

Drink

- | | |
|---|--------------------------|
| A 咖啡
<i>Coffee with milk</i> | 凍/熱
<i>Cold / Hot</i> |
| B 奶茶
<i>Coffee</i> | 凍/熱
<i>Cold / Hot</i> |
| C 檸檬水
<i>Lemon water / water</i> | 凍/熱
<i>Cold / Hot</i> |
| D 蜂蜜柚子茶
<i>Citron tea</i> | 凍/熱
<i>Cold / Hot</i> |
| E 檸檬薏米水
<i>Lemon barley water</i> | 凍/熱
<i>Cold / Hot</i> |
| F 檸檬青瓜特飲
<i>Lemon cucumber drink</i> | 凍
<i>Cold</i> |



Soup

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| A 蓮藕章魚排骨湯
<i>Soup with lotus root, octopus and pork</i> |
| B 青紅蘿蔔豬展湯
<i>Soup with radish, carrot and pork</i> |
| C 霸王花羅漢果豬展湯
<i>Soup with overlord flower, monk fruit and pork</i> |
| D 粉葛紅蘿蔔赤小豆排骨湯
<i>Soup with rice beans, carrot, kudzu root and pork ribs</i> |
| E 粟米粟子紅蘿蔔瘦肉湯
<i>Soup with corn, chestnut, carrot and pork</i> |
| F 蕃茄薯仔豬展湯
<i>Soup with corn, chestnut, carrot and pork</i> |



圖片只供參考,實際內容請參照實物

訂餐服務

『食乜嘢』誠獻商務客餐送遞服務, 囊括中、西及亞洲美食, 餐款多元化(焗餐、中西式飯/麵餐、湯飯/麵餐、特色炒粉/麵餐等).

- ◆ 每款餐盒配搭不同口味和款式的食材, 選料新鮮, 用心製作, 即日烹煮.
- ◆ 採用高質素耐高溫PP物料外賣餐盒, 安全衛生, 符合環保要求, 可清洗多次使用.
- ◆ 隨餐可加飲品/獨立包裝時令蔬菜及滋潤養生靚湯等.
- ◆ 輕鬆方便訂餐, 隨時隨地品嘗美食滋味, 歡迎各界機構及公司團體訂購.



1. 填寫餐單
選擇心水餐款



2. 預訂
提前落單



3. 付款
選取付款方式
輕鬆繳費



4. 送貨
享受免費
送遞服務

為配合客戶需求, 可制定個人訂餐表格(膳食餐單), 簡易訂餐流程, 輕鬆滿足員工膳食喜好, 減少行政統籌麻煩. 付款方式多元化, 讓您輕鬆付!

- 訂餐量要30人或以上, 若大量團訂, 可與我們聯絡, 制定合作方案.
- 提前72小時落單預訂.
- 可選擇機構/公司月結或個人餐單繳費.

想了解更多關於『食乜嘢』或訂餐服務, 快快聯絡我們的客戶經理 (莫小姐)
電話: 2662 2202



EATUP

Food To You



2662 2202 訂餐服務熱線



admin@fitforlife.hk



新界大埔汀角路57號太平工業中心第一期地下A室

Monday 1

- A 焗鮮茄豬扒飯
Baked rice with pork chop in tomato sauce
- B 焗卡邦尼蘑菇雞肉意粉
Baked spaghetti with mushrooms and chicken in Carbonara style
- C 梅菜扣肉飯
Rice with pork with plum vegetables
- D 西檸雞球飯
Lime chicken ball rice
- E 馬來沙爹牛肉飯
Rice with beef in Malaysian style (satay sauce)
- F 粟米忌廉雞皇燴螺絲粉
Fusilli with chicken in corn cream sauce
- G 星洲炒米
Sin Chew fried rice vermicelli
- H 鮮茄肥牛湯飯
Soup rice with fatty beef and tomatoes

Tuesday 2

- A 焗香草巴黎雞粒飯
Baked rice with diced chicken in French sauce
- B 焗意式牛肉粒扭紋通粉
Baked fusilli with diced beef in Italian sauce
- C 蜜汁叉燒雞髀飯
Rice with char stew and chicken leg
- D 京都豬扒飯
Rice with pork chop in Chinese style sweet and sour sauce
- E 意式香辣雞腿飯
Rice with spicy chicken in Italian sauce
- F 拿破崙牛扒燴意粉
Spaghetti with beef steak in Napoleon style
- G 干燒什菌伊麵
Dry roasted noodles with max mushroom
- H 酸辣白肉枝竹湯米線
Soup rice noodle with bamboo pork in Sichuan style hot and sour

Wednesday 3

- A 焗什菌鴛鴦扒飯
Baked assorted steak (pork & chicken) in max mushrooms with rice
- B 焗雞腿肉醬意粉
Baked spaghetti with chicken in meat (beef) sauce
- C 枝竹火腩飯
Rice with bamboo pork in Chinese style
- D 栗子炆雞飯
Rice with chestnut braised chicken
- E 烤豬頸肉伴椰菜配白飯
Rice with roasted pork neck and broccoli
- F 卡邦尼白汁雞絲意粉
Spaghetti with shredded chicken in Carbonara style
- G 黑椒牛肉炒意粉
Fried spaghetti with beef and black pepper
- H 冬瓜肉粒碎湯飯
Soup rice with minced pork and winter melon

Thursday 4

- A 焗黑椒牛肉粒飯
Baked rice with diced beef in black pepper sauce
- B 焗芝士吞拿魚豬扒螺絲粉
Baked fusilli with pork chop in cheese turn sauce
- C 蘿蔔牛腩飯
Beef brisket rice with radish
- D 日式滑蛋吉列豬扒飯
Rice with gilletto pork chop in fried egg with Japanese style
- E 口水汁雞髀飯
Rice with chicken leg in Sichuan spicy
- F 咖喱薯仔雞翼飯
Rice with chicken wings and potatoes in curry sauce
- G 干炒豬扒烏冬
Dry fried Udon with pork chop
- H 麻辣肥牛豆卜湯米線
Soup rice noodle with tofu and fatty beef in spicy

Friday 5

- A 西西里海鮮焗飯
Sicilian sea food with baked rice
- B 焗澳門雞扒意粉
Baked chicken chop with spaghetti in Macau style
- C 蓮藕炆排骨飯
Lotus root braised pork ribs with rice
- D 招牌三寶飯(雞髀、紅腸、咸蛋)
Three treasures rice (chicken leg, red sausage, salted egg)
- E 川式時菜牛肉飯
Szechuan style rice with beef and seasonal vegetables
- F 鮮茄蘑菇雞粒意粉
Spaghetti with diced chicken and mushrooms in tomato sauce
- G 黃金雞絲炒飯
Golden fried rice with shredded chicken meat
- H 雲耳勝瓜肉粒湯飯
Soup rice with diced pork, cloud ear and shenggua



盒盒滋味

循環驚喜



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(菜單MENU不定期更新, 以滿足不同的飲食需求)