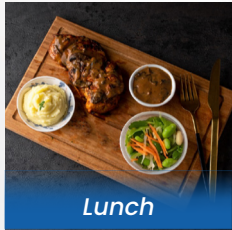


MENU KOLESTEROL & HIPERTENSI

Rabu, 29 Juli 2026

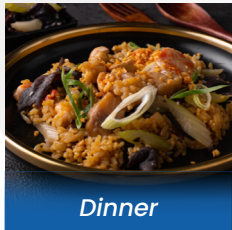


Cajun Spices Grilled Chicken

Potato Mashed, Grilled Chicken Cajun Spices, Cream Mushroom Sauce, Mixed Salad, Italian Dressing

395,8 Kcal • Protein 33,1 g
Fat 21,7 g • Carbs 17,6 g

Lunch



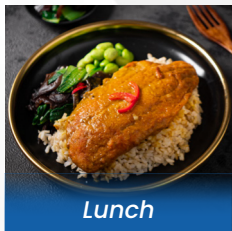
Seafood Ginger Fried Rice

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

271,9 Kcal • Protein 32,8 g
Fat 8,2 g • Carbs 13,9 g

Dinner

Jumat, 31 Juli 2026

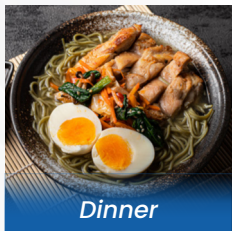


Nonya Fish Curry

Fish of the Day Curry, Nonya Curry Sauce, Brown Rice Edamame, Sauted Asian Vegetable

315,5 Kcal • Protein 37,0 g
Fat 8,8 g • Carbs 21,9 g

Lunch



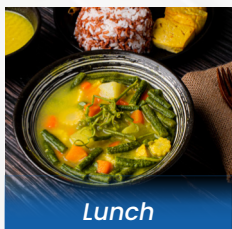
Honey Chicken Soba Noodle

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

362,4 Kcal • Protein 37,4 g
Fat 13,6 g • Carbs 22,7 g

Dinner

Senin, 3 Agustus 2026

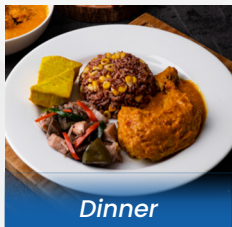


Sayur Lodeh Kuning

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

382,5 Kcal • Protein 43,1 g
Fat 11,0 g • Carbs 30,9 g

Lunch



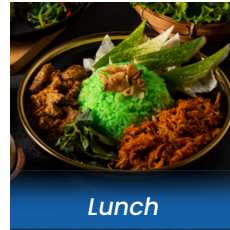
Ayam Cipera

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

427,1 Kcal • Protein 36,4 g
Fat 7,9 g • Carbs 55,2 g

Dinner

Kamis, 30 Juli 2026

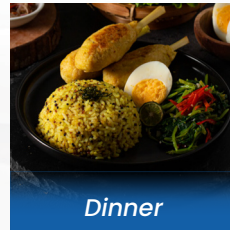


Nasi Krawu

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

425,5 Kcal • Protein 44,1 g
Fat 19,8 g • Carbs 16,6 g

Lunch



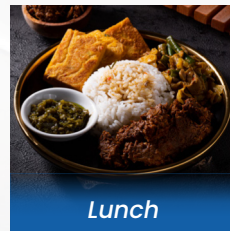
Sate Lilit Nasi Goreng Kunyit

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

455,8 Kcal • Protein 36,2 g
Fat 20,2 g • Carbs 32,6 g

Dinner

Sabtu, 1 Agustus 2026

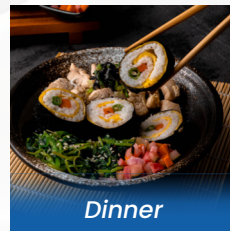


Nasi Padang

Rendang Daging, Fried Shirataki Quinoa, Telur Dadar Padang, Sayur Nangka Buncis Kol, Sambal Hijau

458,1 Kcal • Protein 42,7 g
Fat 19,7 g • Carbs 30,7 g

Lunch



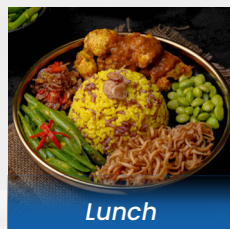
Chicken Donburi Rice

Chicken Donburi, Rice California Roll, Acar Jepang, Spinach Garlic Komegae, Chili Flakes

272,6 Kcal • Protein 36,7 g
Fat 3,9 g • Carbs 23,5 g

Dinner

Selasa, 4 Agustus 2026

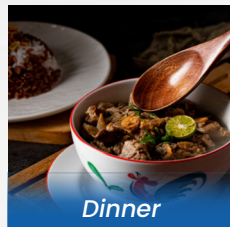


Nasi Jinggo Kerobokan

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

414,9 Kcal • Protein 33,9 g
Fat 15,0 g • Carbs 37,0 g

Lunch



Soto Betawi Dermalicious

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

386,4 Kcal • Protein 34,1 g
Fat 14,7 g • Carbs 35,3 g

Dinner

Rabu, 5 Agustus 2026



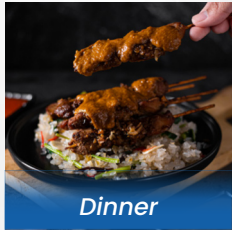
Fried Noodle and Seafood Mixed



Wok Fry Shirataki Noodle, Udang Mixed Ayam Saus Padang, Tahu Bumbu Kuning Airfry, Cah Sayuran Bawang Putih

348,8 Kcal • Protein 43,7 g
Fat 7,5 g • Carbs 29,0 g

Lunch



Sate Ayam Cho Cho

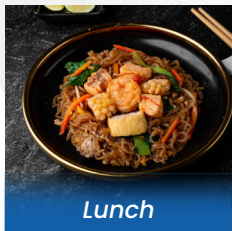


Nasi Goreng Brown Rice, Sate Ayam Cho Cho, Saus Kacang Nanas, Cah Sayuran Jamur, Sambal Merah Jahe

401,5 Kcal • Protein 37,3 g
Fat 20,9 g • Carbs 18,9 g

Dinner

Jumat, 7 Agustus 2026



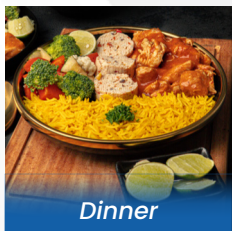
Seafood Mee Siam Belacan



Mee Siam, Wok Fry Vegetable, Wok Fry Seafood, Tofu Air Fry, Kuah Belacan

304,9 Kcal • Protein 33,0 g
Fat 13,6 g • Carbs 15,6 g

Lunch



Chicken Golden Curry

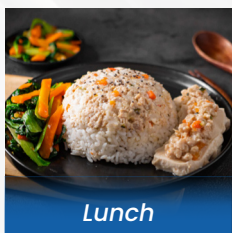


Chicken Golden Curry Sauce, Yellow Basmati Rice, Burnt Cauliflower and Broccoli, Tofu Cake

402,8 Kcal • Protein 48,2 g
Fat 7,2 g • Carbs 39,2 g

Dinner

Senin, 10 Agustus 2026



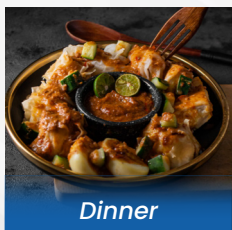
Tim Tahu Ayam



Tim Tahu Ayam, Nasi Putih, Cah Sayuran Bawang Putih, Pudding Kelapa, Sambal Merah Jahe

328,8 Kcal • Protein 30,0 g
Fat 12,7 g • Carbs 24,8 g

Lunch



Batagor Kukus

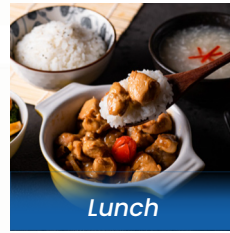


Batagor Kukus Ayam, Kol Gulung Kukus, Batagor Tahu Kukus, Timun, Kentang Airfry, Telur Rebus, Bumbu Kacang, Condiment: Jeruk Limo, Kecap Manis

427,0 Kcal • Protein 43,8 g
Fat 18,3 g • Carbs 23,8 g

Dinner

Kamis, 6 Agustus 2026



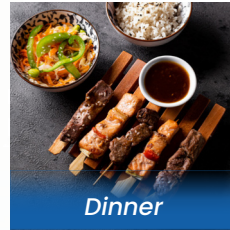
Egg Drop Soup with Chicken Ginger



Egg Drop Soup, Marinated Ginger Chicken, Steamed Black Mixed White Rice, Stirfry Tofu and Broccoli, Sambal Merah Jahe

343,8 Kcal • Protein 43,8 g
Fat 4,9 g • Carbs 32,1 g

Lunch



Salmon & Beef Yakitori

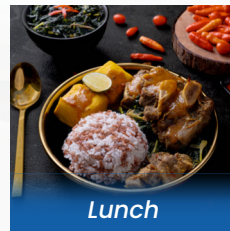


Salmon Satay, Beef Satay, Homemade Teriyaki Sauce, Japanese Salad with Edamame, Honey Lemon Dressing, Steamed Japanese Rice with Chia Seed

399,4 Kcal • Protein 35,0 g
Fat 18,4 g • Carbs 23,7 g

Dinner

Sabtu, 8 Agustus 2026



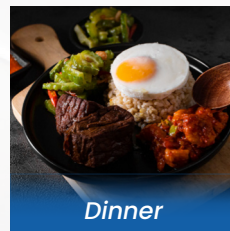
Iga Sapi Bumbu Woku



Iga Sapi Woku, Nasi Putih Mix Merah, Tahu Bumbu Kuning, Tumis Daun Singkong Mixed Bunga Pepaya (Seasonal), Sambal Merah

438,8 Kcal • Protein 41,0 g
Fat 15,3 g • Carbs 35,9 g

Lunch



Nasi Uduk

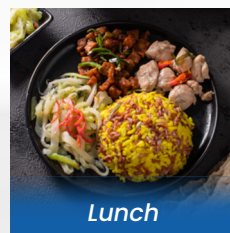


Nasi Uduk, Telur Mata Sapi, Udang Pete Bumbu Balado, Semur Tahu, Cah Pare Ebi

346,6 Kcal • Protein 27,7 g
Fat 12,4 g • Carbs 32,4 g

Dinner

Selasa, 11 Agustus 2026



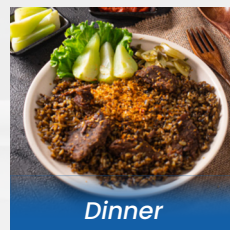
Ayam Garang Asem



Ayam Garang Asem, Kuah Garang Asem, Orek Tempe, Nasi Merah Kuning, Tumis Labu Siam Bawang Putih

451,0 Kcal • Protein 50,9 g
Fat 10,9 g • Carbs 41,4 g

Lunch



Nasi Goreng Rawon

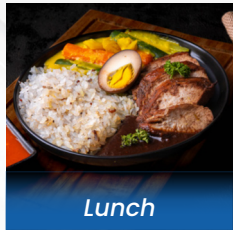


Empal Daging Sapi, Nasi Goreng Rawon Mixed Quinoa (Brown Rice), Labu Siam Kukus, Selada Lalap, Sambel Terasi

304,7 Kcal • Protein 31,2 g
Fat 11,6 g • Carbs 20,0 g

Dinner

Rabu, 12 Agustus 2026

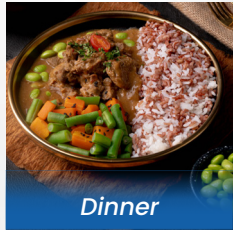


Ayam Panggang Ngohiong

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

396,2 Kcal • Protein 33,6 g
Fat 13,1 g • Carbs 36,0 g

Lunch



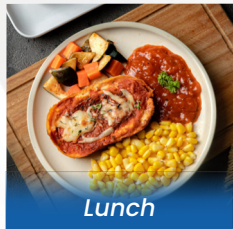
Golden Fish Curry

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

408,8 Kcal • Protein 38,8 g
Fat 18,7 g • Carbs 63,1 g

Dinner

Jumat, 14 Agustus 2026

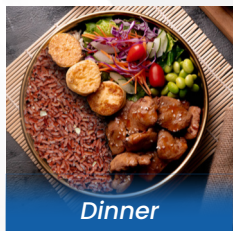


Eggplant Moussaka

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

360,6 Kcal • Protein 27,4 g
Fat 13,5 g • Carbs 37,8 g

Lunch



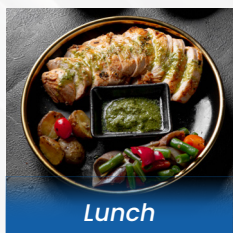
Chicken Aburi

Chicken Aburi, Mixed Salad, Dressing Salad, Nasi Gurih Merah, Grilled Tofu

322 Kcal • Protein 30,7 g
Fat 8,2 g • Carbs 33,5 g

Dinner

Selasa, 18 Agustus 2026

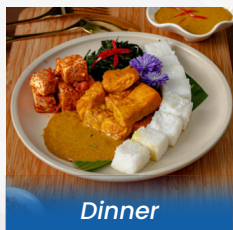


Sicilia Grilled Chicken

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

381,7 Kcal • Protein 35,9 g
Fat 16,3 g • Carbs 24,2 g

Lunch



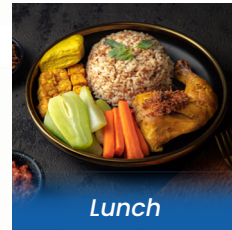
Ikan Kalio

Kalio Ikan, Fibre Cream, Putih Telur Balado, Buras Nasi, Tumis Daun Singkong, Bumbu Kalio, Bawang Goreng

420,1 Kcal • Protein 40,8 g
Fat 11,6 g • Carbs 40,4 g

Dinner

Kamis, 13 Agustus 2026

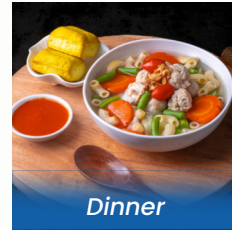


Nasi Tutug Oncom

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

456,4 Kcal • Protein 58,2 g
Fat 13,0 g • Carbs 27,8 g

Lunch



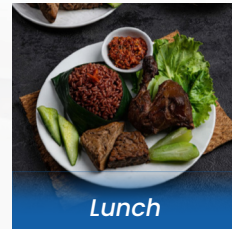
Macaroni Chicken Soup

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

352,5 Kcal • Protein 35,5 g
Fat 10,0 g • Carbs 30,5 g

Dinner

Sabtu, 15 Agustus 2026

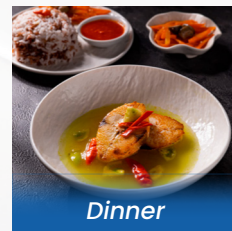


Ayam Bakar Solo

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

402,4 Kcal • Protein 47,2 g
Fat 15,7 g • Carbs 20,3 g

Lunch



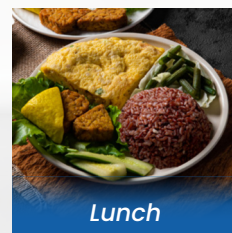
Pindang Serani

Salmon Pindang Serani, Kuah Pindang Serani, Nasi Merah Putih, Sambal Merah Encer, Cah Wortel Jamur

358,3 Kcal • Protein 29,0 g
Fat 16,4 g • Carbs 25,6 g

Dinner

Rabu, 19 Agustus 2026

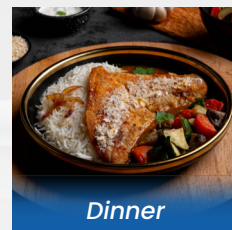


Nasi Telur Sambal Terong

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

438,3 Kcal • Protein 35,1 g
Fat 20,5 g • Carbs 31,2 g

Lunch



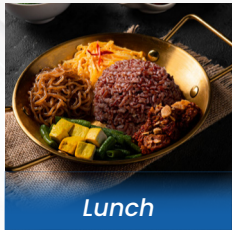
Grilled Fish Mediterranean

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

396,6 Kcal • Protein 27,6 g
Fat 17,0 g • Carbs 32,0 g

Dinner

Kamis, 20 Agustus 2026

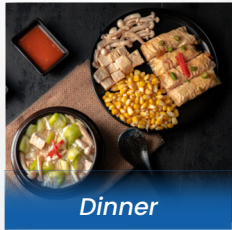


Nasi Campur Surabaya

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

441,2 Kcal • Protein 30,6 g
Fat 16,6 g • Carbs 44,8 g

Lunch



Sup Oyong Lumpia Kulit Tahu

Lumpia Ayam Kulit Tahu, Saus Pedas Manis, Oyong Rebus, Tumis Jamur Shimeji Putih, Tahu Airfry, Kuah Soup Oyong, Jagung Manis Pipil, Sambal Kecap Asin Cabe Rawit

389,0 Kcal • Protein 35,3 g
Fat 17,2 g • Carbs 28,3 g

Dinner

Sabtu, 22 Agustus 2026

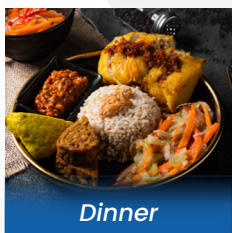


Tauto Pekalongan

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

449,6 Kcal • Protein 34,8 g
Fat 16,4 g • Carbs 45,3 g

Lunch



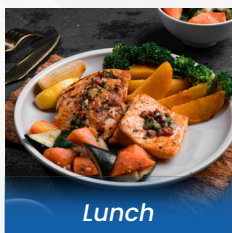
Nasi Timbel

Ayam Ungkep Kuning, Fried Brown Rice, Tumis Labu Siam Wortel, Sambal Terasi, Tempe & Tahu Bumbu Kuning

372,4 Kcal • Protein 40,3 g
Fat 12,3 g • Carbs 27,5 g

Dinner

Rabu, 26 Agustus 2026

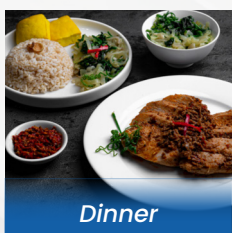


Surf & Turf

Grilled Chicken Breast, Grilled Salmon Cube, Grilled Lemon Wedges, Chimmicuri Sauce, Rosemary and Paprika Potato Wedges, Sauted Carrot with Broccoli

368,0 Kcal • Protein 38,0 g
Fat 11,5 g • Carbs 29,9 g

Lunch



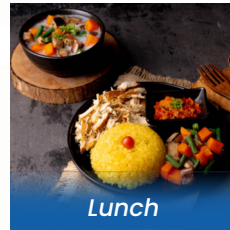
Ayam Napinadar

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

322,9 Kcal • Protein 29,1 g
Fat 10,8 g • Carbs 29,4 g

Dinner

Jumat, 21 Agustus 2026

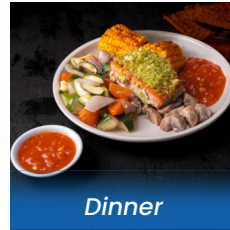


Nasi Rames Lodeh

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

389,7 Kcal • Protein 35,4 g
Fat 10,7 g • Carbs 42,1 g

Lunch



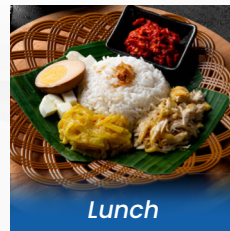
Salmon Green Crushed

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

374,7 Kcal • Protein 34,0 g
Fat 10,9 g • Carbs 42,7 g

Dinner

Senin, 24 Agustus 2026

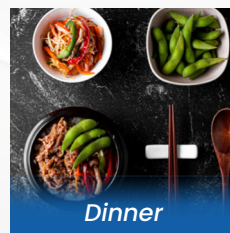


Nasi Liwet Solo

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

372,1 Kcal • Protein 39,6 g
Fat 12,0 g • Carbs 26,5 g

Lunch



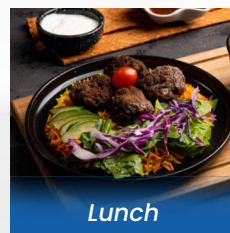
Beef Gyudon

Shirataki Rice Garlic, Beef Gyudon Less Fat, Mix Vegetables Season Oil, Steam Edamame

449,3 Kcal • Protein 42,6 g
Fat 16,2 g • Carbs 36,2 g

Dinner

Kamis, 27 Agustus 2026

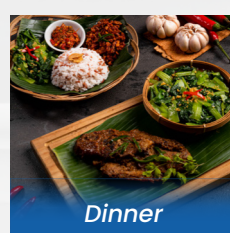


Turkish Chicken Ball

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

448,5 Kcal • Protein 35,5 g
Fat 19,8 g • Carbs 30,3 g

Lunch



Ikan Bakar Parape

Ikan Bakar dengan Bumbu Parape, Nasi Merah Putih, Pakchoy Garlic, Sambal Terasi, Kering Tempe

406,6 Kcal • Protein 34,8 g
Fat 18,0 g • Carbs 29,2 g

Dinner