

十一月號

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PACIFIC

NOVEMBER 2026

VIEWS

Happy Birthday to You!

CELEBRATE THE MOMENT AT THE PACIFIC CLUB

慶祝你的大日子 享受你的生日優惠！

Make your birthday truly unforgettable at The Island View, Pier 6, Capricci or Bauhinia. Share a special meal with friends or family and, with a minimum spend of \$2,000, enjoy a complimentary bottle of Prosecco and a beautifully presented one-pound birthday cake.

Hosting a larger celebration? For birthday banquets of 30 guests or more, enjoy a special rate of \$150 per person for our \$230 beverage package, which includes three hours of free-flow wines, beer, juices and soft drinks. When this package is purchased, each guest will receive an additional welcome glass of Prosecco, and a 1.5-pound birthday cake will be provided for every 10 guests.

Choose from a delicious selection of cakes including Vanilla or Mango Napoléon, Opéra, Matcha, Chocolate Mousse, Fresh Fruit Cream and more.

Available throughout your birthday calendar month, from 1st July 2026 to 30th June 2027. Terms & Conditions and Blackout Dates apply.

歡迎會員與親朋好友前來 Island View、Pier 6、Capricci 或紫荊閣餐廳舉行一個難忘的生日聚餐！凡聚餐消費滿 \$2,000 或以上，即可免費獲贈由本會送出的 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。

想安排更大型的慶祝活動？凡舉辦 30 位或以上賓客的生日聚餐，可以以 \$150 優惠價享用原價 \$230 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。而選購此飲品套餐後，每位賓客更可額外免費享用 Prosecco 氣酒一杯，以及每 10 位賓客可獲贈一個 1.5 磅重的蛋糕。

我們亦為你準備了多款美味的蛋糕選擇，包括香草或芒果拿破崙蛋糕、歌劇院蛋糕、抹茶蛋糕、朱古力慕斯蛋糕、新鮮水果奶油蛋糕等。

歡迎於你的生日月份內使用此優惠，有效期由 2026 年 7 月 1 日至 2027 年 6 月 30 日止。優惠受條款及細則約束，並且不適用於部分日期。

TO BOOK YOUR
CELEBRATION
預約你的生日聚餐

Dining Reservation 於餐廳享用午餐或晚餐

The Island View	2118 1846
Pier 6	2118 1878
Capricci	2118 1803
Bauhinia (紫荊閣)	2118 1892
Banqueting Enquiries 私人聚餐	2118 2851 or 2118 2295

Birthday Offer for Banqueting Events and Terms and Conditions 私人聚餐生日優惠 — 條款及細則

- This offer is only applicable to bookings of 30 persons or more made through the Banqueting Office. Minimum spending applies. For enquiries, please contact the Banqueting and Events Department on 2118 2851 / 2118 2295. 此優惠僅適用於透過本會宴會部預訂 30 人或以上的聚餐。設有最低消費要求。如有任何查詢，請致電 2118 2851 / 2118 2295 與宴會部聯絡。
- Special rate of \$150 per person for the \$230 beverage package, which includes 3 hours of unlimited soft drinks, orange juice, apple juice, selected beer and house wines. 以 \$150 優惠價享用原價 \$230 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。
- One complimentary welcome glass of Prosecco per person based on the confirmed number of guests. 根據確認賓客人數，每位可獲贈 Prosecco 氣酒一杯。
- One complimentary 1.5-pound birthday cake for every 10 guests. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 每 10 位賓客可獲贈 1.5 磅重的蛋糕一個。可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、林酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但每次聚餐僅可兌換此優惠一次，且僅適用於單一帳單。
- Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
- This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。
- The Pacific Club's Banqueting and Events Terms and Conditions also apply. 太平洋會宴會活動的條款及細則亦同時適用於此優惠。

Terms and Conditions for Restaurants 於餐廳用餐 — 條款及細則

- To qualify for the complimentary one bottle of Prosecco and one-pound birthday cake, a minimum food and beverage spend of \$2,000 is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. 在 Island View、Pier 6、Capricci 或紫荊閣餐廳用餐消費滿 \$2,000，可獲贈 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month, from 1st July 2026 to 30th June 2027. 此推廣活動的有效日期：2026 年 7 月 1 日至 2027 年 6 月 30 日期間的會員生日月份內。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
- Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
- A table reservation is required at the selected restaurant. All cakes must be pre-ordered at least 48 hours in advance. 必要在指定的餐廳預訂餐桌，所有蛋糕必須最少提前 48 小時預訂。
- Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、林酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。
- This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。



Ronald Loges
General Manager
總經理 — 羅納德 陸格

Dear Members

The much-anticipated Pacific Club Festive Calendar 2026 has been mailed out with this month's magazine. The booklet features full details of all the Club's exciting events happening over the Christmas period. As usual, we are offering a plethora of festive celebrations to help you truly commemorate the holidays with family and friends. The highlight will be The Casino Royale New Year's Eve Gala Dinner on 31st December at the Island View and Pier 6 restaurant, which promises to be a very glamorous year-end party. As usual, we expect these events to be extremely popular, so please call promptly to make your reservations.

Focusing on this month's events, Atlantic oysters and seafood take centre stage at the Island View Dinner Buffet throughout the month, only to be interrupted by the Thanksgiving Celebrations on Friday 27th November. Page 10 has all the details, as well as the Pier 6 one-weekend-only St. Martin's Day Goose Speciality offer.

Jet-fresh White Alba Truffles return to Pier 6 and are celebrated with a special menu prepared by Chef Daniel; full details are on page 7. At our Rhone Valley Dinner on 20th November, Owner and Winemaker Yves Cuilleron will showcase his exceptional wines paired with a 5-course degustation menu; please refer to page 13 for details.

After a short hiatus, Capricci will host a Wine Dinner with Lamole Di Lamole, a Stalwart of the Chianti Region, on Friday 27th November. Don't miss out on this unique Connoisseur's Dinner.

In Recreation, and specifically in Tennis, we head into tournament season, with the Club's Annual Tennis Championships and Junior Tournaments both coming up soon. We are now inviting entries, so be sure to pick up your Enrollment Form at the Tennis Reception. And should our tennis-playing Members wish to get some practice in, our highly qualified Coaches are there to help you reach your personal goals.

I look forward to seeing you around the Clubhouse this month.

Ronald Loges

尊敬的會員，

備受期待的「2026年太平洋會聖誕除夕活動」小冊子已隨本月會刊一並寄出。這本小冊子詳細介紹了聖誕節期間會所舉辦的各項精彩活動。一如既往，我們將呈現多姿多采的節慶慶典，讓你與親朋好友共度難忘佳節。當中的重點活動就是於12月31日在Island View及Pier 6餐廳舉行，以「皇家賭場」為主題的除夕盛大晚宴，這將會是一場極具魅力的年終派對。我們預計這些活動將會如以往一樣受到熱烈踴躍參與，因此敬請大家儘早致電預訂餐桌。

縱觀本月份的活動，大西洋生蠔及各類海鮮將成為Island View自助晚餐的主角。不過請留意，這主題晚餐將於11月27日（星期五）因舉行感恩節慶祝晚餐而暫停；欲了解感恩節活動，以及Pier 6餐廳僅限供應一個週末的「聖瑪爾定節」特色烤鵝料理的詳情，請參閱第10頁。

此外，Pier 6將再度送上以空運到港的阿爾巴白松露為主食材的菜式，Chef Daniel特別為此設計了專屬菜單，詳情請參閱第7頁。隨後於11月20日，我們將舉行隆河主題美酒晚宴，屆時酒莊主人兼釀酒師Yves Cuilleron將親臨介紹其佳釀，並搭配五道菜式套餐；詳情請參閱第13頁。

在短暫的休息之後，Capricci將於11月27日（星期五）再度聯同Chianti產區的著名酒莊Lamole Di Lamole舉辦一場葡萄酒晚宴。切勿錯過這場專為鑑賞家打造的獨特晚宴，儘早訂座。

在康體活動方面，特別是網球項目，我們即將迎來今年的重大賽事——太平洋會年度網球比賽及青少年網球賽。現在已經開始接受報名，請務必前往網球接待處索取報名表格。此外，如果喜歡打網球的會員希望進行專業訓練，我們資歷深厚的教練團隊隨時準備為你提供指導，幫助你實現個人目標。

我期待與大家在太平洋會見面。

Board of Governors

Henry Tang	唐英年
Vincent Fang	方剛
William Fung	馮國編
Kathryn Louey	雷羅慧洪
W. Gage McAfee	
David K.P. Li	李國寶
Stephen Tai	戴德豐
K.C. Chan	陳家強
Oscar Chow	周維正
Takeshi Sokai	祖開健

Management 管理階層

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Chung Chi Ho	鍾志豪	Tel : 2118 1819
Technical Manager	工程部經理	Fax: 2118 1836
	E-mail: chiho-chung@pacificclub.com.hk	

Bookings 預約及查詢電話

Gym	健身室	2118 1863
Membership	會籍部	2118 1802
2/F Reception	二樓接待處	2118 1890
G/F Reception	地下接待處	2118 1828
Tennis	網球部	2118 1707
The Island View	西餐廳	2118 1846
Pier 6 Restaurant	扒房	2118 1878
Bauhinia Restaurant	紫荊閣	2118 1892
Bowling Alley & Bar	保齡球館及酒吧	2118 1845
Capricci	意大利餐廳	2118 1803
Banqueting	宴會部	2118 1824
Hair Salon	髮廊	2118 1893
The Spa	美容部	2118 1890

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THE GRILL IS YOURS: FIRE, FOOD, AND FRIENDS. IT'S BBQ TIME! BBQ 開爐啦！美食火熱，好友同樂！

For everyone who loves to cook, grill, and gather, our DIY BBQ area is the perfect place to fire things up. Set beside the water, it offers a relaxed and inviting setting for sharing good food with good company.

We provide all the essentials — from cooking utensils and charcoal to plates, glasses, and cutlery — and we handle setup and cleanup. Create your own menu, let our chef prepare one for you, or book a fully staffed BBQ buffet. You bring the passion for BBQ. We'll handle the rest.

喜歡烹飪、燒烤、舉辦聚會的你，快前來本會的 DIY BBQ 場盡情開爐！臨海而設的場地，氛圍輕鬆自在，最適合與好友一起邊烤邊聊，享受美食與歡笑。

我們將為你準備好所有必需品 — 烹飪用具、木炭、餐盤、玻璃杯、餐具通通都有，還會幫你搞定場地的餐桌及聚會後清理。你亦可以選擇自己設計菜單，或交給本會廚師代勞，或直接預訂包括全套人員服務的 BBQ 自助餐。你只需要帶著對燒烤的熱情前來，其餘交給我們！

Bookings are available daily in 3-hour increments from 12:00noon to 10:00pm

BBQ 場預約時間為：

每天中午 12 時 至晚上 10 時，每節 3 小時

Contact our Banqueting and Events Department on 2118 2851 or 2118 2295

預約可致電宴會及活動部：

2118 2851 或 2118 2295

Our experts are here to help you with everything you need for a good time.

Get in touch now!

專業團隊將為你提供協助，確保你度過美好時光。

立即聯絡我們吧！

Special offer
for October
and November
10 月及 11 月
限定優惠

Chill and Grill Surf 'n' Turf BBQ 炫烤海陸盛宴 BBQ 派對

Arrive, relax, and let the BBQ begin. Our Chill and Grill Surf 'n' Turf BBQ brings together sizzling favourites from land and sea, prepared and served by our chef while you enjoy the moment. With a full buffet, chef service, soft drinks, beer and house wine included, everything is taken care of — all you need to bring is your appetite.

到場後放鬆心情，燒烤立即展開！「炫烤海陸盛宴 BBQ 派對」把陸地與海洋的美食一次呈現，由本會廚師即場烹調，你只須盡情享受。派對套餐包括：自助餐、廚師服務、汽水、啤酒及餐酒，你只需帶著食慾前來！

\$899 per person
每位

Including chef service, buffet, soft drinks, beer, and house wine.
包括本會廚師服務、自助餐、汽水、啤酒及餐酒

Minimum booking
最低預訂人數

10 persons (位)

MENU 派對菜單

Cheesy Garlic Bread, Tomato and Burrata Salad, Potato Salad, Tuna Tataki, Grilled Oysters, Boston Lobster and Black Angus Rib Eye Surf 'n' Turf, Scallops on the half shell with Garlic and Lemon, Nürnberger Pinwheel Veal Sausage, Grilled Prawns, Stewed Mushrooms with Garlic and Herb Dip, Vegetable Skewers, Vanilla Peaches, Sauces and Condiments

芝士蒜蓉包、蕃茄布拉塔芝士沙律、薯仔沙律、炙燒吞拿魚、烤生蠔、波士頓龍蝦及黑安格斯肉眼海陸拼盤、蒜香檸檬帶子、紐倫堡小牛肉腸旋卷、烤大蝦、蒜香香草燉蘑菇、蔬菜串燒、香草蜜桃、各式醬料及調味品。



By Tommy Ko
Membership Manager
撰文：會籍部經理

As many of you may already know, maintaining the highest standards of quality and hygiene across the Pacific Club's food and beverage services remains the Club Management's top priority.

To uphold these standards, we conduct routine inspections of our plumbing systems and regularly clean our water tanks. In addition, we organize frequent sample testing sessions of the water quality from filtered water taps in our kitchens and bars, ice machines, the Chinese kitchen's fish tank, the swimming pool, jacuzzi, and various outlets around the Club premises.

I am delighted to share that all test results have met the required standards, validating our relentless pursuit of excellence. At the Pacific Club, we will continue to set and uphold the highest benchmarks of quality, safety, and hygiene for our Members. We remain dedicated to exceeding your expectations at every turn.

相信許多會員可能已經知道，保持太平洋會餐飲服務的最高品質及衛生標準一直是會所管理層的首要任務。

為確保達到這些標準，我們除了定期檢查水管系統及清洗水箱外，亦會定期安排對廚房及酒吧的過濾水龍頭、製冰機、中餐廳廚房的魚缸、游泳池、按摩浴池及會所內不同設施的水質進行抽樣檢測。

我很高興向大家宣布，所有檢測結果都符合標準，這證明了我們對卓越品質的不懈追求。太平洋會將繼續為會員提供並堅持最高的品質、安全及衛生標準。我們將竭盡全力在各方面超越大家的期望。

Christmas Calendar & Yew Year's Eve

As usual at this time of year, we are offering a full programme of festive activities for Members to enjoy at the Club during the holiday season! A complete Festive Calendar rundown can be found along with this magazine. Please note the booking dates and make your reservations on time to avoid disappointment.

If you are planning your own Christmas celebration, whether for business or with family and friends, the Pacific Club offers the perfect setting. Our Banqueting and Events Team will be happy to assist in creating a personalised package to make your occasion truly memorable. For more information, please call 2118 2851 or 2118 2295.

聖誕及除夕慶祝活動

一如以往，本會於每年的聖誕新年期間都會為會員提供一連串慶祝活動，希望大家可以在太平洋會度過一個愉快的節日。所有節目安排的詳情，請參閱隨本刊附上的小冊子。欲免向隅，請從速訂座。

如閣下計劃於聖誕佳節期間舉辦任何公司聚餐或私人派對，太平洋會絕對是閣下的最佳之選！本會的宴會及活動統籌部很樂意協助你安排個人化餐飲套餐，讓你舉辦一場真正令人難忘的活動。欲查詢詳細資料，歡迎致電 2118 2851 或 2118 2295 與本會宴會及活動統籌部聯絡。

Magazines at the Spa

To enhance your relaxation experience, the Club continually updates the selection of magazines and newspapers available for Members to enjoy at the Spa. To keep these materials accessible to all, please leave them in the Spa area. For hygiene reasons, please do not take these publications into the toilets

消閒雜誌

為了提升大家的舒適體驗，本會一直不斷地搜羅不同類型的雜誌及報章，以供會員在休憩間閱讀。由於這些刊物是為所有會員而設，因此請勿擅自將刊物帶走。同時為了保持清潔衛生，請不要將這些刊物帶進洗手間內閱讀。



Tel : 2118 1828
Fax : 2118 0208
Address : Harbour City, Kowloon, Hong Kong

E-mail : info@pacificclub.com.hk
Website: www.pacificclub.com.hk





ATLANTIC OYSTER AND SEAFOOD BUFFET

大西洋生蠔及海鮮
自助晚餐

Dive into an ocean of flavour with a lavish buffet celebrating the finest treasures of the Atlantic. Freshly shucked oysters take centre stage, joined by an indulgent spread of chilled seafood, delicate shellfish, and chef-crafted coastal favourites.

Elegant, abundant, and irresistibly fresh, it's a seafood experience made for true ocean lovers.

盡情沉浸於大西洋的鮮美饋贈之中，享受一場匯聚頂級海味珍饈的奢華自助盛宴。即開生蠔無疑是當之無愧的主角，更有琳瑯滿目的冰鎮海鮮、鮮味貝類，及由主廚精心烹製的沿海風味佳餚，任君隨心所欲品嚐。

格調高雅、種類豐盛且極為新鮮——這正是專為海鮮饕客打造的非凡美食體驗。

Sunday, 1st to Monday, 30th November
(excluding 27th November Thanksgiving Dinner Buffet)
11月1日(星期日)至30日(星期一)
(11月27日感恩節自助晚餐除外)

Time : From 6:00pm

時間 : 由晚上6時開始

Venue :

地點 : The Island View Restaurant

.....
Adults 成人 Children 小童

\$298 \$195

Reservations 訂座 : 2118 1846



Tuber Magnatum Pico

WHITE TRUFFLES FROM ALBA, ITALY

意大利 ALBA 白松露菜式

Make your next dining experience truly memorable at the Pacific Club with a unique menu that showcases the finest seasonal ingredients, crowned by the rare White Truffle from Alba, Italy.

Perfect for impressing family, friends, or business associates, our special White Truffle Menus can be enjoyed in Pier 6, Capricci, or in one of our private banquet rooms.

For those seeking something more personalised, we also offer customised menus upon request, available for both lunch and dinner.

Savour this year's White Truffles by pre-ordering with our Banqueting Team, ahead of the Alba Truffle season, starting from 5th November.

For details or reservations, contact our Banqueting and Events Department on 2118 2851 or 2118 2295.

太平洋會的獨特菜式一向使用最好的時令食材，今次將會以來自意大利 Alba 的珍貴白松露為主，為你的下一次用餐帶來真正難忘的體驗。

我們特別設計的白松露菜單非常適合與家人、朋友或商業夥伴一同品嚐，為他們留下深刻的美食回憶。大家可以在 Capricci、Pier 6 餐廳或本會其中一間私人宴會廳享用。

對於想依照個人喜好來設定菜單的客人，我們還可應大家的要求提供客製化的午餐及晚餐菜單。

於 11 月 5 日起 Alba 白松露季節開始時，透過我們的宴會部團隊預訂餐桌及菜單，即可品嚐今年的白松露。

查詢有關詳情及預訂，請致電 2118 2851 / 2118 2295 與本會宴會部聯絡。



四道菜式配鮮刨白松露

4-Course Menu with Freshly-shaved White Alba Truffles

Bread and Butter

Amuse-bouche

Seared Hokkaido Scallops with Pumpkin and its own Styrian Seed Oil

Italian Egg Yolk Spaghetti in Parmesan Velouté

Binchotan Charcoal-grilled Black Angus Rib Eye

Oloroso Sherry Sauce | Porcini Potato Terrine | Roasted Celeriac

Hazelnut Mousse and Caramelised Pear

Petits Fours

\$1,298 per person, minimum 8 persons

每位\$1,298，每桌最少8位

六道菜式配鮮刨白松露

6-Course Menu with Freshly-shaved White Alba Truffles

Bread and Butter

Amuse-bouche

Ballotine of label Rouge Quail and Duck Foie Gras
with Beetroot Preparations

Royal Consommé of Oxtail and Aged Madeira

Seared Hokkaido Scallop with Byzantine Hazelnuts

Open Italian Egg Yolk and Parmesan Cheese Raviolo

Gratinated USDA Prime Beef Tenderloin and Boston Lobster Medallion
Oloroso Sherry Sauce | Porcini Potato Terrine | Roasted Celeriac

White Coffee and Almond Croquant Mousse with Burnt White Chocolate

Petits Fours

\$1,888 per person, minimum 8 persons

每位\$1,888，每桌最少8位

SPECIAL PROMOTIONS AT BAUHINIA

Available at Lunch and Dinner throughout November

紫荊閣 11 月份特別菜式推介 於午餐及晚餐時段供應



龍蝦乳鴿套餐 LOBSTER AND BABY PIGEON SET MENU

松露腐皮卷、陳醋小雲耳海蜆、濃邊叉燒皇
Deep-fried Bean Curd Sheet with Mushroom and Black Truffle
Marinated Black Fungus with Jellyfish
Barbecued Honey-glazed Pork

瑞士汁燒乳鴿 (每位半隻)
Roasted Baby Pigeon with Swiss Sauce
(Half piece per person)

龍蝦汁紫菜豆腐
Braised Tofu with Seaweed in Lobster Sauce

瑤柱金菇扒菠菜
Braised Spinach with Conpoy and Enoki Mushrooms

牛油上湯焗澳洲龍蝦 (每位半隻)
伴伊麵 或 炒麵
Pan-fried Australian Lobster with Butter and Garlic in Bouillon
(Half piece per person)
with E-fu Noodles or Fried Noodles

芒果雪糕 或 精美甜品
Mango Ice Cream or Daily Dessert

\$518 per person, minimum 2 persons
每位、兩位起



大閘蟹紅燒乳鴿套餐 HAIRY CRAB AND ROASTED BABY PIGEON SET MENU

蜂蜜叉燒皇、四喜烤麩、青瓜小雲耳、椒鹽鮮魷
Barbecued Honey-glazed Pork
Braised Gluten with Dried Lily Flower
Marinated Cucumber with Black Fungus
Deep-fried Squid with Spicy Salt

蟹肉忌廉粟米南瓜羹 配 炸饅頭
Crab Meat, Sweet Corn and Pumpkin Puree Soup
served with Deep-fried Bun

紅燒乳鴿 (每位半隻)
Roasted Baby Pigeon (Half piece per person)

清蒸江蘇大閘蟹兩隻 (約 5 兩重)
Steamed Hairy Crab (5 tals, 2 pieces per person)

蟹粉蝦球嫩蛋
Steamed Egg with Crab Roe and Prawn

櫻花蝦汁扒自家豆腐伴豆苗
Homemade Bean Curd and Young Bean Leaves
with Sakura Shrimp Sauce

小籠包
Steamed Pork Dumplings

薑茶湯丸
Sweetened Ginger Tea with Glutinous Rice Dumplings

\$650 per person, minimum 2 persons
每位、兩位起



Chef Keung's Favourite Bites 強師傅舌尖上的美食

In November, make your way to Bauhinia Restaurant and savour a selection of Chef Keung's most cherished recipes, including Chicken Casserole with Taro & Coconut Milk, as well as Shrimp and Snow Crab Toast.

於 11 月份，強師傅將於紫荊閣為大家送上多款拿手好菜，包括椰汁芋頭雞煲、松葉蟹蝦多士。

To book your table, please call 2118 1892. 訂座請致電 2118 1892。

PAN-FRIED CUBED BEEF IN SOUR AND SPICY SAUCE

酸辣牛柳粒

This month, I am introducing a dish that will whet your appetite with its tangy, spicy flavours: Pan-fried Cubed Beef in Sour and Spicy Sauce.

今個月份為大家介紹一道味道酸辣、令人胃口大開的菜式——酸辣牛柳粒。



By Chef Yip Tsang Keung

Executive Chef, Bauhinia Restaurant

撰文：紫荊閣行政總廚 — 葉增強師傅



SEASONING 調味料

- Diced Red Pepper A little (少許)
紅椒粒
- Minced Garlic A little (少許)
蒜茸
- Diced Onions A little (少許)
洋葱粒
- Diced Scallions A little (少許)
蔥花
- Diced Ginger A little (少許)
薑粒
- Sugar 3 tsp (茶匙)
糖
- Salt ¼ tsp (茶匙)
鹽
- Soy Sauce ½ tsp (茶匙)
生抽
- Sweet Dark Soy Sauce 2 tsp (茶匙)
甜老抽
- Chilli Oil A little (optional, to taste)
辣椒油 少許 (依個人喜好)
- Sichuan Peppercorn Oil A little (optional, to taste)
花椒油 少許 (依個人喜好)
- Corn Starch ½ tsp (茶匙)
生粉

INGREDIENTS 材料

- Cubed Beef 牛柳粒 250g (克)
- Choy Sum 菜心 7-8 stalks (棵)
- Crushed Black Pepper 碎黑椒粒 A little (少許)
- Salt 鹽 A little (少許)
- Corn Starch Water 生粉水 A little (少許)
- Chilli Bean Paste 豆瓣醬 ¼ tsp (茶匙)
- Zhenjiang Black Vinegar 鎮江黑醋 2 tbsp (湯匙)

INSTRUCTIONS 製作步驟

1. Marinate the cubed beef with a little crushed black pepper, salt and corn starch for 5 minutes. 用少許碎黑椒粒、鹽及生粉水，醃牛柳粒 5 分鐘。
2. Pan-fry the cubed beef in a pan until medium-rare (about 60% cooked), set aside. 用平底鑊將牛柳粒煎至 6 成熟，倒起備用。
3. Mix all seasoning ingredients, add 2 tablespoons of water, and mix well. 將調味料材料混合，加入 2 湯匙清水，拌勻。
4. Sauté the chilli bean paste in a little oil until fragrant, then add the marinated cubed beef and stir-fry briefly. 用少許油先爆香豆瓣醬，然後加入醃好的牛柳粒快炒一會。
5. Add the mixed seasonings and stir-fry until combined; then add Zhenjiang black vinegar, stir-fry until combined, and dish up. 然後加入混合調味料，炒勻；再加入鎮江黑醋，炒勻，倒至碟上。
6. Stir-fry the choy sum until cooked, arrange them alongside the cubed beef, and serve. 將菜心炒熟，放在牛柳粒旁，即可享用。



THANKSGIVING DINNER BUFFET 感恩節自助晚餐

Celebrate Thanksgiving with a generous dinner buffet filled with the comforting flavours of the season. Savour timeless favourites such as roast turkey, rich gravy, creamy mashed potatoes, savoury stuffing, cranberry sauce, and roasted autumn vegetables, alongside an abundant spread of festive sides and indulgent desserts.

Warm, welcoming, and made for gathering, it is a delicious way to share the holiday spirit with family and friends.

前來享用豐盛的感恩節自助晚餐，品嚐充滿季節溫暖的經典美味。大家可以盡情享用烤火雞、濃郁的調味醬汁、香滑薯蓉、風味餡料、蔓越莓醬及烤秋季時令蔬菜等傳統節日佳餚，更有琳瑯滿目的節日配菜及誘人甜點以供選擇。

這裡的氛圍溫馨愉快，是與親朋好友歡聚一堂、共享節慶喜悅的理想之選。

Friday, 27th November
11月27日(星期五)

Time : Dinner from 6:00pm
時間 : 晚餐由晚上6時開始

Venue :
地點 : The Island View Restaurant

Adults 成人 Children 小童

\$298 \$195

Reservations 訂座 : 2118 1846

ST MARTIN'S DAY GOOSE Special A La Carte Menu at Pier 6 Pier 6 餐廳 — 單點節日菜式 聖瑪爾定節烤鵝

St. Martin's Day has been celebrated in mid-November in Europe for several centuries, honouring St Martin in countries such as Germany, France, Sweden, Austria and Hungary. Today, it is traditional to eat goose on St. Martin's Day and celebrate the end of the farming season.

Join us at Pier 6 for a traditional St Martin's Day dish of Roasted Goose with all the trimmings on 13th, 14th and 15th November.

For reservations, please call Pier 6 on 2118 1878.

Oven Roasted Goose with its own Sauce A La Carte Dish

- * Potato Dumplings
- * Cherry Braised Red Cabbage
- * Brussels Sprouts
- * Caramelised Chestnuts
- * Marzipan Apples

\$448 per person

Whole Goose to Share

\$1,599 (for 4 - 6 people)

Please pre-order by latest 6th November.

Available from
Friday, 13th to Sunday, 15th
November Only

僅於 11 月 13 日(星期五)
至 15 日(星期日)供應

自幾個世紀以來，於每年 11 月中旬，歐洲眾多國家如德國、法國、瑞典、奧地利及匈牙利等都會舉行活動以慶祝天主教聖人瑪爾定的慶日，稱為「聖瑪爾定節」。時至今日，在聖瑪爾定節吃烤鵝並慶祝農季結束已成為傳統。

於 11 月 13 日、14 日及 15 日，Pier 6 餐廳將為大家帶來這款傳統聖瑪爾定節烤鵝單點菜式及所有配料，每位 \$448。

另設 4-6 人用全鵝訂購，每份 \$1,599。

請於 11 月 6 日或之前致電 Pier 6 餐廳：2118 1878 預定烤鵝。





FESTIVE WINE AND GOURMET FAIR

聖誕美酒佳餚巡禮

Friday, 11th December

4:00PM – 9:00PM

12月11日 (星期五)

下午4時至晚上9時

Saturday, 12th December

12:00NOON – 8:00PM

12月12日 (星期六)

中午12時至晚上8時

Sunday, 13th December

12:00NOON – 8:00PM

12月13日 (星期日)

中午12時至晚上8時

The Christmas Wine and Gourmet Fair brings festive elegance to the Pacific Club.

Held outdoors on the Pool and BBQ Deck, the fair features glowing lights, joyful music and the inviting aroma of mulled wine and gingerbread. Browse fine vintages from renowned wineries and boutique producers, along with artisanal delicacies and seasonal treats.

Enjoy a complimentary cup of mulled wine or eggnog each day, with non-alcoholic options available. The first 50 visitors daily will receive a festive gift.

太平洋會聖誕美酒佳餚巡禮將為節日增添高雅的氣氛。

活動將於本會的游泳池及戶外燒烤場上舉行，燈光璀璨，音樂歡快，熱紅酒及薑餅的香氣撲鼻而來。屆時，大家可以選購知名酒莊及精品生產商的優質佳釀、手工美食及時令佳餚。

每日的活動中，參加者都可以免費享用一杯熱紅酒或蛋酒，另有無酒精飲品可供選擇，而前 50 名的參加者將獲贈節慶禮品一份。

MEMBERS CAN ALSO TAKE PART IN TWO EXCLUSIVE LUCKY DRAWS

- Reach the minimum order for home delivery and you will be entered to win a Deluxe Beverage Package worth over \$2,500.
- For purchases totalling over \$10,000, you will qualify for a Grand Draw to win an exclusive Gourmet and Beverage Package worth over \$8,000.

本會會員還可參加兩項獨家抽獎

- 購物達到送貨上門的最低消費金額，即可參加抽獎，贏取價值超過 \$2,500 的豪華餐飲套餐。
- 消費總額超過 \$10,000，即可參加終極抽獎，贏取價值超過 \$8,000 的獨家美食及飲品套餐。

NOVEMBER 2026

WINE HOME DELIVERY SERVICE

11 月份餐酒送貨服務



2024 Yves Cuilleron Saint Peray Les Potiers WHITE

Well-balanced and energetic, crisp acidity with fresh aromas of citrus, lemon zest, peach, and white flowers, minerality, and a dry, refreshing finish.

750ml	\$238/bottle	Qty:	Total Amount:
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2025 Cave Yves Cuilleron Crozes-Hermitage Les Rousses Agriculture Biologique WHITE

Aromas of ripe peach, pear compote, white flowers, light honey, and hints of almond, hazelnut, and lemongrass. Balanced and creamy on the attack with a fine mineral freshness, good roundness, and a long, slightly saline finish.

750ml	\$258/bottle	Qty:	Total Amount:
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2025 Yves Cuilleron Condrieu La Petite Cote WHITE

Rich, fresh acidity with peach, apricot, citrus, and floral notes (like rose & violet); finish with gentle spice and characteristic viognier bitterness that adds length.

750ml	\$430/bottle	Qty:	Total Amount:
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2023 Yves Cuilleron Cote Rotie Madiniere RED

Medium to full-bodied, high tannins and acidity with blackberry, dark cherry, blackcurrant, smoky, licorice flavors; long finish with savory and spice.

750ml	\$570/bottle	Qty:	Total Amount:
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2017 Yves Cuilleron Ripa Sinistra IGP Collines Rhodaniennes RED

Full-bodied, structured, firm tannins, vibrant acidity; balanced intense black fruit (blackberry, cassis), black pepper, violet, smoky flavours; long finish with black pepper and dark cocoa.

750ml	\$470/bottle	Qty:	Total Amount:
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2015 Yves Cuilleron Roussilliere Rhone Vin de France WHITE

Full-bodied with rich notes of ripe stone fruits (quince, dried apricot), marmalade, and honey; well-balanced by refreshing, vibrant acidity and a long finish with lingering candied citrus flavours.

500ml	\$240/bottle	Qty:	Total Amount:
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Order Form 餐酒訂購表格

A special wine selection of Yves Cuilleron for Members' enjoyment.

Free delivery will be provided for purchase of HK\$2,500 and above (Hong Kong, Kowloon and N.T. areas only). Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款 Yves Cuilleron 葡萄酒，凡購滿 HK\$2,500 及以上可獲免費送貨服務（只限香港島、九龍及新界地區）；或者可於會所酒吧領取葡萄酒。

A total amount of HK\$_____ will be debited directly to your Pacific Club Member's monthly account.

總額 HK\$_____ 將直接於閣下之太平洋會月結賬戶內扣除。

Member's Name (會員姓名):

Membership Number (會員編號):

Contact Telephone No. (聯絡電話):

Delivery Address (送貨地址):

Signature (會員簽名):

- For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: clubbar@pacificclub.com.hk
訂購方法：請填妥此表格，並交回會所酒吧；或傳真至 2118 0207；或電郵至 clubbar@pacificclub.com.hk。
- Please allow 5-7 working days lead time for wine collection at the Club Bar or free delivery service (Hong Kong, Kowloon and N.T. areas only)
於會所酒吧領取訂購之葡萄酒，或安排免費送貨服務（只限香港島、九龍及新界地區），需時 5-7 個工作天。
- For further information, please call the Club Bar at 2118 1845.
如有查詢，請致電會所酒吧：2118 1845。
- The personal data collected in this order form will be used for order confirmation and delivery arrangement only.
本表格內所收集的個人資料只用作確認訂購及安排送貨之用途。

YVES CUILLERON RHÔNE VALLEY WINE DINNER

One Night with Rhône's Legend:
Monsieur Yves Cuilleron

法國隆河谷

YVES CUILLERON 美酒晚宴

與隆河傳奇人物 YVES CUILLERON 先生
共度一個晚上



Early Bird offer 早鳥優惠:

For one exceptional evening, the Rhône Valley comes to the table.

Join us on 20th November for an exclusive wine dinner with Monsieur Yves Cuilleron, owner, founder, and winemaker of Domaine Yves Cuilleron — a name synonymous with elegance, precision, and the soul of the Northern Rhône.

With a three-generation family wine legacy, Yves Cuilleron has built a reputation for his "haute-couture" approach to viticulture and tailor-made vinification. His celebrated wines from Côte-Rôtie, Condrieu, Saint-Joseph, Cornas, Saint-Péray, and Crozes-Hermitage are prized for their depth, purity, and unmistakable sense of place.

This is more than a dinner — it is a rare opportunity to spend an evening with one of the Rhône's most compelling winemakers. As our Guest of Honour and Speaker, Monsieur Cuilleron will personally guide guests through his wines, stories, philosophy, and the craftsmanship behind his renowned domaine. Expect a beautifully paired menu, exceptional bottles, and an intimate atmosphere filled with discovery, conversation, and Rhône Valley magic.

Seats will be limited for this exclusive evening — early reservations are highly recommended.

在這個非同凡響的夜晚，隆河的美酒風格將呈現於餐桌上。

於 11 月 20 日，誠摯邀請你出席一場獨家的葡萄酒晚宴，與 Yves Cuilleron 酒莊的主人、創始人兼釀酒師 Yves Cuilleron 先生共度美好的晚上——這酒莊的名字，正是優雅、嚴謹及北隆河谷靈魂的代名詞。

Yves Cuilleron 酒莊承襲了家族三代的釀酒傳統，以「高級訂製」般的葡萄種植概念及量身打造的釀酒工藝而聲名卓著。其出品的佳釀涵蓋 Côte-Rôtie、Condrieu、Saint-Joseph、Cornas、Saint-Péray 及 Crozes-Hermitage 等產區，以其深度、純淨度以及鮮明的地域特質而備受推崇。

這不僅是一場晚宴，更是一次難得的機會，讓你能夠與隆河最具魅力的釀酒師之一共度美好的夜晚。作為我們的特別嘉賓及主講人，Cuilleron 先生將親自介紹其佳釀、品牌故事、釀酒哲學及這享譽盛名的酒莊背後精湛的工藝。你將可以享用精心搭配的晚宴佳餚及頂級佳釀，並在充滿探索樂趣、深度交流及隆河谷獨特魅力的親密氛圍中度過難忘時光。

這次獨家晚宴座位有限，強烈建議你儘早預訂。

\$1,190 per person, if the confirmation letter is signed and returned to us on or before Friday, 6th November 2026

每位 \$1,190，必須於 2026 年 11 月 6 日（星期五）或之前簽署並交回確認信。



RECEPTION

2024 Saint-Péray Les Potiers

MENU

Selection of freshly baked Bread and Échiré Butter

Amuse Bouche

Ocean Trout with its own Roe, Crab Meat, Tarragon and Beetroot

2025 Crozes-Hermitage Les Rousses Agriculture Biologique

Charred Hokkaido Scallop

with Parsley and Artichoke Fondue

2025 Condrieu La Petite Côte

Label Rouge Duck Breast and its Confit Leg

with Foie Gras and Savoy Cabbage

2023 Côte-Rôtie Madinière

Lamb Loin en croûte

with its own glazed Sweetbreads and spiced Pumpkin Variations

2017 IGP Collines Rhodaniennes RIPA SINISTRA

Orange Blossom Honey and Chocolate Delight

2015 Roussillière Rhone Vin de France, Yves Cuilleron

Petits Fours

* Wines will be served in limited quantities
葡萄酒限量供應

* Described menu and wines are subject to change without prior notice
以上菜單及葡萄酒如有更改，恕不另行通知

Friday, 20th November
11月20日（星期五）

Time : 6:30pm Reception, 7:00pm Dinner

時間 : 晚上6時30分入座，7時晚宴開始

Venue : Pier 6 Restaurant

地點 : Pier 6 餐廳

\$1,490 per person
每位



To make a reservation, please contact Pier 6 Restaurant on 2118 1878 or email to pier6@pacificclub.com.hk
訂座請致電 Pier 6 餐廳：2118 1878，或電郵至 pier6@pacificclub.com.hk

NOVEMBER 2026

WINE HOME DELIVERY SERVICE

11 月份餐酒送貨服務



2022 Lamole di Lamole Duelame Chianti Classico DOCG

Medium-bodied, lively acidity and fine-grained tannins with floral, raspberry, red currant, and herbal notes, and a mineral-driven finish.

750ml	\$210/bottle	Qty:	Total Amount:
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2021 Lamole di Lamole Lareale Chianti Classico Riserva DOCG

Complex aromas of cherries, violets, eucalyptus, tobacco, and forest-floor earthiness; vibrant acidity; sandy tannins; long and savoury finish.

750ml	\$330/bottle	Qty:	Total Amount:
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2016 Lamole di Lamole Chianti Classico Gran Selezione

Full-bodied, structured, and firm tannins; high acidity with black cherry, leather licorice and oak notes; persistent, complex finish.

750ml	\$420/bottle	Qty:	Total Amount:
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2021 Lam'Oro Super Tuscan

Full-bodied, dense tannins, vibrant acidity, with a spicy bouquet of dark cherries, blackberries, cloves, sandalwood, and oak spice notes; long finish with dark chocolate and savoury complexity.

750ml	\$695/bottle	Qty:	Total Amount:
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Order Form 餐酒訂購表格

A special wine selection of Lamole di Lamole for Members' enjoyment.

Free delivery will be provided for purchase of HK\$2,000 and above (Hong Kong, Kowloon and N.T. areas only). Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款 Lamole di Lamole 葡萄酒，凡購滿 HK\$2,000 及以上可獲免費送貨服務（只限香港島、九龍及新界地區）；或者可於會所酒吧領取葡萄酒。

A total amount of HK\$_____ will be debited directly to your Pacific Club Member's monthly account.

總額 HK\$_____ 將直接於閣下之太平洋會員結賬戶內扣除。

Member's Name (會員姓名):

Membership Number (會員編號):

Contact Telephone No. (聯絡電話):

Delivery Address (送貨地址):

Signature (會員簽名):

- For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: clubbar@pacificclub.com.hk
訂購方法：請填妥此表格，並交回會所酒吧；或傳真至 2118 0207；或電郵至 clubbar@pacificclub.com.hk。
- Please allow 5-7 working days lead time for wine collection at the Club Bar or free delivery service (Hong Kong, Kowloon and N.T. areas only)
於會所酒吧領取訂購之葡萄酒，或安排免費送貨服務（只限香港島、九龍及新界地區），需時5-7個工作天。
- For further information, please call the Club Bar at 2118 1845.
如有查詢，請致電會所酒吧：2118 1845。
- The personal data collected in this order form will be used for order confirmation and delivery arrangement only.
本表格內所收集的個人資料只用作確認訂購及安排送貨之用途。



LAMOLE DI LAMOLE WINE DINNER AT CAPRICCI

With Ms Roberta Picco - Regional Manager, Asia Pacific of Lamole di Lamole

CAPRICCI 餐廳

LAMOLE DI LAMOLE 美酒晚宴
 由 LAMOLE DI LAMOLE 亞太區區域經理
 ROBERTA PICCO 女士主持

Lamole di Lamole can look back on more than 500 years of history, and since the 15th century it has served as the cellar for the most important local fortresses. More recently, the area has risen to prominence thanks to the two Sangiovese clones native to Lamole, responsible for the wines' distinct territorial character.

Lamole di Lamole's uniqueness lies in the fact that the vineyards are located in one of the highest parts of Chianti Classico, which enables them to bring the grapes to optimal ripeness while imbuing their aromatic potential with special elegance, richness and persistence.

Lamole di Lamole 擁有超過 500 年的歷史，自 15 世紀以來，這裡一直是當地重要堡壘的酒窖所在地。近年來，該產區聲名鵲起，這主要歸功於兩種源自 Lamole 本土的 Sangiovese 複製品種，它們賦予了葡萄酒獨特的風土特質。

Lamole di Lamole 的獨特之處在於其葡萄園坐落於 Chianti Classico 產區海拔最高的區域之一；這種地理優勢不僅確保了葡萄能夠達到最佳成熟度，更賦予其香氣獨特的優雅感、豐富度及持久的餘韻。

WELCOME DRINK

Santa Margarita Prosecco Valdobbiadene DOCG NV

MENU

Endive and Grilled Radicchio Salad
 with Smoked Duck Breast, Gorgonzola, Fresh and Dried Figs
 and Hazelnut Crumble

2022 Lamole di Lamole "Duelame" Chianti Classico DOCG

Porcini Mushroom and Parmesan Gnocchi
 with Pumpkin, Spinach and Crispy Pancetta

2020 Lamole di Lamole "Lareale" Chianti Classico Riserva DOCG

White Truffle, Oxtail and Ricotta Doppio Agnolotti
 2016 Lamole di Lamole Chianti Classico Gran Selezione

Tranches of Charred Black Angus Tomahawk Steak
 with Stewed Tomato-Olive Salsa and Crispy Polenta

2021 Lam'Oro Super Tuscan

Amarena Cherry Delight and Petits Fours

Friday, 27th November
 11月27日 (星期五)

Time : 6:30pm Reception, 7:00pm Dinner
 時間 : 晚上6時30分入座，7時晚宴開始

Venue :
 地點 : Capricci

\$879 per person
 每位

Reservations 訂座 : 2118 1803





VACHERIN MONT D'OR CHEESE FONDUE

Available Throughout November
at the Club Bar, Oyster Bar and
The Island View

法國金山芝士火鍋

於 11 月份在會所酒吧、OYSTER
BAR 及 ISLAND VIEW 供應

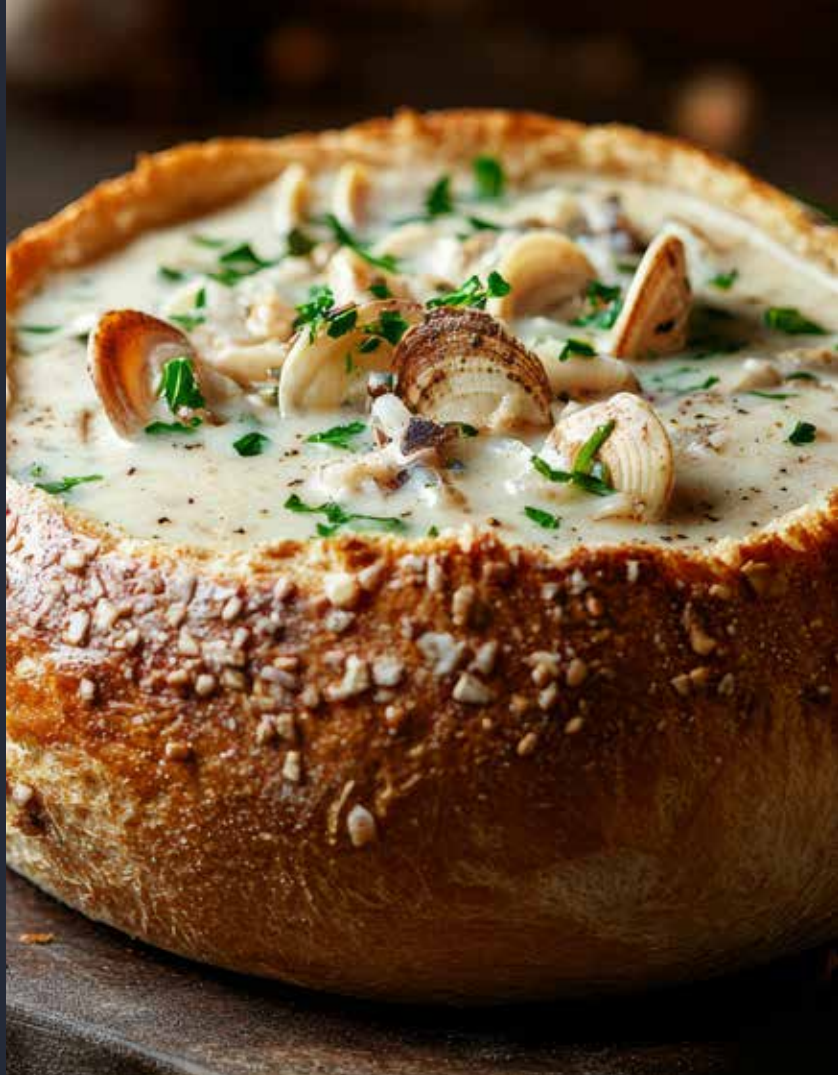
Come and enjoy an alpine favourite at its seasonal best.

Indulge in the rich, creamy warmth of Vacherin Mont d'Or Fondue, served bubbling with tender baby potatoes, crisp pickles, and rustic baguette for the perfect dipping experience. It's a truly satisfying winter delight and perfect for sharing.

歡迎大家前來品嚐一款高山風味美食。

盡情享用濃郁醇厚的法國金山芝士火鍋，將口感綿密的小薯仔、爽脆的醃菜及充滿鄉村風味的法國麵包，蘸著芝士食用，帶來完美的美食體驗。這是一款令人倍感滿足的冬日美味，非常適合與人分享。

\$298 | per portion
每份



NEW ENGLAND CLAM CHOWDER

Available Daily Throughout November
at the Club Bar, Oyster Bar, The Island View
and Capricci

新英格蘭周打蜆湯

11 月份每日在會所酒吧、OYSTER BAR
ISLAND VIEW 及 CAPRICCI 供應

Warm up your day throughout November with our Classic New England Clam Chowder, now available daily at the Club Bar, Oyster Bar, The Island View, and Capricci!

This rich, creamy chowder is filled with authentic New England flavours, and what makes it truly special is its presentation in a freshly baked bread bowl. Perfectly crisp on the outside and soft on the inside, the bread bowl soaks up every delicious spoonful.

於 11 月份，前來會所酒吧、Oyster Bar、Island View 及 Capricci 享用一份經典新英格蘭周打蜆湯來溫暖你的胃吧！

這款散發著濃郁奶油香氣的濃湯充滿了正宗的新英格蘭風味，其真正的特別之處在於它盛於新鮮出爐的麵包碗中。外層酥脆，內層柔軟，麵包碗完全吸收了濃湯的美味。

\$158 | per serving
每份

STACKED SENSATION

Your New Favourite Sandwich

層層疊的美味 - 你全新的摯愛三文治

BBQ PULLED PORK GRILLED CHEESE SANDWICH

燒烤手撕豬肉烤芝士三文治

Golden and crisp on the outside, gloriously melted within, this comfort-food classic gets a bold upgrade with tender pulled pork, adding rich, smoky depth to every bite. Savoury, satisfying, and impossible to resist.

這款經典的療癒系美食外表金黃酥脆，內裡芝士濃郁融化；鮮嫩的手撕豬肉為其帶來大膽升級，賦予每一口豐富的煙燻風味。鹹香誘人，令人滿足，無法抗拒。

Available throughout November at the Club Bar, Oyster Bar, The Island View and for takeaway.

整個 11 月份在會所酒吧、Oyster Bar 及 Island View 餐廳供應，同時亦歡迎使用外賣自取服務。

* Photograph of dish is for reference only 食物相片只供參考



\$108 | per serving
每份

Our Pastry Chef's Masterpiece

WILLIAMS CHRIST PEAR PASTRY WITH NOUGAT CORE

太平洋會糕點師傅精心傑作 - 威廉斯梨牛軋糖心糕餅

A delicate showcase of pastry artistry, this elegant creation pairs the fragrant sweetness of Williams Christ pear with a luscious nougat heart. Refined, seasonal, and beautifully indulgent, it is a masterpiece crafted to tempt from the very first bite.

這款精緻的糕餅傑作，將威廉斯梨的馥郁甜美與醇厚細膩的牛軋糖心完美融合。它不僅選材考究、當季而作，更帶來令人沉醉的味蕾享受——由第一口開始便充滿誘惑，令人回味無窮。



\$78 | per serving
每件



Pair and elevate your experience with a glass of **Williams Christ Pear Juice** from Germany's 4th-generation Privatkellerei van Nahmen, specialised in premium, single-variety fruit juices and nectars.

不妨再配搭一杯來自德國第4代家族企業 Privatkellerei van Nahmen 的威廉斯梨汁，以提升你的美食體驗；該品牌精於生產優質的單一品種果汁及果蜜。

WILLIAMS CHRIST PEAR JUICE
威廉斯梨汁

\$48 | per glass
每杯

Available daily in all outlets from 12:00noon.
由每日中午 12 時起在所有餐廳及酒吧供應。

* Photographs are for reference only 食物相片只供參考

OYSTER FRIDAYS

Every Friday is Oyster Night at the Club Bar!

週五「盡享生蠔」之夜
每個星期五晚上在會所酒吧舉行

Make Friday night extra special with Oyster Night at the Club Bar! Enjoy weekly changing, freshly shucked oysters, available by the piece and served with Mignonette and Lemon.

In addition, enjoy a special offer for Moët & Chandon Champagne at \$78 per glass.

每個星期五晚上都是會所酒吧的「盡享生蠔」之夜! 每個星期我們都會送上來自不同地區的新鮮即開生蠔, 收費以每隻計算, 每隻生蠔均佐以香草檸檬醬享用。

多加一重享受...同時享用 Moët & Chandon 香檳, 每杯只需 \$78。

* Photograph of dish is for reference only 食物相片只供參考



WINES OF THE MONTH

Available in all Outlets Throughout November

11 月份會所精選美酒 - 在所有餐廳及酒吧供應



\$108 per glass
每杯
.....
\$480 per bottle
每瓶

**2023 Lamole di Lamole Duelame Chianti Classico
DOCG, Italy**

Medium-bodied, lively acidity and fine-grained tannins with floral, raspberry, red currant, and herbal notes, and a mineral-driven finish.

酒體適中, 酸度活潑, 單寧細膩, 散發著花香、覆盆子、紅醋栗及草本植物的氣息, 餘味帶有明顯的礦物質感。



\$128 per glass
每杯
.....
\$580 per bottle
每瓶

**2021 Lamole di Lamole Lareale Chianti Classico
Riserva DOCG, Italy**

Complex aromas of cherries, violets, eucalyptus, tobacco, and forest-floor earthiness; vibrant acidity; sandy tannins; long and savoury finish.

散發著櫻桃、紫羅蘭、尤加利、煙草及森林地表泥土氣息的複雜香氣; 酸度充沛活潑; 單寧質感如細沙般細膩; 餘味悠長且充滿風味。

In the Realm of the Last Man: A Memoir by Francis Fukuyama

by Francis Fukuyama

In 1989, one year before the fall of the Berlin Wall, Francis Fukuyama - then an early-career academic who had cut his teeth conducting research for Ronald Reagan during his years as California governor - delivered a conference paper that would go on to become one of the most celebrated -and controversial - works of political theory of our time: The End of History.

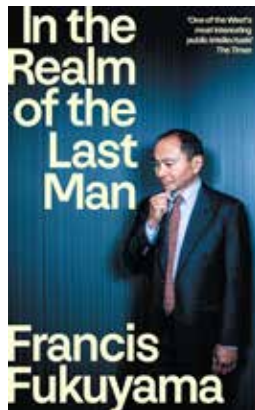
By 2009, he had broken with his neoconservative mentors, from Allan Bloom to Paul Wolfowitz, after recanting his support for the 'disastrous' invasion of Iraq in 2003, and the laissez-faire economics that produced the financial crash of 2008. But why did he change his mind? In this powerful political memoir, encompassing his father's involvement in the civil rights movement and his own work on CIA contracts in the 1980s, Fukuyama analyses his life alongside the seismic political shifts of the last thirty years - from Bush to Obama to Trump, from the War on Terror to Russia's invasion of Ukraine.

Profound and provocative, this is an intimate portrait of one of the twenty-first century's most important thinkers, an urgent study of contemporary politics - and a treatise on how the West can claw democracy back from the brink.

1989年，即柏林圍牆倒塌的前一年，Francis Fukuyama 發表了一篇會議論文，題為《The End of History》。當時，Fukuyama 還是一位初出茅廬的學者，但他早年曾在朗奴列根擔任加州州長期間為其從事研究工作，從而積累了寶貴的經驗。這篇論文後來成為了當代政治理論領域最負盛名、同時也最具爭議的著作之一。

到了2009年，他已經與Allan Bloom及Paul Wolfowitz等新保守主義導師分道揚鑣；此前，他公開收回了對2003年那場“災難性”伊拉克戰爭的支持，同時也摒棄了導致2008年金融危機的自由放任經濟理念。然而，他為何改變了立場？在這本極具分量的政治回憶錄中，Fukuyama回顧了自己的人生歷程——從父親投身民權運動的往事，到他本人於1980年代參與中情局相關項目的工作經歷——並將他於過去30年間政治格局劇烈變遷的背景進行剖析，這些變遷涵蓋了從布殊、奧巴馬到特朗普年代，從反恐戰爭到俄羅斯入侵烏克蘭。

這本作品深刻且發人深省，既是對21世紀最重要思想家之一的細膩刻畫，也是對當代政治的緊迫剖析，更是一篇關於西方如何將民主從崩潰邊緣挽救回來的論著。



Cha Chaan Teng: Comfort Food From Hong Kong's Iconic Diners

by Lucas Sin

Chef, teacher, writer, and Food & Wine Best New Chef, 2021, Lucas Sin writes his first cookbook to highlight the beloved dishes of Hong Kong-style comfort food.

The food of Hong Kong is a mashup of Asian culture, Western culture, and the forces of colonialism and migration, and some of the most representative dishes of the cuisine are best found in Hong Kong's diners - cha chaan teng. The resulting Chinese-Western dishes are known to feed everyone from day laborers to school children and include soul-satisfying Beef Brisket Soup and Curry Chicken Pie, but also Peanut Butter-Stuffed French Toast and Pineapple Buns.



Lucas Sin is a proud son of Hong Kong. While he watches the city he grew up in change before his eyes, Lucas wants to record the recipes for the comfort foods he grew up eating in cha chaan teng. The recipes are Lucas's best interpretations of Hong Kong's favorite dishes and a window into a world with comfort food that is affordable and efficient to cook and universally beloved from Slippery Eggs over Rice and Golden Rice to Cantonese Bolognese, Milk Tea, and more.

身兼主廚、教育家、作家，並獲選《Food & Wine》2021年「最佳新銳大廚」的洗諾揚，在首部著作中，帶領讀者深入探索香港茶餐廳的經典家常滋味。

香港美食融合了亞洲文化、西方文化以及殖民主義及移民的影響，而最具代表性的菜餚就是在香港最為常見的——茶餐廳。由此演變出來的中西融合風味菜譜深受大眾喜愛，從勞動工人、上班族到學生都能找到心儀之選，當中包括了令人滿足的牛腩清湯及咖哩雞派，也有花生醬法式多士及菠蘿包等特色美食。

洗諾揚以身為香港人為榮。眼見自己成長的城市在眼前不斷變遷，他希望能將那些陪伴自己長大的茶餐廳「療癒系」美食的食譜記錄下來。這些食譜不僅是他對香港人氣佳餚的精彩演繹，更是一扇通往美食世界的窗口——這裡匯集了既經濟實惠、烹飪快捷又廣受喜愛的經典美味，從滑蛋飯、黃金炒飯，到港式肉醬意粉、港式奶茶等，應有盡有。

From now until 30th November, 2026, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount. 由現在至11月30日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
216 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場216號舖

Hong Kong Book Centre Ltd.
25 Des Voeux Road, Central

香港圖書文具有限公司
中環德輔道中25號

SHEUNG SHUI TO TAI LUNG

An interesting ramble past small farms is within easy reach of a railway station.

This trail is almost entirely flat and suitable for all. Walking time: 1.5 hours.

Take the MTR to Sheung Shui and leave by Exit B1. This puts you on a walkway, and you should follow the signs for "North District Hospital (via Po Kin Road)". The route takes you past a health centre, across the Tolo Highway, and along a tree-lined cycle path. Cross Po Ping Road and go straight ahead, now following the sign for Fanling Golf Course. Walk across the zebra crossing opposite a 759 store, turn right, then left onto Ping Kong Road.

Ping Kong village soon announces itself with a large tiled entrance arch. Just past this, a small section of the golf course on your right hosts a big old camphor tree.

Carry on through the village, keeping to a roughly straight line ahead. This brings you to a still-standing section of the original walled village, made of traditional grey bricks, with a watchman's gate. Bear left to follow the path past a well to a fork, where you should turn right. Ignore the signpost for Chung Chai Yuen and turn right again to reach a flat, green plain.

Here there are small patches of farmed fields, fruit orchards and farmhouses, some of which are abandoned. Other areas of arable land have been reclaimed by nature and are now lush grassy wetlands. Turn left at the first fork. There is a steady traffic of villagers on bicycles, some of whom are carrying toddlers on their backs.

Turn right again at the next sign for Chung Chai Yuen, past a communal mailbox, and carry on straight through the next hamlet. There are nice views of the low green hills all around. Keep left at the blue-and-yellow sign. Soon you reach a track wide enough for vehicles, and this leads you to a newly surfaced forestry road. Follow it up and over the low hill, and keep going down the other side.

On your right, you're looking down at other farms and ponds, then you reach a compound that looks like army barracks, but it's actually a government experimental farm.

The track brings you out onto Fan Kam Road, directly opposite the venerable Lotus Cafe, which serves food and drinks until 5.30pm, or 6pm on weekends. Take great care when crossing the road, then turn left to find the bus stop, where the 77K will take you back to Sheung Shui MTR. Alternatively, a green taxi will cost about HK\$40.



上水至大隴

這是一條途經小型農田、趣味盎然的漫步路線，且往返火車站十分便利。

步道全程幾乎平坦易行，適合所有人士。步行時間：1.5 小時。

乘搭港鐵至上水站，從 B1 出口出站。你將會來到一條行人通道上，請沿著「北區醫院（經保健路）」的指示牌方向前進。沿途會經過一間健康中心，跨越吐露港公路，並沿著一條綠樹成蔭的單車路徑行走。橫過保平路後繼續直行，此時請跟隨前往粉嶺高爾夫球場的指示牌。在「759」商店對面橫過斑馬線，先右轉，再左轉進入丙岡路。

很快，一座巨大的瓦頂入口牌坊就宣告到達了丙崗村。穿過牌坊，右手邊高爾夫球場的一隅矗立著一棵蒼勁古老的樟樹。

繼續穿過村莊，大致沿直線前進。你會看到一段長久保存至今的古老圍村牆體，由傳統灰磚砌成，並設有一座更樓。向左沿小徑前行，經過一口水井後來到分岔路口，此時應向右轉。不要理會指向「松仔園」的路標，再次右轉，便可抵達一片平坦的綠地。

這裡零星分佈著一些農田、果園和農舍，其中有些已被廢棄。另一些耕地則回歸自然，變成了草木蔥蔥的濕地。在第一個分岔路口向左轉。路上不時有騎著單車的村民經過，有些人背上還馱著幼兒。

在下一個標示「松仔園」的指示牌處再次右轉，經過一個公共信箱，然後繼續直行穿過下一個村落。沿途可以欣賞到四周低矮綠丘的美景。在藍黃相間的指示牌處靠左行。不久便會到達一條寬闊的車道，並將通往一條新鋪設路面的林道。沿著林道翻越那座低矮的山丘，隨後繼續沿路下行。

在右側下方可見其他農場及池塘；隨後你會抵達一片建築群，其外觀酷似軍營，實則為政府的試驗農場。

小徑的盡頭連接著粉錦公路，對面是老字號「榮昌茶座」；該店供應餐飲，營業時間至下午 5 時 30 分，週末則延長至下午 6 時。過馬路時請務必小心，隨後向左轉找到巴士站，乘搭 77K 巴士即可返回上水港鐵站；或者，你也可以選擇乘搭綠色的士，車費約為 40 港元。



AUTUMN DRINKS 秋季特飲

Available Daily at all Outlets throughout November

11月份每日在所有餐廳及酒吧供應

All drinks are available in your choice of hot or iced
全部飲品可選熱飲或凍飲

AUTUMN APPLE AND
CINNAMON TEA
秋日蘋果肉桂茶

\$60

+ Add a shot of
Bourbon Whiskey
加一份波本威士忌

\$30

CITRUS SOY MILK DRINK WITH
YUZU HONEY AND MANGO
柚子蜂蜜芒果柑橘豆乳飲

\$60

Your choice of hot or iced
可選熱飲或凍飲

PUMPKIN SPICE LATTE
南瓜香料拿鐵

\$60

+ Add a shot of Dark Rum
加一份黑祿酒

\$30

EARL GREY AND
BISCOFF COOKIE TEA
伯爵茶佐焦糖餅乾

\$60

+ Add a shot of Amaretto
加一份杏仁利口酒

\$30



Schedule in November 十一月份課程

MONDAY

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training (A)	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)

TUESDAY

Morning Water Aerobics	10:00am – 11:00am (A)
Yoga	10:30am – 11:30am (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:00pm – 8:00pm

WEDNESDAY

Tennis Team Training	10:00am – 12:00noon Ladies
Adult Swimming Course	11:00am – 12:00noon
Fascia Exercise Training (B)	11:00am – 12:00noon
Funky Dance	12:00noon – 1:00pm (A)
Pickleball Meet Up Nights	7:00pm – 9:00pm

THURSDAY

Yoga	10:30am – 11:30am (C)
Holistic Aquatic Exercise Training	11:00am – 12:00noon (B)
Stretching Exercise	12:00noon – 1:00pm (B)
Jazz Dance	3:00pm – 4:00pm
Tennis Team Training	7:00pm – 9:00pm Men's (A)

FRIDAY

Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (B)
Funky Dance	12:00noon – 1:00pm (B)
Stretching Exercise	3:00pm – 4:00pm (A)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)

SATURDAY

Junior Swimming School	10:00am – 11:00am Elementary (A: 36-60 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months or above)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm – 5:00pm (All Levels)
Wall Climbing *New Class	4:00pm – 5:30pm

SUNDAY

Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Wall Climbing	4:00pm – 5:30pm *New Time
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

*Members can sign up various group classes at 2/F Sports Desk on or after the 25th of each month for the next month's classes.
康體部於每個月25日開始接受下個月份各類團體課程的報名。

*Guests will be put on waiting list, as Members will have first priority for enrolment.
會員擁有優先參加資格，而非會員的參加者則需要排在輪候名單中。



FASCIA EXERCISE TRAINING

筋膜運動訓練

Fascia Exercise Training targets the body's connective tissues using flowing stretches and controlled movements to melt away tension and boost mobility. This gentle, low-impact program is designed to enhance posture, coordination, balance, and circulation, making it an excellent fit for any fitness level.

「筋膜運動訓練」透過一系列流暢的伸展與控體動作，深層釋放結締組織的緊繃感，從而顯著提升靈活性與機動性。這項溫和且低衝擊性的課程，旨在改善體態、協調性、平衡感與血液循環，非常適合各種體能水平的人士參與。

DATE 日期

(A) Monday 2nd, 9th, 16th & 30th November
(B) Wednesday 4th, 11th, 18th & 25th November
A班 11月2日、9日、16日及30日（星期一）
B班 11月4日、11日、18日及25日（星期三）

TIME 時間

(A) 1:30pm – 2:30pm
(B) 11:00am – 12:00noon
A班 下午1時30分至2時30分
B班 上午11時至中午12時

VENUE 地點

Aerobics Room

PRICE 收費

Member \$760, Guest \$1,240 (for 4 lessons)
會員\$760，非會員\$1,240（4堂）

AGE 年齡

16 years and above
16歲及以上

INSTRUCTION 語言

Please note that this class is taught in Cantonese only
廣東話授課

JAZZ DANCE

爵士舞班

Bring energy and expression to every movement in this upbeat Jazz Dance Class. Participants will learn dynamic routines and expressive choreography in these hour-long classes. Set to lively music, each session helps improve flexibility while encouraging students to dance with confidence and style.

在這活力四射的爵士舞班上，每個動作都充滿能量和表現力。學員將在一小時的課堂裡學習動感十足、富有表現力的舞蹈，伴隨著歡快的音樂，有助於提升學員的柔韌性，並鼓勵他們自信優雅地舞動。



DATE 日期

Thursday 5th, 12th, 19th & 26th November
11月5日、12日、19日及26日（星期四）

TIME 時間

3:00pm – 4:00pm
下午3時至4時

VENUE 地點

Aerobics Room

PRICE 收費

Member \$760, Guest \$1,240 (for 4 lessons)
會員\$760，非會員\$1,240（4堂）

AGE 年齡

16 years and above
16歲及以上



FUNKY DANCE

FUNKY舞蹈班

Dynamic music and fun choreography come alive in this vibrant class inspired by street dance and modern pop! Designed to boost rhythm and coordination, it delivers an exciting, active workout that flies by. Best of all, participants can achieve up to 7,000 dance steps in just one hour!

動感十足的音樂與趣味編舞完美交融，在這啟發自街舞與現代流行風格的活力課程中釋放精彩！本課程旨在提升節奏感與身體協調性，為你帶來既興奮又充滿活力的運動體驗，讓時間在不知不覺中飛逝。最有趣的是，學員在短短一小時內就能挑戰高達 7,000 步的舞蹈步伐！

DATE 日期	(A) Wednesday 4th, 11th, 18th & 25th November (B) Friday 6th, 13th, 20th & 27th November A班 11月4日、11日、18日及25日（星期三） B班 11月6日、13日、20日及27日（星期五）
TIME 時間	12:00noon – 1:00pm 中午12時至下午1時
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760，非會員\$1,240（4堂）
AGE 年齡	16 years and above 16歲及以上



STRETCHING EXERCISE CLASS

伸展運動班

Take time to reset the body with our relaxing Stretching Exercise Class, focused on lengthening muscles and improving everyday movement. Slow and steady exercises help reduce the risk of injury, increase range of motion, and leave the body feeling lighter and more refreshed. Ideal for all fitness levels, this class is especially beneficial for those looking to unwind, recover after exercise or maintain better flexibility and balance.

前來參加本會伸展運動班放鬆身心，感受煥然一新的感覺吧！課程專注於延伸肌肉與改善日常活動能力，透過緩慢而穩定的練習，有效降低運動受傷的風險，擴大關節活動度，並讓身體感覺更輕盈、煥然一新。這課程適合各種體能水準的人士參與，特別有助於放鬆身心、運動後恢復，以及維持更好的柔軟度與身體平衡。



ZUMBA FITNESS

尊巴健體舞班

Let the bright rhythms and Latin beats awaken your inner athlete. Our Zumba class beautifully fuses infectious dance choreography with high-efficiency fitness, creating a high-energy party that keeps you fully engaged from start to finish. In this joyful atmosphere, members will not only boost their cardiovascular endurance but also experience the pure joy of breaking a sweat. Perfect for all fitness levels, this group dance workout invites you to stay active, burn fat with confidence, and soak up the electric energy.

讓明快的節奏與拉丁律動喚醒身體的運動細胞。本會尊巴健體舞班將充滿感染力的舞蹈與高效體能訓練完美融合，打造一場讓人全程投入的高能量派對。學員不僅能在歡樂的氛圍中提升心肺耐力，更能純粹地享受揮灑汗水的快感。本課程適合任何體能水平的人士參與，一同在熱烈的音樂氣氛中保持活力、自信燃脂。

DATE 日期	Sunday 1st, 8th, 15th, 22nd & 29th November 11月1日、8日、15日、22日及29日（星期日）
TIME 時間	10:00am – 10:45am (45 minutes) 上午10時至10時45分（45分鐘）
VENUE 地點	Aerobics Room
PRICE 收費	Member \$950, Guest \$1,550 (for 5 lessons) 會員\$950，非會員\$1,550（5堂）
AGE 年齡	16 years and above 16歲及以上



DATE 日期	(A) Friday 6th, 13th, 20th & 27th November (B) Thursday 5th, 12th, 19th & 26th November A班 11月6日、13日、20日及27日（星期五） B班 11月5日、12日、19日及26日（星期四）
TIME 時間	(A) 3:00pm – 4:00pm (B) 12:00noon – 1:00pm A班 下午3時至4時 B班 中午12時至下午1時
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760，非會員\$1,240（4堂）
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	(A) Instructor: Max, Cantonese Speaking only (B) Instructor: Tree, Cantonese & English A班 教練：Max，廣東話 B班 教練：Tree，廣東話及英語



About the protein 關於蛋白質

By Yan Lau
Personal Trainer

撰文：私人健身教練



Protein is a macronutrient essential for the growth, repair, and maintenance of tissues in the body. It is made up of smaller units called amino acids, which are linked together in a chain. There are 20 different types of amino acids that can be combined in different ways to form different proteins.

Protein is found in a variety of foods, including meat, poultry, fish, eggs, dairy products, beans, lentils, nuts, and seeds. When we eat protein, our bodies break it down into its constituent amino acids, which are then used to build and repair tissues and to produce enzymes and hormones.

Protein is important to many body functions, including building and repairing muscle tissue, supporting the immune system, and transporting molecules throughout the body. It also helps maintain healthy skin, hair, and nails.

Benefits of Protein for the Body

Protein is a vital nutrient for the body. It is essential for building and repairing tissues, making enzymes and hormones, and supporting the immune system. Protein also helps maintain muscle mass and bone density, and it can support weight management by promoting fullness and reducing cravings.

It's important to consume a variety of protein sources to ensure you get all the essential amino acids your body needs. The amount of protein you need depends on factors such as your age, gender, weight, and activity level, but most adults need between 0.8 and 1 gram of protein per kilogram of body weight per day.

For example, if you weigh 68 kg (150 lbs), you would need about 55 grams of protein per day. However, this is just a general guideline, and some people may require more or less protein depending on their individual needs. Athletes, bodybuilders, and physically active people may need more protein to support muscle growth and recovery. Pregnant and breastfeeding women may also need additional protein to support their baby's growth and development.

The types of protein powder commonly found on the market are primarily categorised into two main groups:

Animal-based Proteins and Plant-based Proteins.

1. Animal-Based Proteins

This type of protein powder is primarily derived from milk or eggs; they contain a complete profile of essential amino acids and have a high absorption rate.

- Whey Protein Concentrate (WPC) — The most common entry-level type, retaining a small amount of lactose and fat.
- Whey Protein Isolate (WPI) — Further purified to remove most lactose, making it ideal for lactose-intolerant individuals.
- Whey Protein Hydrolysate (WPH) — Pre-digested into smaller peptides for the fastest absorption and minimal digestive discomfort.
- Casein Protein — A slow-digesting protein that continuously releases amino acids, often consumed before bed.
- Beef Protein Powder — Extracted from beef, suitable for those with dairy allergies who still want animal protein.
- Egg White Protein Powder — Pure egg-white extract, fat-free, and ideal for fitness enthusiasts who avoid dairy.

2. Plant-Based / Vegan Proteins

This type of protein powder is suitable for vegetarians (including vegans), individuals with lactose intolerance, or those with dairy allergies.

- Soy Protein — The most common plant protein, with a complete profile of essential amino acids.
- Pea Protein — Highly digestible, rich in BCAAs, and hypoallergenic.
- Hemp Protein — rich in omega-3 fatty acids and dietary fibre.
- Brown Rice Protein — Rich in vitamins and minerals, often blended with pea protein to provide a complete amino acid profile.
- Pumpkin Seed Protein — naturally high in essential minerals, including zinc and magnesium.

3. Other Functional Categories

- Blended Protein Powder — Combines multiple protein sources (e.g., whey + casein, or various plant proteins) to optimise absorption rates and amino acid profiles.
- Mass Gainer — Whey protein mixed with high amounts of carbohydrates, designed specifically for those looking to gain weight or bulk up.

It's best to consult a healthcare professional or a registered dietitian to determine your individual protein needs.

蛋白質是一種必需宏量營養素，對於體內組織的生長、修復和維護至關重要。它由稱為氨基酸的較小單位組成，這些單位以鏈連接在一起。有 20 種不同類型的氨基酸，可以以不同的方式組合形成不同的蛋白質。

蛋白質存在於多種食物中，包括肉類、家禽、魚類、雞蛋、乳製品、豆類、扁豆、堅果和種子。當我們攝取蛋白質時，我們的身體會將其分解成單獨的氨基酸，然後用於構建和修復組織，並產生酶和激素。

蛋白質對於身體的許多功能都很重要，包括構建和修復肌肉組織、支持免疫系統以及在全身運輸分子。它同時幫助保持健康的皮膚、頭髮和指甲。

蛋白質對身體的好處

蛋白質是身體的重要營養素，對於構建和修復組織、製造酶和激素，以及支持免疫系統至關重要。它亦幫助維持肌肉質量和骨密度，可以通過促進飽腹感和減少食慾來幫助控制體重。

攝入多種蛋白質來源非常重要，以確保獲得身體所需的所有必需氨基酸。你所需的蛋白質攝取量取決於你的年齡、性別、體重和活動水平等因素，但大多數成年人每天每公斤體重需要 0.8 至 1 克蛋白質。

例如，如果你的體重為 68 公斤（150 磅），則每天需要大約 55 克蛋白質。然而，這只是一般的準則，有些人可能需要更多或更少的蛋白質，具體取決於他們的個人需求。運動員、健美運動員和體力活躍的人士可能需要更多的蛋白質來支持肌肉生長和恢復。孕婦和哺乳期婦女還需要更多的蛋白質來支持嬰兒的生長和發育。

市場上常見的蛋白粉種類主要分為兩大類：動物性蛋白及植物性蛋白。

1. 動物性蛋白

這類蛋白粉主要源自牛奶或雞蛋，含有完整的必需氨基酸，吸收率高。

- 濃縮乳清蛋白 — 最常見的入門款，保留少許乳糖及脂肪。
- 分離乳清蛋白 — 經進一步純化，去除絕大部分乳糖，適合乳糖不耐症人士。
- 水解乳清蛋白 — 將蛋白質分解為更小的肽，吸收速度最快，較少引起腸胃不適。
- 酪蛋白 — 消化速度慢，能持續為身體釋放氨基酸，常在睡前飲用。
- 牛肉蛋白粉 — 由牛肉提取，適合對乳製品過敏且需要動物蛋白的人。
- 雞蛋白粉（卵白蛋白粉） — 純蛋白提取，不含脂肪，非常適合不吃乳製品的健身人士。

2. 植物性蛋白 / 純素蛋白

這類蛋白粉適合素食者（包括純素者）、乳糖不耐症患者或對奶製品過敏者。

- 大豆蛋白 — 植物蛋白中最常見的一種，含有完整的必需氨基酸。
- 豌豆蛋白 — 容易消化，富含支鏈氨基酸，極少引起過敏。
- 大麻仁蛋白 — 富含奧米加 -3 脂肪酸及膳食纖維。
- 糙米蛋白 — 含有豐富維他命及礦物質，通常會與豌豆蛋白混合以達到氨基酸均衡。
- 南瓜籽蛋白 — 天然含有較多礦物質，如鋅、鎂。

3. 其他功能性分類

- 混合蛋白粉 — 結合多種蛋白來源 (例如乳清 + 酪蛋白, 或多種植物蛋白), 以達到互補吸收速度或氨基酸譜的效果。
- 增重粉 / 瑪卡粉 — 乳清蛋白與大量碳水化合物混合, 專為需要增加體重或肌肉量的人設計。

建議先諮詢醫療保健專業人士或註冊營養師，以確定你的個人蛋白質需求。

New Body Composition Analyzer at Pacific Club: InBody 120

We are excited to introduce the InBody 220, our advanced new body composition analyser is now available for member use. Understanding your physical makeup is essential for tracking progress and setting realistic fitness goals. The InBody 220 provides a quick and detailed assessment of your health metrics.

- **Fast Measurement** : The test takes less than 10 seconds to complete.
- **Core Metrics** : Measures body fat mass, skeletal muscle mass, percent body fat and much more
- **Detailed Breakdown** : Provides segmental analysis for your arms, legs, and trunk, along with your basal metabolic rate (BMR) and visceral fat level.
- **Actionable Guidance**: Generates clear data to help you and our fitness team track muscle and fat control targets.

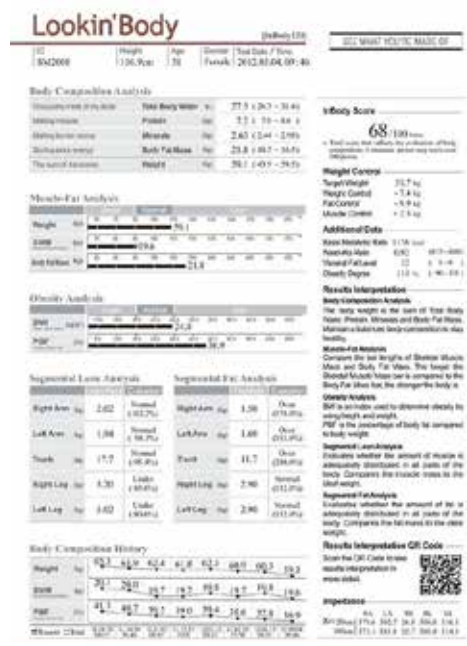
Ready to take the next step? Speak with our Personal Trainers during your next visit to try out the new analyzer!

太平洋會全新身體成份分析儀：InBody 120

本會最新引入的身體成份分析儀，現已開放給所有會員使用。了解你的身體狀況是追蹤健身進度及目標的重要一環。InBody 120 能夠為你提供快速且詳細的健康數據評估：

- **快速測檢：**整個檢測過程只需少於 10 秒
- **核心數據：**測量體脂份量、骨骼肌重、體脂脂肪率及更多身體數據
- **詳細分析：**提供雙臂、雙腿及軀幹的各節段分析，並附帶基礎代謝率及內臟脂肪等級
- **實用指引：**提供清晰的數據，幫助你與健身團隊共同追蹤肌肉及脂肪的控制目標

歡迎在下次蒞臨時向健身室職員查詢及使用 InBody 120，進一步了解你的身體組成狀況。



SMALL CAMERA CAN BE BIG FUN 小相機也能帶來大樂趣



Image credit: Tim Coleman

Not every person with a camera is trying to create photographs of the highest image quality. For many people, typically those in the younger generations, their camera is a tool for helping them have more fun with their friends.

Several camera makers have been active in this market for fun-loving young photographers. Fujifilm is probably the most recognisable company pursuing this business, ever since they released their "instax" series of instant film cameras in 1998.

Fujifilm's latest product in the instax line is the newly released 'instax Pal 2' miniature digital camera.

From the outside, the camera appears to be quite simple with its very small size and retro design. But it has a lot of features that provide many ways of expressing your creativity. Some of the creative effects can be invoked within the camera before you shoot the photo. Many other effects can be created in the included smartphone app, after you transfer images from the camera to the smartphone via Bluetooth or via the included USB cable.

And when your final creative effects are completed, you can print them with Fujifilm's instax Link Wide smartphone printer.

I bought the original Fujifilm Instax Wide instant film camera more than 20 years ago, and it still works today. It was a lot of fun, and the images printed by that camera are still in very good condition. I look forward to seeing how much more fun can be had with this latest camera in the instax family.

並非每位使用相機的人都在追求極致的畫質。對許多人，尤其是年輕一代而言，相機只是一個能讓他們與朋友盡情享受樂趣的工具。

多間相機製造商都在積極開拓面向熱愛樂趣的年輕攝影師群的市場。自1998年推出 instax 系列的即影即有相機以來，Fujifilm 無疑是該領域中最具知名度的企業。

Fujifilm instax 系列的最新產品是剛發布的「instax Pal 2」迷你數碼相機。

從外觀看來，這款相機小巧簡約，設計復古；但它的功能豐富，能以多種方式幫助你展現創意。你既可以在拍攝前直接在相機內啟用部分創意效果，也可以在將照片透過藍牙或附帶的 USB 線傳輸至智慧型手機後，利用配套的應用程式製作更多創意效果。

當你完成最終的創意效果製作後，可以使用 Fujifilm 的 instax Link Wide 智慧型手機印相機將其列印出來。

我曾於20多年前買過原廠的 Fujifilm Instax Wide 即影即有相機，至今它仍能正常使用。那段時光充滿樂趣，而且用它拍出的照片至今保存完好。我很期待體驗這款 Instax 系列最新機性能帶來怎樣的新樂趣。



■ Fujifilm instax Pal 2



■ Fujifilm instax Pal 2 rear



■ Fujifilm instax Pal 2 top



■ instax Link Wide printer

MULTI-TIERED VASE PLANT ARRANGEMENT

多層花瓶植物擺設

By Andy Au of Andy's Florist 撰文及圖片 | Andy's Florist

Transform ordinary indoor plants into eye-catching mixed-material floral arrangements. By pairing robust plants like Snake Plant with cascading foliage to create a vibrant, layered centrepiece. This arrangement is perfect for adding a modern art touch to home and office decor.

將普通的室內植物變成引人注目的混合材質花藝作品。透過搭配虎尾蘭這種結構粗壯的植物，以及垂墜感十足的植物，打造出一個充滿活力、層次豐富的中心擺設。這款作品非常適合為家居及辦公室裝飾，以增添現代藝術氣息。

WHAT YOU'LL NEED 所需材料

- Various Plants: Snake Plant, Passion Fruit Plant, Hanging Peperomia Prostrata
多種植物：虎尾蘭、八香果、垂吊綠翡翠
- 6-7 Dried Leaves of Bird of Paradise
6-7 片天堂鳥乾葉
- Wet Moss
苔蘚
- 2 Colours of Metallic Paint
兩種不同顏色的金屬油漆
- Paintbrush
畫筆
- 2 Cylindrical Glass Vases (different sizes)
兩個圓柱形玻璃花瓶（不同大小）
- Small Pebbles
小石子
- Thick Wire
粗鐵絲
- Hemp Rope
麻繩
- Scissors
剪刀
- Staples
釘書釘



INSTRUCTIONS 步驟

1. Place some small pebbles inside the large glass vase. 將小石子放在大玻璃花瓶內。
2. Then place the small glass vase inside the large glass vase. 再將小玻璃花瓶放入大玻璃花瓶內。
3. Divide the Hanging Peperomia Prostrata into small bunches, and remove leaves from the Snake Plant. 將垂吊綠翡翠分成小束，並摘下虎尾蘭的葉子。
4. Paint the dried leaves of Bird of Paradise in different metallic colours. 在天堂鳥乾葉上塗上不同顏色的金屬油漆。
5. After the paint dries, fill all the leaves with a small amount of wet moss, and seal some leaves with staples. 待油漆乾後，將少量苔蘚填入所有葉子內，部分葉子用釘書釘封口。
6. Fill the remaining leaves with small bunches of Hanging Peperomia Prostrata leaves and tie them with thick wire. 將小束的垂吊綠翡翠填入其餘的葉子內，用粗鐵絲綁紮。
7. Place the Snake Plant leaves and leaves without plants in the glass vase, as well as in the gap between the two vases. 將虎尾蘭葉及無植物的葉子放入玻璃花瓶內，以及兩個花瓶之間的縫隙中。
8. Place leaves with plants inside the glass vase, letting them hang down. 將有植物的葉子放入玻璃花瓶內，將葉子垂掛在外。
9. Wrap the roots of the Passion Fruit Plant with wet moss and secure it with hemp rope. 用苔蘚包裹著八香果植物的根部，綁上麻繩固定。
10. Place the Passion Fruit Plant inside the glass vase, letting the fruit hang down. 將八香果植物放入玻璃花瓶內，將果實垂掛在外。
11. Regularly spray water on the wet moss inside the leaves to keep them moist. 定期向葉子內的苔蘚噴水，以保持濕潤。

HOW TO HIT STABLE, LONG SHOTS THROUGH CLUBHEAD RELEASE

如何透過釋放桿頭打出穩定又遠的好球



GOLF PRIVATE LESSONS

高爾夫球
私人課堂

Hitting a stable, long golf ball is not about swinging wildly with your arms; it is all about mastering proper clubhead release.

As you start your downswing, keep your hands in a delayed-release position to save your power for the right moment. Right before impact, your arms briefly pause their active swing, allowing the clubhead to whip through and accelerate powerfully through the ball like a cracking whip.

Right after impact, let your body naturally rotate to follow the club until your torso and belly button are facing directly toward your target. Master this smooth motion, coordinate your weight shift properly, and even beginners will be hitting great golf shots in no time!

打高爾夫球想要打得穩又打得遠，關鍵絕對不在於用雙手盲目施力，而是學會正確的「釋放桿頭」。

當我們開始下桿時，雙手要先維持「延遲釋放」的狀態，把力量完整留到最後。就在球桿即將接觸到球的那一瞬間，雙臂可以短暫停止主動揮動；這時候就像甩鞭子一樣，球桿會藉由物理慣性瞬間加速，通過擊球區。

完成擊球之後，身體再順勢跟著球桿旋轉，直到腹部正面完全朝向目標為止。只要掌握這個核心訣竅，再搭配流暢的節奏及正確的重心轉移，初學者也能輕鬆打出一記漂亮的好球！

Work one-on-one with Club Golf Professional in private lessons shaped entirely around your goals. From fundamentals to fine adjustments, these personalised sessions help golfers develop consistency, confidence, and a stronger understanding of their own game.

與本會高爾夫專業教練進行一對一私人課程，內容完全根據你的目標度身定制。從基本功到細微調整，這個個人化課程將幫助每位高爾夫球手培養穩定性、增強自信心，並更深入地了解自己的球技水平。

PRIVATE LESSONS (1 PAX) 私人課程 (一人)

1-hour 一小時課程	\$770 per person 每位 \$770
Package of 4, 1-hour lessons 4 堂一小時課程	\$3,000 per person 每位 \$3,000

SEMI-PRIVATE LESSONS (2 PAX) 半私人課程 (二人)

1-hour 一小時課程	\$435 per person 每位 \$435
Package of 4, 1-hour lessons 4 堂一小時課程	\$1,650 per person 每位 \$1,650

By the Club's Golf Professional
Lau Yat Hung, Alain

Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約及查詢，請致電 2118 1707。



PICKLEBALL MEET UP NIGHTS

匹克球晚間聚會

Wednesday evenings are set aside for Pickleball Meet Up Nights with Coach Nico, offering a relaxed and sociable way to spend time on court. Open to all levels, these sessions bring Members together for easygoing match play and plenty of opportunity to join in, no matter your experience. Pickleball is easy to pick up, with short rallies and a pace that keeps the game moving without feeling rushed.

由教練 Nico 帶領的週三匹克球晚間聚會為大家提供一個輕鬆愉快的社交方式，在球場上共度美好時光。無論你的匹克球技術如何，都歡迎參加這聚會享受一個輕鬆的比賽平台。匹克球容易上手，回合短促，節奏適中，讓比賽流暢進行而不至於讓人感到匆忙。

DATE 日期	Wednesday 4th, 11th, 18th & 25th November 11月4日、11日、18日及25日（星期三）
TIME 時間	7:00pm – 9:00pm 晚上7時至9時
VENUE 地點	Outdoor Pickleball Court 室外匹克球場
PRICE 收費	\$260 per session (for 2 hours) 每堂\$260（兩小時）
AGE 年齡	14 years and above 14歲及以上

PICKLEBALL PRIVATE LESSONS

匹克球私人課程

Whether you are new to Pickleball or looking to take your game to the next level, our Private Lessons provide personalised coaching tailored to your individual needs. With the coach's full attention, you will develop technique, improve shot selection, refine court positioning and build greater confidence on court.

Suitable for players of all ages and abilities, these one-on-one sessions offer an effective way to accelerate progress and enjoy the game even more.

無論你是匹克球新手，還是希望增進球技，匹克球私人課程都能提供根據你的個人需求度身定制的個人化指導。每堂一對一課程都會根據你的程度度身定制，重點在於培養你在球場上的自信心、控球能力和穩定性。在教練的悉心指導下，你將能提升技術、改善擊球技巧、優化場上站位，並在球場上建立更強的自信心。

這一對一課程適合所有年齡及程度的學員參加，是加速進步、享受比賽樂趣的有效途徑。

Private Lessons 私人課程 (1 pax/人)

1-hour 一小時課程	\$650 per person 每位\$650
Package of 10, 1-hour lessons 10堂一小時課程	\$6,300 per person 每位\$6,300

Semi-Private Lessons 半私人課程 (2 pax/人)

1-hour 一小時課程	\$345 per person 每位\$345
Package of 10, 1-hour lessons 10堂一小時課程	\$3,350 per person 每位\$3,350



Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約課程，請致電2118 1707聯絡四樓網球部。



THE WHARF HONG KONG SECONDARY SCHOOL ART COMPETITION 九龍倉全港中學生繪畫比賽2026-27

Organisers 主辦

HARBOUR CITY
海港城

時代廣場
Hong Kong Times Square

荷里活廣場 PLAZA
HOLLYWOOD

WHARF
九龍倉

Supported by 支持單位

HKMOA
Hong Kong Museum of Art 香港藝術館

Aim 目的

To promote art and stimulate the creativity of local secondary school students, the Competition encourages young talents to step out of the classroom and broaden their horizons. This edition of the Competition is supported by the **Hong Kong Museum of Art (HKMOA)**. Apart from entries of **Painting**, this year's Competition will also accept entries of **Digital Graphics** to offer students a wider range of platforms to showcase their skillset and creativity through different mediums.

比賽旨在推廣藝術及激發本地中學生創意，以鼓勵他們跳出校園、擴闊視野。本屆比賽獲得香港藝術館支持。今屆比賽除了繪畫組別外，另設數位繪圖組別，為學生提供以不同媒介創作的機會。

Eligibility 參賽資格

The Competition is open to all full-time Form 1 to Form 6 students in Hong Kong enrolled in the 2026-2027 school year.

所有於2026至2027學年，於香港就讀中一至中六的全日制學生均可參加是次比賽。

Categories 組別

Painting Category 繪畫組 | Digital Graphics Category 數位繪圖組

Entrants can join the Painting Category and Digital Graphics Category independently or concurrently.

參賽者可選擇獨立或同時報名參加繪畫組和數位繪圖組。

Theme 主題

Entrants are free to create based on any theme. This year, all entrants will also compete for a special award based on the theme **"Brilliant Moments"** in addition to the regular competition awards.

參賽者可自由創作任何主題。今年比賽亦增設以「閃亮·時刻」為主題的特別獎，所有參賽者均會同時競逐此特別獎。

Submission Deadline 作品遞交截止日期

4 February 2027 (Thursday) at 6pm 2027年2月4日（星期四）下午六時正

Awards and Prizes 獎項及獎品

Apart from cash prizes and book vouchers, winning entrants will be invited to join an exclusive art activity. **Those eligible may also apply for scholarships with Wharf for pursuing their studies in art.**

除獲贈現金獎及書券外，得獎者將獲邀參加專屬藝術活動。合資格之得獎者更可向九龍倉申請獎學金修讀藝術。

For details, terms and conditions, please refer to www.wharfhk.com.
如欲參閱比賽之詳情、條款及條件，請瀏覽 www.wharfhk.com。

Enquiry 查詢 art@wharfholdings.com



Scan the QR Code to apply
立即掃描參加比賽

34TH ANNUAL PACIFIC CLUB TENNIS CHAMPIONSHIPS 2026

第 34 屆太平洋會網球比賽 2026

The 34th Annual Pacific Club Tennis Championships will start on 28th November. Application forms are now available at the Tennis Counter. As before, the Annual Tennis Championships will be separated into three consecutive weekends. Tournament categories include:

「第 34 屆太平洋會網球比賽」將於 11 月 28 日開始舉行，報名表格可在網球部索取。是屆比賽將如以往會將初賽及決賽等各級賽事集中在連續三個週末中完成，賽事組別包括男子、女子、少年及元老等各頂單、雙打賽事。



28th & 29th November (Sat & Sun) 首個週末：11 月 28 日及 29 日

- Junior Singles (14 years old and below)
少年單打 (14 歲及以下)
- Mini Tournament (9 – 10 years old)
兒童組 (9-10 歲)
- Mini Tournament (7 – 8 years old)
兒童組 (7-8 歲)
- Super Mini Tournament (4 – 6 years old)
幼童組 (4-6 歲)

5th & 6th December (Sat & Sun) 第二個週末：12 月 5 日及 6 日

- Men's Open Singles
男子單打公開組
- Veterans Men's Doubles (100 years and above in total and at least 45 years old)
元老雙打賽 (兩人合計最少 100 歲，所有參賽者需年滿 45 歲或以上)
- Ladies' Open Doubles
女子雙打公開組

12th & 13th December (Sat & Sun) 第三個週末：12 月 12 日及 13 日

- Men's Open Doubles
男子雙打公開組
- Veterans Men's Singles (45 – 54 years old)
元老單打賽 (45 - 54 歲)
- Veterans Men's Singles (55 years old and above)
元老單打賽 (55 歲及以上)
- Mixed Doubles
混合雙打賽
- Ladies' Open Singles
女子單打公開組



VENUE 地點

All the events will be carried out at indoor and outdoor tennis courts
在室內及室外網球場舉行

ENTRY FEE 報名費用

\$230 per person per event
每個項目每人\$230

ENTRIES 截止報名日期

Will be closed on Saturday, 21st November for Junior & Mini Division & 28th November for Adult Division
少年及兒童組為11月21日，公開及元老組為11月28日

PRIZE PRESENTATION 各組賽事的頒獎典禮

Will be carried out immediately after the finals
將會在各項決賽後立即進行

For inquiries, please contact the Tennis Reception on 2118 1707. 查詢及報名，請致電2118 1707與網球部聯絡。

SUNDAY SOCIAL TENNIS 週日網球聯誼聚會

Looking for more court time? Our Sunday Social Tennis sessions offer the perfect opportunity to play, practise and meet fellow Members in a relaxed setting. Taking place on the indoor court, each two-hour session will have coaches present throughout to provide guidance.

想多些享受網球運動嗎? 本會的週日網球聯誼聚會能提供最好的機會, 讓你在輕鬆的氛圍中與人對打、進行練習並結識其他會員。活動在室內網球場進行, 每堂兩小時, 全程皆由專業教練指導。



DATE 日期	Sunday 1st, 8th, 15th & 22nd November 11月1日、8日、15日及22日 (星期日)
TIME 時間	5:00pm – 7:00pm 下午5時至晚上7時
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverage at the Tennis Lounge) 會員\$320, 非會員\$440 (兩小時, 包括場租及飲品招待)
AGE 年齡	14 years and above 14歲及以上

JUNIOR TENNIS ACADEMY 青少年網球訓練

Whether your child is picking up a racket for the first time or looking to develop their game, the Pacific Club Junior Tennis Academy offers a fun and structured pathway to improvement. Open to children aged 3½ to 16, each weekly session focuses on developing technique, coordination and court awareness in an enjoyable environment. Please note that fees are charged on a monthly basis.



無論你的孩子是初次拿起球拍, 還是希望提升球技, 太平洋會青少年網球訓練班都能提供充滿樂趣且結構化的訓練途徑。訓練班專為 3½ 至 16 歲的年輕學員而設, 每週課程都著重於以輕鬆愉快的氛圍培養他們的技術、協調性及場上表現。請注意, 課程按月收費。

DATE 日期	Saturday 7th, 14th & 21st November 11月7日、14日及21日 (星期六)
TIME 時間	(A) 10:00am – 11:00am (B) 11:00am – 1:00pm A班 上午10時至11時 B班 上午11時至下午1時
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member \$660, Guest \$1,020 (for 3 lessons) (B) Member \$1,050, Guest \$1,410 (for 3 lessons) A班 會員\$660, 非會員\$1,020 (3堂) B班 會員\$1,050, 非會員\$1,410 (3堂)
AGE 年齡	(A) 3½ – 6 years (B) 6 – 16 years A班 3½ – 6歲, B班 6 – 16歲

SUNDAY JUNIOR TENNIS 週日青少年網球班

Give your child something to look forward to every Sunday. Designed for children aged 4 to 16, our Junior Tennis programme combines expert coaching with enjoyable on-court activities that help young players develop skills. Please note that fees are charged on a monthly basis.

讓孩子的每個星期日都充滿期待。本會的青少年網球班專為 4 至 16 歲的年輕學員設計, 將專業教練指導與趣味十足的場上活動相結合, 幫助年輕學員提升技能。

請注意, 課程按月收費。

DATE 日期	Sunday 1st, 8th, 15th & 22nd November 11月1日、8日、15日及22日 (星期日)
TIME 時間	A) 2:00pm – 3:00pm (B) 3:00pm – 5:00pm A班 下午2時至3時 B班 下午3時至5時
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	(A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 會員\$880, 非會員\$1,360 (4堂) B班 會員\$1,400, 非會員\$1,880 (4堂)
AGE 年齡	(A) 4 – 7 years (B) 8 – 16 years A班 4-7歲, B班 8-16歲



LADIES' MORNING TENNIS 女子早上網球練習

Take your match play to the next level with our Ladies' Morning Tennis sessions. Designed for players looking to improve their performance in competitive situations, these two-hour clinics focus on tactical awareness, point construction, shot selection, and court positioning. To ensure personalised instruction and plenty of court time, each clinic is limited to 10 players. Early enrollment is recommended.

參加本會的女子早上網球練習班, 提升你的比賽水準! 這兩小時的訓練課程專為希望在比賽中提高表現的學員而設計, 重點在於增強戰術意識、得分策略、擊球選擇及場上站位等知識。為確保個人化指導及充足的場地練習時間, 每堂僅限 10 名學員參加, 請儘早報名。

DATE 日期	Monday 2nd, 9th, 16th, 23rd & 30th November 11月2日、9日、16日、23日及30日 (星期一)
TIME 時間	10:00am – 12:00noon (Intermediate / Advanced Level) 上午10時至中午12時 (中級/高級班)
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 會員\$320, 非會員\$440 (兩小時, 包括場租及飲品招待)
AGE 年齡	14 years old and above 14歲及以上



TENNIS LEAGUE TEAMS' SCHEDULE HOME MATCHES IN ONOVEMBER

網球聯賽 — 11月份主場賽事

DATE	TEAM	MATCH
Wednesday, 4th November	Men's (Division C)	Pacific Club vs Correctional Services Department Sports Association
Friday, 13th November Friday, 27th November	Ladies' (Division 1)	Pacific Club vs Courtiers Pacific Club vs Indian Recreation Club

Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約課程, 請致電2118 1707聯絡四樓網球部。



SPA PROMOTIONS
IN NOVEMBER

11月份美容療程優惠

Elevate Your Wellness Routine This November:
DISCOVER OUR TWO
NEW SIGNATURE MASSAGES11月份全新養生體驗：
煥活身心，解鎖極致放鬆

Whether you are looking to melt away deep-seated tension or unwind with classic therapeutic strokes, our two brand-new November treatments are designed to restore total body and mind harmony.

於11月份，我們隆重推出兩款全新特色按摩療程，無論你偏好東方經絡的深層疏通，還是西方解剖學的經典流暢手技，都能在這裡找到最適合你的療癒時刻，重塑活力與平衡。



ORIENTAL ESSENCE

東方精髓

A perfect mix of traditional Chinese acupressure and smooth oil massage. It presses precise points to relieve deep muscle pain and improve blood circulation.

融合正宗中式經絡及精油潤滑，以精準手法深層按壓穴位、疏通氣結，在絲滑推油中重塑氣血循環，完美緩解深層勞損。

~~\$640~~ **\$620**
(55mins) (55分鐘)

SWEDISH CLASSIC

瑞典經典

The classic Western massage. Long, gentle strokes follow your blood flow to relax tight muscles, reduce fatigue, and give you a peaceful full-body relaxation.

遵循西方解剖學的經典療癒，順應血液循環大面積圓滑揉捏，有效放鬆緊繃肌群、加速乳酸代謝，是釋放全身壓力的入門首選。

~~\$660~~ **\$640**
(55mins) (55分鐘)

SOTHYS GLOW DEFENSE
INTENSIVE TREATMENT

SOTHYS 蛋白科研光感療程

Indulge in an Intensive Treatment and discover the full range of sensory expertise thanks to the Digi-Esthétique® technique and Sothys efficiency in a single treatment. This treatment effectively repairs damage from everyday stressors, showing immediate results in your skin's overall condition after just one session, and your complexion will look instantly brighter and more radiant, maintaining its beautiful glow.

療程以嶄新提升細胞蛋白科技，再結合多效活顏注氧成份，能有效對抗疲倦、缺乏活力、脆弱、皮膚微生物群失衡及暗啞的膚質，鞏固肌膚天然防禦能力，提升細胞能量，凝住亮肌時刻，打造強韌水光肌。

~~\$1,520~~ **\$1,216**
(1hr 25mins) (1小時25分鐘)

HYDRA PEELING SKIN
RENEWAL TREATMENT
水潤新生療程

This treatment can break connections between the cells and stimulates cellular activity for a renewed effect it can help erase visible signs of ageing, add radiance to the complexion and attenuate dark spots.

療程能有效軟化細胞間的連結，刺激及更新細胞，為細胞提供活膚營養。除了提升皮膚的天然保護功能，還能延緩衰老痕跡、減少皺紋、色斑及黑色素形成，改變黯啞。

~~\$1,520~~ **\$1,216**
(1hr 25mins) (1小時25分鐘)

HAIR PRODUCT SALE IN NOVEMBER

11月份頭髮產品優惠

BE HAIR BE COLOR SHAMPOO, PH 5.5

BE HAIR BE COLOR魚子精華角蛋白洗髮水·PH5.5

Be Hair Be Colour After Colour Shampoo is a professional, Italian-made salon formula designed specifically to cleanse, hydrate, and protect hair following colouring or chemical treatments. Formulated at an optimal pH of 5.5, it perfectly respects the scalp's natural physiological balance while thoroughly locking colour pigments inside the hair cuticle to prevent early fading. This premium shampoo is extra-gentle, sulfate-free, and paraben-free, infused with a powerful trio of caviar extract, keratin, and collagen to restore hair elasticity, maximise cosmetic colour vibrancy, and shield strands from environmental stressors.

Be Hair Be Color 魚子精華角蛋白洗髮水，是一款專為染燙或化學護理後的髮質而設計的意大利專業沙龍配方，兼具溫和清潔、深層滋潤及護色功效。產品採用最理想的 pH 5.5 弱酸性設計，能完美貼合頭皮的自然生理平衡，並有效收緊毛鱗片以鎖緊色素、防止褪色。這款高端洗髮水採用不含硫酸鹽及防腐劑的極致溫和配方，特別注入魚子醬精華、角質蛋白及膠原蛋白三大高效成分，能修復受損髮絲的彈性，極大化染後髮色的亮澤度，並強化防禦外在環境的侵害。



~~\$200~~ \$180

TECHNI LEAVE-IN HYDRATING GEL

TECHNI水份子免沖護髮劑

Featuring a fine, ultra-smooth texture infused with Ginkgo Biloba, this weightless hydrating gel absorbs instantly to deliver deep, lasting moisture to the hair cells without adding any heaviness. Perfect for reviving dry, unruly strands or bringing lifeless curls back to their bouncy, vibrant state. Simply apply to damp or dry hair for an effortless, everyday hair transformation.

這款質地細緻絲滑的免沖洗水份子護髮啫喱，特別注入銀杏精華，能瞬間滲透至髮絲核心，為毛囊及髮細胞注入深層水分，同時保持輕盈無負擔。此產品能高效激活乾枯、難以打理的受損髮質或暗淡無光的卷髮，使其重獲順滑及彈性生氣。無論是乾髮或濕髮狀態下皆可直接使用。



~~\$200~~ \$180
150ml (毫升)

NO3 GLATTY MATTY GLATTYSPIKE GEL

NO3閃亮造型啫喱

A premium, salon-exclusive Japanese styling gel designed for strong, long-lasting hold. Ideal for men's hair, its fast-drying, non-sticky formula locks styles firmly in place without collapsing. It delivers a brilliant, glossy shine while keeping hair manageable, making it perfect for creating sharp, structured, and polished everyday looks.

一款高級沙龍專屬的日本造型啫喱，專為打造強力持久定型效果而設計。這款產品尤其適合男士使用，其速乾不黏膩的配方能夠牢牢鎖住髮型，防止塌陷，賦予秀髮亮澤光彩同時保持易於打理，是打造俐落、立體、精緻日常造型的理想之選。



~~\$240~~ \$215
150ml (毫升)

NOVEMBER EXCLUSIVE PROMOTION

11月份限時禮遇

10% DISCOUNT ON DIMENSIONAL HIGHLIGHTS FOR ENHANCED VOLUME & TEXTURE

Vibrant colours that illuminate a sophisticated lifestyle. Throughout November 2026, the Hair Salon is delighted to offer our members an exclusive 10% discount on highlight services. Our professional styling team masterfully utilises fluid, contrasting tones to break the monotony of a single hair colour. This technique significantly enhances the hairstyle's multi-dimensional layers and visual fullness, crafting a dynamic and fashionable silhouette tailored just for you.

To make your appointment, please call the Hair Salon on 2118 1893.

層次挑染服務9折優惠：增添豐盈魅力

繽紛色彩，點亮精緻生活。會所髮廊於11月份為會員送上挑染服務9折優惠。我們的專業團隊善用靈動的對比色彩，打破單一髮色的沉悶，顯著增強髮型的立體層次及視覺豐盈感，塑造更具動感的時尚廓形。

查詢詳情及預約服務，請致電 2118 1893。



JUNIOR SWIMMING CLASSES

少年游泳課程

Our Junior Swimming Group Classes provide structured training for children of different ages and ability levels. From developing water confidence and basic techniques to refining strokes and building endurance, our experienced coaches ensure a safe, supportive, and social environment. Learning alongside their peers, children will not only progress at their own pace and stay active, but also build teamwork skills, make new friends, and foster a lifelong love for the water together.

本會少年游泳課程為不同年齡及能力水準的學員提供系統性的專業培訓，從培養水中自信心、掌握基本功，到精進泳姿及提升耐力，我們經驗豐富的教練團隊將全力打造一個安全、備受支持且互動性高的學習環境。透過與同齡夥伴一同練習，孩子們不僅能按照自己的節奏穩步前進、保持活力，更能培養團隊合作精神、結交新朋友，並在歡樂的團體氛圍中共同建立對游泳運動的終身熱愛。

THE FULL PROGRAMME FEE IS PAYABLE UPFRONT UPON ENROLMENT.

報名時須繳付全期課程費用

Class	Date	Time	Price	Age
Elementary (A)	Saturday, 7th, 14th, 21st & 28th November	10:00am – 11:00am	\$720 / 4 lessons	36 – 60 months
Elementary (B)	Saturday, 7th, 14th, 21st & 28th November	12:00noon – 1:00pm	\$720 / 4 lessons	48 months+
Intermediate (A)	Friday, 6th, 13th, 20th & 27th November	6:00pm – 7:00pm	\$720 / 4 lessons	4 – 14 years old
Intermediate (B)	Saturday, 7th, 14th, 21st & 28th November	11:00am – 12:00noon	\$720 / 4 lessons	4 – 14 years old
Advanced (A)	Friday, 6th, 13th, 20th & 27th November	7:00pm – 8:30pm	\$1,040 / 4 lessons	7 – 17 years old
Advanced (B)	Wednesday, 4th, 11th, 18th & 25th November	5:00pm – 6:00pm	\$880 / 4 lessons	4 – 14 years old

HOLISTIC AQUATIC EXERCISE TRAINING FOR ADULTS

成人綜合水中運動訓練

This fun, low-impact course combines aqua jogging, interval sprints, and water resistance to boost cardio and sculpt total-body strength. Sessions feature fluid stretches and multi-planar movements to improve flexibility, mobility, and balance, closing with mindful breathing to harness water's healing power for deep relaxation. Designed for all ages and fitness levels, it is the perfect way to elevate your fitness and overall well-being.

本課程結合水中慢跑、間歇衝刺及水的自然阻力，全面提升心肺功能及雕塑全身肌力。課堂融入流暢的伸展及多平面動作，以增進柔韌度、活動度及平衡協調，並透過正念呼吸，藉著水的療癒力深層減壓。這項充滿樂趣的低衝擊訓練適合各年齡及健身水平人士參加，幫助提升體能、全面擁抱身心健康。

DATE 日期	Thursday 5th, 12th, 19th & 26th November 11月5日、12日、19日及26日（星期四）
TIME 時間	11:00am – 12:00noon 上午11時至中午12時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member - \$720, Guest - \$1,200 (for 4 lessons) 會員\$720，非會員\$1,200（4堂）
AGE 年齡	16 years and above 16歲及以上

ADULT SWIMMING COURSE

成人游泳班

Our Adult Swimming Course is suitable for Members aged 18 and above, whether beginners who are afraid of water, or those looking to refine stroke technique. Small-group lessons led by professional coach Stephen, with personalised instruction tailored to each student's needs. Learn essential skills like floating, breath control, breaststroke and freestyle, and help to overcome water fear, build confidence, enhance water safety awareness, and enjoy the fun and fitness benefits of swimming with ease.

成人游泳班適合18歲及以上會員參加，無論是零基礎的怕水人士，或想改良泳姿皆可。課程由專業教練 Stephen 以小班形式教學，因材施教，學習浮水、呼吸控制、蛙泳、自由泳等基本技巧，並幫助學員克服對水的恐懼，提升自信及水中安全意识，輕鬆享受游泳的樂趣及健身的效益。

DATE 日期	Wednesday 4th, 11th, 18th & 25th November 11月4日、11日、18日及25日（星期三）
TIME 時間	11:00am – 12:00noon 上午11時至中午12時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member \$1,040, Guest \$1,520 (for 4 lessons) 會員\$1,040，非會員\$1,520（4堂）
AGE 年齡	18 years and above 18歲及以上



WATER AEROBICS AT THE CLUB

水中健康舞班

Combining the natural resistance of water with upbeat music, this session offers a fantastic full-body workout that strengthens muscles and improves cardiovascular fitness while being incredibly gentle on your joints. Exercising alongside a supportive group, you will move through a variety of fun, water-based routines designed to boost energy, flexibility, and core stability. Suitable for all fitness levels, it is the perfect way to stay active, cool off, and enjoy a lively, social fitness experience together.

本課程將水的天然阻力及輕快明細的音樂完美結合，在提供全身性鍛鍊、增強肌肉力量及提升心肺功能的同時，更能保護關節免受衝擊。在充滿支持感的團體氛圍中，學員將跟隨同伴一起完成各式趣味水中動作，有效提升核心穩定度、身體柔韌性及活力。本課程適合各種體能水平的人士參加，是保持活力、消暑放鬆並享受歡樂社交健身體驗的絕佳選擇。

Morning Water Aerobics

DATE 日期 (A) Tuesday 3rd, 10th, 17th & 24th November
(B) Friday 6th, 13th, 20th & 27th November
A班 11月3日、10日、17日及24日 (星期二)
B班 11月6日、13日、20日及27日 (星期五)

TIME 時間 (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
A班 上午10時至11時
B班 上午11時至中午12時

VENUE 地點 Swimming Pool
游泳池

PRICE 收費 Member - \$720, Guest - \$1,200 (for 4 lessons)
會員\$720，非會員\$1,200 (4堂)

AGE 年齡 14 years and above
14歲及以上

Afternoon Water Aerobics

DATE 日期 (A) Tuesday 3rd, 10th, 17th & 24th November
(B) Friday 6th, 13th, 20th & 27th November
A班 11月3日、10日、17日及24日 (星期二)
B班 11月6日、13日、20日及27日 (星期五)

TIME 時間 3:00pm – 4:00pm
下午3時至4時

VENUE 地點 Swimming Pool
游泳池

PRICE 收費 Member - \$180 daily / \$1,700 per 10 classes
Guest - \$300 daily
會員\$180 (每堂) / \$1,700 (10堂)
非會員\$300 (每堂)

AGE 年齡 14 years and above
14歲及以上

Evening Water Aerobics

DATE 日期 Tuesday 3rd, 10th, 17th & 24th November
11月3日、10日、17日及24日 (星期二)

TIME 時間 7:00pm – 8:00pm
晚上7時至8時

VENUE 地點 Swimming Pool
游泳池

PRICE 收費 Member \$720, Guest \$1,200 (for 4 lessons)
會員\$720，非會員\$1,200 (4堂)

AGE 年齡 14 years and above
14歲及以上

MINI HOTPOT CLAY WORKSHOP

迷你火鍋黏土工作坊

In this workshop, children will use colorful clay to handcraft dumplings, vegetables, shrimp, soup bases, and more — creating their very own miniature hotpot. The process is fun and imaginative, helping kids build focus and hand-eye coordination while sparking creativity. Each finished piece is not only adorable and realistic but can also be taken home as a unique decoration to share with family.

在這個工作坊裡，小朋友將用五顏六色的黏土親手捏出丸子、蔬菜、蝦子、湯底等火鍋食材，打造屬於自己的迷你火鍋。過程充滿趣味，既能訓練專注力及手眼協調，也能激發無限想像力。完成的作品不但可愛逼真，還能帶回家作為小擺設，與家人分享這份獨特的「火鍋創作」。



DATE 日期

Sunday, 22nd November
11月22日 (星期日)

TIME 時間

2:00pm – 3:30pm
下午2時至3時30分

VENUE 地點

Children's Playroom Library
兒童遊戲室圖書館

PRICE 收費

Member \$250, Guest \$310
(Including Children's Playroom entrance fee)
會員\$250，非會員\$310
(包括課程當日的兒童遊戲室入場費)

AGE 年齡

5 years and above
5歲及以上

CONFIRMATION 課堂確認

Sunday, 15th November
11月15日 (星期日)

FLUID ART BEAR KEYCHAIN WORKSHOP

流體藝術小熊鑰匙扣工作坊



Want to own a one-of-a-kind, creativity-filled bear keychain? Fluid art is a unique painting style that doesn't require brushes. By tilting canvases or using tools, colors naturally flow and blend together, creating dreamy, vibrant effects. In this workshop, the instructor will guide young members step by step to pour flowing colors onto adorable bear models and transform them into personalized keychains. Each participant can make two keychains, bringing home not only a fun handmade keepsake but also a special piece of art to treasure!

想要擁有一個獨一無二、充滿創意的小熊鑰匙扣嗎？流體藝術是一種不需畫筆的創作方式，透過傾斜畫布或使用工具，讓顏料自然流動、交融，呈現出夢幻般的色彩效果。導師將一步步指導小朋友，把流動的色彩傾注在可愛的小熊模型上，並製作成專屬的鑰匙扣。每位小朋友可製作兩個鑰匙扣，帶回家作為獨特的藝術紀念品！

DATE 日期

Saturday 21st November
11月21日 (星期六)

TIME 時間

2:00pm – 3:00pm
下午2時至3時

VENUE 地點

Children's Playroom Library
兒童遊戲室圖書館

PRICE 收費

Member \$250, Guest \$310
(Including Children's Playroom entrance fee)
會員\$250，非會員\$310
(包括課程當日的兒童遊戲室入場費)

AGE 年齡

6 years and above
6歲及以上

CONFIRMATION 課堂確認

Saturday, 7th November
11月7日 (星期六)

CHRISTMAS CHILDREN'S ACTIVITIES 聖誕兒童活動

This Christmas, we've specially prepared a series of energetic sports classes and fun-filled craft workshops for our young members. Children will not only enjoy the excitement of the court, but also unleash their imagination through creative projects — making this holiday both healthy and inspiring.

Simply scan the QR code to view full course details and register. Come join us in creating a Christmas holiday filled with laughter and delightful surprises!

今年聖誕，我們特別為年少會員準備了一連串充滿活力的運動班及趣味滿滿的手工藝班。他們不僅能在球場上盡情揮灑汗水，也能在創作中發揮無限想像，度過一個既健康又充滿創意的聖誕佳節。

只需掃描二維碼，即可查看課程詳情並完成報名。快來與我們一起打造一個笑聲洋溢、充滿驚喜的聖誕假期吧！



JUNIOR TAEKWONDO

少年跆拳道

One of the Club's most popular youth programmes, Junior Taekwondo offers children the opportunity to develop fitness, coordination and self-confidence. Under the guidance of our experienced instructors, students learn new techniques, build discipline and focus, and work steadily towards higher belt levels. New participants are always welcome to join.

少年跆拳道是本會其中一項最受歡迎的青少年課程，為孩子們提供提升體能、協調性及自信心的機會。在經驗豐富的教練指導下，學員可學習新的技術、培養自律性及專注力，並穩定提升段位級別。歡迎新學員參加！



DATE 日期	Saturday 7th, 14th, 21st & 28th November 11月7日、14日、21日及28日（星期六）
TIME 時間	4:00pm – 5:00pm (All Levels) 下午4時至5時（所有級別）
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$800 (for 4 lessons) 會員\$760，非會員\$800（4堂）
AGE 年齡	4 years and above 4歲及以上

ROPE SKIPPING CLASS

花式跳繩班

Join our weekly Rope Skipping Class and enjoy an active, fun-filled session packed with movement and energy. Children will learn a variety of individual and partner skipping techniques through games, challenges and guided practice with our coaches.

參加本會每週一堂的花式跳繩班，享受充滿活力和樂趣的精彩課程。在教練的指導下，孩子們將透過遊戲、挑戰和練習，學習各種個人和雙人跳繩技巧。



DATE 日期	Sunday 8th, 15th, 22nd & 29th November 11月8日、15日、22日及29日（星期日）
TIME 時間	4:30pm – 5:20pm (50 mins) 下午4時30分至5時20分（50分鐘）
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$800 (for 4 lessons) 會員\$760，非會員\$800（4堂）
AGE 年齡	7 – 12 years 7-12歲

WALL CLIMBING

運動攀石訓練班

Reach for the sky at our fun Wall Climbing Workshop. Climbing improves physique and flexibility, strengthens body alignment, and encourages agility. In addition, your child will learn about facing and overcoming challenges.

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。



DATE 日期	(A) Saturday 21st & 28th November *New Class (B) Sunday 22nd & 29th November A班 — 11月21日及28日 (星期六) *新班 B班 — 11月22日及29日 (星期日)
TIME 時間	4:00pm – 5:30pm *New Time 下午4時至5時30分 *新時段
VENUE 地點	Children's Playroom (Climbing Wall) 兒童遊戲室 (攀石牆)
PRICE 收費	Member \$460, Guest \$580 (for 2 lessons, including Children's Playroom entrance fee) 會員\$460, 非會員\$580 (兩堂, 包括課程當日的兒童遊戲室入場費)
AGE 年齡	6 – 10 years 6-10歲



ENGLISH DRAMA ACADEMY

英語話劇訓練班

Led by an experienced instructor, English Drama Academy provides a fun and engaging way for children to develop their English language skills through storytelling, role play, script writing, speech, dance and performance. Through creative activities and self-expression, participants build confidence, strengthen communication skills and improve their spoken English.

在經驗豐富的導師帶領下，英語話劇訓練班為孩子們提供一種寓教於樂的方式，透過說故事、角色扮演、劇本創作、演講、舞蹈及表演等活動，幫助他們提升英語語言技能。創意活動及自我表達能夠幫助學員建立自信，增強溝通能力，並提高英語口語水平。

DATE 日期	Monday 2nd, 9th, 16th, 23rd & 30th November 11月2日、9日、16日、23日及30日 (星期一)
TIME 時間	(A) 5:30pm – 6:30pm (B) 4:30pm – 5:30pm A班 下午5時30分至晚上6時30分 B班 下午4時30分至5時30分
VENUE 地點	Gym Activities Room
PRICE 收費	Member \$1,050, Guest \$1,100 (for 5 lessons) 會員\$1,050, 非會員\$1,100 (5堂)
AGE 年齡	(A) 3 – 5 years (B) 6 – 12 years A班 3-5歲, B班 6-12歲

JUNIOR BADMINTON GROUP LESSONS

少年羽毛球 — 團體訓練班

Fast, dynamic, Badminton is a sport that develops agility, coordination and quick decision making from an early age. Our Junior Badminton Lessons introduce children to the techniques and movement of the game through structured coaching and match play practice.

羽毛球是一項速度快、充滿活力的運動，能夠從小培養孩子的敏捷性、協調性及快速決策能力。本會的少年羽毛球課程透過系統性的教練指導及比賽練習，為孩子們介紹這項運動的技術及步法。

DATE 日期	Friday 6th, 13th, 20th & 27th November 11月6日、13日、20日及27日 (星期五)
TIME 時間	(A) 6:30pm – 7:30pm (B) 7:30pm – 8:30pm A班 — 晚上6時30分至7時30分 B班 — 晚上7時30分至8時30分
VENUE 地點	Aerobics Room
PRICE 收費	Member \$1,080, Guest \$1,120 (for 4 lessons) 會員\$1,080, 非會員\$1,120 (4堂)
AGE 年齡	(A) 6 – 10 years (B) 11 – 16 years A班 6-10歲, B班 11-16歲



JUNIOR BADMINTON LESSONS (PRIVATE)

少年羽毛球 — 私人課程

These one-on-one badminton lessons are tailored to each junior player's age, ability, and learning pace. Sessions focus on technique, footwork with clear guidance to help players improve consistency and confidence on court. Suitable for beginners as well as those looking to refine their skills through personalized coaching.

這一對一羽毛球課程是根據每位少年學員的年齡、能力及學習進度度身定制。課程重點在於技術及步法，並提供清晰的指導，幫助學員提高球場上的穩定性及自信心。課程適合初學者及希望透過個人化指導提升技能的學員參加。

PRIVATE LESSONS
私人課程收費

1pax: \$720/hour (including court hire)
一人: \$720/每堂一小時 (包括場租)
2pax: \$920/hour (including court hire)
二人: \$920/每堂一小時 (包括場租)

TABLE TENNIS LESSONS (PRIVATE)

乒乓球 — 私人課程

Join us for professional Table Tennis coaching suitable for players of all ages and skill levels. Lessons are led by our experienced instructor, with extensive technical skills and game strategies. Whether you are a beginner looking to master the basics or an advanced player aiming to elevate your competitive edge, our coach will tailor a training plan to your personal goals, helping you progress quickly and enjoy the fun of the game.

本課程適合所有年齡層及不同技術水平的學員參加，由經驗豐富、在技巧及戰術策略上均擁有深厚專業造詣的教練親自執教，無論你是想掌握基本功的初學者，還是渴望提升競爭優勢的高階選手，教練都會根據你的個人目標量身定制訓練計劃，助你快速進步，並盡情享受乒乓球運動的樂趣。

1 HOUR 每堂一小時

\$460 per person (including court hire)
每位\$460 (包括場租)

1½ HOURS 每堂1½小時

\$680 per person (including court hire)
每位\$680 (包括場租)

2 HOURS 每堂兩小時

\$880 per person (including court hire)
每位\$880 (包括場租)



1						5	8	
					2	3		
				7		9	6	
5		4	1					
	1		6	9	8		5	
					7	6		3
	2	1		4				
		8	2					
	9	3						5

5	3	9	7	1	4	6	2	8
1	8	7	5	2	6	3	9	4
6	4	2	3	9	8	7	1	5
7	1	3	8	5	2	4	6	9
9	5	4	1	6	7	2	8	3
8	2	6	9	4	3	1	5	7
3	7	1	6	8	5	9	4	2
4	6	5	2	7	9	8	3	1
2	9	8	4	3	1	5	7	6

October Solution
10月份遊戲答案

Congratulations to the
winner of last month's
puzzle

恭喜上期得獎者

Mr Patrick Leung

SUDOKU© PUZZLES BY PAPPOCOM

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

玩法：在圖上的每一直行、每一橫列、每個獨立九宮格內填上數字1至9，每行、列及九宮格內數字不可重複出現。

Tips and computer program at 遊戲貼士及下載可瀏覽網頁：www.sudoku.com

Submit your answer to the Editor by fax at 2118 0206 or email to:

vivian-ng@pacificclub.com.hk by latest Friday, 13th November. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Buffer for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in December. Good Luck!

請於11月13日(星期五)前將答案傳真至 2118 0206、電郵至 vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於12月份(星期一至四，特別節日活動除外)到 The Island View 餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

Name 會員姓名：

Membership No. 會員編號：

Contact Tel. No 聯絡電話：

* Please note only one entry will be accepted per Membership 每個會籍只限參加一次

BASKETBALL PRIVATE LESSONS 私人籃球課堂

Dribble, shoot, defend and score with confidence. These one-on-one coaching sessions with our experienced coach are tailored to your level, helping you sharpen your skills, improve technique and become a stronger all-round player.

讓你自信滿滿地運球、投籃、防守、得分。本會經驗豐富的教練將為你提供一對一的指導課程，內容將根據你的水平度身定制，幫助你提升技能、改進技術，成為更全面的球員。



PRIVATE LESSONS (1 PAX) 私人課程(一人)

1-hour 一小時課程 \$650 per person 每位 \$650

1½ hour lessons 1½小時課程 \$900 per person 每位 \$900

PRIVATE LESSONS (2 PAX) 半私人課程(二人)

1-hour 一小時課程 \$900 per session 每堂 \$900

(Additional participant: 〔額外參加者：每堂/每位 \$200/pax, up to 8 pax〕 \$200，上堂人數最多8位)

Contact the 4/F Tennis Reception on 2118 1707 for booking details.
預約私人籃球課堂，請致電 2118 1707 向四樓網球部查詢。

YOGA AT THE CLUB 太平洋會瑜伽班

Find time to slow down, stretch and reset with our yoga sessions at the Club. Suitable for both beginners and experienced practitioners, each class focuses on improving flexibility, balance and strength while encouraging a sense of calm.

Led by our experienced instructors, sessions flow through a considered sequence of postures and relaxation techniques, helping to release tension, improve posture and restore ease in both body and mind.

於星期一、二、四、五及日參加本會的瑜伽班，放慢腳步，舒展身心，重煥活力。無論你是瑜伽初學者還是經驗豐富的練習者，每節課堂都會專注提升你的柔軟性、平衡和力量，同時幫助你獲得內心的平靜。經驗豐富的教練將帶領你體驗一系列精心設計的體位法和放鬆技巧，幫助釋放壓力，改善體態，讓身心都放鬆。



A	Monday	10:30am – 11:30am
B	Tuesday	10:30am – 11:30am
C	Thursday	10:30am – 11:30am
D	Friday	10:30am – 11:30am
E	Sunday	11:00am – 12:00noon

VENUE
地點

Aerobics Room

PRICE
收費

Members \$190/class, \$1,710/10 classes, Guests \$310/class
會員每堂\$190，10堂套票\$1,710，非會員每堂\$310

REMARK
備註

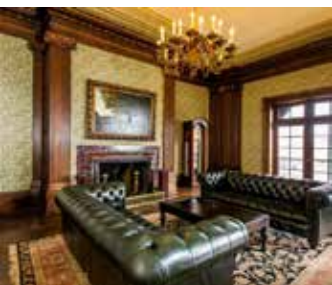
Packages must be completed within 4 months
套票必須於4個月內完成

For more information, please call the 2/F Reception on 2118 1890.

報名請致電二樓接待處：2118 1890。



UNIVERSITY CLUB OF SAN FRANCISCO



Nestled in the heart of San Francisco's historic Nob Hill district, the University Club has stood as a monument to elegance and tradition since its founding in 1890. This prestigious Clubhouse is not just a social hub but a perfect sanctuary for Members seeking both relaxation and recreation during their city visits.

For an exceptional culinary experience, the A La Carte Dining Room offers a warm and inviting atmosphere, where diners can indulge in a menu brimming with locally sourced, seasonally inspired dishes for both lunch and dinner.

Complementing this, the Club's historic library houses rare editions and cherished books, providing Members with a serene space to immerse themselves in literature and enjoy a relaxing day of reading.

For those who appreciate fitness, the Athletic Club's top-floor fitness center boasts panoramic views of the city, ensuring a rejuvenating workout experience. After exercising, unwind in the serene sauna or steam room, complemented by complimentary towel service in the locker room. Squash enthusiasts will find a haven in the club's premier squash facility, which features three soft ball singles courts and two hard ball doubles courts, all meticulously maintained.



If you require accommodation, the University Club offers 22 boutique rooms exclusively for reciprocal members. Whether you prefer the Traditional Rooms, which exude classic San Francisco charm, or the Contemporary Rooms, showcasing a sleek modern aesthetic, you can expect comfort and style, with room rates including a delightful continental breakfast.

When planning your next trip to San Francisco, don't forget to arrange a Letter of Introduction to experience the welcoming warmth of the University Club — a true gem for Pacific Club Members.

University Club 坐落於舊金山歷史悠久的 Nob Hill 地區的中心地帶，自 1890 年成立以來，始終是優雅風範與傳統底蘊的象徵。這間久負盛名的會所不僅是社交聚會的場所，更是會員造訪市內時尋求休閒及娛樂的理想休憩之所。

若想享受非凡的餐飲體驗，不妨到氛圍溫馨宜人的 A La Carte Dining Room：這裡供應午餐及晚餐，菜餚豐富多樣，不僅選用本地食材，更融入了時令風味，讓賓客盡享美食。此外，會所歷史悠久的圖書館內珍藏著各類限量版本及珍貴的書籍，為會員提供一處寧靜的空間，讓他們能沉浸於書香之中，享受悠閒愜意的閱讀時光。

對於健身愛好者而言，位於 Athletic Club 頂樓的健身中心坐擁城市全景，能帶來煥發活力的健身體驗。運動後，你可以在寧靜的桑拿或蒸氣室放鬆身心，更衣室也提供免費毛巾服務。壁球愛好者可以在會所一流的場館內找到理想天地——這裡設有 3 個軟球單打場和兩個硬球雙打場，所有場地均保養良好。

如果你需要尋找住宿服務，University Club 專為海外聯繫會所的會員提供 22 間精品客房。無論你是鍾情於散發舊金山經典魅力的傳統風格客房，還是偏愛彰顯時尚現代美學的現代風格客房，都能在此盡享舒適及格調；住房收費均包括美味的歐式早餐。

因此，在你規劃下一次的舊金山之旅時，別忘記索取本會的介紹信，親身體驗 University Club 的熱情及溫馨——這對太平洋會會員而言，絕對是不容錯過的好去處。



The Pacific Club Spa offers tailor-made beauty treatments for gentlemen & ladies. Book your appointment today and discover the miracle of beauty!

LPG

INNER POWER.
BETTER LIFE.

LPG endermologie®

「動能活化」
啟動內源力量



*For reservation, please call our
Spa Reception on 2118 1890*

Made in **France**

CELLU M6 ALLIANCE®

LPG endermologie® technology gently stimulates the skin to reactivate dormant cellular activity. **100% Natural and painless**, it provides visible results instantly with zero side effects. Over 200,000 people choose this technology every day.



PACIFIC CLUB

F E S T I V E C A L E N D A R 2 0 2 6

1st
DECEMBER
12月1日

to
至

23rd
DECEMBER
12月23日

TUESDAY 星期二

WEDNESDAY 星期三

Monday to Sunday, except
Winter Solstice Dinner
Buffet on 22nd December
星期一至日，12月22日
冬至自助晚餐除外

FESTIVE LUNCH AND DINNER BUFFET AT THE ISLAND VIEW 聖誕自助午餐及晚餐

A heart-warming festive buffet of traditional holiday flavours, generous sharing dishes, and seasonal desserts that bring people together at Island View Restaurant. This festive season, gather at Island View Restaurant for a generous lunch and dinner buffet that celebrates the warmth, comfort, and flavours of Christmas. Enjoy classic braised winter dishes, roasted turkey with all the trimmings, and seasonal favourites prepared for sharing with family, friends, and colleagues.

To finish, indulge in festive desserts scented with cinnamon, apple, mace, vanilla, pumpkin, citrus, five spice and nutmeg; the familiar aromas that truly awaken the Christmas spirit.

Island View 餐廳為你呈現一場暖心的節慶自助盛宴，匯聚傳統節慶風味、豐盛的分享式佳餚及時令甜點，讓你與親朋好友共度美好時光。歡迎蒞臨 Island View 餐廳慶祝聖誕佳節，享用豐盛的午餐及晚餐自助盛宴，感受這節日獨有的溫暖、愜意與美味。你可以品嚐經典的冬季燉菜、烤火雞及豐富配菜，以及各式各樣適合與家人、朋友及同事共享的時令佳餚。

最後，不妨盡情享用各式節慶甜點，感受肉桂、蘋果、肉豆蔻皮、香草、南瓜、柑橘、五香粉及肉豆蔻交織出的馥鬱芬芳——這些熟悉的香氣，將真正喚醒你心中的聖誕情懷。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

\$328 \$218

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

\$388 \$285

Venue : The Island View Restaurant

地點 : Island View 餐廳

Reservations 訂座 : 2118 1846

Email 電郵 : islandview@pacificclub.com.hk

FESTIVE WEEKDAY SET LUNCH AT PIER 6 平常日聖誕午餐

Celebrate the season over a beautifully composed festive set lunch at Pier 6, where seasonal ingredients are paired with sweeping views of Victoria Harbour. Thoughtfully prepared for the holidays, each course brings together refined flavours, festive touches, and the relaxed elegance of Harbourfront dining.

A perfect midday celebration for family, friends, or colleagues, set against one of Hong Kong's most iconic views.

誠摯邀請你蒞臨 Pier 6，在維多利亞港的壯麗景緻下，品嚐精心烹調的節日午市套餐，共度佳節時光。每道佳餚皆專為節慶匠心設計，融合了精緻風味及節慶特色，讓你在海傍用餐的悠閒優雅氛圍中盡享美味。

無論與親朋好友或同事共聚，這裡都是你在香港標誌性美景映襯下歡度午間時光的理想之選。

Lunch from 12:00noon
午餐由中午12時開始

2-course Menu (兩道菜式) 3-course Menu (三道菜式)

\$398 \$468

Venue : Pier 6 Restaurant

地點 : Pier 6 餐廳

Reservations 訂座 : 2118 1878

Email 電郵 : pier6@pacificclub.com.hk

* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

FESTIVE SEMI-BUFFET LUNCH AT CAPRICCI 聖誕半自助午餐

Celebrate the season Italian-style at Capricci with a festive lunch designed for relaxed indulgence. Begin with a generous buffet of antipasti and seasonal starters, then savour your chosen festive main course, freshly prepared and served directly to your table, before indulging in the tempting desserts awaiting you at the buffet. Warm, elegant, and full of Italian flavour, it is a delicious way to gather with family and friends and make this season truly memorable.

前來 Capricci 餐廳體驗意式風情，盡情享受為你精心烹調的節日午餐，在輕鬆愜意的氛圍中享用美食。你可以先品嚐種類豐富的意式開胃菜及時令前菜，隨後享用即點即做並直接送到餐桌上的節日主菜，最後再品味自助餐檯桌上的各式誘人甜點。這裡環境溫馨優雅，洋溢著濃郁的意大利風情，是與親朋好友歡聚、共度難忘節慶的絕佳之選。

FESTIVE SET LUNCH MENU

Served with freshly-baked Bread,
Amuse-bouche and festive Petits Fours

APPETISERS

Spiced Pumpkin Velouté
with Cranberry Chantilly and Smoked Duck Breast

Or

Mosaïque of Duck Foie Gras and Beef Tongue
with Tonka Bean, Lilliput Capers, and Celery

Or

Seared Scallops with Black Truffle Jus,
Celeriac, and Granny Smith Apple Caramel

Or

Beetroot and Tomato Tartar
with Avocado, Confit Egg Yolk and toasted Sourdough (V)

MAIN COURSES

Potato-crusted Fillet of Sea Bream
with Tarragon Beurre Blanc and braised Savoy Cabbage

Or

Boneless Roasted Quail with Madeira Sauce,
sautéed Swiss Chard, and Cep Mushroom Purée

Or

Seared Beef Tenderloin and Duck Foie Gras with Black
Truffle Sauce, Sautéed Spinach and Anna Potatoes

Or

Braised Daikon Steak with Mushroom Sauces,
sautéed Cabbage and Crispy Potatoes (V)

DESSERT AND CHEESE

Pistachio and Amarena Cherry Baumkuchen Terrine
with Black Cherry Sorbet

Or

Mandarin Citrus Delight
with Blood Orange Sorbet

Or

Brillat-Savarin Cheese
with Black Truffle and toasted Sourdough
(V – Vegetarian)

Lunch from 12:00noon
午餐由中午12時開始

Venue : Capricci

地點 : Capricci 餐廳

\$238 per person
每位

Reservations 訂座 : 2118 1803

Email 電郵 : capricci@pacificclub.com.hk

5th
DECEMBER
12月5日

SATURDAY 星期六

**FESTIVE MUG MAGIC:
HOT CHOCOLATE & MARSHMALLOW-POP
BOUQUET WORKSHOP FOR CHILDREN**
聖誕馬克杯魔法：兒童熱可可及棉花棒棒糖花束製作坊

Children are invited to stir up some Christmas cheer in this joyful make-and-take class. They'll decorate charming marshmallow pops, arrange them into a festive bouquet, and tuck them into a cosy hot chocolate mug ready to bring home. A sweet seasonal keepsake filled with creativity, colour, and cocoa-time delight. Perfect for little creators with big festive imaginations.

歡迎孩子們參加這充滿歡樂的創意課堂，親手製作一份洋溢著聖誕氣息的甜蜜禮品。孩子們可以裝飾可愛的棉花棒棒糖，再將其組合成節日花束，並放入溫馨的熱朱古力馬克杯中，帶回家與家人分享。這不僅是充滿創意與色彩的節日紀念，更飽含享受熱可可時光的樂趣——非常適合擁有豐富節日想像力的小創作者參加。

Time : 2:30pm – 4:00pm
時間 : 下午2時30分至4時
Age : 4 years and above
年齡 : 4歲及以上

.....
\$288 per person
每位

Reservations 訂座 : 2118 2295
Email 電郵 : chrislis-yip@pacificclub.com.hk
Enrollment Deadline : Monday, 30th November
報名截止日期 : 11月30日 (星期一)



**SANTA'S SWEET CHILDREN'S
CUPCAKE WORKSHOP**
聖誕甜蜜兒童紙杯蛋糕工作坊

A festive treat for little bakers with big imaginations. Children will decorate their very own half dozen Christmas cupcakes, adding swirls of icing, cheerful toppings, and merry seasonal details to each one. Filled with colour, creativity, and Christmas magic, this hands-on workshop ends with a beautiful box of six cupcakes to take home and enjoy.

這是一場專為想像力豐富的小小烘焙師們準備的節慶活動。孩子們將以色彩繽紛的旋渦糖霜及配料，以及充滿節日氣息的精美裝飾，親手點綴6個聖誕主題紙杯蛋糕。這場充滿色彩、創意及聖誕魔力的手作體驗，將以一份裝有6個精美紙杯蛋糕的禮盒作結，讓孩子們把這份甜蜜帶回家中盡情享用。

Time : 4:00pm – 5:30pm
時間 : 下午4時至5時30分
Age : 4 years and above
年齡 : 4歲及以上

.....
\$348 per person
每位

Reservations 報名 : 2118 2295
Email 電郵 : chrislis-yip@pacificclub.com.hk
Enrollment Deadline : Monday, 30th November
報名截止日期 : 11月30日 (星期一)





6th
DECEMBER
12月6日

SUNDAY 星期日

SAINT NICHOLAS DAY CHILDREN'S PIZZA PARTY 聖尼古拉斯節兒童薄餅派對

Celebrate the magic of 6th December with a festive afternoon made especially for little Christmas lovers. Children will roll, top, and bake their very own Christmas tree-shaped pizzas before enjoying a special appearance from Saint Nicholas himself and his cheerful elves. The afternoon ends with a cosy Christmas story, bringing together festive flavours, joyful surprises, and a sprinkle of holiday magic.

為慶祝 12 月 6 日這個充滿魔法的節日，我們特別為熱愛聖誕節的孩子們打造一個充滿歡樂的下午派對。孩子們將親手製作聖誕樹造型的薄餅——從擀麵團、鋪配料到烘烤，全程由自己動手；隨後，聖尼古拉斯本人將與活潑可愛的精靈們一同驚喜現身。活動將在溫馨的聖誕故事敘述中圓滿落幕，融合了節日的美味、歡樂驚喜及魔法。

Time : 2:30pm – 4:30pm
時間 : 下午2時30分至4時30分

Age : 4 years and above
年齡 : 4 歲及以上

.....
\$348 per person
每位

Reservations 訂座 : 2118 2295

Email 電郵 : chrislis-yip@pacificclub.com.hk

Enrollment Deadline : Monday, 30th November
報名截止日期 : 11月30日 (星期一)



12th
DECEMBER
12月12日

SATURDAY 星期六

CHILDREN'S CHRISTMAS LUNCH PARTY AT THE ISLAND VIEW 聖誕兒童午餐派對

Join us for a festive children's lunch party filled with seasonal fun, good food, and Christmas cheer. Little guests will enjoy a selection of children's favourites, and grown-ups will enjoy the generous buffet lunch too. After lunch, the afternoon continues with party games, entertainment, and a fun magic show for everyone to enjoy. Children will also have the chance to visit Santa's Grotto, where Santa Claus will stop by during his Christmas rounds to greet them and hand out small gifts. A warm and cheerful festive afternoon for children to eat, play, laugh, and celebrate the season together.

歡迎參加我們充滿節慶歡樂、美味佳餚及聖誕喜悅的兒童午餐派對。孩子們將可以享用各式各樣深受喜愛的兒童美食，大人們也能盡情品嚐豐盛的自助午餐。午餐過後，精彩活動繼續進行，包括派對遊戲、娛樂節目及老少咸宜的趣味魔術表演。孩子們還有機會造訪「聖誕老人小屋」——聖誕老人會在忙碌的節日行程中抽空親臨現場，與孩子們見面並派發小禮物。這將會是一個溫馨快樂的節日午後，讓孩子們盡情享用美食、玩耍、歡笑，一同慶祝這個美好的節日。

Time : From 12:00noon – 3:00pm

時間 : 由中午12時至下午3時

Age : aged 2 and above

年齡 : 兩歲及以上

\$428 per person
每位

including orange juice, apple juice, and soft drinks
包括橙汁、蘋果汁及汽水

Venue : The Island View Restaurant

地點 : Island View 餐廳

Reservations 訂座 : 2118 1846

Email 電郵 : islandview@pacificclub.com.hk

CHILDREN'S GINGERBREAD HOUSE WORKSHOP 兒童聖誕薑餅屋工作坊

Children are invited to join our pastry chefs for a festive gingerbread house workshop filled with creativity, colour, and Christmas cheer. From assembling the house to piping icing and adding sweet decorations, little makers will be guided step by step as they bring their own edible holiday creation to life. With plenty of room for imagination and no end to festive detail, each child will finish the workshop with a beautifully decorated gingerbread house to take home and proudly share.

誠摯邀請孩子們加入我們的糕點師團隊，參加這場充滿創意、色彩及聖誕歡樂氣氛的薑餅屋工作坊。從搭建屋身到擠糖霜、點綴各式甜美裝飾，孩子們將在專業指導下一步步完成屬於自己的節日美味傑作。活動中，孩子們可以盡情發揮想像力，為薑餅屋增添各種充滿節日氣息的細節；最後，每位孩子都可以帶回一座裝飾精美的薑餅屋，與親朋好友自豪地分享這份喜悅。

Time : 4:00pm – 5:30pm

時間 : 下午4時至5時30分

Age : 6 years and above

年齡 : 6歲及以上

\$488 per person
每位

Reservations 訂座 : 2118 2295

Email 電郵 : chrislis-yip@pacificclub.com.hk

Enrollment Deadline : Thursday, 3rd December

報名截止日期 : 12月3日 (星期四)

HAPPY WINTER SOLSTICE

❖ 冬至快樂 ❖

The Winter Solstice is a cherished occasion that marks the return of longer days and celebrates reunion, harmony, and togetherness. It is a time for families and loved ones to gather around the table, share comforting seasonal dishes, and welcome warmth and balance into the year ahead.

冬至是一個珍貴的節日，這一天是全年白晝最短的一天，之後再逐漸增長，象徵著團圓、和諧及相聚的好時刻。這是親朋好友圍坐餐桌前，共享暖心時令佳餚，並迎接溫暖、和諧的新一年。

22nd
DECEMBER
12月22日

TUESDAY 星期二

WINTER SOLSTICE CELEBRATION DINNER BUFFET AT THE ISLAND VIEW AND PIER 6 冬至自助晚宴

From 6:00pm
由晚上6時開始

Adults 成人 Children 小童

\$548 \$358

Venue : The Island View Restaurant & Pier 6
地點 : Island View 及 Pier 6 餐廳

Reservations 訂座 : 2118 1846

Email 電郵 : islandview@pacificclub.com.hk

At Island View & Pier 6 Restaurants, Members can enjoy a generous Winter Solstice Dinner Buffet featuring traditional Chinese favourites alongside creative fusion dishes, offering a festive spread for sharing and celebrating together. From familiar tastes that evoke home and heritage to new interpretations made for festive sharing, the evening is designed to bring people together around the table. A meaningful seasonal celebration filled with warmth, abundance, and the joy of reunion.

這個晚上，在 Island View 及 Pier 6 餐廳，會員可以盡享豐盛的冬至自助晚宴，品嚐既包含傳統中式佳餚，又融合創意風味的各式美食，共度充滿節日氛圍的歡聚時光。從喚起家鄉情懷與傳統記憶的經典滋味，到專為節日分享而匠心設計的創新佳餚，這是一場讓親朋好友圍坐一堂，共享美食，充滿溫暖、豐盛與團圓喜悅的冬至慶典。

CHINESE WINTER SOLSTICE AT BAUHINIA 冬至中式晚餐

Venue : Bauhinia
地點 : 紫荊閣

Reservations 訂座 : 2118 1892

Email 電郵 : bauhinia@pacificclub.com.hk

At Bauhinia, Chef Keung and his team present a refined à la carte menu, crafted with seasonal ingredients and inspired by the festival's traditions for a more intimate dining experience.

在紫荊閣，強師傅及其團隊將呈現一份精緻的自選菜單，菜式選用時令食材，並汲取節日傳統靈感，旨在營造更具親密感的團聚用餐體驗。

CHRISTMAS EVE 24th DECEMBER

平安夜 12月24日

THURSDAY 星期四

LUNCH AND DINNER BUFFET AT THE ISLAND VIEW AND PIER 6 平安夜自助午餐及晚餐

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

\$498 \$348

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

\$798 \$528

Venue : The Island View Restaurant & Pier 6

地點 : Island View 及 Pier 6 餐廳

Reservations 訂座 : 2118 1846

Email 電郵 : islandview@pacificclub.com.hk

Make Christmas Eve truly memorable with a festive buffet that brings together the best flavours of the season. Guests are invited to enjoy an abundant selection of holiday dishes, including roasted turkey with all the trimmings, fresh oysters, foie gras, and seasonal specialties crafted for this joyful occasion.

For dinner, the celebration becomes even more indulgent with a live Sashimi Station, Boston Lobster and Snow Crab Legs on ice, along with Prime Rib of Black Angus Beef at the carving station. The feast continues at the dessert table, where Christmas-inspired sweets, warming spices, rich flavours, and festive decorations add a final touch of indulgence.

Adding to the festive cheer, Santa Claus will join us for dinner, bringing small gifts for younger guests and plenty of Christmas magic. Perfect for families, friends, and colleagues, this lunch and dinner buffet offers a delicious way to gather, celebrate, and welcome the joy of Christmas.

在充滿節慶氣氛的平安夜當日，盡情享用匯聚當季精選美味的豐盛自助午餐及晚餐，讓這一天成為難忘的回憶。賓客將有機會品嚐各式節慶佳餚，包括佐以經典配菜的烤火雞、新鮮生蠔、鵝肝，以及專為這歡樂時刻精心烹製的時令特色美食。在晚餐中，美食更顯奢華豐盛：現場即切的新鮮刺身、令人垂涎的冰鎮波士頓龍蝦及雪蟹腳，更有即點即切的優質黑安格斯牛肋排。盛宴的尾聲將在甜點區延續，一系列融合聖誕元素的甜點——伴隨著暖心香料氣息、濃郁風味及節日裝飾——將為你帶來極致的甜蜜享受。

為了增添節日氣氛，聖誕老人將親臨為小朋友送上小禮物，並帶來滿滿的聖誕奇妙驚喜。這自助午餐及晚餐盛宴是與親朋好友及同事歡聚一堂、共慶佳節、迎接聖誕喜悅的理想之選。

FESTIVE SEMI-BUFFET LUNCH AND DINNER AT CAPRICCI 平安夜半自助午餐及晚餐

This Christmas Eve, celebrate the season Italian-style at Capricci with a festive lunch or dinner designed for relaxed indulgence. Begin with a generous buffet of antipasti, seasonal starters, and tempting desserts, then savour your chosen festive main course, freshly prepared and served directly to your table. Warm, elegant, and full of Italian flavour, it is a delicious way to gather with family and friends and make Christmas Eve feel truly memorable.

今年平安夜，不妨前來 Capricci 體驗意式節日風情，盡情享用我們為你精心打造的節慶午餐或晚餐，在輕鬆愜意的氛圍中犒賞味蕾。你可以先從豐盛的自助餐桌取用各款意式開胃菜、時令前菜及誘人甜點，隨後享用即點即做、由專人直接送至桌上的節日主菜。這裡環境溫馨優雅，洋溢著濃郁的意式風情，是你與親朋好友歡聚、享用美食並共度難忘平安夜的理想之選。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

\$398 \$328

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

\$498 \$328

Venue : Capricci

地點 : Capricci餐廳

Reservations 訂座 : 2118 1803

Email 電郵 : capricci@pacificclub.com.hk

* Described menus are subject to change without prior notice
以上菜單如有更改，恕不另行通知

LUNCH MENU

Christmas Tree Pizza with Smoked Turkey Breast,
Bell Pepper, Red Onions and Fresh Basil

Or

Mushroom and Beef Lasagna Rollatini
with Spinach and Tomato Bell Pepper Sauce

Or

Seared Duck Breast with Cherry Sauce,
Daikon Fondant and Pumpkin Puree

Or

Spaghetti alla Natalina with Tomato Sauce, Walnuts,
Pine Nuts, Sweet Sultanas, Black Olives and Anchovies

Or

Fillet of Sea Bream with Tomato Sauce, Mussels,
Crispy Capers and Romanesco

Or

Braised Black Angus Short Rib with Morel Mushroom Sauce,
Green Beans and Pommery Mustard Mashed Potatoes

DINNER MENU

Christmas Tree Pizza with Smoked Turkey Breast,
Bell Pepper, Red Onions and Fresh Basil

Or

Spaghetti alla Natalina with Tomato Sauce, Walnuts,
Pine Nuts, Sweet Sultanas, Black Olives and Anchovies

Or

Mushroom and Beef Lasagna Rollatini
with Spinach, and Tomato Bell Pepper Sauce

Or

Seared Canadian Pork Chop with its own Natural Jus,
Pear Puree and Crispy Kale

Or

Fillet of Halibut wrapped in Prosciutto di Parma
with Sake Butter Sauce and Romanesco

Or

Grilled Lamb Chops with Rosemary Jus
and Parsnip Preparations

Or

Seared Black Angus Tenderloin with Morel Mushroom Sauce,
Green Beans and Pommery Mustard Mashed Potatoes

Bookings are available from Tuesday, 3rd November at 10:30am.
Please call the Booking Hotline on 2118 1868. After that day,
please call The Island View at 2118 1846 or Capricci at 2118 1803.

本會將於11月3日（星期二）上午10時30分開始接受訂座，請致電訂座熱線：2118 1868。
翌日開始，訂座請致電 Island View 餐廳：2118 1846 或 Capricci 餐廳：2118 1803。



CHRISTMAS DAY 25th DECEMBER 聖誕日 12月25日

FRIDAY 星期五

LUNCH AND DINNER BUFFET AT THE ISLAND VIEW AND PIER 6 聖誕日自助午餐及晚餐

Celebrate Christmas Day with a generous festive buffet available for both lunch and dinner, offering an abundant selection of seasonal favourites throughout. Members can look forward to roasted turkey with all the trimmings, fresh oysters, foie gras, a live sashimi station, Boston lobster and snow crab legs on ice, and Prime Rib of Black Angus Beef from the carving station. The celebration continues with Christmas-inspired desserts, warming spices, rich festive flavours, and elegant seasonal decorations that bring the spirit of the holiday to the table.

Adding to the festive cheer, Santa Claus will make a special appearance during lunch and dinner, bringing small gifts for youngsters and a touch of Christmas magic. A delicious way for families, friends, and colleagues to gather, celebrate, and savour the joy of Christmas Day.

歡迎蒞臨享用豐盛的聖誕日自助午餐及晚餐，盡情品嚐各式節日佳餚。會員可享用佐以豐富配菜的烤火雞、新鮮生蠔、鵝肝、即切刺身、波士頓龍蝦及冰鎮雪蟹腳，以及現場即切的優質黑安格斯牛肋排。此外，還有充滿聖誕特色的甜點、融入暖心香料的佳餚及濃郁節日風味的美食，配搭優雅的節慶裝飾，為你帶來滿載節日氛圍的用餐體驗。

為增添節日歡樂氣氛，聖誕老人將特別於午餐及晚餐時段前來為小朋友送上小禮物，並帶來一份聖誕奇妙驚喜。這是親朋好友及同事歡聚一堂、共慶佳節並盡享聖誕喜悅的絕佳方式。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

\$728 \$480

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

\$798 \$528

Venue : The Island View Restaurant & Pier 6

地點 : Island View 及 Pier 6 餐廳

Reservations 訂座 : 2118 1846

Email 電郵 : islandview@pacificclub.com.hk

FESTIVE SEMI-BUFFET LUNCH AND DINNER AT CAPRICCI 聖誕日半自助午餐及晚餐

This Christmas Day, celebrate the season Italian-style at Capricci with a festive lunch or dinner designed for relaxed indulgence. Begin with a generous buffet of antipasti, seasonal starters, and tempting desserts, then savour your chosen festive main course, freshly prepared and served directly to your table. Warm, elegant, and full of Italian flavour, it is a delicious way to gather with family and friends and make Christmas Day feel truly memorable.

今年聖誕日，歡迎前來 Capricci 盡情享用我們為你精心打造的意式節慶午餐或晚餐，在輕鬆愜意的氛圍中犒賞味蕾。你可以先從豐盛的自助餐檯取用各款意式開胃菜、時令前菜及誘人甜點，隨後享用即點即做、由專人直接送至桌上的節日主菜。這裡環境溫馨優雅，洋溢著濃郁的意式風情，是你與親朋好友歡聚、享用美食並共度難忘聖誕日的理想之選。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

\$398 \$328

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

\$498 \$328

Venue : Capricci

地點 : Capricci 餐廳

Reservations 訂座 : 2118 1803

Email 電郵 : capricci@pacificclub.com.hk

LUNCH MENU ON 25TH & 26TH DECEMBER

Christmas Tree Pizza with Smoked Turkey Breast,
Bell Pepper, Red Onions and Fresh Basil

Or

Mushroom and Beef Lasagna Rollatini
with Spinach and Tomato Bell Pepper Sauce

Or

Seared Duck Breast with Cherry Sauce,
Daikon Fondant and Pumpkin Puree

Or

Spaghetti alla Natalina with Tomato Sauce, Walnuts,
Pine Nuts, Sweet Sultanas, Black Olives and Anchovies

Or

Fillet of Sea Bream with Tomato Sauce, Mussels,
Crispy Capers and Romanesco

Or

Braised Black Angus Short Rib with Morel Mushroom Sauce,
Green Beans and Pommery Mustard Mashed Potatoes

* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

Bookings are available from Wednesday, 4th November at 10:30am. Please call the Booking Hotline on 2118 1868.
After that day, please call The Island View at 2118 1846 or Capricci at 2118 1803.

本會將於11月4日（星期三）上午10時30分開始接受訂座，請致電訂座熱線：2118 1868。

翌日開始，訂座請致電 Island View 餐廳：2118 1846 或 Capricci 餐廳：2118 1803。



BOXING DAY 26th DECEMBER 節禮日 12月26日

SATURDAY 星期六

LUNCH AND DINNER BUFFET AT THE ISLAND VIEW AND PIER 6 節禮日自助午餐及晚餐

Continue the festive celebrations with a generous Boxing Day lunch or dinner buffet, perfect for gathering with family and friends after Christmas Day. Members can enjoy a delicious spread of seasonal favourites, comforting holiday dishes, fresh seafood, carving station highlights, and indulgent desserts with festive touches.

Relaxed, abundant, and full of seasonal flavour, this Boxing Day buffet is a wonderful way to keep the Christmas spirit alive around the table.

想延續節日歡慶氛圍，不妨在節禮日享用一頓豐盛的自助午餐或晚餐，與親朋好友在聖誕節後再次歡聚一堂。會員將可以品嚐到一系列時令佳餚、暖心節日美饌、新鮮海鮮、多款即切肉扒，以及充滿節日特色的誘人甜點。

這場節禮日自助盛宴氛圍輕鬆愜意，菜餚琳瑯滿目且充滿時令風味，必定讓你與親友一同繼續沉浸於濃濃的聖誕喜悅之中。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

\$448 \$298

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

\$528 \$368

Venue : The Island View Restaurant & Pier 6

地點 : Island View 及 Pier 6 餐廳

Reservations 訂座 : 2118 1846

Email 電郵 : islandview@pacificclub.com.hk

FESTIVE SEMI-BUFFET LUNCH AND DINNER AT CAPRICCI 節禮日半自助午餐及晚餐

DINNER MENU ON 25TH & 26TH DECEMBER

Christmas Tree Pizza with Smoked Turkey Breast,
Bell Pepper, Red Onions and Fresh Basil

Or

Spaghetti alla Natalina with Tomato Sauce, Walnuts,
Pine Nuts, Sweet Sultanas, Black Olives and Anchovies

Or

Mushroom and Beef Lasagna Rollatini
with Spinach, and Tomato Bell Pepper Sauce

Or

Seared Canadian Pork Chop with its own Natural Jus,
Pear Puree and Crispy Kale

Or

Fillet of Halibut wrapped in Prosciutto di Parma
with Sake Butter Sauce and Romanesco

Or

Grilled Lamb Chops with Rosemary Jus
and Parsnip Preparations

Or

Seared Black Angus Tenderloin with Morel Mushroom Sauce,
Green Beans and Pommery Mustard Mashed Potatoes

* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

This Boxing Day, celebrate the season Italian-style at Capricci with a festive lunch or dinner designed for relaxed indulgence. Begin with a generous buffet of antipasti, seasonal starters, and tempting desserts, then savour your chosen festive main course, freshly prepared and served directly to your table. Warm, elegant, and full of Italian flavour, it is a delicious way to gather with family and friends and make Boxing Day feel truly memorable.

歡迎於節禮日前來 Capricci 盡情享用我們為你精心打造的意式節慶午餐或晚餐，在輕鬆愜意的氛圍中犒賞味蕾。你可以先從豐盛的自助餐桌取用各款意式開胃菜、時令前菜及誘人甜點，隨後享用即點即做、由專人直接送至桌上的節日主菜。這裡環境溫馨優雅，洋溢著濃郁的意式風情，是你與親朋好友歡聚、享用美食並共度難忘聖誕日的理想之選。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

\$398 \$328

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

\$498 \$328

Venue : Capricci

地點 : Capricci 餐廳

Reservations 訂座 : 2118 1803

Email 電郵 : capricci@pacificclub.com.hk

Bookings are available from Thursday, 5th November at 10:30am. Please call the Booking Hotline on 2118 1868.
After that day, please call The Island View at 2118 1846 or Capricci at 2118 1803.

本會將於11月5日（星期四）上午10時30分開始接受訂座，請致電訂座熱線：2118 1868。

翌日開始，訂座請致電 Island View 餐廳：2118 1846 或 Capricci 餐廳：2118 1803。

CASINO ROYALE

NEW YEAR'S EVE GALA DINNER CELEBRATION

「皇家賭場」除夕夜晚餐派對

NEW YEAR'S EVE, 31st DECEMBER
除夕夜 12月31日

Step into a night of glittering elegance and excitement as Casino Royale brings the glamour of New Year's Eve to life. Dressed in black tie, guests will be welcomed into a dazzling celebration set against a picture-perfect view of Hong Kong Island, where sparkling lights, lively energy, and festive anticipation fill the air. Try your luck at the gaming tables with roulette, blackjack, and Big or Small, with enticing prizes waiting to be won. Throughout the evening, enjoy a full open bar and an abundant buffet of festive delights, as our culinary team presents indulgent dishes with artistry and flair. Live cooking stations add theatre to the dining experience, while beautifully prepared seasonal creations bring a sense of occasion to every plate.

The celebration reaches a sweet crescendo with an extraordinary dessert buffet, live dessert station, and the traditional Baked Alaska marking its grand opening. As midnight draws near, the live band sets the rhythm, the dance floor comes alive, and guests raise a glass for a sparkling Champagne toast. A glamorous black-tie celebration of fine flavours, festive sparkle, music, dancing, and royal revelry; the perfect way to welcome the New Year.

踏入一個璀璨優雅、激情四射的夜晚，體驗本會以「皇家賭場」為主題的除夕夜精彩派對。賓客將受邀穿著正式禮服出席這場盛大的慶典，在飽覽香港絕美景緻的同時，沉浸於流光溢彩、活力澎湃及滿懷節日期待的歡樂氛圍之中。大家不妨在輪盤、21點及「大小」等博彩遊戲中一試身手，贏取誘人獎品。整個晚上，大家都可以盡情享用無限暢飲的飲品及琳瑯滿目的節日佳餚；我們的烹飪團隊將以精湛技藝及獨特巧思，呈現一道道令人回味無窮的美食。現場烹飪攤位為用餐體驗增添了動感及觀賞性，而精心打造的時令佳餚則賦予了每一道菜獨有的節慶感。

這場慶典在豐盛的甜點自助餐、現場甜點製作台，以及作為重頭戲登場的傳統火焰雪山甜點中迎來甜蜜高潮。隨著午夜臨近，現場樂隊奏響樂章，舞池氣氛熱烈，賓客紛紛舉杯，共飲香檳，迎接新年的到來。這是一場盡顯奢華的盛會，融合了精緻佳餚、璀璨節慶氛圍、動人音樂、歡快舞步及尊貴狂歡——是迎接新年的最佳方式。

Bookings are available from Friday,
6th November at 10:30am. Please call the
Booking Hotline on 2118 1868. After that day,
please call The Island View at 2118 1846.

本會將於11月6日（星期五）上午10時30分開始接受
訂座，請致電訂座熱線：2118 1868。

翌日開始，訂座請致電 Island View 餐廳：
2118 1846。

Time : From 7:00pm
時間 : 由晚上7時開始

Dress Code : Black Tie
服裝要求 : 正式晚禮服

\$1,888 per person
每位

Venue : The Island View Restaurant & Pier 6
地點 : Island View 及 Pier 6 餐廳

Children aged 6 years and above are welcome to the
Pacific Club's New Year's Eve Gala Dinner Celebration
歡迎6歲及以上的小朋友參加本會除夕夜晚餐派對

Reservations 訂座 : 2118 1846

Email 電郵 : islandview@pacificclub.com.hk



NEW YEAR'S EVE: MIDNIGHT IN PANDORA

「潘朵拉之夜」除夕夜意式晚餐派對

NEW YEAR'S EVE

31st

DECEMBER

除夕夜 12月31日

Step into the unexpected this New Year's Eve as Capricci transforms and celebrates Midnight in Pandora; a glowing world of mystery, colour, and celebration. Inspired by moonlit landscapes, black light, and neon brilliance, the evening invites you into an otherworldly, vibrant, surprise-filled atmosphere.

Enjoy a specially crafted festive set menu, accompanied by free-flow Prosecco, wine, orange juice, and soft drinks, as the room comes alive with glow-in-the-dark details, luminous colours, and a midnight mood unlike any other. As midnight approaches, join the countdown, raise a glass, and welcome the New Year in a luminous celebration filled with flavour, glow, and wonder.

在今年除夕夜，步入充滿驚喜的奇境 — Capricci 將華麗變身，呈現「潘多拉之夜」，打造出一個融合神秘色彩、絢麗光影及節慶氛圍的璀璨世界。這場盛會汲取月光景緻、黑光藝術及霓虹光彩的靈感，邀大家置身於一個超凡脫俗、活力四射且驚喜不斷的奇妙空間。

盡情享用精心烹調的節慶套餐，配搭無限暢飲的 Prosecco 氣泡酒、葡萄酒、橙汁及汽水。現場將呈現夜光裝飾及璀璨光影，營造出獨特的「午夜」氛圍。隨著午夜臨近，讓我們一同倒數、舉杯共慶，在充滿美味、光彩及驚喜的璀璨盛會中迎接新年。

Time : From 6:00pm
時間 : 由晚上6時開始

Dress Code : Luminous Chic — white, silver, neon, and glow accents encouraged

服裝要求 : 光感時尚 — 建議選用白色、銀色、螢光色及發光元素作為點綴

Adults 成人 Children 小童

\$998 \$658

Venue : Capricci

地點 : Capricci 餐廳

Reservations 訂座 : 2118 1803

Email 電郵 : capricci@pacificclub.com.hk

SET MENU

Canapés

Ebisu Oysters with Prickly Pear and Cucumber

Mille-feuille of Duck Foie Gras,
Smoked Salmon and Hokkaido Scallops

Italian Egg Yolk Spaghetti with Alba White Truffle

Wellington of Veal Fillet with Black Truffle Madeira Sauce,
Mousseline Potatoes, and Sautéed Spinach

Williams Christ Pear and Hazelnut Nougat Delight

* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

Bookings are available from Friday, 6th November at 10:30am.

Please call the Booking Hotline on 2118 1868. After that day, please call Capricci at 2118 1803.

本會將於11月6日(星期五)上午10時30分開始接受訂座，請致電訂座熱線：2118 1868。

翌日開始，訂座請致電 Capricci 餐廳：2118 1803。



NEW YEAR'S EVE SET DINNER AND À LA CARTE MENU AT BAUHINIA 除夕夜中式晚餐套餐及自選菜式

Celebrate New Year's Eve with us at Bauhinia! Join Chef Keung and his culinary team for an extraordinary evening featuring a seasonal Set Menu designed to make your night truly special. Prefer your own custom experience? Enjoy our exclusive À La Carte Menu (minimum spend applies).

歡迎蒞臨紫荊閣歡度除夕夜! 誠摯邀請大家前來與強師傅及其烹飪團隊共度非凡之夜, 品嚐我們精心設計的時令套餐, 讓這個夜晚倍顯特別。若你偏好更具個人化的用餐體驗, 亦可選擇我們的精選單點菜式 (設最低消費要求)。

Time : From 6:00pm
時間 : 由晚上6時開始

Set Menu 套餐

Adults 成人 Children 小童

\$825 \$468

Venue : Bauhinia
地點 : 紫荊閣

Inclusive of Prosecco, Wine, Orange Juice and Soft Drinks.
包括Prosecco氣泡酒、葡萄酒、橙汁及汽水

Or select from the special à la Carte Menu with a minimum spending of \$725 per person.

或選擇精選單點菜式, 最低消費每位\$725

Reservations 訂座 : 2118 1892

Email 電郵 : bauhinia@pacificclub.com.hk

* Described menu is subject to change without prior notice
以上菜單如有更改, 恕不另行通知

MENU

餐前小食

酸甜炸雲吞、椒鹽雞軟骨茄子丁

Club's Appetizers

Deep-fried Wonton with Sweet and Sour Sauce

Deep-fried Chicken Cartilage and Eggplant
with Spicy Salt

蜂蜜叉燒皇拼 潮式炸蝦丸酸青瓜

Honey-glazed Barbecued Pork

Deep-fried Shrimp Ball and Pickled Cucumber

芝士焗釀蟹蓋

Baked Stuffed Crab Shell with Cheese

鮮椰子螺頭燉竹絲雞湯

Double-boiled Chicken Soup

with Sea Whelk and Fresh Coconut

節瓜瑤柱甫伴 發菜金蠔

Steamed Whole Conpoy stuffed in Marrow Ring

Braised Semi-dried Oyster with Black Moss

生抽皇乾煎大蝦拼 蒜片安格斯牛柳粒

Pan-fried Prawn with Soy Sauce

Stir-fried Cubed Angus Beef with Crispy Garlic

蟹粉豆苗配饅頭

Braised Young Bean Leaves with Crab Meat

and Crab Roe served with Chinese Steamed Bun

海鮮炒飯

Fried Rice with Assorted Seafood

紅豆糕、合桃露湯丸

Chilled Red Bean Pudding

Sweetened Walnut Soup with Glutinous Dumpling

NEW YEAR'S EVE FESTIVE A LA CARTE DISHES AT CLUB BAR 除夕夜自選美食

For a more casual celebration, join us at the Club Bar where a small variety of selected dishes will be offered a la carte.

享用晚餐前, 亦歡迎大家前來會所酒吧先品嚐多款節日美食, 由下午 5 時 30 分開始供應。

Time : From 5:30pm

時間 : 由下午5時30分開始

Venue : Club Bar

地點 : 會所酒吧

No bookings are available for this event. The Balcony will be closed at 4:00pm onwards on that day.

當晚不設座位預訂, 露台位置將於下午4時開始暫停供酒吧使用。

NEW YEAR'S DAY

1st JANUARY

元旦日 1月1日

FRIDAY 星期五

LUNCH BUFFET AT THE ISLAND VIEW AND PIER 6 元旦日自助午餐

Welcome the first day of 2027 with a leisurely New Year's Day Lunch Buffet at The Island View and Pier 6. Indulge in a refined selection of lunch favourites, featuring fresh seafood, seasonal roasts and delicate desserts. Enjoy good company and great food as you begin the year in relaxed and elegant style at the Club.

在 Island View 及 Pier 6 享用悠閒的元旦自助午餐，迎接 2027 年的第一天。盡情享用精選午餐，包括新鮮海鮮、時令烤肉及精緻甜點。在會所輕鬆優雅的氛圍中，享受美好的陪伴及美食，開啟新的一年。

Time : Lunch from 12:00noon
時間 : 午餐由中午12時開始

Adults 成人 Children 小童

\$488 \$322

For an additional \$178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.

每位另加\$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

Venue : The Island View Restaurant & Pier 6
地點 : Island View 及 Pier 6 餐廳

Reservations 訂座 : 2118 1846

Email 電郵 : islandview@pacificclub.com.hk

DINNER BUFFET AT THE ISLAND VIEW AND PIER 6 元旦日自助晚餐

As evening falls on the first day of the year, gather at The Island View and Pier 6 for a New Year's Day Dinner Buffet. Enjoy a beautifully prepared selection of seasonal specialities on the buffet and raise a glass to the promise of a bright year ahead.

新一年的開始，夜幕降臨，歡聚於 Island View 及 Pier 6 餐廳享用元旦日自助晚餐。品嚐精心烹調的時令特色菜餚，舉杯慶祝新年的美好。

Time : From 6:00pm
時間 : 由晚上6時開始

Adults 成人 Children 小童

\$428 \$285

For an additional \$178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.

每位另加\$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

Venue : The Island View Restaurant & Pier 6
地點 : Island View 及 Pier 6 餐廳

Reservations 訂座 : 2118 1846

Email 電郵 : islandview@pacificclub.com.hk

FESTIVE TAKEAWAY ORDER FORM 2026

聖誕外賣美食 訂購表格

Appetisers		Serves	Price (HKD)	Qty	Amount
Smoked Salmon Platter Lemon, Honey-Mustard-Dill-Sauce, Chive Sour Cream, Pumpernickel Bread	煙三文魚拼盤	6-8 persons	498		
Poached Prawns Lemon-Garlic Sauce, Classic Cocktail Sauce, Spicy Cocktail Sauce, Lemon	熟蝦	4-6 persons	498		
Cooked Seafood Platter Prawns, Mussels, Clams, Boston Lobster, Snow Crab Legs, Scallops, Fresh Lemon, Classic Cocktail Sauce, Lemon-Garlic Sauce	熟海鮮拼盤	6-8 persons	1,388		
Premium Charcuterie Board Parma Ham, Noixfine Ham, Chorizo and Salami, Pistachio Mortadella, Pickles, Olives, Grissini, Crackers, Mustard Fruits	精選冷肉拼盤	6-8 persons	498		
Cheese Board of Premium French Raw Milk Cheeses Aged Comté, Brillat-Savarin, Reblochon, Valencay, Dried Fruits, Nuts, Fruit Bread, Crackers, Fig Chutney	精選法國芝士拼盤	8-10 persons	498		
Premium Caviar from Kaviari Paris				Qty	Amount
Kristal Caviar Acipenser Schrenki and Huso Dauricus	晶鑽魚子醬	50g 125g 250g 500g	1,080 2,700 5,400 10,800		
Beluga Imperial Caviar Huso Huso	皇家鱈魚子醬	50g 125g 250g 500g	4,000 9,000 19,900 39,800		
Blinis	小鬆餅	1 Set (16 pcs)	90		
Caviar Condiments Hard-boiled Egg Whites and Egg Yolks, Chives, Capers, Crème Fraîche, Red Onions	魚子醬配料	1 Set (12 persons)	90		
Mother of Pearl Spoon	珍珠母貝殼魚子醬匙	1 pc	180		
Main Courses and Side Dishes			Price (HKD)	Qty	Amount
Oven Roasted Turkey Chestnut and Sausage Stuffing, Cranberry Sauce and Compote, Gravy and Bread Sauce, Caramelised Chestnuts	聖誕火雞	8-10 persons	998		
Honey-glazed Ham Grain Mustard Sauce, Gravy, Dijon and Grain Mustard	烤蜜汁火腿	10-12 persons	998		
Black Angus Bone-in Prime Rib Gravy, Pepper Sauce, Dijon and Grain Mustard	烤美國肉排	10-12 persons	2,188		
Beef Wellington Morel Sauce, Dijon and Grain Mustard	威靈頓牛排	6-8 persons	2,188		
Honey-roasted Carrots	蜜糖烤胡蘿蔔	4-6 persons	188		
Roasted Brussels Sprouts	烤甘藍	4-6 persons	188		
Braised Red Cabbage	櫻桃燴紅椰菜	4-6 persons	188		
Oven-roasted Potatoes	烤薯	4-6 persons	188		
Oven-roasted Turkey Set Chestnut and Sausage Stuffing, Turkey and Chestnut Sausage, Gravy, Cranberry Sauce and Compote, Bread Sauce, Caramelised Chestnuts, Red Cabbage, Honey-roasted Carrots, Brussels Sprouts, Roasted Potatoes	聖誕火雞套餐	10-12 persons	1,798		
Desserts				Qty	Amount
Christmas Pudding Whiskey-Vanilla Sauce, Crème Chantilly	聖誕布甸	8-10 persons	388		
Black Forest Yule Log Dark Chocolate Mousse, Chocolate Biscuit, Crème Chantilly, Cherries	聖誕黑森林樹頭蛋糕	8-10 persons	468		
Baked Apple Strudel Vanilla Sauce, Crème Chantilly	蘋果餡餅	8-10 persons	398		
One Dozen Mince Pies Whiskey-Vanilla Sauce, Crème Chantilly	餡餅	12 pcs	268		
* The deadline for all orders is Friday, 11th December 2026 截止訂購日期為 2026 年 12 月 11 日星期五			Total Amount :		

Member's Name (in full) 會員姓名 : _____ Membership No. 會員編號 : _____

Contact Telephone No. 聯絡電話 : _____ Contact Email 電郵 : _____

Order Date 訂購日期 : _____ Pick-up Date 領取日期 : _____ Signature 會員簽名 : _____

Pick-up Time (from 12:00noon – 6:00pm) 領取時間 (由中午 12 時至下午 6 時) : _____ Pick-up Location 領取地點 : The Island View Restaurant (3/F)

TERMS AND CONDITIONS

- Please submit this signed form to the 3/F The Island View Restaurant, fax to 2118 0207 or e-mail to takeaway@pacificclub.com.hk. 訂購食品，請填妥此表格並交回三樓 Island View 餐廳；或傳真至 2118 0207；或電郵至 takeaway@pacificclub.com.hk
- All orders must be received on or before 11th December 2026. No cancellation of any order after this date will be accepted. 截止訂購日期為 2026 年 12 月 11 日，此日期後將不接受任何訂單取消。
- Cancellations before 11th December 2026 are only accepted by fax to 2118 0207 or e-mail to takeaway@pacificclub.com.hk. 如要取消訂單，必須於 2026 年 12 月 11 日之前傳真至 2118 0207 或電郵至 takeaway@pacificclub.com.hk 通知本會。
- Please let us know if you have any allergies when ordering. 如有任何食物敏感問題，請於訂購時通知本會。
- All food items must be consumed within 2 hours of specified collection time and kept at appropriate temperatures. 所有食品必須在指定領取時間後 2 小時內食用，並保存在適當的溫度下。
- The charges of this confirmed order will be debited to your account. For enquiries, please call the F&B Office on 2118 1823 or The Island View Restaurant on 2118 1846. 此確認訂單的費用將直接於閣下之月結賬戶內扣除。如有任何查詢，請致電餐飲部 - 2118 1823 或 Island View 餐廳 - 2118 1846。
- The personal data collected in this order form will be used for order confirmation only. 本表格內所收集的個人資料只用作確認訂購之用途。