

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 $\ensuremath{\$}$ are rich in proteins and fiber, low in carbohydrates and ideal for weight management.

Vitality \P 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.

228

148

218

218

APPETIZERS |

- ⊕ thai flat iron beef salad > 22
 red onions, coriander, lemongrass
 & chili sauce
 - prawn cocktail > 208 green apple, avocado & iceberg lettuce, salad with marie rose sauce
- ★ W heirloom beetroot carpaccio
 with fresh "brousse" cheese, walnuts,
 sherry dressing & sourdough bread chips

SALADS

starter main 158 198

caesar salad >
romaine lettuce, anchovies, parsley,
boiled quail eggs, garlic croutons
parmesan reggiano &
classic caesar dressing

- ⊕ y 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

enhance your salad add 95 per choice with light delights

- s corn-fed chicken breast
- blackened prawns

SOUPS |

please check our daily selection in the soup and sandwich menu

118

BURGERS

traditional beef burger > 288
wagyu beef burger, romaine lettuce,
claussen dill pickles, tomato & red onion
relish on multi-cereal bun

enhance your traditional add 35 per choice burger with

hickory smoked bacon cheddar cheese blue cheese fried organic egg

teriyaki beef burger > 298
teriyaki glazed wagyu beef burger,
bacon, avocado, horseradish sauce,
pickled kyuri cucumber & crispy onions
on multi-cereal bun

lobster burger > 408
boston lobster burger, tomato compote,
grilled vine tomatoes, lobster mayonnaise
& fresh tarragon on multi-cereal bun

chicken burger > 248
chicken burger with smoked bbq sauce,
onion compote, romaine lettuce, claussen
dill pickles & melted aged comte cheese
on multi-cereal bun

SANDWICHES |

- 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
- boston lobster roll > 348 toasted milk bun with spicy boston lobster & lobster mayonnaise
- hot dog >
 hebrew national beef sausage,
 claussen dill pickles, dijon mustard,
 homemade relish & coleslaw
- V black olive ciabatta panini > vine tomatoes, mozzarella di bufala, grilled eggplants, pesto dressing & parmesan reggiano cheese
- 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 delightsvitalityvegetarian

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MAIN COURSES

hainan chicken > singaporean traditional ginger & lemongrass poached chicken served with hot lemongrass rice, shanghai bok choi & ginger chilli sauce	268	tasmanian salmon > served with japanese style millet konjac noodles salad in seaweed & spicy miso dressing	298
		US double gold marble rib eye >	388
wonton noodle soup > fresh egg noodles in a chicken broth, green chinese vegetables, barbecued	238	red wine & shallot relish, beef jus & french fries	
pork, shrimp & pork wontons		√ kaow soi "chiang mai style"> with baby eggplant, coconut milk,	205
moroccan chicken > served in tajine plate with lemon &	238	kaffir lime & crispy egg noodles	
green olive, steamed couscous & pita bread salad		"yangzhou" fried rice > with shrimp, bbq pork, corn, green peas, egg & scallions	205
'martelli' spaghetti alla bolognese > homemade bolognaise sauce & parmesan reggiano	239	V can be tailored for a vegetarian diet	
		EXTRA ON SIDE	
'martelli' fusilli alla carbonara >	239		
pancetta, black pepper, egg yolk			78
& aged parmigiano reggiano		√ steamed jasmine rice	58
can be tailored for a vegetarian diet		y grilled green asparagus	78
			78
MO fish & chips >	248	✓ charlotte potato mousseline	78

🚷 light delights

🕊 vitality

✓ vegetarian

Guests of MO Bar at The Landmark Mandarin Oriental can be confident that all fish and seafood served on our menus are the results of sustainable and responsible fishing practices. We aim to provide our guests with the finest dining experience while protecting the future of our fish, our suppliers and our business.

130

	with mixed berries	
	√ thin apple tart "paillasson" > 13 made from granny smith apple served with bourbon vanilla ice cream	0
	∀ bitter chocolate tart > 13 with salted peanuts & served with bourbon vanilla ice cream	Ю
168	√ greek yogurt panna cotta > 13 over hibiscus jell-o, mixed berries & raspberry sorbet	0
	<pre></pre>	0
	√ homemade ice creams > 48 per scool tahitian bourbon vanilla valrhona chocolate	p
	√ homemade sorbets > 48 per scool raspberry mango	'p
	168	with mixed berries V thin apple tart "paillasson" > 13 made from granny smith apple served with bourbon vanilla ice cream V bitter chocolate tart > 13 with salted peanuts & served with bourbon vanilla ice cream 168 V greek yogurt panna cotta > 13 over hibiscus jell-o, mixed berries & raspberry sorbet V fruit platter > 13 carefully selected seasonal fruits V homemade ice creams > 48 per scoo tahitian bourbon vanilla valrhona chocolate V homemade sorbets > 48 per scoo raspberry

DESSERTS |

∀ baked MO cheesecake >

light delights

[€] vitality

[✓] vegetarian



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

V 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

V 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 add 198

2012 gaja ca'marcanda promis, merlot/syrah/sangiovese igt toscana, italy

pair with a seasonal cocktail – "the black truffle" add 248

hennessy VSOP, mushroom tea consommé, egg white, cynar, elemakule tiki & peychaud bitter with black winter truffle