



M12



M13

厨师介绍  
Chef's  
Recommendation

最新推出  
New Releases

辣味  
Spicy

## 特色 Specialty

Price \$

|     |   |                      |                        |                 |
|-----|---|----------------------|------------------------|-----------------|
| M12 |  | 深井卤鹅<br>Stewed Goose | (Whole)<br>(1 portion) | 138.00<br>38.00 |
| M13 |  | 深井烧鹅<br>Roast Goose  | (Whole)<br>(1 portion) | 138.00<br>38.00 |

## 精美凉菜 Appetizer

Price \$

|    |   |  |       |
|----|---|--|-------|
| A1 |   | 洛神花渍雪梨 (解暑, 润燥, 清脂)<br>Cold Marinated Snow Pear in Roselle Flower Sauce<br>(Lowers heatiness, hydrates organs and assists in weight reduction)         | 6.80  |
| A2 |   | 酱卤猪肝菠菜 (补肝, 养血)<br>Stewed Pork Liver with Spinach<br>(Replenishes blood loss and nourishes the liver function)   | 9.80  |
| A3 |  | 炆拌双色甘兰 (除热, 通便, 抗氧化, 防辐射)<br>Cold Marinated Two Kinds of Cabbage<br>(Dispels heatiness, clears colon passage, anti-oxidation benefits)                 | 12.80 |
| A4 |  | 黑豆羊肉冻糕 (补血, 乌发, 益肾填精)<br>Chilled Lamb Jelly with Black Bean<br>(Regenerates blood, restores hair to its original dark color and improves male potency) | 12.80 |





A2



A4





- A5   **苦菊冰藻拌海蜇 (排毒, 降火, 祛斑, 富含胶原蛋白)** 12.80  
**Cold Marinated Jellyfish with Seaweed and Yellow Frizzle**

(Beautifies skin, eliminates spots, and has anti-aging benefits)

冰藻又名血珊瑚, 能修复细胞, 延缓衰老, 富含天然植物胶原蛋白, 胶质是鱼翅燕窝的10倍, 铁质是猪肝的28倍, 钙质是小鱼干的37倍, 为珍贵的海藻。

"Red Coral Algae" is a highly prized seaweed that contains very high levels of collagen, protein and calcium (10-28 times concentration) as compared to nutritional staples such as shark's fins, bird's nest, pig's liver and anchovies. Benefits derived from consuming the algae include cell rejuvenation, skin elasticity improvement and aging process retardation.

- A6 **虫草花杏鲍菇 (美肤, 消斑, 抗衰老)** 12.80  
**Cold Marinated Sliced Oyster Mushroom with Cordyceps Flower**

(Improves skin complexion, fades out pigment spots, and prevents premature aging)

‘虫草花’它是人工培养的虫草子实体, 属于一种真菌类, 其功效则和冬虫草差不多, 均有滋肺补肾、护肝、抗氧化、防衰老、抗菌、抗炎、镇静、降血压、提高机体免疫能力等作用。

Cordyceps Flowers are harvested through cultivation means and belong to the fungi family. They share similar properties and benefits as the traditional Cordyceps herb and aids in conditioning the spleen, liver, lowers high blood pressure, prevents phlegm formation, premature aging, calms nerves and improves the immune system.

- A7 **翠玉珊瑚三拌 (固肾益精, 调节内分泌)** 12.80  
**Cold Marinated Chinese Yam with French Bean and Seaweed in Passion Fruit Sauce**  
(Strengthens kidney and supports better endocrinal function)

- A8 **冰镇当归鲍鱼 (滋阴清热, 补肝明目) (预定)** (3 pcs) 24.80  
**Chilled Abalone Marinated with Angelica (Dang Gui) (Pre-Order)**  
(Improves feminine wellness, dispels heatiness, nourishes liver and improves eyesight)







## 汤羹 Soup

Price \$

|    |   |               |      |
|----|---|---------------|------|
| S1 | 安神补脑汤 (安神补脑, 乌发)<br><b>Double-boiled Soothing and Nourishment Soup</b><br>(Soothes the nerves and provides cerebral nourishment)  | per person/每位 | 8.80 |
| S2 | 灵芝桂圆清鸡汤 (增强免疫力, 防衰老)<br><b>Double-boiled Ganoderma and Dried Longan with Chicken Soup</b><br>(Enhances immune system and prevents premature aging)                            |               | 8.80 |
| S3 | 海底椰乌鸡汤 (润肺养颜)<br><b>Double-boiled Black Chicken and Sea Coconut Soup</b><br>(Nourishes lungs and improves skin complexion)  |               | 8.80 |
| S4 | 十全大补鸭汤 (补益气血)<br><b>Full Nutrient Duck Soup</b><br>(Restores and fortifies both Qi and blood in the body)   |               | 8.80 |
| S5 | 秘制山药鲑鱼汤 (降三高)<br><b>Double-boiled Salmon Fish with Chinese Yam and Mulberry Soup</b><br>(Lowers blood lipids and cholesterol count level)                                     |               | 9.80 |
| S6 | 苹果干贝软骨汤 (调理五脏亏虚, 除烦解渴)<br><b>Double-boiled Pork Ribs with Apple and Dried Scallop Soup</b><br>(Supports in regulating deficiencies in the main organs and relieves tiredness) |               | 9.80 |







- |     |  |       |
|-----|--|-------|
| S7  | <b>竹笙西湖牛肉羹 (养脾胃, 强筋骨)</b><br><b>Bamboo Fungus with Minced Beef Thick Soup</b><br>(Nourishes the spleen and stomach, bile function, strengthens bones and ligament tissues)   | 9.80  |
| S8  | <b>金笋三宝海味羹 (益气血, 养颜美容)</b><br><b>Shredded Seafood with Mushroom &amp; Bamboo Fungus in Mashed Carrot Thick Soup</b><br>(Improves energy and blood flow and skin complexion)  | 12.80 |
| S9  | <b>参须枸杞炖鲍鱼 (恢复体力, 舒缓情绪)</b><br><b>Double-boiled Abalone with Ginseng Soup</b><br>(Supports physical recovery function and calms anxiety)   | 16.00 |
| S10 |  <b>药膳炖乳鸽汤 (补肝肾, 益气血, 延年益寿)</b><br><b>Double-boiled Pigeon with Herbal Soup</b><br>(Fortifies liver and kidney, Rejuvenates Qi and Blood in the body, overall well being)<br>鸽子又名: 白凤。民间有“一鸽胜九鸡”的说法 从古至今中医学认为鸽肉有补肝壮肾、益气补血、清热解毒、生津止渴等功效。现代医学认为: 鸽肉补肾壮阳、健脑补神, 降血压, 美白肌肤, 延年益寿。 Pigeons are also called "White Phoenix". There is an old saying that goes "One pigeon is better than nine chickens." Since ancient times, Chinese medicine believes that nutrients from pigeon meat fortifies the liver and kidney, regenerates blood and Qi, detoxifies the body, and quenches thirst, among other benefits. Modern medicine believes that pigeon meat aids in rejuvenating the kidney, heightening potency, brain enhancement, lowering blood pressure, skin whitening, and longevity. | 16.00 |
| S11 |  <b>花胶虫草花大骨汤 (滋补肝肾, 养颜益寿)</b><br><b>Double-boiled Ribs Soup with Fish Maw and Cordyceps Flower</b><br>(Nourishes the liver and kidney, improves skin complexion and extends longevity)  | 16.00 |
| S12 |  <b>秘制山瑞汤 (补劳伤, 壮阳气, 大补阴之不足)</b><br><b>Doubled boiled soft-shell turtle soup</b><br>(Supports physical recovery function and improves virility in both sexes)   | 18.00 |
| S13 | <b>益寿滋补佛跳墙 (补气血, 抗衰老, 降三高)</b><br><b>Double-boiled Nutritional Buddha Jump Over The Wall</b><br>(Nourishes blood and Qi, prevents premature aging, lowers blood lipids and cholesterol count level)  | 38.00 |







## 山珍海味 Seafood

Price \$

|    |   |   | per person/每位 |        |        |
|----|---|---|---------------|--------|--------|
|    |   |   | 小<br>S        | 中<br>M | 大<br>L |
| E1 |  | <b>虫草花烩三宝 (美肤, 消斑, 抗衰老)</b><br><b>Braised Abalone, Fish Maw and Mushroom with Cordyceps</b><br>(Improves complexion, reduces pigment spots, and has anti-aging benefits)                                  |               |        | 22.00  |
| E2 |   | <b>红枣天麻鲍贝 (改善贫血, 焦虑)</b><br><b>Pacific Clams with Gastrodia Elata and Red Dates</b><br>(Alleviates anaemic symptoms and relieves anxiety)   | 18.00         | 32.00  | 48.00  |
| E3 |   | <b>红烧海参蹄筋 (滋阴壮阳, 美肤, 益寿)</b><br><b>Braised Sea Cucumber and Pork Tendons in Oyster Sauce</b><br>(Nourishment for a balanced yin and yang, beautifies skin and benefits overall well being)                | 26.00         | 48.00  | 68.00  |
| E4 |  | <b>辣露香梨海参 (补肾益精, 养血润燥)</b><br><b>Deep-fried Sea Cucumber with Snow Pear cubes in Special Spicy Seasoning</b><br>(Improves kidney function and enhances virility, nourishes blood and hydrates the organs) | 26.00         | 48.00  | 68.00  |
| E5 |   | <b>鲍鱼海参煲 (补虚养身, 改善夜尿多)</b><br><b>Braised Abalone and Sea Cucumber in Claypot</b><br>(Recuperation of weak body functions and improves nocturnal enuresis - incontinence)                                  | 36.00         | 54.00  | 72.00  |
| E6 |  | <b>干烧醋香山瑞 (平肝益肾, 滋阴补血)</b><br><b>Braised Soft-shell Turtle with Special Vinegar Sauce</b><br>(Regulates Liver function and fortifies kidney, improves feminine well being and replenishes blood loss)     | 28.00         | 56.00  | 84.00  |







## 鱼类 Fish

|    |  | Price \$            |
|----|--|---------------------|
| F1 | <b>香葱鲑鱼 (稳定情绪, 润发美肤)</b><br><b>Steamed Salmon Fish in Light Soya Sauce</b><br>(Calming to nerves and emotion, nourishes hair follicles and improves skin elasticity) | per person/每位 9.80  |
| F2 | <b>鳕鱼</b><br><b>Cod Fish</b>   | per person/每位 12.80 |
|    | a. 芹香煎鳕鱼<br><b>Pan-fried Cod Fish with Celery Sauce</b>  |                     |
|    | b. 砂仁蒸鳕鱼<br><b>Steamed Cod Fish with Katsumade Galangal Seed</b>   |                     |
|    | c. 泡参鸡精鳕鱼<br><b>Steamed Cod Fish with Ginseng &amp; Chicken Essence</b>  |                     |
|    | d. 天麻水煮鳕鱼<br><b>Boiled Cod Fish with Gastrodia Elata and mixed Parsley</b>   |                     |

## 顺壳鱼 Soon Hock Fish

|    |  |                      |
|----|--|----------------------|
| F3 | <b>顺壳鱼煮法 Choice of Cooking:</b>  | per 100gm/每100克 8.00 |
|    | a. 大鱼包小鱼<br><b>Steamed Soon Hock Stuffed with Silver Fish</b>                |                      |
|    | b. 薄荷香辣蒸顺壳鱼<br><b>Steamed Soon Hock with Spicy Peppermint Sauce</b>          |                      |
|    | c. 泡参鸡精蒸顺壳鱼<br><b>Steamed Soon Hock with Ginseng and Chicken Essence</b>     |                      |
|    | d. 香芹酥炸顺壳鱼<br><b>Deep-fried Soon Hock with Celery Sauce</b>                  |                      |
|    | e. 天麻水煮顺壳鱼<br><b>Boiled Soon Hock with Gastrodia Elata and mixed Parsley</b> |                      |

## 生鱼片 Fish Fillet (SnakeHead)

|    |  | 小<br>S | 中<br>M | 大<br>L |
|----|--|--------|--------|--------|
| F4 | <b>生鱼片煮法 Choice of Cooking:</b>  | 16.80  | 32.00  | 48.00  |
|    | a. 酸汤水煮鱼片<br><b>Boiled Fish Fillet in Green Spicy Sour Soup</b>                    |        |        |        |
|    | b. 泡参姜葱鱼片<br><b>Stir-fried Fish Fillet in Ginseng with Ginger and Spring Onion</b> |        |        |        |
|    | c. 蓝莓糖醋鱼片<br><b>Deep-fried Sliced Fish with Sweet and Sour Blueberry Sauce</b>     |        |        |        |
|    | d. 极品辣椒鱼片<br><b>Braised Fish Fillet with Superior Spicy Sauce</b>                  |        |        |        |





## 螃蟹 Live Crab

Price \$

- |    |  |  |                           |
|----|--|--|---------------------------|
| F5 |  | <b>螃蟹煮法 Choice of Cooking:</b><br>a. 秘制辣椒螃蟹<br><b>Signature Spicy Live Chili Crab</b><br>b. 薯泥干焖螃蟹<br><b>Dried Stewed Live Crab with Potato Puree</b><br>c. 花雕清蒸螃蟹<br><b>Steamed Live Crab with Chinese Wine</b><br>d. 甘香螃蟹<br><b>Wok Fried Live Crab with Minced Pork in Black Bean Sauce</b><br>e. 奶沙螃蟹<br><b>Deep-fried Live Crab with Special Satay Spices</b> | per 100gm/每100克      7.00 |
|----|--|--|---------------------------|

## 活虾 Live Prawn

(Min Order 200gm)

- |    |  |  |                           |
|----|--|--|---------------------------|
| F6 |  | <b>活虾煮法 Choice of Cooking:</b><br>a. 松香小笼虾<br><b>Live Prawn with Angelica (Dang Gui) and Pine Leaf in Bamboo Steamer</b><br>b. 药膳烧酒虾<br><b>Claypot Live Prawn in Herbal Chinese Wine</b><br>c. 当归七味虾<br><b>Deep-fried Live Prawn with Angelica (Dang Gui) Seven Spices</b><br>d. 脆粒亚参虾<br><b>Deep-fried Live Prawn in Asian Tamarind Sauce</b><br>e. 咖喱虾煲<br><b>Curry Prawn in Claypot</b> | per 100gm/每100克      6.00 |
|----|--|--|---------------------------|

## 新鲜虾婆 Fresh Crayfish

- |    |  |  |                      |
|----|--|--|----------------------|
| F7 |  | <b>虾婆煮法 Choice of Cooking:</b><br>a. 甘香虾婆<br><b>Deep-fried Crayfish with Minced Pork in Black Bean Sauce</b><br>b. 极品酱虾婆<br><b>Braised Crayfish with Superior Spicy Sauce</b><br>c. 黑椒虾婆<br><b>Wok-fried Crayfish with Black Pepper Sauce</b><br>d. 薯泥干焖虾婆<br><b>Dried Stewed Crayfish with Potato Puree</b> | per pc/每只      16.00 |
|----|--|--|----------------------|





## Price \$

### Steamed Live Frog with Ginseng and Chicken Essence

20.00 35.00 50.00





## 家禽肉类 Meat

Price \$

| M1 |  |  | 锡纸脆脆骨 (补钙质, 胶原蛋白)<br><b>Baked Crunchy Ribs in Foil</b><br>(Replenishes protein and calcium loss, rich in collagen)  | per plate/每份 |       |       | 14.80 |   |   |
|----|---|---|---|--------------|-------|-------|-------|---|---|
|    |   |   |   | 小            | 中     | 大     | S     | M | L |
| M2 |   |  | 马蹄爆炒猪肝 (补肝肾, 利水消肿)<br><b>Wok-fried Pork Liver with Water-chestnut and Dried Chili</b><br>(Nourishes the liver and kidney, eliminates water retention and swelling)  | 14.80        | 28.00 | 42.00 |       |   |   |
| M3 |   |   | 淮山牛蒡炒肉丝 (通十二经脉, 除五脏恶气, 防中风)<br><b>Stir-fried Chinese Yam and Burdock with Silced Pork</b><br>(Smooth flow of the twelve meridian points, rids negative Qi, prevention against stroke)<br><本草纲目>中记载: 牛蒡性温、味甘无毒, 通十二经脉、除五脏恶气, 久服轻身耐老。<br>有清热、解毒、祛湿、健脾、开胃、通便、滋阴、补肾、益气、降压、防中风之功效。<br><The Floral Chronicles> records that Burdock is a neutral acidity plant and is non-toxic. It has the ability to clear the main meridian points and maintain healthy bodily functions. It is mainly consumed to purge the harmful effects of internal toxins, to improve waning appetites, ease constipation, condition and regulate liver function, lower blood pressure and to prevent stroke.  | 14.80        | 28.00 | 42.00 |       |   |   |
| M4 |   |  | 金沙麦香焗软骨 (补钙, 胶原蛋白)<br><b>Baked Pork Cartilage with Oatmeal in Black Pepper Sauce</b><br>(Replenishes protein and calcium loss, rich in collagen)  | 14.80        | 32.00 | 46.00 |       |   |   |
| M5 |   |  | 奇味樱花鸡腿煲 (增强体力)<br><b>Claypot 'Sakura Chicken' Drumstick</b><br>(Improves and Builds Up physical strength)<br>樱花鸡是茶花鸡的一种, 茶花鸡散养在樱花林下, 让鸡啄食樱花, 取樱花止咳、平喘、宣肺、润肠、美容的功效, 故名“樱花鸡”。樱花鸡肉味道鲜美, 肉质结实、清香、细嫩, 品质纯正, 营养价值高, 富含蛋白质、肽类、氨基酸和维生素A、C、E、K及核黄素、硫胺素等多种维生素。具有补肝益肾、强筋壮骨、清虚热的功效, 被称为“能量之源”。对营养不良、畏寒怕冷、乏力疲劳、月经不调、贫血、虚弱等多有裨益。<br>Sakura chicken is a type of wild fowl raised in an open cherry blossom forest where they feed on cherry blossoms, thus acquiring its medicinal efficacy and effectiveness against cough and asthma related maladies, inadequate lung porosity, colon constipation, and has beautifying properties when consumed. The fowl meat is tender and succulent, fragrant yet delicate, free from impurities, possesses high nutritional value, rich in proteins, peptides, amino acids and Vitamins A, C, E, K, riboflavin, thiamine and other important nutrients. It has a nourishing effect on the liver and kidney, strengthens bones and sinews, dispels asthenic heat, and is referred to as the "source of energy", fighting against malnutrition and susceptibility to chills and cold, fatigue, menstrual irregularity, anaemia and qi weakness. | 16.80        | 36.00 | 48.00 |       |   |   |





|     |   |              |       |       |
|-----|---|--------------|-------|-------|
| M6  | <b>虫草花菇樱花鸡腿 (补肝肾, 养颜美肤)</b><br><b>Steamed 'Sakura Chicken' Drumstick with Cordyceps Flower and Black Mushroom</b><br>(Nourishes the liver and kidney, and improves skin complexion)   | 16.80        | 36.00 | 48.00 |
| M7  | <b>风味炒鹅松 (益气补虚, 化痰止咳)</b><br><b>Stir-fried Minced Goose Meat with Bean Paste</b><br>(Revitalizes Qi, reduces inflammations, breaks up phlegm and cough)   | 16.80        | 36.00 | 48.00 |
| M8  | <b>沙茶羊肉 (补肾壮阳)</b><br><b>Wok-fried Lamb Sliced in Sa Char Sauce</b><br>(Nourishes kidney functions and improves male virility)  | 16.80        | 36.00 | 48.00 |
| M9  | <b>人参北芪焖鸭 (行气, 养血)</b><br><b>Braised Duck with Ginseng</b><br>(Improves energy flow and nourishes blood)  | per plate/每份 | 18.80 |       |
| M10 | <b>益肾黑豆羊肉煲 (益肾)</b><br><b>Stewed Lamb in Black Beans</b><br>(Nourishes and regulates kidney function)<br>黑豆营养分析<br>1. 黑豆营养全面, 含有丰富的蛋白质、维生素、矿物质具有消肿下气、润肺燥热、活血利水、祛风除痹、补血安神、明目健脾、补肾益阴、解毒的作用;<br>2. 黑豆中微量元素很高, 对延缓人体衰老、降低血液粘稠度等非常重要;<br>3. 黑豆皮为黑色, 含有花青素, 花青素是很好的抗氧化剂来源, 能清除体内自由基, 养颜美容, 增加肠胃蠕动。<br>1. Black beans are packed with multi-nutrients such as proteins, vitamins and minerals. The benefits include reducing swells, reduction of heatiness, provides lung nourishment, cleanses the blood passage, dispels internal wind and relieves suffering from acute rheumatism, calms sensitive nerves, eyesight improvement, conditions the liver functions and neutralizes internal toxins within one's body;<br>2. The trace elements content in black beans are very high, this aids in preventing premature aging and reduces blood thickening and plasma coagulation;<br>3. The black bean possesses anthocyanins, which is a very potent anti-oxidant agent and can help eliminate free radicals in one's system, thus improving skin complexion and fortifies the intestinal tract system and functions. | per plate/每份 | 18.80 |       |
| M11 |   <b>贵妃牛腩 (益气血, 强筋骨)</b><br><b>Stewed Beef Brisket with Beetroot in Stone Pot</b><br>(Revitalizes Qi and blood, strengthens bones and ligament tissue)  | per plate/每份 | 20.80 |       |





V1



V2

## 高纤蔬菜 High Fibre Vegetables

Price \$

|    |  | 小<br>S | 中<br>M | 大<br>L |
|----|--|--------|--------|--------|
| V1 |  脆丝蚝油芥兰 (清心火)<br><b>Kai Lan in Oyster Sauce</b><br>(Dispels internal heatiness and heartburn)   | 13.80  | 26.00  | 38.00  |
| V2 | 荷塘小炒 (减肥, 抗衰)<br><b>Stir-fried Lotus Root with Lily Bulb</b><br>(Aids in weight loss and prevents premature aging)   | 13.80  | 26.00  | 38.00  |
| V3 |  百合糖醋莲藕 (补血助眠)<br><b>Sweet and Sour Crispy Lotus with Lily Bulb</b><br>(Induces proper sleep and regenerates blood cells)   | 13.80  | 26.00  | 38.00  |
| V4 |  渔香茄子煲 (减肥, 防癌, 治便秘)<br><b>Claypot Eggplant with Minced Pork</b><br>(Aids in weight loss, cancer prevention, and eases bowel movement)  | 13.80  | 26.00  | 38.00  |
| V5 |  松子辣呛茄子 (延年益寿)<br><b>Deep-fried Eggplant with Pine Nut in Spicy Sauce</b><br>(Extends longevity and overall well being)<br>被人们誉为“长生果”、“长寿果”。祖国医学认为, 松子性味甘温, 有祛风泽肤、润肺止咳、润肠通便等多种作用常适量吃些松子仁, 不但可以增加营养, 还能滋补强身、延年益寿。堪称老年人养生的必备佳品。<br>Known as "Longevity Fruit", it is recorded by medical researchers that pine nuts has benefits which include reducing wind and moisturizing the epidermis skin, arrest coughing and soothes lung passages, conditions the colon walls and eases constipation. It is traditionally included as part of the staple diet for geriatric health. | 13.80  | 26.00  | 38.00  |



V3



V5







V9



V12





V11

|     |   |  |       |       |       |
|-----|---|--|-------|-------|-------|
| V6  |  | <b>剥椒荷兰豆丝</b> (清肠胃促代谢)<br><b>Stir-fried Shredded Snow Bean with Chilli Paste</b><br>(Clears intestinal passage and increases body metabolism)  | 13.80 | 26.00 | 38.00 |
| V7  |   | <b>珊瑚鹤鹑蛋</b> (补益气血, 强身健脑)<br><b>Braised Quails Egg with Crab Meat</b><br>(Revitalizes Qi and renews blood, improves physical health and neural functions)<br>鹤鹑蛋味甘, 性平。有补益气血、强身健脑、丰肌泽肤等功效。鹤鹑蛋对贫血、营养不良、神经衰弱、月经不调、高血压、支气管炎、血管硬化等病人具有调补作用; 对有贫血、月经不调的女性, 其调补、养颜、美肤功用尤为显著。<br>Quails eggs have been found to be beneficial to Qi, plasmic health, cerebral fitness and skin complexion amongst others. For individuals lacking nutrition, or suffering from anaemia, menstrual irregularity, high blood pressure, oesophagus inflammation, vessel mortis, it displays effectiveness after consuming. It is especially effective for ladies suffering from anaemia and menstrual irregularity. One can expect to see a marked improvement in complexion and skin radiance after regular consumption | 13.80 | 26.00 | 38.00 |
| V8  |   | <b>黄芪干贝丝瓜</b> (利尿, 保肝)<br><b>Braised Cucumber Loofah with Milkvetch Root and Conpoy</b><br>(Urinal Tract conditioning and regulates the liver functions)   | 14.80 | 28.00 | 42.00 |
| V9  |  | <b>酸汤干张丝瓜</b> (通络, 降火)<br><b>Braised Cucumber Loofah with Shredded Bean Curd in Sour and Spicy Soup Base</b><br>(Clears meridian passage and dispels internal heatiness)   | 14.80 | 28.00 | 42.00 |
| V10 |   | <b>雪梨碗豆炒百合</b> (清热降火)<br><b>Stir-fried Snow Pear with Snow Peas and Lily Bulb</b><br>(Dispels internal heatiness)  | 14.80 | 28.00 | 42.00 |
| V11 |   | <b>西芹百合炒腰果</b> (瘦身)<br><b>Stir-fried Lily Bulb with Celery and Cashew Nut</b><br>(Body slimming and spot reducing benefits)<br>百合有很高的药用价值。解毒、理脾健胃、利湿消积、宁心安神、促进血液循环等功效。主治劳嗽、咳血、虚烦惊悸等症, 对医治肺络疾病和保健抗衰老有特别功效。<br>The Lily Bulb has high medicinal values which include dispelling toxins from the body, improve intestinal health, regulating temperamental swings and blood circulation. It has been found to be most effective for the treatment of bronchial maladies and helps prevent premature aging.  | 14.80 | 28.00 | 42.00 |
| V12 |   | <b>蒜蓉虾仁娃娃菜</b> (通肠胃, 助消化)<br><b>Braised Baby Cabbage with Shrimp and Minced Garlic</b><br>(Aids digestive system and bile function)  | 14.80 | 28.00 | 42.00 |





## 高纤蔬菜 High Fibre Vegetables

|     |  | Price \$ |        |        |
|-----|--|----------|--------|--------|
|     |  | 小<br>S   | 中<br>M | 大<br>L |
| V13 |  <b>竹笙松菇炭豆腐 (养颜)</b><br><b>Charcoal Bean Curd Braised with Bamboo Fungus and Pine Mushrooms</b><br>(Improves skin complexion and Elasticity)<br>竹笙的营养丰富, 药用价值也很高, 有类似人参的功效, 故名“竹参” 《中国药典》记载, 竹笙具有补肾壮阳、益胃清肠、抗老防衰、消炎止痛、减肥等多种功能。竹笙属生理碱性食品, 能调节人体血酸及脂肪酸, 对血管硬化、高血压、高血脂等中老年人常见病有显著疗效。竹笙富含胶质纤维, 能刮油, 而减少腹壁脂肪的积累, 起到减肥作用。同时, 有通肠防便秘之功, 对细菌性肠道炎、老年人结肠病有特殊功效。并含有竹笙多糖, 有防癌治癌之功效。<br>Bamboo Fungus excel in both nutritional and medicinal values similar to that of Panax Ginseng. According to the <Doctrine of Chinese Medicine>, the "Bamboo Sea Cucumber" possesses beneficial properties which improves virility, kidney functions, digestive system, prevents premature aging, eliminates inflammatory ailments and weight management. Bamboo Fungus being organic and alkali, has the ability to regulate our acidity levels and fat lipids. It is also very effective against high blood pressure, high cholesterol levels for middle-old aged individuals. Having high fibrous content, it has the ability to absorb fatty oils and tissue from our intestinal walls, thus aiding in colon health and preventing obesity. At the same time, Bamboo Fungus eases constipation issues and reduces wall bacteria. The fungus has been known to have anti-cancer benefits to those who regularly consume them. | 14.80    | 28.00  | 42.00  |
| V14 | <b>万紫千红豆腐 (抗氧化, 补钙)</b><br><b>Homemade Beancurd in Two Flavors</b><br>(Reduces free radicals and replenishes calcium loss)   | 14.80    | 28.00  | 42.00  |
| V15 |  <b>活力南瓜豆腐 (补中益气)</b><br><b>Deep-fried Pumpkin Seed Beancurd with Pumpkin Sauce</b><br>(Conditions and nourishes the central Qi passages)<br>南瓜能提高男性生育能力<br>男人的一生, 总是想尽办法呵护自己的精子, 一场场“虫虫保卫战”也就此打响。日前, 美国科学家通过研究发现, 经常吃南瓜叶和南瓜子, 有助于提高男性精子质量。专家指出, 这是由于南瓜子中含有大量的锌。从西医角度来说, 多吃含锌丰富的食物不仅对前列腺有好处, 还可以增加精子数量; 而从中医角度来说, 含锌丰富的食物具有补肾的作用, 有助于提高男性生育能力。<br>Pumpkin improves male virility and fertility<br>It has always been a lifelong complex and grappling issue for males to maintain testicular health. In recent times, American researchers have discovered and tabulated that regular consumption of pumpkin and its seeds have produced great benefits towards sperm quality and quantity production. While western medical practitioners believed the high zinc content greatly increased sperm count, eastern doctors believed that foods high in zinc content not only assists kidney function but also enhanced the male fertility rate.   | 14.80    | 28.00  | 42.00  |
| V16 | <b>元气灵芝豆腐 (养颜, 抗衰, 保护心血管)</b><br><b>Homemade Beancurd with Ganoderma Lucidum</b><br>(Improves complexion, prevents premature aging and conditions the cardiovascular aorta vessels)  | 14.80    | 28.00  | 42.00  |





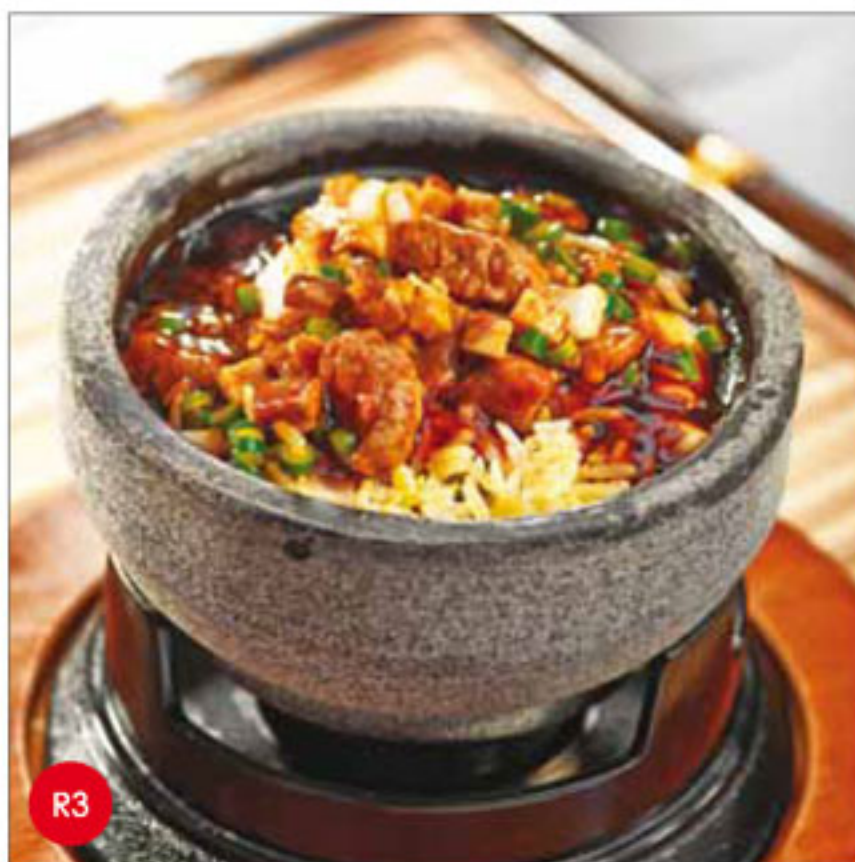
## 开胃小点 Appetizer

Price \$

|    |   |   |               |      |
|----|---|---|---------------|------|
| A1 |   | 沙参玉竹蛋白 (清热养阴)<br><b>Stir-fried Egg White with Adenophora Stricta and Odorum</b><br>(Improves feminine wellness with Yin cooling effect)                     | per person/每位 | 4.80 |
| A2 |  | 参竹燕窝蛋白 (富含维E)<br><b>Stir-fried Egg White and Bird Nest with Adenophora Stricta and Odorum</b><br>(Provides high concentration of vitamin-E)                 | per person/每位 | 7.80 |
| A3 |   | 香酥芝麻牛蒡 (祛风热, 消肿毒)<br><b>Crispy Burdock with Black and White Sesame</b><br>(Dispels blocked wind syndrome, soothes inflammations and purges internal toxins) | per plate/每份  | 6.80 |
| A4 |   | 甜根沙律茄子 (提高免疫力)<br><b>Deep-fried Eggplant and Chicken Floss with Beetroot Salad</b><br>(Enhances immune health function)                                     | per plate/每份  | 6.80 |
| A5 |  | 紫米珍珠丸子 (调理肠胃)<br><b>Minced Pork Balls Wrapped in Purple Glutinous Rice</b><br>(Gastrointestinal recuperation and conditioning)                              | per plate/每份  | 8.80 |
| A6 |   | 当归七味银鱼 (健脾)<br><b>Crispy Whitebait with Angelica (Dang Gui) and Seven Spices Powder</b><br>(Nourishes the spleen and stomach)                               | per plate/每份  | 8.80 |
| A7 |   | 烤酱煎多春鱼 (养颜护肤)<br><b>Pan-fried Shishamo in Yakiniku Sauce</b><br>(Improves skin beauty, radiant complexion and elasticity)                                   | per plate/每份  | 8.80 |
| A8 |   | 酥炸鲛鱼皮 (富含胶原蛋白)<br><b>Crispy Fish Skin with Angelica (Dang Gui) and Seven Spices</b><br>(Rich in collagen)   | per plate/每份  | 6.80 |







## 饭/面 Rice/Noodle

Price \$

|    |   |               |       |
|----|---|---------------|-------|
| R1 | 白饭<br>Plain White Rice  | per person/每位 | 1.50  |
| R2 | 养生五谷饭<br>Assorted Nutritional Rice  | per person/每位 | 2.50  |
| R3 |  招牌牛肉饭<br>Home Style Beef Rice | per plate/每份  | 12.80 |
| R4 | 一品石锅饭<br>Stone Pot Fried Rice with Pork and Superior Stock  | per plate/每份  | 12.80 |
| R5 | 鲍鱼石锅饭<br>Stone Pot Fried Rice with Abalone and Superior Stock   | per plate/每份  | 16.80 |
| R6 | 椰香蟹肉蛋白焗饭<br>Baked Rice with Crab Meat and Egg White in Whole Coconut  | per plate/每份  | 14.80 |







|     |   |  | 小<br>S        | 中<br>M | 大<br>L |
|-----|---|--|---------------|--------|--------|
| R7  |  | 碧绿鹅肉鸳鸯饭<br>Spinach Sauce Fried Rice with Goose Meat and Crispy Rice  | 14.80         | 26.00  | 38.00  |
| R8  |  | XO酱干贝蛋包饭<br>Rice Wrapped in Egg Skin Topped with Conpoy and XO Sauce | 14.80         | 26.00  | 38.00  |
| N9  |  | 极品酱三文鱼炒饭<br>Fried Rice with Salmon in Superior Chilli Sauce          | 14.80         | 26.00  | 38.00  |
| N10 |  | 上汤生虾脆面<br>Crispy Noodle with Fresh Prawn in Superior Sauce           | per person/每位 |        | 9.80   |
| N11 |  | 芹香鹅肉七巧面<br>Rainbow Noodle with Goose Meat in Celery Sauce            | per person/每位 |        | 9.80   |
| N12 |  | 海鲜酸汤七巧面<br>Rainbow Noodle with Seafood in Spicy Sour Soup            | per person/每位 |        | 9.80   |
| N13 |   | 酒香鱼片面线汤<br>Mee Suah with Sliced Fish in Chinese Wine Soup            | per person/每位 |        | 9.80   |
| N14 |   | 香煎海鲜炒面线<br>Wok-fried Mee Suah with Seafood                           | 16.80         | 28.00  | 40.00  |







## 甜品 Desserts

Price \$

|     |   |   |               |       |
|-----|---|---|---------------|-------|
| D1  |   | 何首乌龟苓膏<br>Herbal Flower Jelly with Honey Nectar                             | per person/每位 | 3.80  |
| D2  |   | 桂花紫薯银耳 (冷或热)<br>Double boiled Osmanthus with Purple Sweet Potato (Cold/Hot) | per person/每位 | 3.80  |
| D3  |   | 川贝炖雪梨 (冷或热)<br>Double-boiled Snow Pear with Chuan Bei (Cold/Hot)            | per person/每位 | 4.80  |
| D4  | 👍 | 紫芋芒果班戟<br>Purple Yam and Mango Pancake                                      | per person/每位 | 4.80  |
| D5  |   | 椰子香滑布丁<br>Fresh Coconut Pudding   | per person/每位 | 4.80  |
| D6  | 🌟 | 桂花芝麻软糕<br>Deep-fried Black Sesame Rice Cake with Osmanthus Sugar            | 8 pcs / 8件    | 6.80  |
| D7  |   | 枇杷自制豆花<br>Homemade Bean Curd with Pipa Nectar                               | per person/每位 | 3.80  |
| D8  |   | 枇杷雪蛤豆花<br>Homemade Bean Curd with Hashma                                    | per person/每位 | 8.80  |
| D9  |   | 枇杷燕窝豆花<br>Homemade Bean Curd with Bird's Nest                               | per person/每位 | 14.80 |
| D10 |   | 木瓜炖雪蛤<br>Double-boiled Whole Papaya with Hashma                             | per person/每位 | 14.80 |
| D11 |   | 泡参冰糖燕窝 (冷/热)<br>Bird's Nest and Ginseng with Rock Sugar (Cold/Hot)          | per person/每位 | 28.80 |






Y1

## 养生花茶 Nutritious Hot Tea

Price \$

|    |  |               |      |
|----|--|---------------|------|
| Y1 |  <b>丰鼎鸿八宝茶 (降三高, 补气血)</b><br><b>Fung Ding Hung Eight Treasures Tea</b><br>(Replenishes Qi and blood, lowers high blood pressure, high cholesterol, high sugar levels) | per person/每位 | 2.90 |
| Y2 | <b>田七降压茶 (清热, 降压)</b><br><b>Tianqi Stress-Relieving Tea</b><br>(Dispels induced heatiness and relieves stress)   | per person/每位 | 2.90 |
| Y3 | <b>洛神花降脂茶 (抗衰老, 减肥)</b><br><b>Cholesterol-reducing Roselle Tea</b><br>(Aids in premature aging and helps weight reduction)   | per person/每位 | 2.90 |
| Y4 | <b>美颜纤体茶 (减肥, 抗衰劳)</b><br><b>Beauty and Slimming Tea</b><br>(Reduces cellulite and reduces physical fatigue)   | per person/每位 | 2.90 |
| Y5 | <b>普通茶 (香片, 普洱, 铁观音, 菊花)</b><br><b>House Special Tea</b><br>(Jasmine, Pu Er, Tie Guan Yin, Chrysanthemum)  | per person/每位 | 2.00 |



Y2



Y3





Y6



Y7



Y8

## 养生果汁 Nutritional Fruit Juice

Price \$

|     |  |              |      |
|-----|--|--------------|------|
| Y6  | 柠檬蜂蜜汁 (美容美颜)<br><b>Lemon with Honey Juice</b><br>(Conditions and improves complexion and skin elasticity)                  | per glass/每杯 | 4.90 |
| Y7  | 芒果椰青汁 (预防肿瘤)<br><b>Fresh Mango with Coconut Juice</b><br>(Prevents tumor formation)  | per glass/每杯 | 4.90 |
| Y8  | 胡萝卜苹果汁 (安神护眼)<br><b>Red Carrot with Apple Juice</b><br>(Soothes daily stress and nourishes eyesight)                       | per glass/每杯 | 4.90 |
| Y9  | 紫甘蓝汁 (防癌, 护肝)<br><b>Purple Cabbage Juice</b><br>(Prevents cancer and protects the liver)                                   | per glass/每杯 | 4.90 |
| Y10 | 玫瑰香橙汁 (清肠, 缓解女性压力)<br><b>Rose-scented Orange Juice</b><br>(For colon-cleansing, and to relieve female hormonal stress)     | per glass/每杯 | 4.90 |
| Y11 | 菊花柠檬兰香子 (提神, 健身)<br><b>Lemon with Chrysanthemum and Basil Seed Juice</b><br>(Refreshes the mind, aids in physical fitness) | per glass/每杯 | 4.90 |



Y9



Y10



Y11



## 冷饮 Cold Beverages

|    |  |                       |      |
|----|--|-----------------------|------|
| B1 | 可乐/低糖可乐/雪碧<br>Coke / Coke Light / Sprite | per can/每罐 (330ml)    | 2.80 |
| B2 | 矿泉水<br>Evian Water                       | per bottle/每瓶 (330ml) | 3.80 |
| B3 | 有气矿泉水<br>Perrier Water                   | per bottle/每瓶 (330ml) | 6.80 |
| B4 | 老虎啤酒<br>Tiger Beer                       | per can/每罐 (330ml)    | 7.80 |