



IMPERIAL TREASURE



# 同桌同餐 吞咽友善飨宴 INCLUSIVE DINING MENU

需提前预订 Advance Order Required

吞咽友善策略伙伴

An Initiative by SUSS in partnership with Imperial Treasure and  
The Project Futurus, Supported by The Ngee Ann Kongsi

An Initiative by:



In Partnership with:



Supported by:



国际吞咽障碍饮食标准 第EC7级  
IDDSI EC7

**EC7** 容易咀嚼 EASY TO CHEW

姜茸蒸鳕鱼片  
Steamed Cod Fish Fillet with Minced Ginger  
\$25

根据国际吞咽障碍饮食标准 (IDDSI), 此稠度等级的进食能力考虑:

- 能够咬合、咀嚼软类食物
- 对吞咽坚硬或耐嚼食物时感到困难的人士

According to IDDSI, this texture is suitable for individuals who:

- Are able to bite soft foods and chew and orally process food for long enough that the person forms a soft cohesive ball/bolus that is 'swallow ready'
- Have some difficulty chewing and/or swallowing food



国际吞咽障碍饮食标准 第6级  
IDDSI Level 6

**6** 软质及一口量 SOFT & BITE-SIZED

牛松豆腐  
Stewed Beancurd with Minced Beef  
\$16

根据国际吞咽障碍饮食标准 (IDDSI), 此稠度等级的进食能力考虑:

- 需要额外咬合或咀嚼食物
- 适用于缺少牙齿或配戴不合适假牙的人士

According to IDDSI, this texture is suitable for individuals who:

- Require added effort biting or chewing
- Has missing teeth, poorly fitting dentures



国际吞咽障碍饮食标准 第5级  
IDDSI Level 5

**5** 细碎及湿软 MINCED & MOIST

三菇烩荷塘  
Steamed Egg White with Assorted Mushrooms  
\$16

根据国际吞咽障碍饮食标准 (IDDSI), 此稠度等级的进食能力考虑:

- 即使付出额外的努力, 仍无法有效地进行咬合或咀嚼。仅靠舌头力量就能分散此质地食物中的细软颗粒
- 适用于咀嚼时会感到疲劳的人士
- 适用于缺少牙齿或配戴不合适假牙的人士

According to IDDSI, this texture is suitable for individuals who:

- Are unable to bite or chew effectively even with added effort. Tongue force alone can be used to separate the soft small particles in this texture
- Experience fatigue on chewing
- Has missing teeth, poorly fitting dentures



点餐及进食前请参阅后页之注意事项。所有价格需另加服务费和消费税。图片只供参考

Please refer to the notes on the following page before placing order and eating. All prices are subject to service charge and prevailing government taxes. Images are for reference only.

## 国际吞咽障碍饮食标准 第4级

IDDSI Level 4

4

糊餐 PUREED (精致软餐 SOFTMEAL)

### 蜜汁叉烧

Barbecue Pork with Honey Sauce

\$32

### 小寿桃

Mini Longevity Bun

\$9 (3粒/3 pcs)

### 姜茶黑芝麻汤丸 (热)

Black Sesame Glutinous Rice in Ginger Soup (Hot)

\$12 (3粒/3 pcs)

\*黑芝麻汤丸和姜茶单独供应

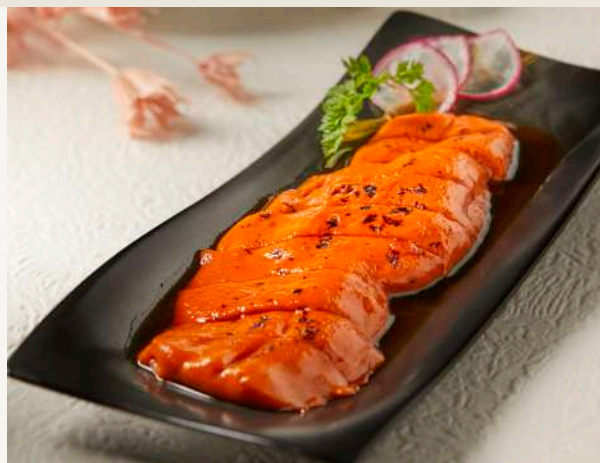
Glutinous Rice Dumpling and Ginger Soup are served separately

根据国际吞咽障碍饮食标准 (IDDSI), 此稠度等级的进食能力考虑:

- 无法有效或安全地进行咬合或咀嚼
- 在控制或移动舌头方面存在困难

According to IDDSI, this texture is suitable for individuals who:

- Are unable to bite or chew effectively or safely
- Experience difficulty controlling or moving the tongue



## 国际吞咽障碍饮食标准 第3级

IDDSI Level 3

3

流质 LIQUIDISED

### 生磨核桃露 (热)

Walnut Cream (Hot)

\$10

根据国际吞咽障碍饮食标准 (IDDSI), 此稠度等级的进食能力考虑:

- 咀嚼能力极低, 无法进行正常咬合
- 舌头活动或控制能力有限
- 吞咽时有疼痛感的人士

According to IDDSI, this texture is suitable for individuals who:

- Have minimal biting or chewing ability
- Have minimal tongue movements or control
- Experience pain on swallowing



点餐及进食前请参阅后页之注意事项。所有价格需另加服务费和消费税。图片只供参考

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# - 点餐指引 -

## GUIDELINE

按照国际吞咽障碍饮食标准 (IDDSI), 您是否清楚应进食哪个等级的食物?

According to the International Dysphagia Diet Standardisation Initiative (IDDSI), are you aware of which level of food texture you should consume?

了解  
Yes

请选择相符的IDDSI等级  
Please select the appropriate IDDSI level.

不清楚  
No

您了解平日进食的食物质地吗?

Do you know the usual texture of the food you eat?

清楚  
Yes

请按照餐牌内的指引选择相符的质地

Please follow the guidance in the menu to choose the matching texture.

不了解  
No

请参阅各种等级的参考图片, 选择最适合的质地或向专业医护人员 (如: 言语治疗师) 了解并进行评估, 按照建议进食软硬度合适的食物

Please refer to the reference images for each level and select the most suitable texture, or consult a qualified healthcare professional (e.g., a speech therapist) for assessment and follow their recommendations to consume food with the appropriate texture and consistency.

# - 菜式参考 -

## MEAL REFERENCE

EC  
7



国际吞咽障碍饮食标准  
第EC7级  
IDDSI EC7

容易咀嚼 EASY TO CHEW

6



国际吞咽障碍饮食标准  
第6级  
IDDSI Level 6

软质及一口量 SOFT & BITE-SIZED

5



国际吞咽障碍饮食标准  
第5级  
IDDSI Level 5

细碎及湿软 MINCED & MOIST

4



国际吞咽障碍饮食标准  
第4级  
IDDSI Level 4

糊餐PUREED (精致软餐 SOFTMEAL)

3



国际吞咽障碍饮食标准  
第3级  
IDDSI Level 3

流质 LIQUIDISED

# - 注意事项 -

## IMPORTANT NOTES

- 吞咽困难患者或需调整食物质感的人士，建议请先咨询言语治疗师或专业医护人员，了解适合自己的食品。  
Customer with swallowing difficulties or texture modified diets, consider seeking professional advice from a speech therapist (or qualified medical professional) to ensure the food texture and consistency are appropriate for your needs.
- 御宝饮食集团制作的食物软硬度及质地均参考「国际吞咽障碍饮食标准 (IDDSI)」等级的描述。  
All care food prepared by Imperial Treasure Restaurant Group Pte. Ltd. is based on the descriptions outlined in the International Dysphagia Diet Standardisation Initiative (IDDSI).
- 食物之详细测试方法，请参阅「国际吞咽障碍饮食标准化创办组织 (IDDSI)」之完整IDDSI框架及详细定义。  
[https://iddsi.org/IDDSI/medial/images/Translations/IDDSI\\_Framework\\_Descriptors\\_Final\\_Traditional\\_Chinese\\_Feb\\_2021.pdf](https://iddsi.org/IDDSI/medial/images/Translations/IDDSI_Framework_Descriptors_Final_Traditional_Chinese_Feb_2021.pdf)  
For detailed testing methods and definitions, please refer to the official IDDSI framework:  
[https://iddsi.org/IDDSI/medial/images/Translations/IDDSI\\_Framework\\_Descriptors\\_Final\\_Traditional\\_Chinese\\_Feb\\_2021.pdf](https://iddsi.org/IDDSI/medial/images/Translations/IDDSI_Framework_Descriptors_Final_Traditional_Chinese_Feb_2021.pdf)
- 食物质地有机会因温度而改变，上餐后建议尽快食用。  
Food texture may change due to temperature or other factors. We recommend consuming meals promptly after serving.
- 如进食时感到不适，请立即停止进食，并向医护人员查询。  
If you experience discomfort or difficulty while eating, stop immediately and seek medical advice.
- 如阁下对任何食物有过敏反应，请预先通知本店职员。  
If you have any food allergies or intolerances, please inform our staff before placing your order.
- 御宝饮食集团对因未遵循专业医疗建议或食用与评估的膳食要求不符的食物而导致的任何不良健康影响概不负责。  
Imperial Treasure Restaurant Group Pte. Ltd. shall not be liable for any adverse health effects resulting from failure to follow professional medical advice or from consuming food inconsistent with your assessed dietary requirements.

