

Participating F&B Outlets and Healthier Choice Options Available

Healthier choice dishes or drinks purchased from these participating F&B outlets and/or stalls will qualify you for QR Receipt(s) or QR Ticket(s)

Participating F&B Outlets	Healthier Options	Dish Tags
Delifrance	Creamy Mushroom Soup (serve with crowntrons)	Lower in calories
	Coffee - Long Black (Hot/Iced)	No added sugar
	Coffee - Espresso (Double) (Hot)	No added sugar
	Brewed Tea - Choice of English Breakfast / Earl Grey / Chamomile / Peppermint / Jasmine (Hot)	No added sugar
	Lemon Tea (Hot)	No added sugar
	Egg D'Vine with Baguette	Lower in Calories
	Egg D'Vine with Ciabatta	Lower in Calories
	Egg D'Vine with Wholemeal Croissant	Lower in Calories
	Chicken D'light Bagutte	Lower in Calories
	Chicken D'light Ciabatta	Lower in Calories
	Tuna D'licious Bagutte	Lower in Calories
	Tuna D'licious Ciabatta	Lower in Calories
	Tuna D'licious Wholemeal Croissant	Lower in Calories
	Seafood D'sire Bagutte	Lower in Calories
	Seafood D'sire Ciabatta	Lower in Calories
Mushroom Spaghetti with Pomodoro (New)	Lower in Calories	
Grilled Chicken Spaghetti with Pomodoro (New)	Lower in Calories	
Dian Xiao Er	Barley	Lower in sugar
	Jasmine Green Tea (Heaven and Earth)	Lower in sugar
	Chinese Tea (Jasmine)	No added sugar
	Chinese Tea (Special Grade Pu Er)	No added sugar
	Coke No Sugar	No added sugar
	Plain Water	No added sugar
	Steamed Fish Slices with Soy Sauce (S)	Lower in calories
	Scrambled Eggs with Fresh Tomatoes (S)	Lower in calories and sodium
	Double-Boiled Black Chicken Soup with Astragalus & Codonopsis Root	Lower in calories and sodium
	Double-Boiled Wintermelon with Conpoy	Lower in calories and sodium
	Ginseng Kampong Chicken (revised)	Lower in calories and sodium
	Assorted Mushrooms with Broccoli (S)	Lower in calories and sodium
	Home Cooked Chicken in Chinese Wine (S)	Lower in calories and sodium
	Signature Wheatgrass Tofu with Seafood (S)	Lower in calories and sodium
	Fish Maw Thick Soup with Crab Meat & Conpoy (S)	Lower in calories and sodium
	Garlic Chives with Cordyceps Flower (S)	Lower in calories and sodium
	Steamed Fish Set (Revised)	Healthier children's meal
Tender Braised Chicken Set	Healthier children's meal	
Shrimp Egg Set (Revised)	Healthier children's meal	
KFC	Original Recipe Porridge Meal with Black Coffee/Hot Tea O	Lower in calories
	Famous Potato Bowl (À la Carte)	Lower in calories
	Coleslaw (Reg)	Lower in calories
	Coleslaw (Med)	Lower in calories
	Whipped Potato (Reg)	Lower in calories
McDonald's	Whipped Potato (Med)	Lower in calories
	Filet-O-Fish + Garden Salad+ Water	Lower in calories
	McChicken + Garden Salad + Water	Lower in calories
	Hamburger + Garden Salad + Water	Lower in calories
	Cheeseburger + Corn + Water	Lower in calories
	Filet-O-Fish + Corn + Premium Roast Coffee/Tea	Lower in calories
	Filet-O-Fish + Corn + Water	Lower in calories
	McChicken + Corn + Water	Lower in calories
	Wholegrain Chicken Muffin + Corn + Premium Roast Coffee/Tea	Higher in wholegrains and lower in calories
	Wholegrain Egg McMuffin + Corn + Premium Roast Coffee/Tea	Higher in wholegrains and lower in calories
Hockhua Tonic	Wholegrain Sausage McMuffin + Corn + Premium Roast Coffee/Tea	Higher in wholegrains and lower in calories
	Wholegrain Sausage McMuffin with Egg + Corn + Premium Roast Coffee/Tea	Higher in wholegrains and lower in calories
	Chrysanthemum Tea	Lower in Sugar
	Fresh Lemongrass Tea	Lower in Sugar
	Ge Gen Tea	Lower in Sugar
	Ginseng Chrysanthemum Tea	Lower in Sugar
	Ginseng Luo Han Guo Tea	Lower in Sugar
	Hawthorn Tea	Lower in Sugar
	Hockhua Herbal Tea	Lower in Sugar
	Holland Barley Drink	Lower in Sugar
	Honeysuckle Flower Tea	Lower in Sugar
	Lower in Sugar*Water Chestnut Drink	Lower in Sugar
	Luo Han Guo Tea	Lower in Sugar
	Traditional Cooked Barley	Lower in Sugar
	Wheatgrass Luo Han Tea	Lower in Sugar
	American Ginseng Tea	No added sugar
	Supreme American Ginseng Tea	No added sugar
Traditional Herbal Tea	No added sugar	
	Black Pepper Chicken Rice Bowl	Higher in wholegrains
	Jap Curry Quorn Rice Bowl	Higher in wholegrains
	Quorn Sesame BBQ Rice Bowl	Higher in wholegrains
	Nonya Dumpling	Lower in calories
	Hainan Shredded Chicken Soy Porridge	Higher in wholegrains and lower in calories
	Classic Soya Milk (50% Sugar) & Cheese Pancake	Lower in calories
	Grass Jelly Soya Milk & Chicken Meatballs Soya Porridge	Lower in calories
	Classic Soya Milk (50% Sugar) & Ham and Cheese Eggwich	Lower in calories
	Grass Jelly Soya Milk & Kaya Cheese Pancake	Lower in calories
	Classic Beancurd (50% sugar) + Red Bean Pancake	Lower in calories
	Classic Soya Milk (50% sugar) + Soy Granola	Lower in calories
	Black Bean Soy Milk (50% Sugar) + Curry Potato Wholemeal Pancake	Higher in wholegrains and lower in calories
	Black Bean Soy Milk (50% Sugar) + Taro Wholemeal Pancake	Higher in wholegrains and lower in calories
	Black Bean Soy Milk (50% Sugar) + Spicy Prawn Chilli Wholemeal Pancake	Higher in wholegrains and lower in calories
	Black Bean Soy Milk (50% Sugar) + Oreo Cheese Wholemeal Pancake	Higher in wholegrains
	Chicken Meatballs Porridge	Lower in calories
	Spicy Minced Chicken With Mushroom Porridge	Lower in calories
	Tofu and Peanut Porridge	Lower in calories
	Jade Tofu and Vegetarian Meatball Porridge	Lower in calories
	Royal Hazelnut Wholemeal Pancake	Higher in wholegrains

Mr Bean	Chicken Mayo Wholemeal Pancake	Higher in wholegrains
	Egg Mayo Wholemeal Pancake	Higher in wholegrains
	Tuna Mayo Wholemeal Pancake	Higher in wholegrains
	Chocolate Wholemeal Pancake	Higher in wholegrains
	Red Bean Wholemeal Pancake	Higher in wholegrains
	Ham and Cheese Wholemeal Pancake	Higher in wholegrains
	Cheese Wholemeal Pancake	Higher in wholegrains
	Royal Hazelnut with Cheese Wholemeal Pancake (Wholegrain Endorsement)	Higher in wholegrains
	Chicken Pie with Cheese Wholemeal Pancake (Wholegrain Endorsement)	Higher in wholegrains
	Kimchi Mayo with Cheese Wholemeal Pancake (Wholegrain Endorsement)	Higher in wholegrains
	Oreo Cheese with Cheese Wholemeal Pancake (Wholegrain Endorsement)	Higher in wholegrains
	Mushroom Dumpling	Lower in calories
	Kidney Bean Dumpling	Lower in calories
	Vegetarian Brown Rice Dumpling	Higher in wholegrains
	Blueberry Wholemeal Pancake (September 2019 Promo)	Higher in wholegrains
	Curry Potato Wholemeal Eggwich (September 2019 Promo)	Higher in wholegrains
	Teriyaki Chicken Wholemeal Eggwich (September 2019 Promo)	Higher in wholegrains
	Taro Wholemeal Pancake (September 2019 Promo)	Higher in wholegrains
	Chicken Meatball Wholegrain Rice Bowl	Higher in wholegrains
	Teriyaki Chicken Wholegrain Rice Bowl	Higher in wholegrains
	Spicy Minced Chicken Wholegrain Rice Bowl	Higher in wholegrains
	Masak Merah Fillet Wholegrain Rice Bowl	Higher in wholegrains
	Quorn Bolognese Wholegrain Rice Bowl	Higher in wholegrains
	Thai Basil Chicken Rice Bowl	Higher in wholegrains
	SOY MILK WITH CALCIUM (≤50% SUGAR)	Lower in sugar
	Spicy Mock Chicken Porridge (Spicy Seaweed Soy Porridge)	Higher in wholegrains and lower in calories
	Teriyaki Chicken Rice Bowl	Higher in wholegrains
	Spicy Minced Chicken Rice Bowl	Higher in wholegrains
	Spicy Mocked Chicken Porridge (Spicy Seaweed Soy Porridge)	Higher in wholegrains and lower in calories
	Chicken Meatball Rice Bowl	Higher in wholegrains
	Kimchi Dumpling (Vegetarian)	Lower in calories
	Quorn Ginger Chunks Soy Porridge	Higher in wholegrains and lower in calories
	Classic Soya Milk (355ml)	Lower in sugar
	Classic Soya Milk (420ml)	Lower in sugar
Soft Serve Ice Cream (Cup)- reformulated	Lower in Sugar and Source of Dietary Fibre	
Soft Serve Ice Cream (Cone)- reformulated	Lower in Sugar and Source of Dietary Fibre	
PASTAMANIA	Aglio Olio	Lower in calories and sodium
	Prawn Aglio	Lower in calories and sodium
	Beef Bolognese	Lower in calories
	Chicken Bolognese	Lower in calories
	Marinara	Lower in calories
	Pomodoro	Lower in calories
	Vongole	Lower in calories
	Drinking Water (Bottled)	No added sugar
	Coke Zero (Can)	No added sugar
	Coconut Water (Packet)	Lower in sugar
	Iced Green Tea (Can)	Lower in sugar
	Long Black (Hot)	No added sugar
	Earl Grey Tea (Hot)	No added sugar
	Camomile Tea (Hot)	No added sugar
	Coca-Cola Zero Sugar	No added sugar
	Sprite	Lower in sugar
Fanta Grape	Lower in sugar	
The Whale Tea	Camellia Oolong Tea (Regular, 100% sugar)	Lower in sugar
	Jasmine Green Tea (Regular, 100% sugar)	Lower in sugar
	Premium Dong Ding Oolong Tea (Regular, 100% sugar)	Lower in sugar
	Jing Syuan Tea (Regular, 100% sugar)	Lower in sugar
	Four Season Spring Tea (Regular, 100% sugar)	Lower in sugar
	High Mountain Oolong Tea (Regular, 100% sugar)	Lower in sugar
	Osmanthus Honey Green Tea (Regular, 100% sugar)	Lower in sugar
	Grapefruit Lava (Large, 100% Sugar)	Lower in sugar
	Tie Guan Yin (Regular, 100% sugar)	Lower in sugar
Korean Citron Juice (Regular, 100% sugar)	Lower in sugar	
WOK HEY	Egg Fried Brown Rice with Grilled Chicken	Higher in wholegrains
	Fresh Ramen With Seasoned Prawn	Lower in calories
	Egg Fried Brown Rice with Braised Beef	Higher in wholegrains
	Egg Fried Brown Rice with Seasoned Prawn	Higher in wholegrains and lower in calories
	Shanghai Brown Rice with Grilled Chicken	Higher in wholegrains
	Shanghai Brown Rice with Seasoned Prawns	Higher in wholegrains and lower in calories
	Shanghai Brown Rice with Braised Beef	Higher in wholegrains
	Fresh Udon with Seasoned Prawn	Lower in calories
	Egg Fried Brown Rice	Higher in wholegrains and lower in calories
	Shanghai Fried Brown Rice	Higher in wholegrains and lower in calories
	Fresh Ramen	Lower in calories
Fresh Udon	Lower in calories	
Ya Kun Kaya Toast	Coffee-O Siew Dai (Hot, Regular 6 oz)	Lower in sugar
	Coffee Siew Dai (Hot, Regular 6 oz)	Lower in sugar
	Ginger Milk Tea Siew Dai (Hot, Large 8 oz)	Lower in sugar
	Ginger Tea-O Siew Dai (Hot, Regular 8 oz)	Lower in sugar
	Tea-O Siew Dai (Hot, Regular 6 oz)	Lower in sugar
	Tea Siew Dai (Hot, Regular 6 oz)	Lower in sugar
	Yuan Yang-O Siew Dai (Hot, Regular 6 oz)	Lower in sugar
	Yuan Yang Siew Dai (Hot, Regular 6 oz)	Lower in sugar
	Chinese Tea (Hot, Large 8 oz)	No added sugar
	Coffee-O Kosong (Cold, Regular 12 oz/Large 22 oz)	No added sugar
	Coffee-O Kosong (Hot, Regular 6 oz/Large 8 oz)	No added sugar
	Ginger Tea-O Kosong (Hot, Regular 6 oz/Large 8 oz)	No added sugar
	Ginger Water (Hot, Regular 6 oz/Large 8 oz)	No added sugar
	Tea-O Kosong (Cold, Regular 12 oz/Large 22 oz)	No added sugar
	Tea-O Kosong (Hot, Regular 6 oz/Large 8 oz)	No added sugar
	Ya Kun Bottled Water	No added sugar
	Yuan Yang-O Kosong (Cold, Regular 12 oz/Large 22 oz)	No added sugar
	Yuan Yang-O Kosong (Hot, Regular 6 oz/Large 8 oz)	No added sugar