

# *Go Beyond* **HEALTH *and* WELLNESS**



**Grove Sandwiches**

[WWW.GROVE.HK](http://WWW.GROVE.HK)

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[Email](mailto:SALES@GROVE.HK) [SALES@GROVE.HK](mailto:SALES@GROVE.HK)

# BREAKFAST

## 精選早餐

供應時間 *Served from 07:30 - 11:30*

B1

英式早餐

English Breakfast

煎蛋 2 隻、煙肉、紐倫堡腸、藜麥田園沙律、多士

Fried Egg 2 pcs, Bacon, Nurnberger Sausage, Quinoa Green Salad, Toast

\$42

B2

素食早餐

Vegetarian Breakfast

煎蛋 2 隻、白蘑菇、烤南瓜、藜麥田園沙律、多士

Fried Egg 2 pcs, White Mushroom, Roasted Pumpkin, Quinoa Green Salad, Toast

\$39

B3

煎雙蛋配提子英式鬆餅

配迷你番茄湯粉 / 奇亞籽麥皮

Fried Egg (2 pcs) and Raisin Scone

with Mini Fusilli with Tomato Soup / Chia Seed & Oatmeal Hot Cup

\$42

B4

煎雙蛋伴香煎雞扒餐

配迷你番茄湯粉 / 奇亞籽麥皮

Fried Egg (2 pcs) and Chicken Thigh

with Mini Fusilli with Tomato Soup / Chia Seed & Oatmeal Hot Cup

\$43

B5

全日早餐

All Day Breakfast

煎蛋 2 隻、煙三文魚、煙肉、紐倫堡腸、烤薯角、白蘑菇、烤南瓜、藜麥田園沙律、多士

Fried Egg 2 pcs, Smoked Salmon, Bacon, Nurnberger Sausage, Potato Wedges, White Mushroom, Roasted Pumpkin, Quinoa Green Salad, Toast

\$59

B6A

烤雜菜番茄湯螺絲粉

Roasted Vegetable Fusilli with Tomato Soup

\$39

B6B

火腿蛋番茄湯螺絲粉

Ham & Egg Fusilli with Tomato Soup

\$39

B7

自選多士

(選二：煉奶 / 牛油 / 花生醬 / 果醬)

配藜麥田園沙律 / 迷你番茄湯粉 / 奇亞籽麥皮

Choice of Toast (Choose 2: Condensed Milk / Butter / Peanut Butter/ Jam)

with Quinoa Green Salad/Mini Fusilli with Tomato Soup/ Chia Seed & Oatmeal Hot Cup

\$29



DRINK OPTIONS

飲品選項

FREE

黑咖啡 / 奶茶 / 檸檬茶 / 伯爵茶 / 蜂蜜生薑茶 / 蜂蜜柚子茶 (熱/ 8oz)

Black Coffee / Milk Tea / Lemon Tea / Earl Grey Tea / Honey Ginger Tea / Honey Citron Tea (Hot/ 8oz)

+ \$6

轉鮮奶咖啡 / 泡沫咖啡 / 鮮奶朱古力 (熱/ 8oz)

Change to Caffe Latte / Cappuccino / Chocolate Milk (Hot/ 8oz)

+ \$5

另加焦糖 / 榛子 / 朱古力 / 特濃咖啡

Add Caramel / Hazelnut / Chocolate / Espresso Shot

+ \$4

飲品加大 / 熱飲轉凍飲

Change to Large / Upgrade from Hot to Iced Drink

+ \$19

轉精選特飲 / Noah's 純天然果汁 (凍)

Change to Specialty Drink / Noah's Fresh Fruit Juice



TOP UP ITEMS

加配產品

+ \$10

奇亞籽麥皮 (熱)

Chia Seed Oatmeal Cup (Hot)

+ \$12

提子英式鬆餅

Raisin Scone

+ \$10

迷你番茄湯螺絲粉

Mini Fusilli with Tomato Soup

+ \$13

是日餐湯

Daily Soup

+ \$12

雞蛋藜麥沙律杯

Egg & Quinoa Salad Cup

+ \$20

時令鮮果杯

Seasonal Fresh Fruit Cup

+ \$12

迷你鮮果杯

Mini Fresh Fruit Cup

+ \$22

柚子藍莓乳酪杯

Yuzu Blueberry Yoghurt Cup

+ \$12

奇亞籽隔夜燕麥杯 (冷)

Overnight Chia Oats (Cold)

+ \$29

經典甜品

Petite Delights

 人氣推介 Best Seller

 素食 (含有蛋及奶類成份) Vegetarian ( Contains Egg & Dairy Ingredients )

 辣 Spicy

每個外賣食物盒需額外收取\$2附加費 Takeaway box will be charged for \$2 each

 圖片只供參考 Photo for reference only

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Breakfast Sandwiches 202508

# BREAKFAST

## 精選早餐

供應時間 *Served from 07:30 - 11:30*

**B8A 火腿芝士飛碟** 配藜麥田園沙律/迷你番茄湯粉 / 奇亞籽麥皮  
**Ham & Cheese Toastie**  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup/ Chia Seed & Oatmeal Hot Cup

**B8B 碎蛋芝士飛碟** 配藜麥田園沙律/迷你番茄湯粉 / 奇亞籽麥皮   
**Egg Salad and Cheese Toastie**  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup/ Chia Seed & Oatmeal Hot Cup

**B9 牛油果慢煮雞胸飛碟**  
配藜麥田園沙律/迷你番茄湯粉 / 奇亞籽麥皮  
**Avocado & Slow Cooked Chicken Toastie**  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup/ Chia Seed & Oatmeal Hot Cup

**B10A 火腿芝士牛角酥**  
配藜麥田園沙律/迷你番茄湯粉 / 奇亞籽麥皮  
**Ham & Cheese Croissant**  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup/ Chia Seed & Oatmeal Hot Cup

**B10B 碎蛋沙律牛角酥**   
配藜麥田園沙律/迷你番茄湯粉 / 奇亞籽麥皮  
**Egg Salad Croissant**  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup/ Chia Seed & Oatmeal Hot Cup

**B11A 煙三文魚洋蔥烤意式三文治 (半份)**  
配藜麥田園沙律/迷你番茄湯粉 / 奇亞籽麥皮  
**Smoked Salmon & Onion Panini (Petite)**  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup/ Chia Seed & Oatmeal Hot Cup

**B11B 車打芝士慢煮辣雞胸烤意式三文治 (半份)**  
配藜麥田園沙律/迷你番茄湯粉 / 奇亞籽麥皮  
**Cheddar Cheese & Slow Cooked Spicy Chicken Breast Panini (Petite)**  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup/ Chia Seed & Oatmeal Hot Cup

**B12 牛油果提子英式鬆餅配雞蛋藜麥田園沙律**   
**Avocado & Raisin Scone with Egg & Quinoa Green Salad**



B10A



B10B



SB11A



B11B



B12



## DRINK OPTIONS

飲品選項

**FREE** 黑咖啡 / 奶茶 / 檸檬茶 / 伯爵茶 / 蜂蜜生薑茶 / 蜂蜜柚子茶 (熱/ 8oz)  
Black Coffee / Milk Tea / Lemon Tea / Earl Grey Tea / Honey Ginger Tea / Honey Citron Tea (Hot/ 8oz)

**+\$6** 轉鮮奶咖啡 / 泡沫咖啡 / 鮮奶朱古力 (熱/ 8oz)  
Change to Caffè Latte / Cappuccino / Chocolate Milk (Hot/ 8oz)

**+\$5** 另加焦糖 / 榛子 / 朱古力 / 特濃咖啡  
Add Caramel / Hazelnut / Chocolate / Espresso Shot

**+\$4** 飲品加大 / 熱飲轉凍飲  
Change to Large / Upgrade from Hot to Iced Drink

**+\$19** 轉精選特飲 / Noah's 純天然果汁 (凍)  
Change to Specialty Drink / Noah's Fresh Fruit Juice



## TOP UP ITEMS

加配產品

**+\$10** 奇亞籽麥皮 (熱)   
Chia Seed Oatmeal Cup (Hot) (8oz)

**+\$12** 提子英式鬆餅   
Raisin Scone

**+\$10** 迷你番茄湯螺絲粉   
Mini Fusilli with Tomato Soup

**+\$13** 是日餐湯  
Daily Soup

**+\$12** 雞蛋藜麥沙律杯   
Egg & Quinoa Salad Cup

**+\$20** 時令鮮果杯   
Seasonal Fresh Fruit Cup

**+\$12** 迷你鮮果杯   
Mini Fresh Fruit Cup

**+\$22** 柚子藍莓乳酪杯   
Yuzu Blueberry Yoghurt Cup

**+\$12** 奇亞籽隔夜燕麥杯 (冷)   
Overnight Chia Oats (Cold)

**+\$29** 經典甜品  
Petite Delights

 人氣推介 Best Seller

 素食 (含有蛋及奶類成份) Vegetarian ( Contains Egg & Dairy Ingredients )

 辣 Spicy

每個外賣食物盒需額外收取\$2附加費 Takeaway box will be charged for \$2 each

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Breakfast  
Sandwiches 202508

# TEA SET

## 下午茶餐

供應時間 *Served from 14:30 - 17:30*



ST1 經典甜品  
Petite Delights \$45



ST4 鮮蝦薄餅多士  
配藜麥田園沙律/迷你蕃茄湯粉  
Fresh Shrimp Pizza Toast  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup \$39



ST8 辣肉腸蘑菇意粉  
Pepperoni & Mushroom Spaghetti \$49

ST9 慢煮辣雞胸番茄濃湯螺絲粉  
Slow Cooked Spicy Chicken Breast  
Fusilli with Tomato Soup \$45

ST2A 吞拿魚番茄芝士飛碟  
配藜麥田園沙律/迷你蕃茄湯粉  
Tuna, Tomato & Cheese Toastie  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup \$37

ST2B 慢煮辣雞胸蘑菇芝士飛碟  
配藜麥田園沙律/迷你蕃茄湯粉  
Slow Cooked Spicy Chicken Breast,  
Wild Mushroom & Cheese Toastie  
with Quinoa Green Salad / Mini Fusilli with Tomato Soup \$37



ST5 慢煮雞胸凱撒意式三文治(半份)  
配藜麥田園沙律/迷你蕃茄湯粉  
Slow Cooked Chicken Caesar Panini (Petite)  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup \$43

ST6 牛油果車打芝士  
烤意式三文治(半份)  
配藜麥田園沙律/迷你蕃茄湯粉  
Avocado & Cheddar Cheese Panini(Petite)  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup \$43



ST10 卡邦尼意粉  
Carbonara \$49

ST11 香草醬忌廉牛油果螺絲粉  
Creamy Avocado Pesto Fusilli \$52



ST3A 火腿芝士牛角酥  
配藜麥田園沙律/迷你蕃茄湯粉  
Ham & Cheese Croissant  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup \$39



ST3B 碎蛋沙律牛角酥  
配藜麥田園沙律/迷你蕃茄湯粉  
Egg Salad Croissant  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup \$39



ST7 蘑菇松露醬蛋沙律香草多士  
配藜麥田園沙律/迷你蕃茄湯粉  
Mushroom Truffle Egg Salad Focaccia  
with Quinoa Green Salad/Mini Fusilli with Tomato Soup \$49



ST12 全日早餐  
All Day Breakfast \$59  
煎蛋 2 隻、煙三文魚、煙肉、紐倫堡腸、烤薯角、  
白蘑菇、烤南瓜、藜麥田園沙律、多士  
Fried Egg 2 pcs, Smoked Salmon, Bacon,  
Nurnberger Sausage, Potato Wedges,  
White Mushroom, Roasted Pumpkin,  
Quinoa Green Salad, Toast

## DRINK OPTIONS 飲品選項

FREE 黑咖啡 / 奶茶 / 檸檬茶 / 伯爵茶 / 蜂蜜生薑茶 / 蜂蜜柚子茶 (熱/ 8oz)  
Black Coffee / Milk Tea / Lemon Tea / Earl Grey Tea / Honey Ginger Tea / Honey Citron Tea (Hot/ 8oz)

+\$6 轉鮮奶咖啡 / 泡沫咖啡 / 鮮奶朱古力 (熱/ 8oz)  
Change to Caffè Latte / Cappuccino / Chocolate Milk (Hot/ 8oz)

+\$5 另加焦糖 / 榛子 / 朱古力 / 特濃咖啡  
Add Caramel / Hazelnut / Chocolate / Espresso Shot

+\$4 飲品加大 / 熱飲轉凍飲  
Change to Large / Upgrade from Hot to Iced Drink

+\$19 轉精選特飲 / Noah's 純天然果汁 (凍)  
Change to Specialty Drink / Noah's Fresh Fruit Juice

## TOP UP ITEMS 加配產品

+\$10 迷你番茄湯螺絲粉  
Mini Fusilli with Tomato Soup

+\$13 是日餐湯  
Daily Soup

+\$12 雞蛋藜麥沙律杯  
Egg & Quinoa Salad Cup

+\$20 時令鮮果杯  
Seasonal Fresh Fruit Cup

+\$12 迷你鮮果杯  
Mini Fresh Fruit Cup

+\$22 柚子藍莓乳酪杯  
Yuzu Blueberry Yoghurt Cup

+\$12 奇亞籽隔夜燕麥杯 (冷)  
Overnight Chia Oats (Cold)

+\$29 經典甜品  
Petite Delights

👍 人氣推介 Best Seller

🌿 素食 (含有蛋及奶類成份) Vegetarian (Contains Egg & Dairy Ingredients)

🌶️ 辣 Spicy

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TEA Sandwiches 202508

# PANINI & WRAP

意式三文治 / 美式卷 / 墨西哥卷  
全日供應 *All Day Available*

## Grilled Panini 意式三文治

 Served Hot 加熱供應

|     |                                                                                                                                   |      |     |                                                                    |      |
|-----|-----------------------------------------------------------------------------------------------------------------------------------|------|-----|--------------------------------------------------------------------|------|
| G01 | 慢煮雞胸凱撒意式三文治<br>Slow Cooked Chicken Caesar Panini                                                                                  | \$49 | G04 | 蜜糖芥末燒牛肉蘑菇意式三文治<br>Roast Beef, Wild Mushroom & Honey Mustard Panini | \$51 |
| G02 | 車打芝士牛油果意式三文治 <br>Cheddar Cheese & Avocado Panini | \$49 | G05 | 蜜糖芥末煙三文魚意式三文治<br>Smoked Salmon & Honey Mustard Panini              | \$51 |
| G03 | 嘉文火腿 · 車打芝士意式三文治<br>Gammon Ham & Cheddar Cheese Panini                                                                            | \$51 |     |                                                                    |      |



## American Wrap 美式卷

 Served Hot 加熱供應

|     |                                                                                                                                                                                        |      |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| H01 | 紅菜頭 · 牛油果 · 意式雜菜 · 芝士美式卷 <br>Cheesy Avocado, Beetroot & Italian Mixed Vegetables American Hot Wrap | \$48 |
| H02 | 嘉文火腿 · 烤菠蘿 · 芝士美式卷<br>Cheesy Gammon Ham & Roasted Pineapple American Hot Wrap                                                                                                          | \$48 |
| H03 | 慢煮辣雞胸 · 烤菠蘿 · 芝士美式卷 <br>Cheesy Slow Cooked Spicy Chicken & Roasted Pineapple American Hot Wrap    | \$48 |
| H04 | 燒牛肉 · 蘑菇 · 芝士美式卷<br>Cheesy Roast Beef & Wild Mushroom American Hot Wrap                                                                                                                | \$49 |
| H05 | 辣肉腸 · 煙三文魚 · 芝士美式卷 <br>Cheesy Pepperoni & Smoked Salmon American Hot Wrap                         | \$49 |

## Mexican Wrap 墨西哥卷

 Served Cold 凍食

 Served Hot 可加熱供應

|     |                                                                                                                                                                     |      |
|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| W01 | 慢煮雞胸凱撒墨西哥卷<br>Slow Cooked Chicken Caesar Mexican Wrap                                                                                                               | \$43 |
| W02 | 慢煮辣雞胸番茄芝士墨西哥卷 <br>Slow Cooked Spicy Chicken Breast, Tomato & Cheese Mexican Wrap | \$43 |
| W03 | 牛油果藜麥雜菜墨西哥卷 <br>Avocado, Quinoa & Mixed Vegetables Mexican Wrap                  | \$43 |
| W04 | 蜜糖芥末燒牛肉蘑菇墨西哥卷<br>Roast Beef, Wild Mushroom & Honey Mustard Mexican Wrap                                                                                             | \$46 |
| W05 | 煙三文魚碎蛋墨西哥卷<br>Smoked Salmon & Egg Salad Mexican Wrap                                                                                                                | \$46 |



## DRINK OPTIONS

飲品選項

|        |                                                                                                                                             |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------|
| + \$8  | 黑咖啡 / 奶茶 / 檸檬茶 / 伯爵茶 / 蜂蜜生薑茶 / 蜂蜜柚子茶 (熱)<br>Black Coffee / Milk Tea / Lemon Tea / Earl Grey Tea / Honey Ginger Tea / Honey Citron Tea (Hot) |
| + \$14 | 轉鮮奶咖啡 / 泡沫咖啡 / 鮮奶朱古力 (熱)<br>Change to Caffè Latte / Cappuccino / Chocolate Milk (Hot)                                                       |
| + \$5  | 另加焦糖 / 榛子 / 朱古力 / 特濃咖啡<br>Add Caramel / Hazelnut / Chocolate / Espresso Shot                                                                |
| + \$4  | 飲品加大 / 熱飲轉凍飲<br>Change to Large / Upgrade from Hot to Iced Drink                                                                            |
| + \$26 | 轉精選特飲 / Noah's 純天然果汁 (凍)<br>Change to Specialty Drink / Noah's Fresh Fruit Juice                                                            |



## TOP UP ITEMS

加配產品

|        |                                                                                                                                  |        |                                                                                               |
|--------|----------------------------------------------------------------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------------------------|
| + \$10 | 迷你番茄湯螺絲粉 <br>Mini Fusilli with Tomato Soup  | + \$13 | 是日餐湯<br>Daily Soup                                                                            |
| + \$12 | 雞蛋藜麥沙律杯 <br>Egg & Quinoa Salad Cup          | + \$20 | 時令鮮果杯    |
| + \$12 | 迷你鮮果杯 <br>Mini Fresh Fruit Cup              | + \$22 | 柚子藍莓乳酪杯  |
| + \$12 | 奇亞籽隔夜燕麥杯 (冷) <br>Overnight Chia Oats (Cold) | + \$29 | 經典甜品<br>Petite Delights                                                                       |

 人氣推介 Best Seller    素食 (含有蛋及奶類成份) Vegetarian ( Contains Egg & Dairy Ingredients )    辣 Spicy   每個外賣食物盒需額外收取\$2附加費 Takeaway box will be charged for \$2 each   圖片只供參考 Photo for reference only

# DRINKS

## 飲品

全日供應 *All Day Available*

### Coffee 咖啡

|                                            | 標準熱飲<br>HOT<br>(Regular) | 加大熱飲<br>HOT<br>(Large) | 標準凍飲<br>ICED<br>(Regular) | 加大凍飲<br>ICED<br>(Large) |
|--------------------------------------------|--------------------------|------------------------|---------------------------|-------------------------|
| 雙份特濃咖啡 ( 2 oz )<br>Double Espresso ( 2oz ) | \$20                     | –                      | –                         | –                       |
| 黑咖啡<br>Black Coffee                        | \$24                     | \$28                   | \$28                      | \$32                    |
| 白咖啡<br>Flat White                          | \$28                     | \$32                   | \$32                      | \$36                    |
| 鮮奶咖啡<br>Caffe Latte                        | \$28                     | \$32                   | \$32                      | \$36                    |
| 朱古力咖啡<br>Caffe Mocha                       | \$32                     | \$36                   | \$36                      | \$40                    |
| 泡沫咖啡<br>Cappuccino                         | \$28                     | \$32                   | \$32                      | \$36                    |
| 髒髒咖啡<br>Dirty                              | –                        | –                      | \$32                      | –                       |
| 湯力咖啡<br>Coffee Tonic                       | –                        | –                      | \$37                      | –                       |

**+\$5** 加焦糖 / 榛子 / 朱古力 / 特濃咖啡  
Add Flavour: Caramel / Hazelnut / Chocolate / Espresso Shot

**+\$5** 燕麥奶 **+\$0** 脫脂牛奶  
Oat Milk Skimmed Milk



### Chocolate & Tea 朱古力與茶類

|                              | 標準熱飲<br>HOT<br>(Regular) | 加大熱飲<br>HOT<br>(Large) | 標準凍飲<br>ICED<br>(Regular) | 加大凍飲<br>ICED<br>(Large) |
|------------------------------|--------------------------|------------------------|---------------------------|-------------------------|
| 奶茶<br>Milk Tea               | \$20                     | \$24                   | \$24                      | \$28                    |
| 檸檬茶<br>Lemon Tea             | \$20                     | \$24                   | \$24                      | \$28                    |
| 伯爵茶<br>Earl Grey Tea         | \$20                     | \$24                   | \$24                      | \$28                    |
| 蜂蜜生薑茶<br>Honey Ginger Tea    | \$20                     | \$24                   | \$24                      | \$28                    |
| 蜂蜜柚子茶<br>Honey Citron Tea    | \$20                     | \$24                   | \$24                      | \$28                    |
| 鮮奶朱古力<br>Rich Chocolate Milk | \$28                     | \$32                   | \$32                      | \$36                    |



### Yoghurt Drinks 乳酪飲品

|                                                    | 標準凍飲<br>ICED<br>(Regular) | 加大凍飲<br>ICED<br>(Large) |
|----------------------------------------------------|---------------------------|-------------------------|
| 香蕉藍莓奇亞籽乳酪<br>Banana, Blueberry & Chia Seed Yoghurt | \$39                      | \$44                    |
| 牛油果香蕉奇亞籽乳酪<br>Avocado, Banana & Chia Seed Yoghurt  | \$39                      | \$44                    |

### Other Drinks 其他飲品

|                                                            | 加大凍飲<br>ICED<br>(Large) |
|------------------------------------------------------------|-------------------------|
| Noah's 純天然蔬果汁<br>Noah's Fresh Veggie Juice                 | \$28                    |
| 可口可樂 (330ml)<br>Coca Cola (330ml)                          | \$10                    |
| 零系可口可樂 (330ml)<br>Coca Cola Zero (330ml)                   | \$10                    |
| Evian 天然礦泉水 (500ml)<br>Evian Natural Mineral Water (500ml) | \$18                    |



人氣推介 Best Seller 素食 (含有蛋及奶類成份) Vegetarian ( Contains Egg & Dairy Ingredients ) 辣 Spicy 每個外賣食物盒需額外收取\$2附加費 Takeaway box will be charged for \$2 each 圖片只供參考 Photo for reference only