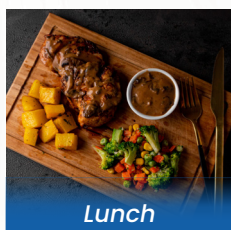


MENU HEALTHY

Rabu, 29 Juli 2026



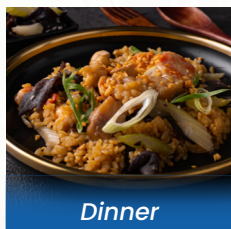
Cajun Spices Grilled Chicken



Roasted Potato Cube with Herbs, Grilled Chicken Cajun Spices, Cream Mushroom Sauce, Mix Sautéed Vegetable

471,1 Kcal • Protein 36,6 g
Fat 8,6 g • Carbs 64,1 g

Lunch



Seafood Ginger Fried Rice

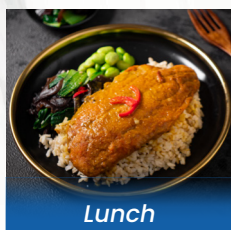


Nasi Goreng Jahe Mixed Udang (Nasi Putih), Cah Ayam Seafood Jahe, Tumis Batang Seledri & Jamur Kuping Oyster Sauce, Sambal Merah Jahe

458,3 Kcal • Protein 37,6 g
Fat 15,0 g • Carbs 50,8 g

Dinner

Jumat, 31 Juli 2026



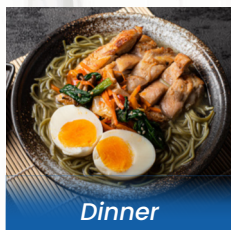
Nonya Fish Curry



Fish Nonya Curry, Nonya Curry Sauce, Brown Rice Edamame, Pak Choy Garlic and Mushroom

465,1 Kcal • Protein 44,2 g
Fat 23,0 g • Carbs 62,8 g

Lunch



Honey Chicken Soba Noodle

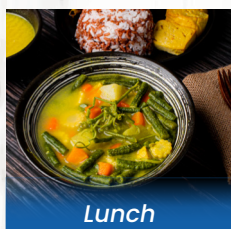


Green Soba Noodle with Seaweed, Soyu Broth, Chicken and Mushroom with Honey Teriyaki Gravy, Half Boiled Egg, Asian Vegetable

526,6 Kcal • Protein 43,6 g
Fat 10,9 g • Carbs 68,8 g

Dinner

Senin, 3 Agustus 2026



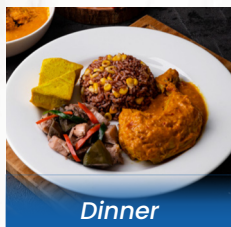
Sayur Lodeh Kuning



Ayam Bumbu Kuning Ungkep, Sayur Lodeh, Nasi Merah Putih, Tahu Air Fry Bumbu Kuning, Sambal Merah Terasi

528,7 Kcal • Protein 37,8 g
Fat 16,0 g • Carbs 62,9 g

Lunch



Ayam Cipera

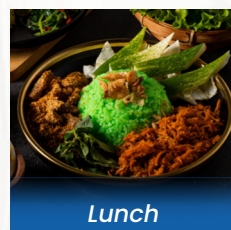


Ayam Cipera, Fried Nasi Merah Jagung, Tumis Terong Nangka Muda, Tahu Bandung Air Fry, Sambal Andaliman

513,8 Kcal • Protein 33,7 g
Fat 17,8 g • Carbs 57,9 g

Dinner

Kamis, 30 Juli 2026



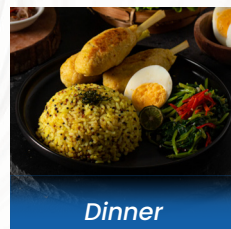
Nasi Krawu



Daging Serundeng, Ayam Suwir Balado Kering, Serundeng Kelapa, Nasi Gurih Pandan Hijau, Lalapan, Sambal Petis

462,4 Kcal • Protein 32,5 g
Fat 13,7 g • Carbs 52,9 g

Lunch



Sate Lilit Nasi Goreng Kunyit

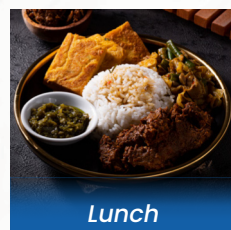


Nasi Goreng Kunyit Quinoa, Sate Lilit Ikan, Tumis Bayam Bawang Putih, Telur Rebus, Sambal Matah

510,4 Kcal • Protein 41,7 g
Fat 14,5 g • Carbs 68,8 g

Dinner

Sabtu, 1 Agustus 2026



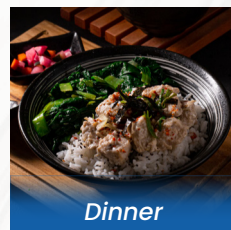
Nasi Padang



Rendang Daging, Nasi Daun Jeruk, Telur Dadar Padang, Sayur Nangka Buncis Kol, Sambal Hijau

535,5 Kcal • Protein 35,8 g
Fat 18,0 g • Carbs 59,0 g

Lunch



Chicken Donburi Rice

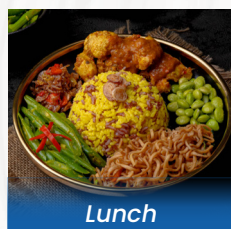


Chicken Donburi, Steamed Japanese Rice with Chia Seed, Acar Jepang, Pak Choy Garlic, Chili Flakes

451,3 Kcal • Protein 46,8 g
Fat 3,3 g • Carbs 58,9 g

Dinner

Selasa, 4 Agustus 2026



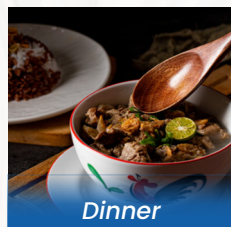
Nasi Jinggo Kerobokan



Nasi Kuning Mix Merah, Mie Goreng Telur & Sayuran Tumis, Ayam Bumbu Bali, Buncis Bumbu Kunyit, Sambal Embe

504,8 Kcal • Protein 32,8 g
Fat 8,1 g • Carbs 79,9 g

Lunch



Soto Betawi Dermalicious



Daging Sapi & Mixed Jamur, Kuah Soto Betawi, Acar Sayuran, Nasi Merah Putih, Sambal Soto, Jeruk Limo

455,5 Kcal • Protein 24,0 g
Fat 12,9 g • Carbs 64,5 g

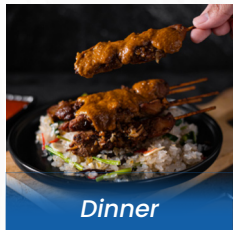
Dinner

Rabu, 5 Agustus 2026



Fried Noodle and Seafood Mixed 
Wok Fry Shirataki Noodle, Udang Mixed Ayam Saus Padang, Tahu Bumbu Kuning Air Fry, Tumis Sayuran Bawang Putih
453,8 Kcal • Protein 42,8 g
Fat 9,6 g • Carbs 51,1 g

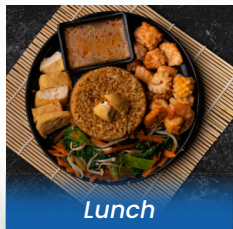
Lunch



Sate Ayam Cho Cho 
Nasi Goreng Brown Rice, Sate Ayam Cho Cho, Saus Kacang Nanas, Cah Sayuran Jamur, Sambal Merah Jahe
505,5 Kcal • Protein 33,4 g
Fat 18,2 g • Carbs 57,4 g

Dinner

Jumat, 7 Agustus 2026



Nasi Goreng Belacan Seafood 
Nasi Goreng Belacan, Wok Fry Seafood Belacan, Kuah Seafood Belacan, Tofu Air Fry, Tumis Sayuran
499,6 Kcal • Protein 41,8 g
Fat 14,2 g • Carbs 54,4 g

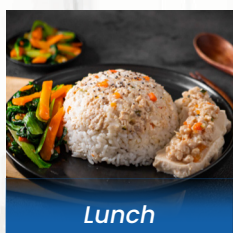
Lunch



Chicken Golden Curry 
Chicken Golden Curry Sauce, Yellow Basmati Rice, Burnt Cauliflower and Broccoli, Tofu Cake
489,4 Kcal • Protein 36,7 g
Fat 17,7 g • Carbs 45,7 g

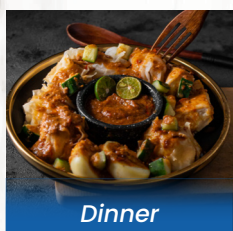
Dinner

Senin, 10 Agustus 2026



Tim Tahu Ayam 
Tim Tahu Ayam, Nasi Putih, Cah Sayuran, Pudding Kelapa, Sambal Merah Jahe
475,6 Kcal • Protein 31,1 g
Fat 13,5 g • Carbs 56,9 g

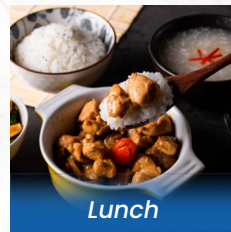
Lunch



Batagor Kukus   
Batagor Kukus Ayam Udang, Kol Gulung Kukus, Batagor Tahu Kukus, Timun, Kentang, Telur Rebus, Bumbu Kacang, Jeruk Limo, Kecap Manis
530,2 Kcal • Protein 48,2 g
Fat 24,3 g • Carbs 34,2 g

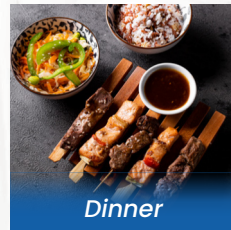
Dinner

Kamis, 6 Agustus 2026



Egg Drop Soup with Chicken Ginger 
Egg Drop Soup, Marinated Ginger Chicken, Nasi Putih with Chia Seed, Stir Fry Tofu and Broccoli, Sambal Merah Jahe
457,0 Kcal • Protein 41,2 g
Fat 7,1 g • Carbs 58,4 g

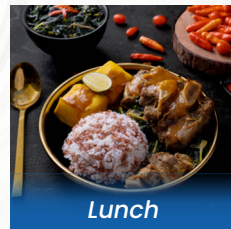
Lunch



Salmon & Beef Yakitori  
Salmon Satay, Beef Satay, Homemade Teriyaki Sauce, Japanese Salad with Edamame, Honey Lemon Dressing, Nasi Putih Mix Merah
511,4 Kcal • Protein 30,5 g
Fat 17,5 g • Carbs 57,0 g

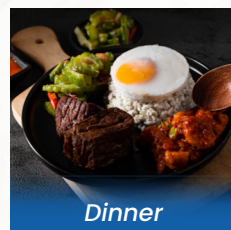
Dinner

Sabtu, 8 Agustus 2026



Ayam Bumbu Woku 
Ayam Woku, Nasi Putih Mix Merah, Tahu Bumbu Kuning, Tumis Daun Singkong Mix Bunga Pepaya (Seasonal), Sambal Merah
487,9 Kcal • Protein 41,5 g
Fat 8,9 g • Carbs 65,1 g

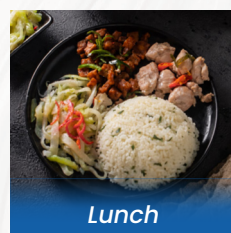
Lunch



Nasi Uduk  
Nasi Uduk, Telur Mata Sapi, Udang Pete Bumbu Balado, Semur Tahu, Cah Pare Ebi
460,1 Kcal • Protein 27,1 g
Fat 17,3 g • Carbs 50,6 g

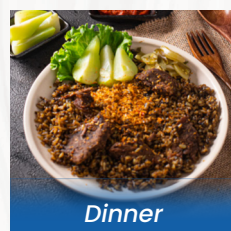
Dinner

Selasa, 11 Agustus 2026



Ayam Garang Asem 
Ayam Garang Asem, Kuah Garang Asem, Orek Tempe Manis, Nasi Gurih Daun Jeruk, Tumis Labu Siam Bawang Putih
489,2 Kcal • Protein 44,4 g
at 11,4 g • Carbs 55,1 g

Lunch



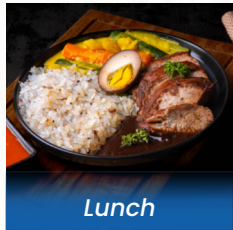
Nasi Goreng Rawon 
Empal Daging Sapi, Serundeng Kelapa, Nasi Goreng Rawon Mix Quinoa, Labu Siam Kukus, Lalapan Selada, Sambal Terasi
480,8 Kcal • Protein 29,0 g
Fat 16,1 g • Carbs 55,9 g

Dinner

*Jika ada alergi akan masuk ke menu personalized

*Menu sewaktu waktu dapat berubah bergantung pada keadaan pasar

Rabu, 12 Agustus 2026

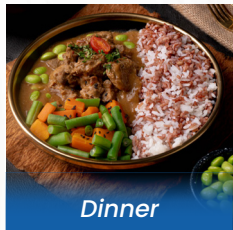


Ayam Panggang Ngohiong

Ayam Panggang Ngohiong, Kaldus Ayam, Fried Brown Rice, Acar Sayuran Nanas, Telur Pindang, Sambal Merah Jahe

461,3 Kcal • Protein 36,0 g
Fat 11,7 g • Carbs 56,6 g

Lunch



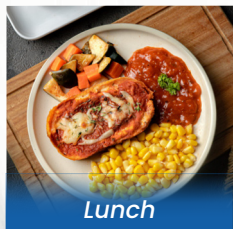
Golden Beef Curry

Beef Curry, Saus Curry, Sautéed Tomato Cherry, Nasi Merah Putih, Sautéed Garlic Carrot & Buncis, Edamame

501,4 Kcal • Protein 36,6 g
Fat 13,6 g • Carbs 59,7 g

Dinner

Jumat, 14 Agustus 2026

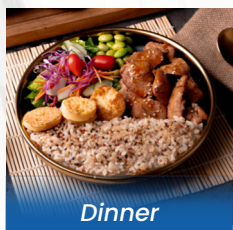


Eggplant Moussaka

Eggplant Moussaka Beef, Jagung Kukus, Roasted Mediterranean Vegetable, Tomato Concasse Sauce

536,6 Kcal • Protein 50,3 g
Fat 24,1 g • Carbs 34,0 g

Lunch



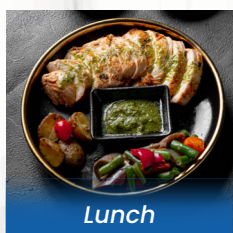
Chicken Aburi

Chicken Aburi, Mixed Salad, Dressing Salad, Fried Brown Rice Quinoa, Grilled Tofu

460,3 Kcal • Protein 35,8 g
Fat 12,4 g • Carbs 54,4 g

Dinner

Selasa, 18 Agustus 2026

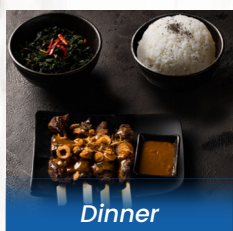


Sicilia Grilled Chicken

Sicilia Style Grilled Chicken, Cream Pesto Almond, Mediterranean Roasted Vegetable, Sautéed Herbs Potatoes

500,4 Kcal • Protein 41,3 g
Fat 12,4 g • Carbs 59,4 g

Lunch



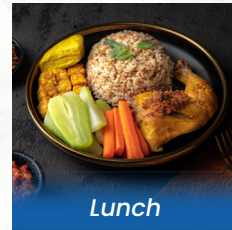
Kalio Daging Sapi

Kalio Daging Sapi, Putih Telur Balado, Nasi Putih, Tumis Daun Singkong, Bumbu Kalio, Bawang Goreng

461,0 Kcal • Protein 41,3 g
Fat 8,4 g • Carbs 54,7 g

Dinner

Kamis, 13 Agustus 2026

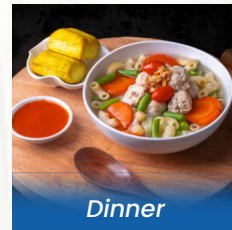


Nasi Tutug Oncom

Ayam Ungkep Kuning, Nasi Tutug Oncom, Labu Siam Kukus, Wortel Kukus, Tempe Air Fry, Sambal Terasi

527,4 Kcal • Protein 31,9 g
Fat 19,2 g • Carbs 59,6 g

Lunch



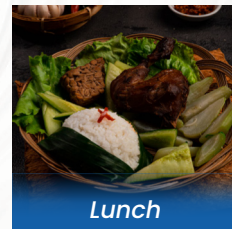
Macaroni Chicken Soup

Chicken Ball Sautéed, Baked Tahu Kuning, Sayuran Rebus, Macaroni Pasta, Kuah Kaldus Ayam, Sambal Merah Jahe

498,7 Kcal • Protein 38,8 g
Fat 18,9 g • Carbs 46,4 g

Dinner

Sabtu, 15 Agustus 2026

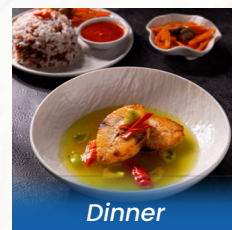


Ayam Bakar Solo

Ayam Bakar Kalasan, Nasi Gurih Pandan, Tahu Bacem, Tempe Bacem, Lalapan, Sambal Terasi

519,7 Kcal • Protein 38,7 g
Fat 14,2 g • Carbs 64,9 g

Lunch



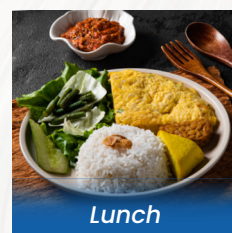
Pindang Serani

Fish of the Day, Kuah Pindang Serani, Nasi Merah Putih, Sambal Merah, Cah Wortel Jamur

503,1 Kcal • Protein 34,8 g
Fat 15,0 g • Carbs 57,7 g

Dinner

Rabu, 19 Agustus 2026

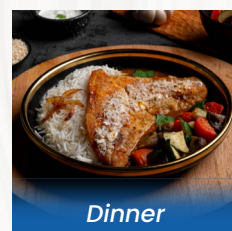


Nasi Telur Sambal Terong

Telur Dadar Ayam Cincang, Sambal Terong, Tahu Tempe, Nasi Putih, Lalapan

498,5 Kcal • Protein 34,0 g
Fat 15,4 g • Carbs 59,2 g

Lunch



Grilled Fish Mediterranean

Grilled Fish of the Day ala Mediterranean, Infused Basmati Rice, Grilled Mixed Veggie, Greek Yoghurt, Butter Golden Curry

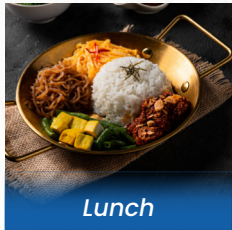
527,0 Kcal • Protein 33,8 g
Fat 17,3 g • Carbs 58,4 g

Dinner

*Jika ada alergi akan masuk ke menu personalized

*Menu sewaktu waktu dapat berubah bergantung pada keadaan pasar

Kamis, 20 Agustus 2026

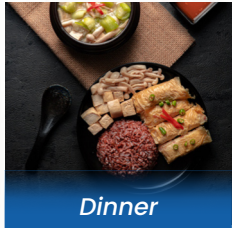


Nasi Campur Surabaya

Daging Pedas Manis, Telur Dadar Iris, Tumis Kacang Panjang Tahu, Nasi Putih, Vermicelli Noodle Bumbu Kecap, Sambal Terasi

528,1 Kcal • Protein 35,5 g
Fat 17,2 g • Carbs 59,7 g

Lunch



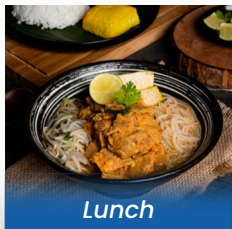
Sup Oyong Lumpia Kulit Tahu

Lumpia Ayam Kulit Tahu, Saus Pedas Manis, Oyong Rebus, Tumis Jamur Shimeji Putih, Tahu Air Fry, Kuah Sup Oyong, Nasi Merah, Sambal Kecap Asin Cabe Rawit

477,0 Kcal • Protein 39,6 g
Fat 9,6 g • Carbs 61,0 g

Dinner

Sabtu, 22 Agustus 2026

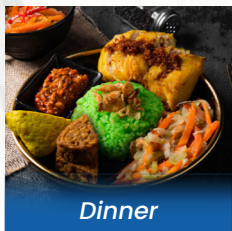


Tauto Pekalongan

Daging Tauto, Toge Rebus, Bihun Rebus, Nasi Putih, Tahu Kuning Bandung, Kuah Tauto, Sambal Merah

516,9 Kcal • Protein 40,3 g
Fat 15,6 g • Carbs 55,8 g

Lunch



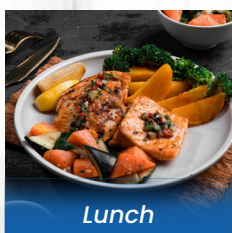
Nasi Timbel

Ayam Ungkep Kuning, Nasi Gurih Harum Pandan, Tumis Labu Siam Wortel, Sambal Terasi, Tempe & Tahu Bumbu Kuning

495,3 Kcal • Protein 50,0 g
Fat 9,4 g • Carbs 55,6 g

Dinner

Rabu, 26 Agustus 2026

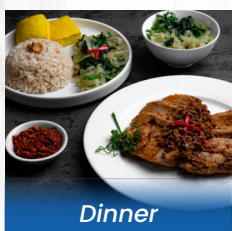


Surf & Turf

Grilled Chicken Breast, Grilled Salmon Cube, Grilled Lemon Wedges, Chimichurri Sauce, Rosemary & Paprika Potato Wedges, Sautéed Carrot with Zucchini

472,1 Kcal • Protein 41,5 g
Fat 9,5 g • Carbs 58,2 g

Lunch



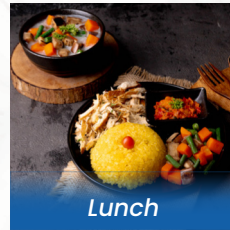
Ayam Napinadar

Ayam Napinadar, Sambal Andaliman, Tumis Labu dan Pucuk Labu, Steamed Brown Rice, Tahu Kuning Air Fry

510,3 Kcal • Protein 49,1 g
Fat 23,8 g • Carbs 30,6 g

Dinner

Jumat, 21 Agustus 2026

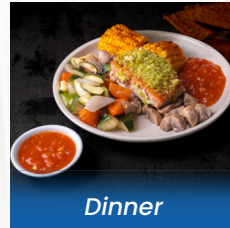


Nasi Rames Lodeh

Ayam Kalasan Suwir, Nasi Goreng Kunyit, Tumis Lodeh Mix Terong, Lodeh Tempe Tahu, Sambal Terasi Medan, Kuah Lodeh Putih

451,5 Kcal • Protein 31,3 g
Fat 10,0 g • Carbs 62,7 g

Lunch



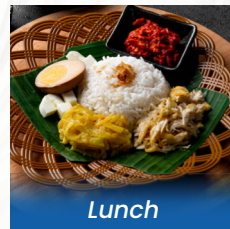
Fish Green Crushed

Pan Seared Fish with Green Crushed, Salsa Verde, Seasoned Grilled Veggie, Grilled BBQ Corn, Sautéed Mushroom with Garlic and Parsley

501,7 Kcal • Protein 45,1 g
Fat 19,0 g • Carbs 44,0 g

Dinner

Senin, 24 Agustus 2026

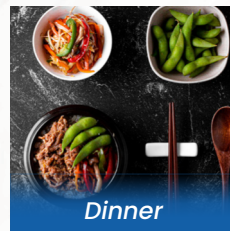


Nasi Liwet Solo

Nasi Liwet, Ayam Suwir Ungkep, Kuah Opor Putih, Sayur Jipang (Labu Siam), Telur Keprok, Tahu Kukus, Sambal Terasi

492,1 Kcal • Protein 40,4 g
Fat 10,4 g • Carbs 62,1 g

Lunch



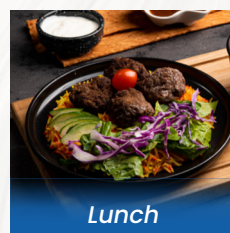
Beef Gyudon

Brown Rice Garlic, Beef Gyudon, Mixed Seasonal Vegetables with Sesame Oil, Steamed Edamame

483,7 Kcal • Protein 50,9 g
Fat 17,4 g • Carbs 31,3 g

Dinner

Kamis, 27 Agustus 2026

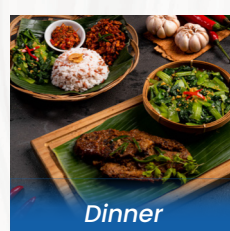


Turkish Meat Ball

Turkish Meat Ball, Mixed Salad, Greek Yoghurt, Dressing Salad, Yellow Basmati Rice, Tomato Espagnole Sauce

510,9 Kcal • Protein 29,8 g
Fat 28,4 g • Carbs 32,2 g

Lunch



Ikan Bakar Parape

Ikan Bakar Parape, Nasi Merah Putih, Pak Choy Garlic, Sambal Terasi, Kering Tempe

452,3 Kcal • Protein 27,1 g
Fat 14,7 g • Carbs 57,7 g

Dinner

*Jika ada alergi akan masuk ke menu personalized

*Menu sewaktu waktu dapat berubah bergantung pada keadaan pasar