

Man  
Zhu 满足



Man Zhu in mandarin literally means the “Lushness of Bamboos”.

The Chinese character used in the outlet’s name however is an intended pun which connotes the fullness of true indulgence.

All pictures are for illustration purposes only.  
Prices are subject to GST.  
Takeaway orders are subject to additional surcharges.



*Lean & Fit*



# Lean & Fit

## MESCLUN SALAD

\$6.8

garden greens, kalamata olives, cucumber, tomatoes, green apples, beetroot, red radish

### Add-ons

smoked salmon	\$6.00
smoked chicken	\$4.00
half avocado	\$2.00
boiled egg	\$1.00
multigrain sliced bread	\$1.50

### Choice of Dressing

thousand island / caesar / raspberry balsamic / lemon vinaigrette / passion fruit vinaigrette / honey mustard / balsamic vinaigrette

## QUINOA KALE SALAD

\$9.5

quinoa, walnuts, blueberries, tempeh, chickpeas, corn, kidney beans, black raisins, apple cider dressing

## MOZZARELLA AVOCADO TOMATO SALAD

\$11.8

avocado, mozzarella, mixed salad, tomatoes, cucumber, sweet basil, balsamic vinaigrette

## BROCCOLI WALNUT SALAD

\$8.8

broccoli, walnuts, tomatoes, red apples, kidney beans, corn, bacon, honey mustard dressing





*Sandwiches, Burgers  
& Fries*

# Sandwiches, Burgers & Fries

## CLUB SANDWICH

\$7.5

toasted bread, bacon, fried egg, smoked chicken, tomatoes, salad, french fries



## BLACK ANGUS BEEF BURGER

\$15.8

180g beef patty, broiche bun, cheddar cheese, tomatoes, caramelized onions, bacon, salad, french fries

## PLANT-BASED MEAT BURGER

\$14.8

plant-based patty, broiche bun, cheddar cheese, guacamole, caramelized onions, salad, french fries

## GRILLED GAMMON HAM & CHEDDAR CHEESE SANDWICH

\$9.8

sous vide ham, white bread, cheddar cheese, butter, salad, french fries



## POTATO WEDGES / FRENCH FRIES

\$5.0

served with nacho cheese





*Western*

# Western

## FISH & CHIPS

\$10.0

battered fish fillet, lemon, tartar sauce,  
salad, french fries

## SPAGHETTI BOLOGNAISE

\$11.8

spaghetti, braised minced beef,  
tomato sauce, parmesan cheese

## CSC SIGNATURE WINGS

\$9.5

marinated savoury chicken wings,  
deep-fried to a perfect crisp

## BACON EGG PIZZA

\$11.2

tomato sauce, egg, bacon,  
mozzarella, olive oil

## PANCETTA PIZZA



\$15.5

tomato sauce, pancetta ham, mozzarella,  
rocket salad, shaved parmesan, olive oil

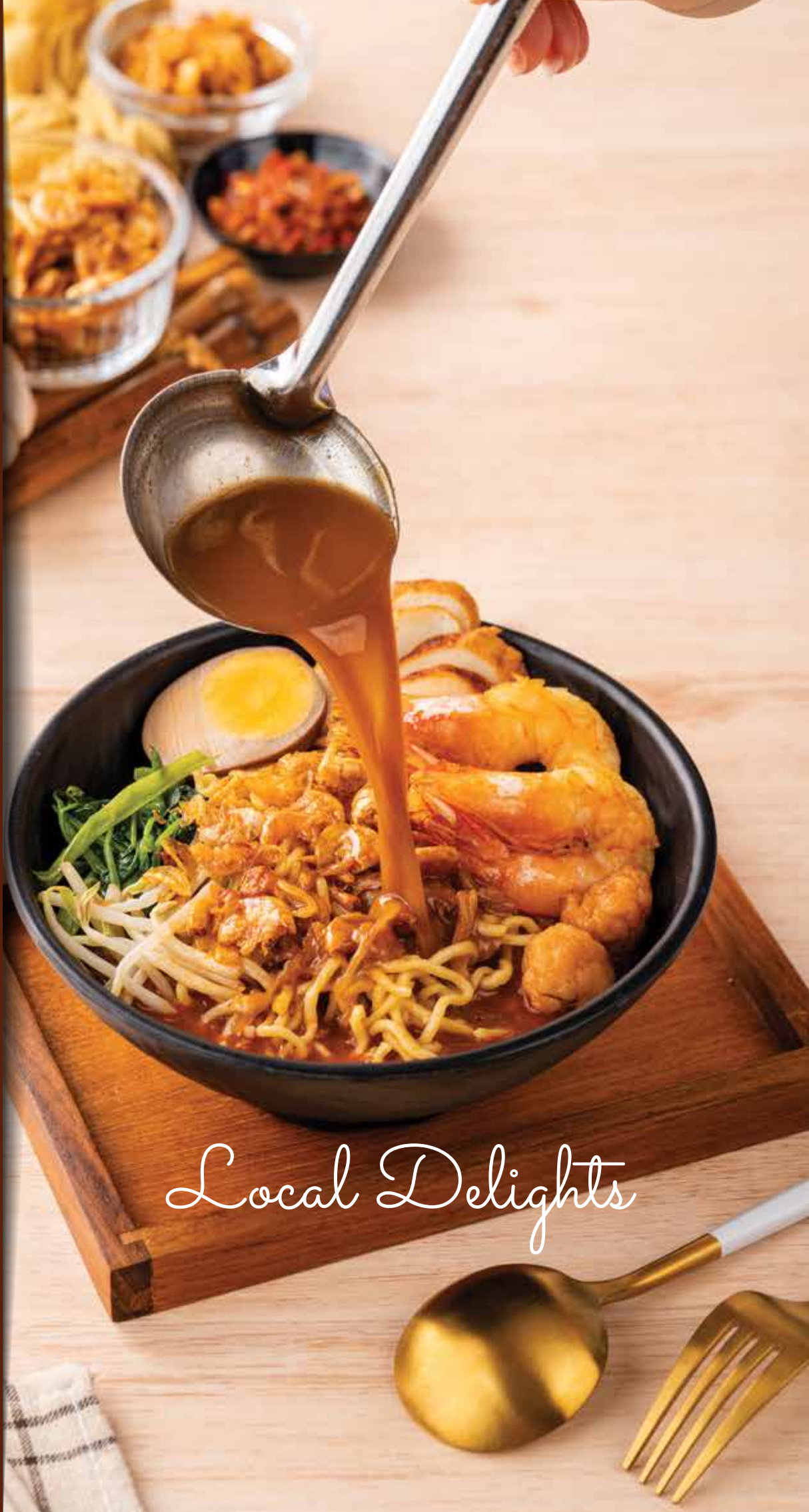
## MARGHERITA PIZZA

\$12.8

tomato sauce, mozzarella,  
rocket salad, olive oil







*Local Delights*

# Local Delights

## SINGAPORE SATAY

\$7.5

half dozen choice of marinated chicken / mutton / pork, cucumber, onions, rice cake, spicy peanut dip

## SINGAPORE STREET-STYLE ROJAK

\$6.3

tau pok, you tiao, pineapples, cucumber, turnip, bean sprouts, red jumbu, peanuts, tossed in a piquant shrimp paste

## SINGAPORE LAKSA

\$8.8

thick vermicelli, prawns, fish cake, boiled egg, bean sprouts, tau pok, spicy coconut gravy

## HAINANESE CHICKEN RICE

\$8.8

tender poached chicken, fragrant garlic & ginger infused rice, bean sprouts, xiao bai cai, chicken broth

## PRAWN & PORK RIBS NOODLE SOUP



\$11.8

tiger prawns, pork ribs, bean sprouts, kang kong, prawn broth

**Choice of Noodles**

yellow noodles / kway teow / bee hoon





*Indian*

# Indian

## MUTTON BIRYANI



\$16.8

stewed mutton chunks, masala spice gravy,  
biryani rice, achar, papadum

## CHICKEN BIRYANI

\$9.8

chicken leg, masala spice gravy,  
biryani rice, achar, papadum

## MURTABAK

\$7.8

freshly prepared prata stuffed with curried minced  
chicken or mutton with onions, egg & curry gravy

## ROTI PRATA

\$5.5

freshly prepared prata served with curry gravy;  
choice of egg, onions or plain

## MALABAR FISH CURRY

\$13.8

sliced fish, tomatoes, curry leaves in spiced coconut gravy

## MUTTON CHUKKA

\$12.8

mutton cubes cooked in rich, dry, thick gravy





*Desserts*



# Desserts

## DESSERT OF THE DAY

\$3.5

kindly check with our service staff

## ICE KACANG

\$4.5

red beans, red & green jelly, attap seeds, cream corn, trio of syrup, vanilla ice-cream

## CHENDOL

\$4.5

red beans, green jelly, attap seeds, served in coconut milk and topped with gula melaka

## CHENG TNG

\$4.5

dried longan, barley, ginkgo nuts, lotus seeds, sago, phon tai hai; choice of hot or cold

## BUBUR HITAM

\$4.5

slow-cooked sticky black glutinous rice, coconut milk

## TAU SUAN

\$4.5

split beans & you tiao in starchy sweet broth

## PRATA BANANA

\$5.3

roti prata, banana, creamer, chocolate sauce



## FRUIT & CREAM CREPE



\$7.9

crepes, cream cheese, strawberries, blueberries, banana, chocolate sauce, caramel sauce, vanilla ice-cream

## HOMEMADE WAFFLE

\$7.9

waffle, chocolate sauce, vanilla ice-cream

## TRIO ICE-CREAM

\$6.8

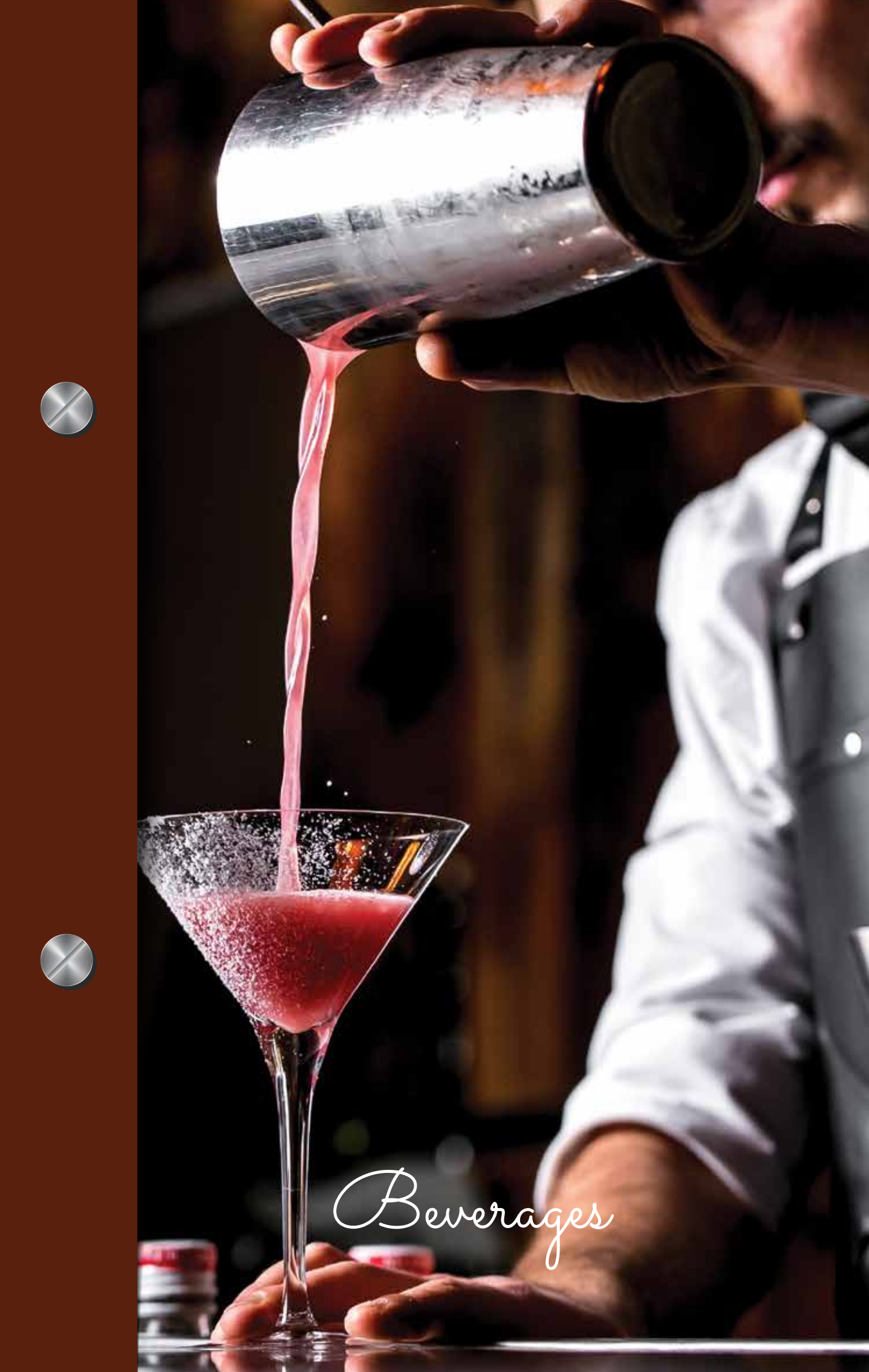
three-kind ice-cream, banana, chocolate chips, chocolate sauce, caramel sauce, red beans, biscotti, whipped cream



## CHILLED FRESH FRUIT PLATTER

\$5.0

seasonal chilled fruit



*Beverages*

# Beverages

## HOT

### BLENDÉD COFFEE

\$3.3

100% premium Arabica beans with full body,  
low acidity and a fruity finish on the palate

### SINGLE ESPRESSO

\$3.3

crafted with 100% Arabica beans  
in true Italian style

### CAFÉ LATTE

\$4.2

espresso with milk and light froth

### CAPPUCCINO

\$4.2

espresso with milk, thick and heavy froth

### HAZELNUT LATTE

\$4.8

a heavenly combination of hazelnut  
and nutmeg in a latte

### MOCHA LATTE

\$4.8

latte combined with hearty chocolate

### BUTTERSCOTCH LATTE

\$4.8

latte combined with the  
sweetness of butterscotch





## HOT CHOCOLATE

\$4.2

chocolate with hot milk and heavy froth

## MILO

\$3.3

Singapore's favourite malted chocolate beverage

## HONEY LEMON

\$3.5

a refreshing infusion of Mother Nature's sweetness  
with the right balance of tart

## OO LONG TEA

\$4.3

## SOUR PLUM APPLE TEA

\$3.5

apple flavoured ceylon tea with sour plum

## TEA SELECTION

\$3.3

English Breakfast / Earl Grey / Camomile / Jasmine Green

## DILMAH "EXCEPTIONAL" TEA SELECTION

\$4.3

Premium Earl Grey / Premium English Breakfast /  
Premium Chamomile / Italian Almond /  
Rose with French Vanilla / Berry Sensation /  
Lively Lime & Orange Fusion / Acai Berry with Pomegranate



## COLD

### ICED BLACK COFFEE

\$4.1

100% Arabica beans brewed to a smooth flavour, served over ice with syrup on the side

### ICED LATTE

\$5.2

your favourite cafe latte served chilled

### MALACCA STYLE ICED COFFEE

\$5.3

Asian infused iced coffee with a shot of espresso and gula melaka

### FRESHLY BREWED ICED LEMON TEA

\$4.1

brewed from original, individually-prepared ceylon tea to a clear zesty taste, served with syrup on the side

### ICED SOUR PLUM APPLE TEA

\$4.5

cooling thirst quencher made with apple puree, sour plum and freshly brewed ice tea

### ICED HONEY LEMON

\$4.1

a refreshing infusion of Mother Nature's sweetness with the right balance of tart, served over ice with a slice of lemon

### ICED MILO

\$3.9

Singapore's favourite malted chocolate beverage served chilled

### MILO DINOSAUR

\$4.4

ice cold milo with an extra spoonful of powdered milo added on top

### MILO GODZILLA

\$5.3

ice cold milo with vanilla ice-cream topped with light whipped cream



## 100% FRESHLY SQUEEZED

ORANGE JUICE	\$4.9
GREEN APPLE JUICE	\$4.9
WATERMELON JUICE	\$4.9
CARROT JUICE	\$4.9
HONEYDEW JUICE	\$4.9
PINEAPPLE JUICE	\$4.9
MIXED FRUIT JUICE	\$5.1

a combination of any two fruits listed above



## SIGNATURE MILK SHAKES

<b>DUNKIN' OREO</b>	<b>\$5.9</b>
<b>TRADITIONAL VANILLA</b>	<b>\$5.9</b>
<b>SWEET STRAWBERRY</b>	<b>\$5.9</b>
<b>SIMPLY CHOCOLATE</b>	<b>\$5.9</b>

## SIGNATURE ICE-BLENDED



### **LYCHEE PASSION FRUIT** \$6.0

sweetness of flavoured lychee and real passion fruit blended with ice

### **ZESTY MANGO**

**\$6.0**

a cooling and refreshing ice-blended beverage made with real mangos, puree, mint and lime juice

### **WILD BLUEBERRY**

**\$6.5**

real wild blueberries and puree blended with the goodness of yakult probiotic cultured milk

### **PARADISE COCONUT**

**\$6.0**

tropical coconut milk blended with fresh milk, coconut flakes, and coconut flavoring, topped with light whipped cream and sprinkled with coconut flakes

### **NUTTY NUTZ CHOCOLATE**

**\$6.0**

chocolate-flavoured beverage with crunchy walnuts sweetened with maple syrup, topped with light whipped cream and coated with chocolate syrup

### **MOCHA OREO**

**\$6.0**

espresso coffee infused with dark chocolate, blended with fresh milk and oreo cookie crumbs, topped with light whipped cream and sprinkled with oreo crumbs

## ICE COLD BEERS

CARLSBERG	\$7.0
TIGER	\$7.0
HEINEKEN	\$7.5
CORONA	\$7.5
STELLA ARTOIS	\$7.5
GUINNESS STOUT	\$8.5
KRONENBOURG BLANC	\$8.5
HOEGAARDEN	\$8.5
ERDINGER WHITE	\$10.0
ERDINGER DARK	\$10.0



## OTHERS

COKE	\$2.9
SPRITE	\$2.9
COKE LIGHT	\$2.9
ICED PEACH TEA	\$2.9
SOYA BEAN (HOT/COLD)	\$2.9
MINERAL WATER	\$2.7
PERRIER (SPARKLING WATER)	\$3.3
PINK DOLPHIN	\$2.9
ISOTONIC DRINK	\$2.9
SODA FLOAT (COKE/SPRITE)	\$4.2



## HOUSE POUR – WHITE WINE

### LUIGI LEONARDO CHARDONNAY TREBBIANO

\$9.0/Glass  
\$42.0/Bottle

**Country of Origin: Italy**  
**Grape Variety: Chardonnay and Trebbiano Grapes**

Fresh, succulent stone fruit with a citrus backbone.  
Often typified by warm tropical fruits and a touch of oak.  
Aromas of ripe citrus, nectarine and  
passion fruit drive this style.

### SANTA LUCIA SAUVIGNON BLANC

\$9.0/Glass  
\$42.0/Bottle

**Country of Origin: Chile**  
**Grape Variety: Sauvignon Blanc**

A dry white, clear, pale gold-coloured wine with green lights,  
notes of white flowers, pineapples, tropical and dry fruits.  
A fresh and round palate with aromas of lemon and grapefruit.

## HOUSE POUR – RED WINE

### LUIGI LEONARDO SANGIOVESE

\$9.0/Glass  
\$42.0/Bottle

**Country of Origin: Italy**  
**Grape Variety: Sangiovese**

Pleasing aromas of ripe red fruits and  
floral notes followed by a dry, warm and tannic palate.  
Delicious with grilled meats, salami and seasoned cheeses.



### SANTA LUCIA MERLOT

\$9.0/Glass  
\$42.0/Bottle

**Country of Origin: Chile**  
**Grape Variety: Merlot**

A dry red wine with a highly intense  
purple red colour, spicy notes of cherries,  
blackcurrants and small red berry jam.  
A round and pleasing palate with a fine  
aromatic persistence,  
highly supple tannins;  
silky and very fleshy.



## SPARKLING WINE

**PERLA BIANCA  
PROSECCO SPUMANTE**

**\$48.0**

Country of Origin: Italy

## WHITE WINE

**TOI TOI MARLBOROUGH  
PINOT GRIS 2022**

**\$51.0**

Country of Origin: New Zealand

**TOI TOI MARLBOROUGH  
SAUVIGNON BLANC 2022**

**\$51.0**

Country of Origin: New Zealand



**CRANEFORD BAROSSA VALLEY  
DIRECTOR'S SELECTION RIESLING 2019**

**\$57.0**

Country of Origin: Australia

**LUIGI LEONARDO PINOT  
GRIGIO DELLE VENEZIE 2018**

**\$49.0**

Country of Origin: Italy

**FONTANAFREDDA LE RIGHE  
GAVI DI GAVI 2019**

**\$57.0**

Country of Origin: Italy

**FONTANAFREDDA LE RIGHE  
ROERO ARNEIS PRADALUPO 2018**

**\$57.0**

Country of Origin: Italy

**CHÂTEAU DE  
CATHOLOGNE BLANC 2019**

**\$50.0**

Country of Origin: France

**GRAF JOHANN IV RIESLING  
HALBTROCKEN 2017**

**\$49.0**

Country of Origin: Germany





## ROSE WINE

**FONTANAFREDDA LE RIGHE \$57.0**  
**LANGHE ROSATO SOLEROSE 2018**

Country of Origin: Italy

**TOI TOI SARA'S ROSE 2020 \$52.0**

Country of Origin: New Zealand

## RED WINE

**TOI TOI MERLOT 2018 \$51.0**

Country of Origin: New Zealand

**TOI TOI CENTRAL OTAGO \$64.0**  
**PINOT NOIR CLUTHA 2019**

Country of Origin: New Zealand

**CRANFORD DIRECTOR'S \$60.0**  
**SELECTION CABERNET**  
**SAUVIGNON 2019**

Country of Origin: Australia

**CRANFORD DIRECTOR'S \$60.0**  
**SELECTION SHIRAZ 2019**

Country of Origin: Australia

**PENFOLDS FORTIFIED \$155.0**  
**SHIRAZ W BAIJIU 21.5% LOT. 518**

Country of Origin: Australia

**LA CHAMIZA POLO \$51.0**  
**PROFESSIONAL MALBEC 2017**

Country of Origin: Argentina

**BENNATI SORAIGHE \$60.0**  
**RIPASSO DELLA**  
**VALPOLICELLA SUPERIORE 2018**

Country of Origin: Italy

**BENNATI VALTRAMIGNA  
AMARONE DELLA  
VALPOLICELLA 2016** **\$90.0**

**Country of Origin: Italy**

**VALVIRGINIO CHIANTI  
CLASSICO NERO  
DEI VENTI 2015** **\$54.0**

**Country of Origin: Italy**

**FONTANAFREDDA LE RIGHE  
BARBERA D'ALBA  
RAIMONDA 2019** **\$57.0**

**Country of Origin: Italy**

**FONTANAFREDDA LE RIGHE  
BAROLO SERRALUNGA  
D'ALBA 2014** **\$90.0**

**Country of Origin: Italy**

**STEFANO BRUNELLO  
DI MONTALCINO 2013** **\$90.0**

**Country of Origin: Italy**

**CHÂTEAU LALIBARDE  
CÔTES DE BOURG 2015** **\$53.0**

**Country of Origin: France**

## **DESSERT WINE**

**FONTANAFREDDA LE FRONDE  
MOSCATO D'ASTI 2019** **\$48.0**

**Country of Origin: Italy**

