

金 隆

FOOD
MASTERS
SINGAPORE
2021

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Singapore Food Masters 2021
WINNER
East-West Zone
Jing Long
Seafood Restaurant



JING LONG 'POON CHOI' SET

金 隆 网 鮑 盆 菜 组 合

心 想 事 成 盆 菜 宴

五 人 盆 菜 5 pax \$438

贺 春 喜 洋 洋 (貴妃鮑撈生)
Gu Fei Abalone 'Yu Sheng'

珠 光 宝 气 聚 满 盆 (网 鮑 海 味 盆 菜)
Abalone 'Poon Choi'

渔 村 唱 丰 收 (日 风 蒸 順 壳)
Steam 'Soon Hock' in Japanese style

喜 庆 丰 收 年 (栗 子 腊 味 饭)
Chestnut Steam Rice with Chinese Sausage

满 堂 乐 开 怀 (银 杏 雪 耳 桃 胶 露)
Peach Gel with Snow Fungus & Ginkgo Nuts

富 贵 嘉 宾 盆 菜 宴

十 人 盆 菜 10pax \$668

嘉 宾 齐 捞 生 (貴妃鮑撈生)
Gu Fei Abalone 'Yu Sheng'

珠 光 宝 气 盆 (网 鮑 海 味 盆 菜)
Abalone 'Poon Choi'

渔 村 唱 丰 收 (日 风 蒸 順 壳)
Steam 'Soon Hock' in Japanese style

满 堂 笑 哈 哈 (陈 皮 蟹 皇 灼 生 虾)
Boiled Prawns with Superior Oyster Sauce

百 子 千 孙 乐 (栗 子 腊 味 饭)
Chestnut Steam Rice with Chinese Sausage

满 堂 乐 开 怀 (银 杏 雪 耳 桃 胶 露)
Peach Gel with Snow Fungus & Ginkgo Nuts

BLK 412 Bedok North Avenue 2
#01-152 Singapore 460412
Tel : 64429398 / 64499358
www.jinglongseafood.com.sg

Menu price are inclusive of 8% GST,
no further discount.

No Service Charge.

富贵团圆宴

十人套餐 10pax \$598

鸿运齐捞生 (贵妃鲍捞生)
Gu Fei Abalone 'Yu Sheng'

吉祥如意翅 (干贝蟹肉鱼翅)
Shark's Fin with Crab Meat & Conpoy

丰收有余 (金针杞子蒸顺壳)
Steam 'Soon Hock' with
Golden mushroom & wolfberries

迎春齐接福 (虫草花炖菜园鸡)
Steam Kampong Chicken with
Cordyceps Flowers

包罗万象有 (花菇鱼鳔网鲍盆)
Braised 10H Abalone with
Mushroom & Fishmaw

嘻哈齐欢乐 (陈皮蚝皇灼生虾)
Boiled Prawns with Superior Oyster Sauce

丰衣添足食 (栗子腊味饭)
Chestnut Steam Rice with Chinese Sausage

欢庆大家乐 (银杏雪耳桃胶露)
Peach Gum with Snow Fungus & Ginko Nuts

Menu price are inclusive of 8% GST,
no further discount.

No Service Charge.

金玉满堂宴

六人套餐 6pax \$368

风生水起 (贵妃鲍捞生)
Gu Fei Abalone 'Yu Sheng'

满堂吉庆 (干贝蟹肉鱼翅)
Shark's Fin with Crab Meat & Conpoy

丰收有余 (金针杞子蒸顺壳)
Steam 'Soon Hock' with
Golden Mushroom & wolfberries

好市兴隆 (花菇鱼鳔网鲍盆)
Braised 10H Abalone with
Mushroom & Fishmaw

嘻哈欢乐 (陈皮蚝皇灼生虾)
Boiled Prawns with Superior Oyster Sauce

满盆珍珠 (栗子腊味饭)
Chestnut Steam Rice with Chinese Sausage

甜蜜开心 (银杏雪耳桃胶露)
Peach Gum with Snow Fungus & Ginko Nuts

Menu price are inclusive of 8% GST,
no further discount.

No Service Charge.

财源广进宴

四人套餐 4Pax \$288

嘉宾捞生 (贵妃鲍捞生)
Gu Fei Abalone 'Yu Sheng'

吉星鸿图 (上汤干贝蟹肉翅)
Shark's Fin with Crab Meat & Conpoy

年年有余 (日风蒸雪鱼)
Steam Cod Fish in Japanese Style

竹报平安 (花菇鱼鳔西兰花)
Stir Fried Broccoli with Fishmaw

嘻哈欢乐 (陈皮蚝皇灼生虾)
Boiled Prawns with Superior Oyster Sauce

珍珠满盆 (栗子腊味饭)
Chestnut Steam Rice with Chinese Sausage

温心甜蜜 (银杏雪耳桃胶露)
Peach Gum with Snow Fungus & Ginko Nuts

Menu price are inclusive of 8% GST,
no further discount.

No Service Charge.

花开富满堂

十人套餐 10pax \$1388

鸿运嘉宾齐捞生 (龙虾捞生)
Lobster 'Yu Sheng'

事业昌隆旺四海
(至尊极品佛跳墙)

Superior Buddha Jump Over the Wall

鱼跃龙门带雨飞 (潮洲蒸红斑鱼)
Steam Red Grouper in Teo Chew Style

金碧辉煌显富贵 (带子扒时蔬)
Stir Fried Season Green with Scallop

连年丰衣添足食 (金瑶栗子腊味饭)
Chestnut Steam Rice with Chinese Sausage

天降雨露大平年 (泡参桃胶激雪蛤)
Double Boiled Hasma (Hot / Cold)

Menu price are inclusive of 8% GST,
no further discount.

No Service Charge.

花开富贵宴

十人套餐 10pax \$988

鸿运嘉宾齐捞生 (澳洲鲍鱼捞生)
Australia Abalone 'Yu Sheng'

事业昌隆旺四海
(玉带蟹肉扣中鲍翅)

Superior Shark's Fin with Crab Meat & Scallop

金猪报喜家家乐 (好运沙皮猪)
Suckling Roast Pig

鱼跃龙门带雨飞 (金银蒜蒸红斑)
Steam Red Grouper with Fried Garlic

连年丰衣添足食 (金瑶栗子腊味饭)
Chestnut Steam Rice with Chinese Sausage

天降雨露大平年 (泡参桃胶激雪蛤)
Double Boiled Hasma (Hot / Cold)

风生水起宴

十人套餐 10pax \$768

贺年齐捞生 (贵妃鲍捞生)
Gu Fei Abalone 'Yu Sheng'

亨通旺四海

(原粒干贝蟹肉扣中鲍翅)
Shark's Fin with Crab meat & Whole Conpoy

年年庆有余 (日风蒸雪鱼)
Steam Cod Fish in Japanese Style

凤凰贺新春 (海参扒香鸭)
Sea cucumber Braised Duck

好市齐齐发 (花胶鱼鳔花菇盆)
Braised Fishmaw with Mushroom

祥龙迎春节 (陈皮蚝皇灼生虾)
Boiled Prawns with Superior Oyster Sauce

珍珠聚满盆 (栗子腊味饭)
Chestnut Steam Rice with Chinese Sausage

满堂乐开怀 (银杏雪耳桃胶露)
Peach Gum with Snow Fungus & Ginkgo Nuts

HAPPY LUNAR NEW YEAR

新春快乐

平安喜乐 万事胜意



金龙鱼生盘 Cold Dish

(S)

(L)

Y1.	龙虾捞生 Lobster Yusheng	\$80.80	\$158.00
Y2.	富贵嘉宾鲍鱼生 Abalone Yusheng	\$80.80	\$118.80
Y3.	佳节贵妃鲍鱼生 Guifei abalone Yusheng	\$43.80	\$58.80
Y4.	加鲍鱼, 每份 Add Abalone	\$46.80	
Y5.	加贵妃鲍 Add Gui Fei	\$10.80	
Y6.	加泊翠 Add Cracker	\$2.50	



Cs1



Cs9

All pictures are for illustration only.

拼盘 Cold Dish

All prices are inclusive of 8% gst.

Cd1.	沙律生猛龙虾双色拼 Lobster Salad Combination	(S) \$88.80	(L) \$178.80
Cd2.	沙律鲜果冻龙虾 Lobster Fruits Salad	(S) \$73.80	(L) \$148.00
Cd3.	金隆冷热三色拼 Jing Long Triple Combination	\$50.40	
Cd4.	金隆冷热双色拼 Jing Long Double Combination	\$33.60	

精典小食 Classic Snack @ \$16.80



Cs1.	酥烤鸭方 Crispy Seafood Delight & Duck w/ Crepe	Cs4.	香煎杏鲍菇 Deep Fried Trumpet Mushroom w/ Sweet Sauce
Cs2.	蜜汁鼓油螺 Top Shell w/ Sweet & Sour Sauce	Cs5.	特味苏东仔 Crispy Baby Squid
Cs3.	沙拉鲜果虾 Salad Prawn	Cs6.	七彩海蜇花 Jelly Fish w/ Crispy Sliced Lotus

(S) (M) (L)

Cs7.	马蹄脆虾枣 Prawn Roll w/ Water Chestnut	\$12.80	\$18.80	\$24.80
Cs8.	花枝炸油条 You Tiao w/ Sotong Paste	\$12.80	\$18.80	\$24.80
Cs9.	干叶鲜带子 Scallop & Banana Bakwa Roll	\$6.50 per pcs min. 3 pcs		



Abalone, Seacucumber, Fishmaw

All prices are inclusive of 8% gst.

海参翅肚

(S)

(M)

(L)



A1.	海味四宝盆 Treasure in the Pot	\$46.80	\$62.80	\$82.80
A3.	海参烩黄金网鲍 Braised Abalone with Sea Cucumber	\$98.80 6pcs		\$168.00 10pcs
A4.	泰味生捞鲍鱼角 Abalone with Thai Sauce	\$98.80		
A5.	海参澳洲三头鲍 (位上) Braised Sea cucumber with 3 Head Abalone	\$58.80 per serving		



鱼翅 Shark's Fin

A7.	上汤瑶柱花胶大鲍翅 Braised Superior Shark's Fin w/ Conpoy & Fishmaw	\$458.00 预订 Advanced Order
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(S)

(M)

(L)

A8.	瑶柱扣中鲍翅 Braised Superior Shark's Fin w/ Conpoy	\$95.80	\$148.00	
A9.	瑶柱上汤金勾翅 Shark's Fin w/ Crabmeat & Dry Scallop	\$65.80	\$93.80	\$123.00
A10.	上汤蟹肉鱼翅盏 Shark's Fin w/ Crabmeat Broth	\$55.80	\$81.80	\$108.00
A11.	金珍蟹肉鱼鳔羹 Fishmaw w / Crabmeat Broth	\$32.80	\$45.80	\$56.80





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L1.

活龙虾 Live Lobster

Seasonal Price 时价

烹调法 Choices Of Cooking

- | | |
|---|---|
| L1. 金汤泡饭  | L4 沙律生猛龙虾双色拼
Lobster Salad Combination |
| L2. 上汤焗
Superior Broth | |
| L3. 蒜蓉花调焗
Garlic Steam with Chinese Wine | |

P1. 活虾 Live Prawn

P2. 虾球 Prawn without Shell

(S) \$26.80

(M) \$36.80

(L) \$46.80

- | | |
|--|---------------------------------------|
| P1a. 白灼生虾
Boiled Live Prawn | d. 麦片 (P1 or P2)
Cereal |
| P1b. 清蒸活生虾
Steam Live Prawn | e. 金蛋 (P1 or P2)
Salted Egg Yolk |
| P2c. 金沙香脆虾球
Prawns w/ Golden
Biscuit Crush | f. 奶辣 (P1 or P2)
Spicy Milky Sauce |



古法甘香焗大虾
Kam Heong Big Prawns

\$13.80 per pcs (min 3 pcs)

P1a.



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鱼 Fish Per 100g

All prices are inclusive of 8% gst.

F1. 雪鱼 Cod Fish	\$14.80	F5. 金木卢 Seabass	\$5.00
F2. 顺壳鱼 Soon Hock	\$9.80	F6. 红斑鱼 Red Grouper	\$9.80
F3. 水果鱼 Patin Fish	\$7.80		\$9.80
F4. 特大龙虎斑两味 Giant Grouper two Style			\$138.00 per pcs

鱼烹调法 Choice Of Cooking for Fish

- | | | |
|------------------------------|--|---|
| a. 港式蒸 Hong Kong Style Steam | | f. 青椒蒸 Minced Green Chilli & Garlic Steam |
| b. 潮式蒸 Teo Chew Style Steam | | g. 油浸 Deep Fried Superior Oyster Sauce |
| c. 菜莆蒸 Crispy Caipo Steam | | h. 风味炸 Thai Style Deep Fried |
| d. 日风蒸 Japanese Style Steam | | i. 菜莆炸 Deep Fried w/ Crispy Caipo |





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C3.

活螃蟹 Live Crab 时价 Seasonal Price

All prices are inclusive of 8% gst.

蟹烹调法 Choices Of Cooking for Crab

- C1. 辣椒 Chilli
- C2. 黑椒 Black Pepper
- C3. 金蛋 Salted Egg
- C4. 清蒸 Steam
- C5. 金汤泡饭 Porridge
- C6. 蒸 / 炸曼头 Steam / Fried Mantou \$6.00 min 6 pcs



C2.



C1.



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M6.

家禽 Meat & Poultry (S) (M) (L)

All prices are inclusive of 8% gst.

M1.	咖啡 / 日式焗子排 a. Coffee b. Jap Style Pork Rib		\$16.80	\$26.80	\$33.80
M2.	黑椒爆鹿肉 Black Pepper Venison		\$24.80	\$30.80	\$38.80
M3.	姜葱爆鹿肉 Ginger & Spring Onions Venison		\$24.80	\$30.80	\$38.80
M4.	泰味炸元蹄 Thai Style Pig's Trotter		\$24.80		\$34.80
M5.	海参扒香鸭 Braised Duck with Sea Cucumber		\$46.80		\$82.80
M6.	潮式香酥鸭 Deep Fried Teochew Crispy Duck		\$32.80		\$56.80
M7.	脆皮吊烧鸡 Roast Chicken		\$20.80		\$38.80
M8.	虫草花炖菜园鸡 Steam Kampong Chk with Cordyceps flowers		\$25.80		\$48.80





G1.

All pictures are for illustration only.

四季田园蔬 Season Of Green

(S)

(M)

(L)



G1. 香脆茄子四季豆

Crispy Egg Plant w/ French Bean

\$16.80

\$24.80

\$32.80



G2. 鸿喜菇扒港芥兰

Shimeji w/ Hong Kong Kai Lan

\$16.80

\$24.80

\$32.80

G3. 夏果白合皇

Macadamia Nuts w/ Celery

\$16.80

\$24.80

\$32.80

G5. 西兰花虾球

Broccoli w/ Prawn

\$28.80

\$38.80

\$48.80

G6. 西兰花带子

Broccoli w/ Scallop

\$30.80

\$44.80

\$58.80

田园蔬 Vegetable

(S) \$13.80

(M) \$20.80

(L) \$26.80

G8. 奶白 Nai Bai

G11. 雍菜 Kang Kong

G13. 西兰花 Broccoli

G9. 波菜 Spinach

G12. 青龙菜 Giant Chives

G14. 港芥兰 H. K Kai Lan

田园蔬烹调法 Choice Of Cooking for Vegetable

a. 清炒 Plain Fried

c. 蒜蓉 Garlic

e. 蚝油 Oyster Sauce

b. 叁峇 Sambal

d. 银鱼 Silver Fish





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T1.

豆腐 Bean curd

(S)

(M)

(L)

 T1.	菜莆滑豆腐 Home Made Beancurd w/ Cai Po	\$15.80	\$22.80	\$30.80
T2.	雪花滑豆腐 Home Made Beancurd w/ Seafood	\$25.80		\$38.80

汤 Soup

All prices are inclusive of 8% gst.

八珍魚鱠羹



 S1.	八珍蟹肉鱼鳔羹 Fishmaw w/ Crabmeat Soup	(S) \$32.80 (M) \$45.80 (L) \$56.80
S2.	上鲜鱼鳔汤 Fishmaw w/ Seafood Soup	(S) \$17.80 (M) \$25.80 (L) \$33.80
S3.	干贝苋菜上汤 Chinese Spinach w/ Dry Scallop Soup	(S) \$16.80 (M) \$24.80 (L) \$30.80



千
烧
伊
面



金
隆
寿
面



蟹
肉
炒
饭

面 / 饭 Noodles & Rice

(S)

(M)

(L)

Nr1.	滑蛋上鲜河粉 Hor Fun w/ Seafood & Eggs	\$11.80	\$20.80	\$28.80
Nr2.	干烧伊付面 Fried Yee Fu Noodles	\$13.80	\$23.80	\$33.80
Nr3.	蟹肉银鱼炒饭 Fried Rice w/ Crabmeat & Dried Silver Fish	\$13.80	\$23.80	\$33.80
Nr4.	金隆福寿面 Jing Long Longevity Noodles	\$26.80		\$38.80
Nr5.	腊味饭 Steam Rice w/ Chinese Sausage	\$28.80		\$40.80
Nr6.	金瑶腊味饭 Steam Rice w/ Chinese Sausage and top with shredded Dried Conpoy	\$30.80		\$42.80

素 Vegetarian

All prices are inclusive of 8% gst.

V1.	香煎杏鲍菇 Fried Mushroom	\$13.80
V2.	清炒田园蔬 Stir Fried Season Of Green	\$13.80
V3.	泰式滑豆腐 Thai Style Beancurd	\$13.80
V4.	香春炒饭 Xiang Chun Fried Rice	\$13.80
V5.	三菇伊付面 Fried Yee Fu Noodles w/ Mushroom	\$13.80
V6.	栗米马蹄羹 Sweet Corn Soup w/ Water Chestnut	\$16.80
V7.	喜菇田园蔬 Shimeji Mushroom w/ Season Of Green	\$16.80
V8.	夏果白合皇 Stir Fried Celery w/ Macadamia Nuts	\$16.80

	冷 / 热 甜品	Dessert	Per serving	(S)	(L)	
D1.	银杏马蹄芋泥 Yam Paste w/ Gingko Nuts		\$5.50	\$28.80	\$36.80	
D2.	金瓜马蹄芋泥 Yam Paste w/ Pumpkin		\$5.80	\$30.80	\$38.80	
D3.	雪耳桃胶露 Pearch Gum with Snow Fungus		\$5.00	\$25.80	\$33.80	
D4.	杨枝甘香露 Mango Cream w/ Sago		\$5.00	\$25.80	\$33.80	
D5.	龙眼海底椰 Longan w/ Sea Coconut		\$4.00	\$16.80	\$24.80	
D6.	龙果香茅冻 Dragon Fruits w/ Lemon Grass Jelly		\$4.00	\$16.80	\$24.80	

饮料 Beverages

All prices are inclusive of 8% gst.

B1.	喜力啤酒 Heineken Beer	\$9.80
B2.	老虎啤酒 Tiger Beer	\$8.80
B3.	黑啤酒 Guinness Stout	\$12.80
B4.	橙汁 Orange Juice	\$3.50
B5.	西瓜汁 Watermelon Juice	\$3.50
B6.	青萍果 酸梅 Green Apple Juice w/ Sour Plum	\$3.80
B9.	酸柑水 Lime Juice	\$2.50
B10.	意米水 Barley	\$2.50
B11.	酸梅水 Sour Plum	\$2.50
B12.	汽水 (可乐, 雪碧, 绿茶) Coke, Sprite, Green Tea	\$2.00



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