Modern" light food" refers more to low- fat , high-fiber . Simple, authentic, healthy and nutritious foods . Keep food as original as possible

BBQ chicken breast with fresh vegetables

465kcal





Fried steak with boiled vegetables
Sweetcorn **59** kcal
Carrot **10** kcal
Broccoli **15** kcal
Peas **5** kcal
518 kcal

Boiled prawn and fresh vegetables on top of boiled rice
Tomatoes 5 kcal
Broccoli 25 kcal
400 kcal



Healthy eating plan

For this new takeaway ,we would like to introduce some healthy ' light food'. 'Light food' doesn't refers to specific food ,but a form of catering . What is light not only refers to the amount of ingredients, but also means that the cooking method of ingredients is simple, and the original nutrition and taste of the ingredients are preserved. Let the customers nutritional intake have no burden ,no pressure ,and be healthier, and at the same time extend a positive and sunny life attitude and lifestyle.

Here are some samples and photos above to show you what are them looks like .I will print out more posters on light box to attract customers .