

# 早餐菜单 Breakfast Menu

早上7:30至早上10:00

From 07:30 to 10:00

- |   |    |
|---|----|
| ① 欧陆式早餐套餐<br>Continental breakfast  | 98 |
| ② 任选鲜榨西瓜汁, 橙汁, 胡萝卜汁<br>Choice of freshly squeezed juice<br>watermelon, orange, carrot   | 58 |
| ③ 冷或热全脂牛奶<br>Cold or hot whole milk   | 38 |
| ④ 清汤肉酱面<br>Noodle soup with braised pork  | 58 |
| ⑤ 四川牛肉面<br>Sichuan braised beef noodle  | 78 |
| ⑥ 任选单面煎蛋, 双面煎蛋, 炒蛋, 蛋卷, 水煮蛋, 水波蛋<br>Choice of eggs, sunny side up, over easy, scrambled,<br>omelet, boiled, poached<br>任选两种配菜培根, 香肠, 薯饼, 扒番茄<br>choice of two side items, bacon, sausage, hash brown potato, roasted tomato | 68 |
| ⑦ 精选面包篮<br>Bread basket<br>精选迷你松糕, 丹麦包和面包<br>橙皮酱和果酱<br>assorted miniature muffins, danish and breads<br>house made marmalade and jam  | 48 |
| ⑧ 任选谷物<br>Cereals selections<br>任选卜卜米, 甜甜圈, 全麦维, 甜玉米片<br>配全脂热牛奶, 全脂冷牛奶, 原味自制酸奶, 果味酸奶<br>choice of rice krispies, honey roll, all bran, frosted flakes<br>served with hot or cold milk<br>homemade plain or fruit yoghurt    | 58 |
| ⑨ 时令水果<br>Seasonal sliced fresh fruits  | 48 |
| ⑩ 咖啡或茶<br>Coffee or tea<br>任选新鲜酝酿咖啡, 英式早餐茶, 5年宫廷普洱, 茉莉花茶<br>choice of house roasted coffee, english breakfast tea, vintage puerh, jasmine tea   | 48 |

菜单价格均以人民币计算, 另加收10%服务费,  
以上价格均为未含税价, 加收6%增值税  
All prices are stated in RMB and subject to 10% service charge  
Not included tax subject to 6% VAT



# 全日菜单 All Day Dining Menu

早上10:00至晚上22:00

From 10:00 to 22:00PM

## 头盘 STARTER

- ⑪ 烟熏三文鱼藜麦沙拉 Smoked salmon and quinoa salad 138  
牛油果, 红菜头, 鸡蛋, 苦苣菜, 芝麻菜, 洋葱圈, 烤彩椒, 石榴汁  
avocado, beetroot, soft cooked egg, frisée, arugula, red onion rings, roasted pepper,  
pomegranate dressing  
易于睡眠/无乳糖 Sleep/Lactose Free
- ⑫ 鸡肉沙拉 Chicken salad 118  
时令蔬菜, 小菠菜, 橙味鸡蛋, 蒜蓉面包粒, 柑桔汁酱  
seasonal vegetables, baby spinach, leafy greens, orange hard-boiled egg,  
garlic crouton, preserved citrus dressing  
易于睡眠/无乳糖 Sleep/Lactose Free
- ⑬ 青城山野生菌浓汤 Qing Cheng Mountain mushroom soup 68  
香面包粒, 松露油  
garlic crouton, truffle oil
- ⑭ 烤番茄浓汤 Roasted tomato soup 48  
鸡汤, 鸡肉丝, 米形意大利面  
supreme chicken, orzo

## 汉堡和三明治 BURGER & SANDWICHES

- ⑮ 牛肉汉堡 Prime beef hamburger 148  
培根, 车达芝士, 洋葱, 番茄, 生菜, 芝麻软包, 自制薯条  
bacon, cheddar, red onion, tomato, lettuce, gherkin, toasted seed bun, hand-cut fries  
瘦身健康/无乳糖 Trim Fit/Lactose Free
- ⑯ 香烤牛排帕尼尼 Grilled steak panini 168  
青酱蔬菜, 焦糖洋葱, 陈年格鲁耶尔芝士, 帕尼尼面包, 自制薯条  
pesto vegetables, caramelized onion, aged gruyere, ciabatta, hand-cut cajun fries  
瘦身健康 Trim Fit
- ⑰ 炙烤鸡肉三明治 Grilled chicken sandwich 118  
意大利腊肠, 布里芝士, 红椒, 生菜, 番茄, 泡菜, 黑麦面包, 自制薯条  
pepperoni, brie, red pepper, lettuce, tomato, pickles, toasted rye, truffle fries  
易于睡眠 Sleep

菜单价格均以人民币计算, 另加收10%服务费,  
以上价格均为未含税价, 加收6%增值税  
All prices are stated in RMB and subject to 10% service charge  
Not included tax subject to 6% VAT



## 意大利面 PASTA

- ⑱ 有机全麦意大利面 Whole-wheat pasta 128  
肉酱, 番茄酱, 罗勒汁, 意大利芝士  
bolognese ragù, tomato concassé, basil oil, parmigiano  
易于睡眠 Sleep

## 面条和米饭 NOODLES & RICE

- ⑲ 印尼炒饭 Nasi goreng 98  
印度尼西亚炒饭, 虾仁, 鸡肉沙爹, 花生酱, 土鸡蛋, 虾片  
Indonesian fried rice, shrimp, chicken satay, peanut sauce, farm egg, prawn cracker  
易于睡眠/无乳糖 Sleep/Lactose Free
- ⑳ 四川牛肉面 Sichuan braised beef noodle 78  
牛肉, 竹笋, 时蔬, 葱花  
beef brisket, bamboo shoot, bok choy, jus, scallion  
易于睡眠/无乳糖 Sleep/Lactose Free

## 甜品 DESSERT

- ㉑ 椰奶奶冻 Coconut panna cotta 68  
香草果, 香脆橙子千层酥, 茴香果味烧汁  
vanilla bean, crispy orange filo, anise-berries jus
- ㉒ 巧克力蛋糕 Flourless chocolate cake 58  
岩溶巧克力慕斯, 自制橙味冰淇淋  
sea salted caramel mousse, chocolate crumble
- ㉓ 水果拼盘 Seasonal fruit platter 48

菜单价格均以人民币计算, 另加收10%服务费,  
以上价格均为未含税价, 加收6%增值税  
All prices are stated in RMB and subject to 10% service charge  
Not included tax subject to 6% VAT



# 中餐菜单 Chinese menu







午餐:11:00-14:30 晚餐:17:30-21:30

Lunch:11:00-14:30 Dinner:17:30-21:30

## 青城山特色健康凉菜

Portion/ 例

### APPETIZER

- ⑳ 麻辣青城跑山鸡   88  
Chilled chicken with Sichuan pepper and chili oil
- ㉑ 豉香小黄鱼   88  
Yellow croaker with fermented soya bean
- ㉒ 老成都夫妻  88  
Marinated local tripe and ox-tongue in chili oil
- ㉓ 川北凉粉  38  
Tossed bean jelly in chili sauce

## 保健养生汤品篇

Person/ 位

### DOUBLE-BOILED SOUP

- ㉔ 养颜山珍炖花胶 88  
Double-boiled fish maw with local truffle
- ㉕ 养生白果炖跑山鸡汤 (青城四绝之一) 68  
Double-boiled chicken with ginkgo

菜单价格均以人民币计算, 另加收10%服务费,  
以上价格均为未含税价, 加收6%增值税  
All prices are stated in RMB and subject to 10% service charge  
Not included tax subject to 6% VAT









## 四川传统风味菜 TRADITIONAL SICHUAN FLAVOR

Portion/ 例

- ③① 青城竹笋烧牦牛肉  138  
Braised yak with Qing Cheng bamboo shoots
- ③① 洞天乳酒烧青城山土鸭(青城四绝之一)  128  
Braised Qing Cheng duck with kiwi wine
- ③② 四川回锅肉 68  
Twice cooked pork with garlic sprout
- ③③ 青城鲜竹笋炒老腊肉 98  
Smoked pork with bamboo shoots
- ③④ 陈麻婆豆腐  58  
Traditional Sichuan "Mapo Tofu"
- ③⑤ 茶树菇炒牛柳 98  
Beef tenderloin with tea mushroom

## 健康素菜 FARM AND LOCAL MARKET VEGETABLES

Portion/ 例

- ③⑥ 蒜茸西兰花   68  
Sautéed broccoli with garlic
- ③⑦ 松茸扒芦笋   88  
Braised asparagus with local truffle
- ③⑧ 蒜茸有机时蔬   48  
Sautéed organic vegetables with garlic
- ③⑨ 传统钟水饺 98  
Traditional pork dumpling

菜单价格均以人民币计算, 另加收10%服务费,  
以上价格均为未含税价, 加收6%增值税  
All prices are stated in RMB and subject to 10% service charge  
Not included tax subject to 6% VAT



<b>啤酒 BEER</b>		瓶 Bottle
④⑩ 青岛	Tsingtao	32
④⑪ 呀拉嗦	Yalaso	38
④⑫ 藏式艾尔	Tibetan Pale Ale	58
<b>精酿啤酒 CRAFT BEER</b>		杯/扎 Glass/Jug
④⑬ 道德危机	Moral Crisis	38/108
④⑭ 金发女郎	Silky Blond	38/108
<b>鲜榨果汁 FRESHLY SQUEEZED JUICE</b>		杯 Glass
④⑮ 鲜橙汁	Orange	58
④⑯ 鲜西瓜汁	Watermelon	58
④⑰ 鲜胡萝卜汁	Carrot	58
<b>软饮料 SOFT DRINK</b>		
④⑱ 可乐	Coke	28
④⑲ 零度可乐	Coke Zero	28
④⑳ 雪碧	Sprite	28
④㉑ 苏打水	Soda Water	28
④㉒ 汤力水	Tonic Water	28
④㉓ 干姜水	Ginger Ale	28

菜单价格均以人民币计算，另加收10%服务费，  
 以上价格均为未含税价，加收6%增值税  
 All prices are stated in RMB and subject to 10% service charge  
 Not included tax subject to 6% VAT



## 葡萄酒 WINE

杯 Glass / 瓶 Bottle

- |    |   |    |     |
|----|---|----|-----|
| ⑤4 | 比索酒庄，亮丽之星起泡酒                                | 80 | 358 |
|    | Bisol, Bel Star Prosecco DOC NV             |    |     |
|    | 意大利/瓦尔多比亚德尼                                 |    |     |
|    | Valdobbiadene/Italy                         |    |     |
| ⑤5 | 卡萨布兰卡酒庄，天逸珍藏系列 长相思白                         | 80 | 358 |
|    | Vina Casablanca, Cefiro, Sauvignon Blanc    |    |     |
|    | 智利/卡萨布兰卡山谷                                  |    |     |
|    | Casablanca Valley/Chile                     |    |     |
| ⑤6 | 卡萨布兰卡酒庄，天逸珍藏系列 霞多丽白                         | 68 | 328 |
|    | Vina Casablanca, Cefiro, Chardonnay         |    |     |
|    | 智利/卡萨布兰卡山谷                                  |    |     |
|    | Casablanca Valley/Chile                     |    |     |
| ⑤7 | 卡萨布兰卡酒庄天逸珍藏系列赤霞珠红                           | 80 | 328 |
|    | Vina Casablanca, Cefiro, Cabernet Sauvignon |    |     |
|    | 马泊山谷，智利                                     |    |     |
|    | Maipo Valley/Chile                          |    |     |
| ⑤8 | 尚多仕酒庄梅洛红                                    | 60 | 298 |
|    | Jean d' Aosque Merlot                       |    |     |
|    | 朗格多克，法国                                     |    |     |
|    | Languedoc/France                            |    |     |

菜单价格均以人民币计算，另加收10%服务费，  
以上价格均为未含税价，加收6%增值税  
All prices are stated in RMB and subject to 10% service charge  
Not included tax subject to 6% VAT

