

Grove

Sandwiches

• Est. 2002 •

LIFE
TASTES

GOOD

BREAKFAST



- | | | |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------|
| B1 | English Breakfast Fried Eggs(2 pcs), Bacon, Nurnberger Sausage, Cherry Tomatoes, Hydro Veg Salad, Toast
英式早餐 煎蛋2隻、煙肉、紐倫堡腸、車厘茄、水耕菜沙律、多士 | \$39 |
| B2 | Continental Breakfast Fried Eggs(1 pc), Chicken Thigh, Ham, Cherry Tomatoes, HydroVeg Salad, Toast
歐陸早餐 煎蛋1隻、雞扒、火腿、車厘茄、水耕菜沙律、多士 | \$39 |
| B3 | Vegetarian Breakfast Fried Egg(2 pcs), Fried Mushrooms, Roasted Pumpkin, Cherry Tomatoes, HydroVeg Salad, Toast | \$37 |
| B4 | Roasted Vegetable Fusilli with Tomato Soup | \$36 |
| B5 | Ham & Egg Fusilli with Tomato Soup
火腿蛋番茄湯螺絲粉 | \$36 |
| B6 | Avocado on Muesli Toasted Bread, with Quinoa Green Salad | \$48 |
| B7 | Avocado Pesto & Slow Cooked Chicken Breast on Muesli Toasted Bread, with Chia Seeds & Oatmeal Cup | \$45 |
| B8 | Chia Seeds & Oatmeal Cup, with Choice of Toast (Condensed Milk / Butter / Peanut Butter / Jam) (Choice of Two) | \$26 |
| B9 | Chia Seeds & Oatmeal Cup, with Banana & Peanut Butter Toastie | \$29 |
| B10 | Cheese & Ham Toastie, with HydroVeg Salad
芝士火腿飛碟, 拼水耕菜沙律 | \$29 |
| B11 | Avocado & Chicken Toastie, with HydroVeg Salad
牛油果雞肉飛碟, 拼水耕菜沙律 | \$34 |
| B12 | Cheese & Ham Croissant, with HydroVeg Salad
芝士火腿牛角酥, 拼水耕菜沙律 | \$36 |
| B13 | Egg Salad Croissant, with HydroVeg Salad | \$36 |

Served with: Black Coffee / Tea
奉送 黑咖啡 / 茶



New
新推出



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

Drinks Upgrade 升級飲品

Latte / Cappuccino / Chocolate Milk
鮮奶咖啡 / 泡沫咖啡 / 鮮奶朱古力

+\$5

Selected Grove Speciality Drinks / Emma & Tom's
指定Grove 特飲 / Emma & Tom's 果汁

+\$19

(Change to Large / Iced Drink)
以上飲品加大 / 轉凍飲

+\$4

(Coffee: Add Caramel / Hazelnut / Chocolate / Espresso)
(咖啡另加焦糖 / 榛子 / 朱古力 / 特濃)

+\$5

Top Up 加配

Chia Seeds & Oatmeal Hot Cup
奇亞籽燕麥杯 (6oz)

+\$8

Daily Soup
是日餐湯 (8oz) +\$12






Daily Salad Cup / Fresh Fruit Yoghurt Cup /
Dried Fruit & Potato Salad Cup
是日沙律杯 / 鮮果乳酪杯 / 乾果薯仔沙律杯

+\$18

Fresh Fruit Cup
鮮果杯 +\$19

DAILY SET MENU



	COMBO	PREMIUM COMBO
A Wild Mushroom Spaghetti with Truffle Cream Sauce  黑松露野菌意粉	\$64	\$71
B Italian Spaghetti Bolognese with Pepperoni  意式肉醬辣肉腸意粉	\$66	\$73
C Smoked Salmon Spaghetti with Pesto 香草醬煙三文魚意粉	\$68	\$75
D Lasagne Bolognese 肉醬千層	\$72	\$79
E Gammon Ham & Avocado Panini 嘉文火腿牛油果烤意式三文治	\$66	\$73
F Avocado, Slow Cooked Chicken Breast & Cheese Toastie 牛油果·慢煮雞胸·芝士烤餅	\$58	\$65
G Beetroot, Avocado & Italian Style Vegetable Mexican Wrap   紅菜頭牛油果意式雜菜墨西哥卷	\$58	\$65
H Slow Cooked Spicy Chicken Breast, Cheese & Vegetable Mexican Wrap  番茄慢煮辣雞胸芝士雜菜墨西哥卷	\$58	\$65

Served with: Black Coffee / Tea
奉送 黑咖啡 / 茶

送你是日沙律+餐湯或*飲品
Salad + Soup or Drink
*黑咖啡 / 茶
Black Coffee / Tea

是日餐湯+*飲品+
送你是日沙律
Soup+Drink + Salad
*黑咖啡 / 茶
Black Coffee / Tea

Drinks Upgrade 升級飲品

Latte / Cappuccino / Chocolate Milk
鮮奶咖啡 / 泡沫咖啡 / 鮮奶朱古力

+\$5

Selected Grove Speciality Drinks / Emma & Tom's
指定Grove 特飲 / Emma & Tom's 果汁

+\$19

(Change to Large / Iced Drink)
以上飲品加大 / 轉凍飲

+\$4

(Coffee: Add Caramel / Hazelnut / Chocolate / Espresso)
(咖啡另加焦糖 / 榛子 / 朱古力 / 特濃)

+\$5

Top Up 加配

Chia Seeds & Oatmeal Hot Cup
奇亞籽燕麥杯 (6oz)

+\$8

Daily Soup
是日餐湯 (8oz)

+\$12

Daily Salad Cup / Fresh Fruit Yoghurt Cup /
Dried Fruit & Potato Salad Cup

+\$18

Fresh Fruit Cup
鮮果杯






+\$19



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

是日沙律杯 / 鮮果乳酪杯 / 乾果薯仔沙律杯



TS1	Cheesy Bolognese Submarine Sandwich 芝士肉醬潛堡	\$34
TS2	American Hotdog 美式熱狗	\$34
TS3	Tuna & Cheese Toastie with Quinoa Green Salad  吞拿魚芝士飛碟·藜麥田園沙律	\$32
TS4	Avocado & Chicken Toastie with Quinoa Green Salad  牛油果雞肉飛碟·藜麥田園沙律	\$34
TS5	Slow Cooked Spicy Chicken Breast on Muesli toasted bread with Quinoa Green Salad  慢煮辣雞胸高纖穀物乾果多士·藜麥田園沙律	\$40
TS6	Slow Cooked Spicy Chicken Breast with Green Salad 慢煮辣雞胸伴田園沙律	\$36
TS7	Fresh Shrimp Pizza Toast 鮮蝦薄餅多士	\$34
TS8	Avocado Pizza Toast  牛油果薄餅多士	\$34
TS9	Slow Cooked Spicy Chicken Breast, Fusilli with Tomato Soup 慢煮辣雞胸配番茄濃湯螺絲粉	\$48
TS10	Cabonara 卡邦尼意粉	\$52
TS11	Avocado Fusilli with Pesto Cream Sauce  香草醬忌廉牛油果螺絲粉	\$57

Served with: Black Coffee / Tea
奉送 黑咖啡 / 茶



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

Drinks Upgrade 升級飲品

Latte / Cappuccino / Chocolate Milk
鮮奶咖啡 / 泡沫咖啡 / 鮮奶朱古力

+\$ 5

(Change to Large / Iced Drink)
以上飲品加大 / 轉凍飲

+\$ 4

Top Up 加配

Chia Seeds & Oatmeal Hot Cup
奇亞籽燕麥杯 (6oz)

+\$ 8

Daily Salad Cup / Fresh Fruit Yoghurt Cup /
Dried Fruit & Potato Salad Cup

+\$ 18

是日沙律杯 / 鮮果乳酪杯 / 乾果薯仔沙律杯

Selected Grove Speciality Drinks / Emma & Tom's
指定Grove 特飲 / Emma & Tom's 果汁

+\$ 19

(Coffee: Add Caramel / Hazelnut / Chocolate / Espresso)
(咖啡另加焦糖 / 榛子 / 朱古力 / 特濃)

+\$ 5

Daily Soup
是日餐湯 (8oz) +\$ 12

Fresh Fruit Cup
鮮果杯 +\$ 19

SANDWICHES



All Day Available 全日供應

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

New
新推出

Petite 半份
Regular 全份

Ham & Cheese Sandwich
芝士火腿三文治

\$13 \$22

HydroVeg & Egg Salad Sandwich
水耕菜碎蛋沙律三文治

\$14 \$25

Tuna & Spinach Sandwich
吞拿魚菠菜三文治

\$18 \$32

Beetroot, Quinoa & Vegetable Salad Sandwich
紅菜頭藜麥雜菜沙律三文治

\$20 \$36

Pesto, Avocado & Vegetables Salad Sandwiches
香草醬牛油果雜菜沙律三文治

\$22 \$38

Slow Cooked Chicken Caesar Sandwich
慢煮雞胸凱撒三文治

\$21 \$37

Slow Cooked Chicken Breast, Tomatoes & Spinach Sandwich
慢煮辣雞胸·蕃茄·菠菜三文治

\$21 \$37

Pesto, Avocado & Vegetables Salad Sandwiches
香草醬牛油果雜菜沙律三文治

\$22 \$38

Slow Cooked Chicken Breast, Avocado & HydroVeg Sandwich
慢煮雞胸牛油果水耕菜三文治

\$23 \$40

Gammon Ham, Avocado & Spinach Sandwich
嘉文火腿·牛油果·菠菜三文治

\$23 \$40

Sweet Pepper, Gammon Ham, Cheddar Cheese & Spinach Sandwich
甜椒·嘉文火腿·車打芝士·菠菜三文治

\$23 \$40

Pesto Shrimp, Tomato & Spinach Sandwich
香草鮮蝦蕃茄菠菜三文治

\$23 \$40

Roast Beef, Wild Mushroom & Honey Mustard Sandwich
蜜糖芥末燒牛肉野菌三文治

\$23 \$41

Bell Pepper & Smoked Salmon Sandwich
甜椒煙三文魚三文治

\$23 \$41

Smoked Salmon & Honey Mustard Sandwich
蜜糖芥末煙三文魚三文治

\$23 \$41

Drinks Top Up 加配飲品

Black Coffee / Tea
黑咖啡 / 茶 +\$7

Latte / Cappuccino / Chocolate Milk
鮮奶咖啡 / 泡沫咖啡 / 鮮奶朱古力 +\$12

Selected Grove Speciality Drinks / Emma & Tom's
指定Grove特飲 / Emma & Tom's果汁 +\$26

(Change to Large / Iced Drink)
以上飲品加大 / 轉凍飲 +\$4

(Coffee: Add Caramel / Hazelnut / Chocolate / Espresso)
(咖啡另加焦糖 / 榛子 / 朱古力 / 特濃) +\$5

Top Up 加配

Chia Seeds & Oatmeal Hot Cup
奇亞籽燕麥杯 (6oz) +\$8

Daily Soup
是日餐湯 (8oz) +\$12

Daily Salad Cup / Fresh Fruit Yoghurt Cup /
Dried Fruit & Potato Salad Cup
是日沙律杯 / 鮮果乳酪杯 / 乾果薯仔沙律杯 +\$18

Fresh Fruit Cup
鮮果杯 +\$19

GRILLED PANINI



All Day Available 全日供應

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

 New
新推出

Slow Cooked Chicken Caesar Panini
慢煮雞胸凱撒意式三文治

Petite 半份	Regular 全份
\$28	\$47

Zucchini, Slow Cooked Spicy Chicken Breast Panini
意大利青瓜 · 慢煮辣雞胸意式三文治

\$28	\$47
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Emmental Cheese, Avocado & Spinach Panini 
艾文達芝士 · 牛油果 · 菠菜意式三文治

\$29	\$49
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Honey Mustard, Roast Beef & White Mushroom Panini
蜜糖芥末燒牛肉 · 白蘑菇意式三文治

\$29	\$49
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Honey Mustard & Smoked Salmon Panini
蜜糖芥末煙三文魚意式三文治

\$29	\$49
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MEXICAN TORTILLA WRAP

All Day Available 全日供應

Slow Cooked Chicken Caesar Mexican Wrap
慢煮雞胸凱撒墨西哥卷

\$42

Slow Cooked Spicy Chicken Breast, Roasted Pumpkin & Multi-Coloured Carrot Mexican Wrap
慢煮辣雞胸 · 烤南瓜 · 小甘筍墨西哥卷

\$42

Avocado, Quinoa & Italian Vegetable Mexican Wrap 
牛油果 · 藜麥 · 意式雜菜墨西哥卷

\$42

Honey Mustard, Roast Beef & White Mushroom Mexican Wrap
蜜糖芥末 · 燒牛肉 · 白蘑菇墨西哥卷

\$44

Smoked Salmon, Egg Salad & Spinach Mexican Wrap
煙三文魚 · 碎蛋 · 菠菜墨西哥卷

\$44

Smoked Salmon, Beetroot, Cheese & Vegetable Mexican Wrap 
煙三文魚 · 紅菜頭 · 芝士雜菜墨西哥卷

\$44

Drinks Top Up 加配飲品

Black Coffee / Tea
黑咖啡 / 茶 +\$7

Latte / Cappuccino / Chocolate Milk
鮮奶咖啡 / 泡沫咖啡 / 鮮奶朱古力 +\$12

Selected Grove Speciality Drinks / Emma & Tom's
指定Grove特飲 / Emma & Tom's果汁 +\$26

(Change to Large / Iced Drink)
以上飲品加大 / 轉凍飲 +\$4

(Coffee: Add Caramel / Hazelnut / Chocolate / Espresso)
(咖啡另加焦糖 / 榛子 / 朱古力 / 特濃) +\$5

Top Up 加配

Chia Seeds & Oatmeal Hot Cup
奇亞籽燕麥杯 (6oz) +\$8

Daily Soup
是日餐湯 (8oz) +\$12

Daily Salad Cup / Fresh Fruit Yoghurt Cup /
Dried Fruit & Potato Salad Cup
是日沙律杯 / 鮮果乳酪杯 / 乾果薯仔沙律杯 +\$18

Fresh Fruit Cup
鮮果杯 +\$19

SALAD



All Day Available 全日供應



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



New
新推出

Seasonal Fresh Fruit Cup

時令鮮果杯 (16oz) *Not applicable for Combo/Top Up 不適用於加配/套餐優惠

\$28

HydroVeg Green Salad

水耕菜田園沙律

\$32

Green Salad, Quinoa & Green Apple Salad

藜麥青蘋果田園沙律

\$37

Egg & Mixed Fruit Salad (Box)

蛋蘋果沙律 (盒)

\$34

Tuna Fish & Mixed Fruit Salad (Box)

吞拿魚蘋果沙律 (盒)

\$34

Pesto Pasta Salad

香草醬螺絲粉沙律

\$36

Pesto Pasta Salad with Slow Cooked Spicy Chicken Breast

慢煮辣雞胸香草醬螺絲粉沙律

\$43

Caesar Salad

凱撒沙律

\$36

Slow Cooked Chicken Caesar Salad

慢煮雞胸凱撒沙律

\$43

Roasted Beetroot, Pumpkin & Quinoa Salad

烤紅菜頭·烤南瓜·藜麥沙律

\$40

Smoked Salmon, Avocado & Roasted Vegetable Salad

煙三文魚·牛油果·烤野菜沙律

\$48

Slow Cooked Spicy Chicken Breast, with German Potato Salad

慢煮辣雞胸配德國薯仔沙律

\$44

Slow Cooked Spicy Chicken Breast, Roasted Zucchini & Roasted Pumpkin Salad

慢煮辣雞胸·烤意大利青瓜·烤南瓜沙律

\$44

Pesto Shrimp & Cucumber Salsa Salad

香草鮮蝦青瓜莎莎沙律

\$42

Avocado & Roasted Multi-Coloured Carrot Salad

牛油果·烤小甘筍沙律

\$44

Drinks Top Up 加配飲品

Black Coffee / Tea
黑咖啡 / 茶 +\$7

Latte / Cappuccino / Chocolate Milk
鮮奶咖啡 / 泡沫咖啡 / 鮮奶朱古力 +\$12

Selected Grove Speciality Drinks / Emma & Tom's
指定Grove 特飲 / Emma & Tom's 果汁 +\$26

(Change to Large / Iced Drink)
以上飲品加大 / 轉凍飲 +\$4

(Coffee: Add Caramel / Hazelnut / Chocolate / Espresso)
(咖啡另加焦糖 / 榛子 / 朱古力 / 特濃) +\$5

Top Up 加配

Chia Seeds & Oatmeal Hot Cup
奇亞籽燕麥杯 (6oz) +\$8

Daily Soup
是日餐湯 (8oz) +\$12

Daily Salad Cup / Fresh Fruit Yoghurt Cup /
Dried Fruit & Potato Salad Cup
是日沙律杯 / 鮮果乳酪杯 / 乾果薯仔沙律杯 +\$18

Fresh Fruit Cup
鮮果杯 +\$19

FOOD BOX

特別訂制餐盒

FOOD BOX is a lifestyle of wellness starts with eating.

It's perfect for you looking for a fresh, healthy & safe pick!

We offer great value cold & hot food boxes.

Every ingredient is prepared with seasonal healthy ingredients. It's time to eat green, eat healthily, and eat to order! Please contact us for more tailor-made menu options in just a box!

FOOD BOX 是現今愛新鮮、健康和安飲食的至佳選擇！

我們提供各款新鮮健康的冷熱FOOD BOX，每種食材均採用時令健康的食材製作而成。

是時候多吃綠色、吃得更健康！歡迎聯繫我們獲取更多訂製FOOD BOX的資料！



DRINKS

All Day Available 全日供應



Premium Coffee 精選咖啡

	Hot 熱	Iced 凍
Double Espresso (2oz) 雙份特濃咖啡 (2oz)	\$20	
Black Coffee 黑咖啡	\$24	\$28
Café Latte 鮮奶咖啡	\$28	\$32
Cappuccino 泡沫咖啡	\$28	\$32
Chocolate Milk 鮮奶朱古力	\$28	\$32

Add: Caramel / Hazelnut / Chocolate / Espresso
加: 焦糖 / 榛子 / 朱古力 / 特濃

+ \$5

Change to Large
以上飲品加大

+ \$4

Other Drinks 精選飲品

	Hot 熱	Iced 凍
Milk Tea 奶茶	\$20	\$24
Lemon Tea 檸檬茶	\$20	\$24
Earl Grey Tea 伯爵茶	\$20	\$24
English Breakfast Tea 英式早餐茶	\$20	\$24
Honey Ginger Tea 蜂蜜薑茶	\$24	\$28
Honey Citron Tea 蜂蜜柚子茶	\$24	\$28

Change to Large
以上飲品加大

+ \$4

DRINKS

All Day Available 全日供應



Fruit Yoghurt 鮮果乳酪

	13oz
Banana, Blueberry & Chia Seed Yoghurt 香蕉藍莓奇亞籽乳酪	\$38
Banana, Papaya & Chia Seed Yoghurt 香蕉木瓜奇亞籽乳酪	\$38
Avocado, Banana & Chia Seed Yoghurt 牛油果香蕉奇亞籽乳酪	\$38

Other Drinks 精選飲品

Coca Cola 可口可樂	\$9
Coca Cola Zero 零系可口可樂	\$9
Evian Natural Mineral Water evian天然礦泉水	\$15

Emma and Tom's 100% Cold Filled Juice (350ml)

Apple Juice 蘋果汁	\$29
Orange Juice 橙汁	\$29
Green Power 綠色能量混合果汁	\$29
Carrottop 甘筍混合果汁	\$29

Ordering Hotlines

各分店及訂購電話

Hong Kong Island 港島區

Sheung Wan 上環	G/F, CS Tower, 50 Wing Lok Street, Sheung Wan (near MTR A2 Exit) 上環永樂街50號昌盛大廈地下(近上環地鐵A2出口)	Tel: 2851 1198 Fax: 2851 1080
Wan Chai 灣仔	Flat C, G/F, Heung Hoi Mansion, 28 O'Brien Rd, Wan Chai 灣仔柯布連道28號香海大廈地下C舖	Tel: 3115 7300 Fax: 3115 7301
Quarry Bay 鰂魚涌	Shop 9, G/F, Ka Wing Building, Nos. 4-6 Hoi Wan Street, Quarry Bay 鰂魚涌海灣街4-6號嘉樂大廈地下9號舖	Tel: 2811 3010 Fax: 2811 3020

Kowloon & New Territories 九龍及新界區

Fo Tan 火炭	Shop No. G03, G/F, Shatin Galleria, Fotan, N.T. 新界火炭山尾街18-24號沙田商業中心地下G03號舖	Tel: 3188 0074 Fax: 3188 0174
Kwun Tong 觀塘	Shop 01, G/F, APEC Plaza, 49 Hoi Yuen Road, Kwun Tong 觀塘開源道49號創貿廣場地下1號舖	Tel: 2537 0202 Fax: 2537 0292
Kowloon Bay 九龍灣	Shop 13, G/F, Exchange Tower, Wang Chiu Road, Kowloon Bay 九龍灣宏照道33號國際交易中心地下13號舖	Tel: 2468 1636 Fax: 2468 1631
Lai Chi Kok 荔枝角	Unit G09B3, G/F, Cheung Sha Wan Plaza, 833 Cheung Sha Wan Road, Cheung Sha Wan 長沙灣長沙灣道833號長沙灣廣場地下G09B3舖	Tel: 3188 9445 Fax: 3188 9446
Kwai Chung 葵涌	Shop 211, Level 2, Kowloon Commerce Centre, 51 Kwai Cheong Road, Kwai Chung 新界葵涌葵昌路51號九龍貿易中心2座2樓211室	Tel: 2395 2428 Fax: 2395 2468

Customized Event Catering

專屬到會服務

Grove's signature healthy sandwiches are made with multi-grain bread without preservatives, and our salads are also made with the freshest and tender green hydroponic vegetables. We offer a variety of fresh and healthy dishes for all health-conscious customers. Grove also provides a wide range of catering services. Our professional team will tailor all kinds of dishes to you according to your special needs. Please call 2614 1088 (office hours) or email to sales@grove.hk for more details.

Grove的招牌健康三文治採用了不含防腐劑的多穀包製造，沙律亦選取了最新鮮嫩綠的水耕菜製作，為注重健康的您提供多款新鮮健康美食。Grove同時提供各式各樣的到會服務，我們的專業團隊會為您度身訂造各款精緻到會菜式，滿足您每個需要。歡迎致電2614 1088(辦公時間)或電郵到sales@grove.hk查詢更多詳情。

*Takeaway/Delivery Order +\$20 每個外賣需另加\$20運送費



Online Ordering 網上訂購