





# 养修正餐菜单 WELLBEING

## 精选开胃凉菜 - STARTERS

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 芥末虾球	110/ Set
<i>Stem Prawn with Mustard</i>	
 藏式炸奶酪配本地蜂蜜	80/ Set
<i>Local Cheese fried with Honey</i>	
 田园沙拉	66/ Set
<i>Garden Green Salad</i>	
 藏家青稞沙拉	60 / Set
<i>Highland Local Barley Salad</i>	

## 主厨主推 - CHEF'S RECOMMENDATIO

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 养生气锅鸡	98 / 位
<i>Steam Pot chicken soup</i>	
 养生罐罐米线	76/ 位
<i>Guan guan rice Noodles</i>	



Signature Dish 招牌菜



Wellbeing Dish 养修菜



Vegetarian Dish 素菜

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## 本地有机热菜 - LOCAL ORGANIC HOT DISH

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 藏香猪肉酿羊肚菌	120/ Set
<i>Wild Morel mushroom with Minced pork Steam</i>	
 芦笋百合	99/ Set
<i>Asparagus fried with fresh Lily</i>	
 野生木耳烩山药	98/ Set
<i>Stewed Wild Jew's with Local Yam</i>	
 金汤菜心	66 / Set
<i>Cultivated Local Vegetables</i>	
 白灼西兰花	66 / Set
<i>Broccoli Scalded</i>	



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## ALL DAY DINING 正餐菜单

### 开胃菜 - STARTERS

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香格里拉鳟鱼饼 98/ Set  
*Tibetan trout cake*

野生木耳配黄瓜 68/ Set  
*Cucumber with Jew's Sala*

♥ 花园沙拉 66/ Set  
*Garden green salad*

### 汤类 — SOUP

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☁ 奶油松茸汤 78/ Set  
*Cream of matsutake soup*

冬荫功汤 78/ Set  
*Tom yum goong*

☁ 南瓜苹果奶油汤 68 / Set  
*Pumpkin & Apple cream soup*

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## 西式简餐 — WESTERN FOOD

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	仁安披萨 <i>Ringha pizza</i>	136/ Set
	传统玛格丽特披萨 <i>Classic margarita pizza</i>	120/ Set
	额外加料：萨拉米肠或火腿 加收 30RMB Extra toppings: salami or ham surcharge 30RMB	
	牛肉汉堡 <i>Beef burger</i>	118/ Set
	悦榕三明治 <i>Club sandwic</i>	108/ Set
	牛肉酱意面 <i>Pasta bolognaise</i>	108/ Set
	可选择：直面、管状面、螺旋面 Pasta choice: Spaghetti, Penne, Fusilli	
	番茄意面 <i>Pasta pomodoro</i>	88/ Set
	可选择：直面、管状面、螺旋面 Pasta choice: Spaghetti, Penne, Fusilli	

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## 主菜 — MAIN COURSE

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 烤牦牛里脊 226/ Set  
*Yak Tenderloin*


汁水可选配 Choice of sauce:

黑椒汁 Black pepper sauce/ 红酒汁 Red wine sauce / 大蒜蘑菇汁 Mushroom and garlic sauce

 香煎羊排 226/ Set  
*Rosemary roasted lamb chop*

汁水可选配 Choice of sauce:

黑椒汁 Black pepper sauce/ 红酒汁 Red wine sauce/ 大蒜蘑菇汁 Mushroom and garlic sauce

 香格里拉红鳟鱼 188/ Set  
*Hidden valley trout*

## 中式菜品 — CHINESE FOOD

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 烧烤牦牛肉串 126/ Set  
*BBQ yak meat skewer*

竹筴炒鸡 98/ Set  
*Peppery chicken in bamboo basket*

 仁安煲仔饭 98/ Set  
*Ringha casserole*

云南小锅米线 68/ Set  
*Yunnan rice noodle soup*


 炒时蔬 66/ Set  
*Fried seasonal vegetables*  
Served with steamed rice 配米饭

 青稞蔬菜汤 58/ Set  
*Local barley minestrone*

每日例汤 58/ Set  
*Soup of the day*  
Please check with our waiter 请您询问服务员

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## 地方风味 — LOCAL FLAVORS

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	红烧牦牛肉 <i>Yak meat stew</i>	126/ Set
	藏式牦牛干巴 <i>Deep-fried yak meat</i>	118/ Set
	藏式粑粑夹牦牛肉 <i>Tibetan "BaBa" stuffed with yak meat</i>	99/ Set
	藏式五花肉炒白花菜 <i>Tibetan fried pork belly and cauliflower</i>	99/ Set
	藏香腊排骨 <i>Stir-fried preserved pork ribs</i>	98/ Set
	藏式小炒肉 <i>Tibetan style pork slice</i>	98/ Set
	藏式炒饭 <i>Fried rice Tibetan style</i>	78/ Set
	香格里拉野菌春卷 <i>Shangri-La wild mushroom spring rolls</i>	68/ Set
	藏式炒蔬菜 <i>Tibetan fried vegetables</i> 配本地蔬菜、野生蘑菇和米饭 <i>Mixed local vegetables with wild mushrooms, served with steamed rice</i>	66/ Set


## 藏式甜品 — TIBETAN DESSERT

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	蒲琼 <i>Phujo</i> Mixture of highland barley with brown sugar and a drop of melted yak butter Served with Fruit 酥油糌粑配水果	66/ Set
	仁安风味 <i>Ringha flavor</i>	66/ Set

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## 粥类 — CONGEE

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仁安腊排骨粥 58/ Set  
*Ringha preserved pork ribs congee*

 藏式牦牛肉粥 58/ Set  
*Tibetan yak congee*

 风味青稞粥 46/ Set  
*Highland barley congee*

 白粥 38/ Set  
*Plain congee*

\* 所有粥类配榨菜和橄榄菜  
All congee served with condiments salted pickles and olive pickles

## 甜品 — DESSERT

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时鲜果盘 68/ Set  
*Seasonal fruit platter*

 藏红花炖蛋 66/ Set  
*Saffron egg custard*

面包布丁 66/ Set  
*Bread butter Pudding*  
现烤需要 30 分钟 Freshly baked, needs 30 minutes

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