

RISE AND SHINE MENU 1 (UTOWN)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SELF SERVICE	WHITE BREAD	WHITE BREAD	WHITE BREAD	WHITE BREAD	WHITE BREAD	WHITE BREAD
	WHOLEMEAL	WHOLEMEAL	WHOLEMEAL	WHOLEMEAL	WHOLEMEAL	WHOLEMEAL
	SPREAD	SPREAD	SPREAD	SPREAD	SPREAD	SPREAD
	COFFEE / TEA / MILO	COFFEE / TEA / MILO	COFFEE / TEA / MILO	COFFEE / TEA / MILO	COFFEE / TEA / MILO	COFFEE / TEA / MILO
	WHOLE FRUIT	BANANA	WHOLE FRUIT	BANANA	WHOLE FRUIT	BANANA
WESTERN / CEREAL	BIG BREAKFAST					
	FOCACCIA DOUBLE CHEESE BLT	BREAKFAST PATTIES	EGG N POTATO FRY-UP	WAFFLE WITH ORANGE CREAM X2	SCRAMBLED EGG	EGG FRITTATA
	JUMBO CHEESE SAUSAGE	FRENCH TOAST	CORN SALAD	CHICKEN MEAT BALL	HONEY HAM	COCKTAIL SAUSAGE X4
	OR	OR	OR	OR	OR	OR
	CHOICE OF 5 TYPE OF CEREAL W/ TETRA PAK JUICE	CHOICE OF 5 TYPE OF CEREAL	CHOICE OF 5 TYPE OF CEREAL	CHOICE OF 5 TYPE OF CEREAL	CHOICE OF 5 TYPE OF CEREAL	CHOICE OF 5 TYPE OF CEREAL
DIM SUM/CONGEE / NOODLE	BIG BREAKFAST					
	CHOICE OF 3 DIM SUM + SWEE GAO CHICKEN KEOW TEOW SOUP WITH SAUSAGE AND EGG	FISH BALL BEE HOON SOUP	CHOICE OF 3 DIM SUM SET	MINCED PORK CONGEE W/ CENTURY EGG	CHOICE OF 3 DIM SUM SET	FISH CONGEE WITH BRAISED PEANUT
SPECIAL OF THE DAY	BEEF MUI FAN	MINI IDLI/ DAL CURRY	CARROT CAKE (BLACK)	CHICKEN HOR FUN	IDIYAPPAM /TOFU KHEEMA	DOUBLE CHEESE SANDWICH
ASIAN	BIG BREAKFAST					
	FRIED EGG NOODLE WITH FISH CAKE	SAMBAL FRIED RICE WITH CRAB BITE	FRIED SIN-CHEW BEEHOON	FRIED CARROT W/ PRESERVED RADISH	FRIED IPOH HOR FUN	FRIED LOCAL KWAY TEOW W/ EGG
	LONG BEANS WITH CHYE POH	FRIED LONG CABBAGE W SNOW PEA	STIR FRIED CELERY W BEAN CURD & SHREDDED PORK	STIR FRIED LONG BEAN W/ MINCED MEAT	NYONYA CURRY MIX VEGETABLE	STIR FRIED SAMBAL LADY'S FINGER
	CHICKEN WING	BREADED FISH FILLET	BAKED LUNCHEON MEAT	DEEP FRIED CHICKEN NUGGETS	CHICKEN DRUMLET	FRIED CHICKEN WANTON
	LUNCHEON MEAT					
OTAH OTAH						
VEGETARIAN	BIG BREAKFAST					
	FRIED EGG NOODLE	SAMBAL FRIED RICE	FRIED SIN-CHEW BEEHOON	FRIED CARROT CAKE W/ PRESERVED RADISH	FRIED IPOH HOR FUM	FRIED LOCAL KWAY TEOW W/ EGG & BEAN SPROUT
	STIR FRIED CHYE SIM W/ TAU POK	STIR FRIED BEAN SPROUTS W/ SHREDDED CARROT	CELERY AND CARROT IN BEAN PASTE SAUCE	STIR FRIED LONG BEAN W/ BEANCURD	CURRY VEGETABLE	STIR FRIED LADY'S FINGER
	CAULIFLOWER WITH GARLIC	TOFU IN OYSTER SAUCE	BRAISED POTATO & TAUKUA	MUSHROOM FRITTERS	STEAMED TOFU IN SOY	TOFU IN PEPPER SAUCE
	DEEP FRIED SPRING ROLL					
MALAY	NASI LEMAK SET / BIG BREAKFAST					
	OTAK OTAK	BEE HOON SOUP AYAM	MEE SIAM	AYAM SOTO	ROTI PRATA	ROTI JOHN
	FRIED EGG	OR	OR	OR	OR	OR
	WITH PEANUT AND CUCUMBER	MEE GORENG MAMAK	NASI GORENG KAMPUNG	FRIED SAMBAL CHICKEN MACARONI	LOCAL FRIED MEE HOON	MEE HONG KONG
	CHICKEN WING	PAN FRIED CHICKEN SAUSAGE	CHICKEN DRUMLET	STIRFRIED FRENCH BEAN W/ CARROT	PENANG CURRY CHICKEN	SAMBAL FRIED EGG
	FRIED FISH FINGER	FRIED LONG CABBAGE W/ ANCHOVIES	ONION EGG OMELETTE	PAN FRIED COCKTAIL SAUSAGE	STIR FRIED LONG BEAN W/ ANCHOVIES	STIR FRIED LADY FINGER
IKAN BILIS						
GRAB AND GO	BIG BREAKFAST					
	CHOICE LONG BLACK, CAPPUCCINO, LATTE	CHOICE LONG BLACK, CAPPUCCINO, LATTE	CHOICE LONG BLACK , CAPPUCCINO , LATTE	CHOICE LONG BLACK , CAPPUCCINO , LATTE	CHOICE LONG BLACK , CAPPUCCINO , LATTE	CHOICE LONG BLACK , CAPPUCCINO , LATTE
	OR	OR	OR	OR	OR	OR
	CHOICE OF DAILY FRUIT JUICE S WITH DAILY SANDWICH AND MUFFINS	CHOICE OF DAILY FRUIT JUICES WITH CHOICE OF DAILY SANDWICH OR MUFFINS	CHOICE OF DAILY FRUIT JUICES WITH CHOICE OF DAILY SANDWICH OR MUFFINS	CHOICE OF DAILY FRUIT JUICES WITH CHOICE OF DAILY SANDWICH OR MUFFINS	CHOICE OF DAILY FRUIT JUICES WITH CHOICE OF DAILY SANDWICH OR MUFFINS	CHOICE OF DAILY FRUIT JUICES WITH CHOICE OF DAILY SANDWICH OR MUFFINS
SMOOTHIE BAR	WATERMELON	LYCHEE	ORANGE	DRAGON FRUIT	GREEN APPLE	GRAPE
SMOOTHIE OF THE DAY	STRAWBERRY BANANA	HONEYDEW ALMOND	CARROT APPLE	TANGERINE HONEY	PAPAYA YOGHURT	BANANA LIME
DESCRIPTION	FREE FLOW BEANCURD JELLY - SELF HELP	SOY & UHT MILK - SELF HELP	YOGURT	SOY & UHT MILK - SELF HELP	COLD UHT MILK	COLD SOYA BEAN MILK
	UHT MILK	YOGURT W/ FRUIT COCKTAIL	COLD UHT MILK			
FRUIT JUICES			PEEL FRESH ORANGE			

EAT

LEARN

LIVE

** Menu subjected to changes due to stock availability

Eat Most

Eat Moderately

Eat Less