Italian Style Minestrone

意大利式汤

RM 6.50

* All order of soup will be accompanied with whole-meal bread roll and margarine

* 汤将配上麦面包和植物奶油

Beverage List 饮料

Hot Drink 热饮

Neuroca Coffee	咖啡 (De-caffeinated)	RM 5.00
Hot Milo	美禄	RM 4.50
Soya Milk (subject to availability)	豆水	RM 4.50
Barley Water	薏米	RM 4.00
Peppermint Tea	薄荷茶	RM 4.50
Chamomile Tea	花茶	RM 4.50



Juices 果汁

Orange Juice	橙汁	(300 ml 毫升)	RM 5.00
Apple Juice	苹果汁	(300 ml 毫升)	RM 4.00
Mango Juice	芒果汁	(300 ml 毫升)	RM 4.00
Guava Juice	番石榴汁	(300 ml 毫升)	RM 4.00

Freshly Squeezed Juice 新鲜果汁

Sunkist Orange	橙	RM 8.50
Green Apple	青苹果	RM 7.50
Watermelon	西瓜	RM 6.50
Honey Dew	蜜瓜	RM 7.50
Star Fruit	杨桃	RM 7.50
Pineapple	黄梨	RM 6.50
Carrot	胡萝卜	RM 6.50
Tomato	蕃茄	RM 6.50
Celery	芹菜	RM 7.50

* Served with ice cube and accompanied with sugar syrup
加入冰块和糖精.

Water 白开水

Mineral Water	矿泉水 (500 ml 毫升)	RM 3.00
Evian Mineral Water	矿泉水 (330 ml 毫升)	RM 5.00

