



eat well, eat wise

Our healthy dining options are created according to the principles of naturopathy to help boost energy and fulfill your nutritional needs.

Light Delights 🌱 are rich in proteins and fiber, low in carbohydrates and ideal for weight management.

Vitality ⚡ use selected carbohydrates that are low on the glycemic index for additional energy.

Both Light Delights and Vitality choices offer a balanced mix of essential nutrients, proteins, carbohydrates, fats and fibers and are made using whole, natural, non-processed foods as well as organic products when possible.

Our selections are abundant in antioxidants, vitamins and minerals and are served raw or lightly cooked to preserve their nutritional value. All are prepared using unsaturated fats and carbohydrates that are on the low glycemic index to benefit your health.

S A L A D S		starter	main
		158	198
A P P E T I Z E R S	caesar salad > romaine lettuce, anchovies, parsley, boiled quail eggs, garlic croutons parmesan reggiano & classic caesar dressing ✔ can be tailored for a vegetarian diet		
	✔✔ greek salad > bell pepper, cucumber, cherry tomatoes, red onions, olives, feta cheese, parsley, lemon juice & extra virgin olive oil		
	✔✔✔ mediterranean vegetables > marinated & grilled, served with sun-dried tomatoes, artichoke, pesto, mozzarella di bufala & crispy garlic baguette		
	✔✔✔✔ heirloom beetroot carpaccio with fresh “brousse” cheese, walnuts, sherry dressing & sourdough bread chips	add 95 per choice	
	✔✔✔✔✔ corn-fed chicken breast ✔✔✔✔✔ blackened prawns		
S O U P S			118
please check our daily selection in the soup and sandwich menu			
✔✔✔✔✔ light delights			
✔✔✔✔✔ vitality			
✔✔✔✔✔ vegetarian			

served from 11:00 am to 11:00 pm

all prices in hong kong dollars & subject to 10% service charge

B U R G E R S		S A N D W I C H E S	
traditional beef burger > wagyu beef burger, romaine lettuce, claussen dill pickles, tomato & red onion relish on multi-cereal bun		288	classic club sandwich > vine tomatoes, hard boiled organic egg, romaine lettuce, dijon mustard mayonnaise, smoked bacon, black treacle back bacon & turkey ✔ can be tailored for a vegetarian diet
enhance your traditional burger with	add 35 per choice		
hickory smoked bacon cheddar cheese blue cheese fried organic egg			boston lobster roll > toasted milk bun with spicy boston lobster & lobster mayonnaise
teriyaki beef burger > teriyaki glazed wagyu beef burger, bacon, avocado, horseradish sauce, pickled kyuri cucumber & crispy onions on multi-cereal bun		298	hot dog > hebrew national beef sausage, claussen dill pickles, dijon mustard, homemade relish & coleslaw
lobster burger > boston lobster burger, tomato compote, grilled vine tomatoes, lobster mayonnaise & fresh tarragon on multi-cereal bun		408	✔✔ black olive ciabatta panini > vine tomatoes, mozzarella di bufala, grilled eggplants, pesto dressing & parmesan reggiano cheese
chicken burger > chicken burger with smoked bbq sauce, onion compote, romaine lettuce, claussen dill pickles & melted aged comte cheese on multi-cereal bun		248	crispy chicken taco > sautéed minced chicken with iceberg lettuce, vine tomatoes, coriander, guacamole & sour cream dip
			all the above mentioned burgers & sandwiches served with a choice of french fries or mesclun salad
			✔✔✔✔✔ light delights
			✔✔✔✔✔ vitality
			✔✔✔✔✔ vegetarian

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CHEESES |

✓ french farmers cheeses > 168
chef's selection of the season's
finest matured french cheeses by
bernard anthony (3 pieces)

DESSERTS |

✓ baked MO cheesecake > 130
with mixed berries

✓ thin apple tart "paillasson" > 130
made from granny smith apple
served with bourbon vanilla ice cream

✓ bitter chocolate tart > 130
with salted peanuts & served with
bourbon vanilla ice cream

✓ greek yogurt panna cotta > 130
over hibiscus jell-o, mixed berries &
raspberry sorbet

🌱 ✓ fruit platter > 130
carefully selected seasonal fruits

✓ homemade ice creams > 48 per scoop
tahitian bourbon vanilla
valrhona chocolate

✓ homemade sorbets > 48 per scoop
raspberry
mango

🌱 light delights

☼ vitality

✓ vegetarian

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SOUP & SANDWICH MENU 228

please select one soup, one sandwich & either tea or coffee
**a la carte soup 118, sandwich 145*

- zucchini velvet > smoked duck breast > light whipped cream
- or
- lobster bisque > crispy croutons > pistachio cream
- or
- ✓ corn soup > glazed corn & onion > ricotta cheese & chive
- curry turkey wrap
- sliced french turkey breast > curry mayonnaise > egg mimosa & watercress leaves
- or
- smoked salmon bun
- homemade smoked salmon > cream cheese > kyuri cucumber > lemon zest
- or
- ✓ crispy ciabatta sandwich
- mozzarella di bufala > sundried tomato > grilled eggplants & roquette pesto

THE DIM SUM BENTO BOX 198

the chef's selection of 9 steamed & fried dim sum
 with pork, beef, prawn & vegetables
add one soup & either tea or coffee 288

MOBAR BLACK WINTER TRUFFLE BURGER 468
(limited time available)

black sesame bread bun topped with seared minced wagyu beef, caramelized onion & bacon compote, melted brie cheese, spinach leaves and plenty of shaved black winter truffles (10 grams)
served with french fries & black winter truffle mayonnaise

pair with a glass of wine
2012 gaja ca'marcanda promis, merlot/syrah/sangiovese igt toscana, italy

add 198

pair with a seasonal cocktail – "the black truffle"
hennessy VSOP, mushroom tea consommé, egg white, cynar, elemakule tiki
& peychaud bitter with black winter truffle

add 248